ANG BARKADAHAN

kalasag laban sa mga impluwensiya, kalawang sa kadena ng bisyo, katuwiran ng kabataan

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HARMONIES AND PIXEL HIGH SCORES:

How Media Overconsumption Made a Generation of Addicts



ANG BARKADAHAN



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Editor's Note

Media plays a huge role in society, It can provide accessible information, serve as a watchdog over those in power, an avenue of opportunities and a form of escapist entertainment in today's grim world riddled with war, famine, and climate change.

Children are no longer inclined to go outside to seek enjoyment and make *barkadas* with the rise of new media platforms wherein you can find communities you have similar interests with. This results to a more interconnected world wherein people may become glued to their devices and become dependent to their internet fixations as a means to destress (pg. 11) and in fear of missing out.

To make good use of media, it's crucial to consume and share content responsibly. This entails critically evaluating sources, fact-checking information before sharing, and being mindful of the potential impact our media consumption habits can have on ourselves.

We shouldn't let addictions and vices take root and control lives, and instead find positive outlets such as hobbies, specially amongst impressionable youth.

I encourage parents to become more involved with the media their children may have access to and limit their consumption to a healthy yet reasonable degree. Though digital influencers, artists and idols may be responsible of creating these media content, we shouldn't put the sole responsibility of having to nurture, guide, and educate our youth to them but instead, it should be the parents and professionals to shoulder this.

Developing self-control and having strong boundaries must be inculcated into young minds to ensure an addict free society.

Dear Reader,

I enjoin you that as digital citizens, we should use our platforms to promote awareness such as information about the dangers of depressants (pg. 10) , inhalants (pg. 9), psychoactive drugs, hallucigens (pg. 16), stimulants (pg. 18) and other vices, where accurate information can be a powerful tool in raising awareness amongst vulnerable youth and promoting prevention efforts.

Reidan Bong T. Torres
EXECUTIVE EDITOR IN CHIEF 2023 - 2024



Risk or Reward?

The Gamble in Consuming Depressants

BY JOHN PATRICK CORONEL PEREZ

Is it worth trying something new, risking your life when your mental structures are likely to collapse and break down? Depressants and hallucinogens may seem like unique and on-demand types of medicine, but they're delicate and fragile to use. Let's delve into the depths of the mind behind these drugs.

Depressants and hallucinogens, two unique categories of drugs, exert contrasting influences on the human psyche and physique. Depressants decelerate brain activity, promoting relaxation, while hallucinogens modify perception, potentially leading to intense sensory experiences.

Throughout history, these drugs have been utilized for diverse purposes. However, understanding their potential hazards and advantages is crucial for making educated choices about their usage. In this article, we will explore the impacts, medical uses, and potential risks linked with depressants and hallucinogens.

Depressants often induce feelings of relaxation, and calmness, or help with sleep. Other short-term effects may include dizziness, poor balance and coordination, and slower reflexes. In large doses, depressants may cause drowsiness, nausea, and loss of consciousness.

Long-term use can also lead to a range of physical and mental health conditions. Alcohol, benzodiazepines, and barbiturates are common examples of depressants, also referred to as central nervous system (CNS) depressants. These substances reduce brain activity, resulting in a soothing and sedative effect. Frequently prescribed to manage anxiety, insomnia, and seizure disorders, they function by amplifying the effects of a neurotransmitter known as gamma-aminobutyric acid (GABA), which restricts brain activity and fosters relaxation.

When used responsibly and under medical guidance, depressants can effectively manage certain conditions. However, misuse or overuse can lead to addiction, respiratory depression, impaired coordination, and memory issues. Mixing depressants with other substances, such as alcohol, can be especially hazardous and heighten the risk of overdose.

Depressants often induce feelings of relaxation, and calmness, or help with sleep. Other short-term effects may include dizziness, poor balance and coordination, and slower reflexes. In large doses, depressants may cause drowsiness, nausea, and loss of consciousness. Long-term use can also lead to a range of physical and mental health conditions. Alcohol, benzodiazepines, and barbiturates are common examples of depressants, also referred to as central nervous system (CNS) depressants.

