

To prevent addiction, consider the following guidelines:

- In times of trouble, take time to rest, consult loyal and wise individuals, and do not hesitate to ask for humanitarian help.
- Turning to drugs or alcohol will never solve your problems; instead, it will destroy your life. Approach challenges with a healthy and positive mindset.
- Always stay away from suspicious or unsafe areas.
- Surround yourself with people who inspire and encourage you to be better.
- If you encounter drugs in your surroundings, report it to law enforcement to protect others.
- Make the most of your free time by engaging in activities such as reading literature and art, participating in sports, hiking, watching documentaries, or learning new languages and skills.



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Drugs: The Terrible Poison of Humanity

Prepared by: Higher Committee of Counter-Narcotics -2025

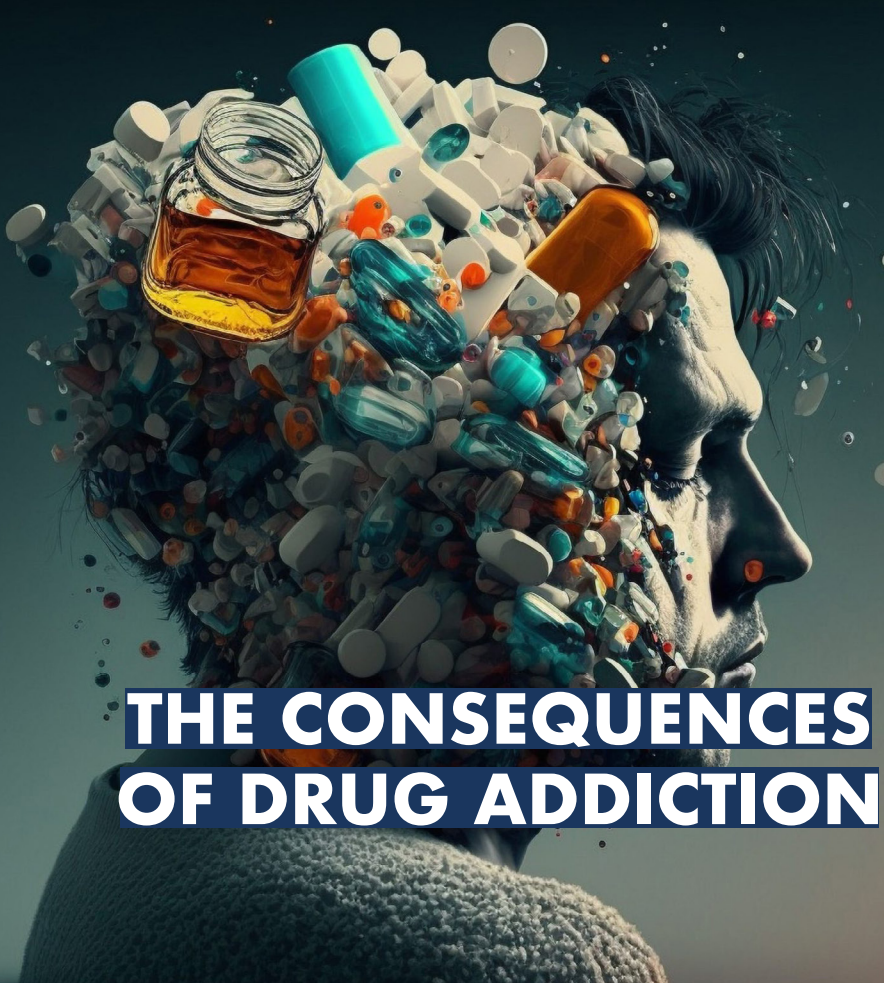
What is a drug?

The illegal use of any substance without a doctor's prescription is addictive and can cause long-term physical, mental, and social harm.

What is drug addiction?

Addiction is now considered a deadly disease, much like cancer. It is difficult to overcome because it binds a person to toxic substances, affecting them physically, mentally, and emotionally.





