



New Addictions

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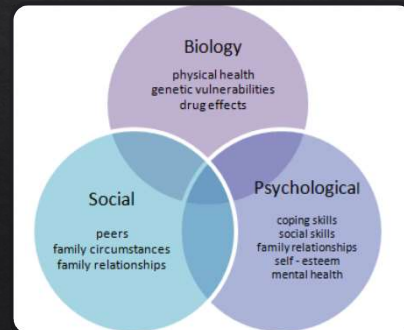
Introduction

1. What is addiction?
2. Top 10 addictions in Modern Society
3. How do I protect myself as a servant ?
4. How do I protect my Kids and youth ?

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What is addiction

- Biopsychosocial disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences



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Top 10 addictions in Modern Society

1. Coffee
2. Tobacco and Nicotine
3. Alcohol
4. Sex addiction and Pornography
5. Illegal and Prescription drugs
6. Gambling
7. Internet and Modern Technology (Social Media)
8. Video Games
9. Food
10. Work

I am not a coffee addict,
I'm just a little over attached
to it that's all.



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The danger of Alcohol

- ◆ Encourages the use of other substances, makes it easier
- ◆ The need for more will only keep increasing
- ◆ Societies with higher percentage of drinkers have a high percentage of drunk Driving deaths, and health issues related to drinking.



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Marijuana

Very harmful for teens

- Attention
- Decision-making
- Inhibition and impulse control
- Verbal fluency
- Learning ability
- Memory

Long term use are linked to Mental deterioration

- temporary hallucinations
- temporary Paranoia
- Worsening symptoms in patients with schizophrenia

Compared to those who don't use marijuana:

- lower life satisfaction
- poorer mental health
- poorer physical health
- more relationship problems

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Marijuana continued

In 2015, about 4.0 million people in the United States met the diagnostic criteria for a marijuana use disorder; 138,000 voluntarily sought treatment for their marijuana use.

Marijuana potency, as detected in confiscated samples, has steadily increased over the past few decades. In the early 1990s, the average THC content in confiscated marijuana samples was less than 4%.² In 2018, it was more than 15%.

The increasing potency of marijuana, combined with the use of high-THC concentrates, raises concerns that the consequences of marijuana use today could be worse than in the past,

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Statistics about Pornography

Every Second:

- ◆ 28,258 users are watching pornography on the internet.
- ◆ \$3,075.64 is being spent on pornography on the internet.
- ◆ 372 people are typing the word "adult" into a search engine.

Every Day:

- ◆ 37 pornographic videos are created in the United States.
- ◆ 2.5 billion emails containing porn are sent or received.
- ◆ 68 million search queries related to pornography- 25% of total searches- are generated.
- ◆ 116,000 queries related to child pornography are received.

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How Online Pornography Affects Americans

- ◆ 40 million American people regularly visit porn sites.
- ◆ 35% of all internet downloads are related to pornography.
- ◆ 34% of internet users have experienced unwanted exposure to pornographic content through ads, pop up ads, misdirected links or emails.
- ◆ One-third of porn viewers are women.



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Excessive gaming

1. Dopamine addiction
2. Reduction in Motivation
3. Alexithymia and emotional suppression
4. Repetitive stress injuries and other health risks
5. Poor mental health
6. Relationship issues
7. Social disconnection
8. Exposure to toxic gaming environments
9. Poor academic or professional performance
10. Escapism and getting stuck in life



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Video games and gambling

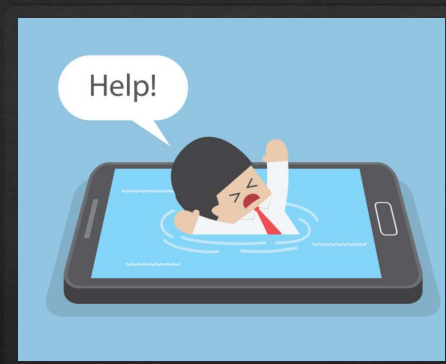
- ◆ Gaming addiction reached a new high during Covid
- ◆ In game currency and Packs
- ◆ Teaching and hooking Children and youth on gambling



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Social Media Addiction

- ◆ Comparable to cocaine addiction.
- ◆ Social media can cause similar dopamine releases to the brain, mimicking the same euphoric experience that cocaine addicts chase.
- ◆ Likes, comments, retweets, and shares from social media platforms have been shown in studies to be nearly as addictive as a cocaine rush
- ◆ hinders mental performance



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FOMO" is real.

- ◆ FOMO, or the Fear Of Missing Out, is reportedly one of the biggest motivators for people to develop social media addiction. One study supports this conclusion by revealing that 67% of people are afraid to miss out on updates if they don't constantly check their social media newsfeeds. If you've felt the same way, you could be experiencing FOMO!



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How do I protect myself as a servant ?

1. Build and maintain my relationship with God
2. Spiritual Canon and Time management. The moment I lose my spiritual discipline is the moment I become vulnerable
3. Stay informed, constant learning
4. Keep myself accountable
5. If affected, Seek help
6. Being a good example and avoid Judgement

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How do I protect my Kids and youth ?

- ◆ Build a good relationship with my Kids
- ◆ Continued awareness of what is keeping minds busy
- ◆ Be a servant not a teacher
- ◆ Be patient and loving
- ◆ Understand my Kids' needs and troubles
- ◆ The Church must be a safe place for anyone who falls into any Addiction to repent and recover, not a place of Judgement
- ◆ Creativity in lessons and Church activities
- ◆ Keep the Kids and youth involved