These substances reduce brain activity, resulting in a soothing and sedative effect. Frequently prescribed to LSD (lysergic acid diethylamide), psilocybin (magic mushrooms), and DMT (dimethyltryptamine) are examples. These drugs primarily impact the brain's serotonin system, causing changes in sensory perception, thought patterns, and emotions. Hallucinogens have a long history of use in religious and spiritual rituals, as well as for recreational purposes. Research has indicated promising results regarding their potential therapeutic uses, particularly in treating mental health disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD). However, using hallucinogens outside of controlled environments and without professional guidance can lead to negative effects, including panic reactions, psychosis, and flashbacks. Hallucinogens cause mostly psychoactive, or mind-altering, effects, which can range from mild distortion of the senses to full hallucinations. Some hallucinogens come from mushrooms (psilocybin), cacti (mescaline), and other plants (cannabis, salvia). Cannabis and psilocybin are almost always used in their natural form, while LSD is used only n a synthesized form.

Other hallucinogens, such as MDMA and ketamine, are created in laboratories. Hallucinogens have been used since ancient times in religion, medicine, magic, and prophecy. In the 1960s and 70s, hallucinogen use became a symbol of the counter-culture among young people in North America and Europe, while in the 1990s, it was linked to the "rave" scene.

Both depressants and hallucinogens carry risks that should not be ignored. Misuse or abuse of these substances can have serious implications for physical and mental health. It is vital to approach these drugs with caution and adhere to the following precautions:

FROM PG. 2 RISK OR REWARD? THE GAMBLE IN CONSUMING DEPRESSANTS

- ☑ Adhere to the recommended dosage and duration for prescribed depressants. Avoid mixing depressants with other substances, especially alcohol. For hallucinogens, it is crucial to use them in a controlled environment, preferably under the supervision of a trained professional.
- ☑ Understand the effects and potential risks of depressants and hallucinogens is vital. Stay informed about the substances you are using, and seek reliable sources of information to make educated decisions.
- ☑ Consult a healthcare professional specializing in these substances if considering their therapeutic use. They can provide guidance, monitor progress, and ensure safety.
- ☑ Combining different substances, especially depressants or hallucinogens, can have unpredictable and dangerous effects.
- ☑ Ensure you are taking the correct amount of these drugs to avoid adverse effects.

Depressants and hallucinogens are two unique categories of drugs with different impacts and uses.

While depressants can be beneficial when used responsibly and under medical supervision, they carry risks of addiction and adverse side effects. Conversely, hallucinogens have shown potential therapeutic uses but should be approached with caution and used in controlled settings.

Prioritizing education, awareness, and responsible use is crucial when dealing with these substances. By understanding the risks and benefits associated with depressants and hallucinogens, individuals can make educated decisions and minimize harm to their physical and mental health. Therefore, with this essay, you're urged to be responsible, to be better at trying new things, to be secure, and to be sure in taking and dosing with depressants and hallucinogens because they are chameleon drugs, with fancy names but powerful side effects that can last and destroy your entire mind.



TIKTOK HIT(HITS)

and The Commodification of the Delinquent

BY REIDAN BONG T. TORRES

Are you a *situationship* enjoyer? How many trick shots can you do in an 8-ball pool? Are you a Taylor Swift or a Hev Abi girlie? These have been the latest fads or *meta* in the TikToksphere this 2024, though they are in a decline already, they still contribute to a bigger trend of how the media giant app is used to market products and promote consumerism, how communities are formed through aesthetics and how artists are shaping a growing number of their young media audience and the role they play in the bigger picture.