THE CONSEQUENCES OF DRUG ADDICTION

1. Effects on the Body (Physical Health)

Addicted individuals may lose control over basic physical functions, including difficulty with eating and involuntary bowel movements. This can lead to public incidents of waste elimination.

Other physical symptoms include: Skin darkening, Hair loss, Weakened eyesight, General body weakness.

2. Effects on Personality and Social Behavior

Society often views individuals with addiction as broken or unreliable, damaging their personal and professional relationships.

Addicted people may be: Rejected for marriage or employment, Abandoned by their families, In the Kurdistan Region, strict legal measures are taken against both users and dealers. Visiting penal institutions reveals regret and despair many faces due to addiction's toll on their dignity and personality.

3. Effects on Mental Health

Narcotic addiction severely impacts mental health, often leading to: Mental disorders, Nervous system malfunction, Hallucinations and memory loss.

Some individuals may fail to recognize family members and confuse them with strangers.

Tragically, incidents such as sexual abuse within families have been linked to severe drug-induced mental breakdowns.

Brain function may deteriorate over years, eventually leading to death.

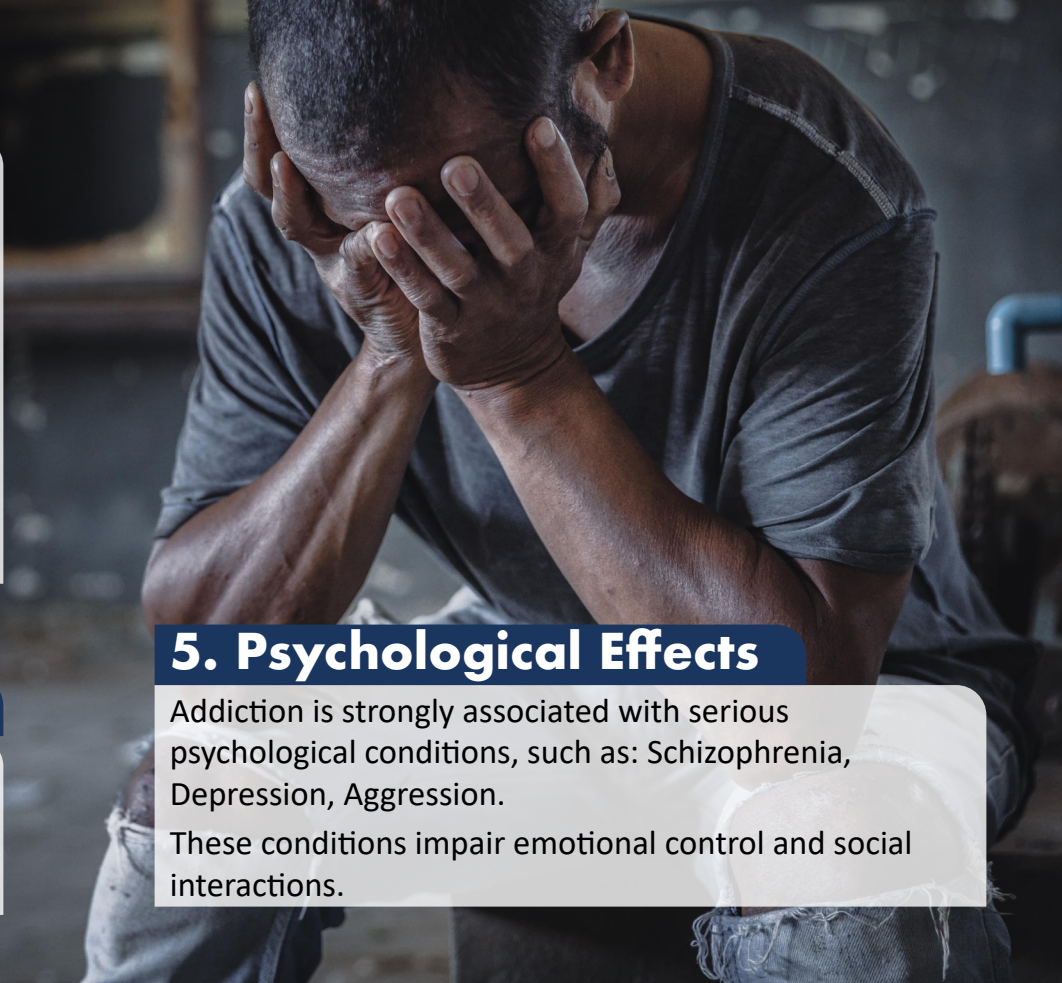
4. Effects on Education and Career

Addiction damages memory and concentration, resulting in: Loss of motivation in students, Poor academic performance, Career decline due to inability to perform skilled tasks, Complete shutdown of cognitive and creative abilities.

5. Psychological Effects

Addiction is strongly associated with serious psychological conditions, such as: Schizophrenia, Depression, Aggression.

These conditions impair emotional control and social interactions.



6. Effects on the Kidneys

Substances like painkillers, antibiotics, and illegal drugs can directly damage the kidneys.

Common complications include:

Rhabdomyolysis – muscle breakdown leading to kidney failure, Kidney inflammation due to immune, verreaction, Chronic dysfunction from long-term poisoning.

Drugs like heroin and cocaine are particularly harmful.

7. Effects on the Skin

The skin, as the body's largest organ, is significantly affected by drug abuse: Chronic wounds, Skin inflammation, Hair loss

8. Effects on the Liver

The liver plays a key role in filtering toxins and drug metabolism.

Long-term substance use can: Overload and damage the liver, Disrupt vital protein production, Lead to serious liver diseases and functional decline.



Causes of infection

- Broken families, where parents are unable to adequately care for their children.
- Weakness of will in the face of life's challenges.
- Failure to seek advice from intelligent and experienced individuals when facing problems.
- Association with negative influences or frequenting suspicious places.
- Addiction to substances such as alcohol, cigarettes, and hookahs.
- A tendency to experiment with harmful substances or behaviors.

How can we avoid addiction?

Everyone faces many challenges in life: family issues, work, education, financial crises, and illness. The greatness of a person lies in their ability to remain strong through these challenges. Always remember the beautiful saying: 'God entrusts the toughest battles to the bravest people!' By placing your trust in Allah, choosing the right path, and surrounding yourself with good friends, you can avoid the dangers of drug and alcohol addiction. A single mistake can jeopardize your entire life.

Law No. (1) of 2020

Law on Combating Drugs and Psychotropic Substances in the Kurdistan Region of Iraq

Article 25

Anyone who commits any of the following acts is punishable by death or life imprisonment:

First: The production or commercialization of drugs, psychotropic substances, or plants that produce such substances, for the purpose of export or import, except in cases permitted by law.

Second: The production or manufacture of drugs or psychotropic substances for trafficking, except in cases permitted by law.

Third: The cultivation of plants that produce drugs or psychotropic substances, or the import or export of such plants at any stage of their development, or the trading of their seeds, except in cases permitted by law.



Article (26)

First: Anyone who commits any of the following acts shall be punished by life imprisonment or temporary imprisonment and a fine of not less than (30,000,000) thirty million dinars.

- Offering drugs or psychotropic substances for use to another person, or participating in or encouraging their use, except in cases permitted by law.

Article (29)

Any doctor who prescribes drugs or psychotropic substances, except for medical treatment, shall be punished by imprisonment for a term of not less than six months and a fine of not less than 10,000,000 ten million dinars and not more than 20,000,000 dinars
Any pharmacist who uses these substances without a prescription in accordance with the provisions of this law shall be subject to the same punishment.

Article (30)

Any person who imports or produces or manufactures, or possesses or acquires or possesses or buys, or plants or buys a plant from which drugs or psychotropic substances are produced, shall be punished by imprisonment for a term of one (1) year shall be punished with a fine of not less than three years and not less than five million dinars and not more than ten million dinars.

Higher Committee of Counter-Narcotics and Rational Influencers

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