The Commodification of the Delinquent (through TikTok)

"What's been the biggest shock to you in terms of how music has grown in the Philippines?" Asked by a Complex Philippines Interviewer

"Yung reach ng local hip-hop and rap, generally Tagalog. Mas tanggap na siya ng karamihan.
Yung appreciation ng tao sa kanya, mas malaki na." Al James answered

"Before kasi kung ano lang yung nasa mainstream media like TV and radio, dapat pop siya eh. Pero ngayon, I think mas relevant, mas nakaka-connect yung mga tao. Nasa TikTok na and mas gusto nilang binibigkas out loud yung mga expression ng lyrics." Al James added.

Delinquency typically refers to an individual, often a young person, engaging in behaviors that violate social norms or legal standards and whose behaviors can range from minor offenses like truancy or vandalism to more serious crimes such as drug use and pushing. Often, they are mistaken for idle people or *tambays*; They are also associated with a variety of risk factors, including familial dysfunction, peer influence, and socioeconomic disadvantage that pushes them into dropping out of school or consuming depressants regularly to cope with their problems, hence why Filipino parents often say "Naimpluwensyahan kana", referring to their child's barkada as the reason for their child's rebellious actions.

Often, they are peer pressured within these *barkadas* that normalize illegal drug use, leading individuals to partake in substances such as hallucinogens and depressants to gain acceptance or approval from their *ka-tropas*. Moreover, delinquency often coincides with risk-taking tendencies and impulsivity, making these individuals more susceptible to experimenting with drugs as a way to seek thrills to cope with the stressors of their lives or to push them as a source of income.

Hip-hop music is often associated with delinquency, it was(and still is) used as a response to the brutal policing of black people and the systemic racism they experienced on a daily basis. It frequently features lyrics depicting themes of violence, drug use, crime, and rebellion against authority that may shape the attitudes and perceptions of young listeners to normalize or glamorize delinquent behavior.

The portrayal of street life in hip-hop, rooted in environments marked by poverty and crime, often glamorizes criminal behavior as a means of survival or empowerment. Although not all individuals who identify with hip-hop culture engage in delinquent acts, certain themes within hip-hop music and culture can contribute to the normalization of delinquency.

Despite the stigma surrounding them from the older generation, many hip-hop artists, especially those from disadvantaged backgrounds, are seen as role models by young fans. It could be their extravagant lifestyle and sometimes unnecessary purchasing habits that teens may find appealing, or how they boast their roster of women and toy with their feelings or their forward-moving and expensive fashion.

One platform in particular - TikTok, houses a small community of teens who were mostly women and queers cosplaying or emulating delinquents, but this has extended to a bigger audience on Facebook and has taken a life of its own through various memes like "si Hev Abi ang God"



Coincidentally, there has been a sudden and tremendous surge in the popularity of the 8-ball pool game, owing to its accessibility as a mobile game that can be played offline. It's based on billiards, a tabletop game often associated with being a primary hobby or pastime of *tambays*.

The era of domination of the Hip-hop and RNB genres in the Philippine rhythmic charts is upon us as it has dethroned EDM And Pop wherein only the hit P-Pop girl group BINI remains stable on the top artists chart Spotify alongside rappers.

"Why do you think Filipinos have such an interest in hip-hop, especially in the last few years?" Asked by a Complex Philippines Interviewer

"I think isang malaking reason is yung internet na talaga. Social media. Naging part na siya ng daily routine kaya ganon na ka-interested ang mga Filipinos.
Isang reason din siguro yung daily struggles. Hindi madali [ang buhay], diba? So eto yung escape nila from reality, from the daily hard work." Answered Al James

Many TikTok users went viral through lip-syncing to delinquency-coded songs such as Hev Abi's hit song *'WELCOME2DTQ"* which put him in the limelight and other contemporary hip-hop artists' songs such as Lo Ki's "Manifest" which talks about the grind and the success of rapper and Jeff Garcia's Elevate wherein it also repeatedly discusses being high off weed.

What were once very taboo activities, very much frowned upon by our conservative society have been normalized in this age, and this could only be attributed to the media exposure of such illegal drug use and depressant consumption throughout the decades.

Many teens find the delinquency performed by rappers and hip-hop artists to be charming and appealing, now every boy who lives in their suburban gated subdivisions and white picket-fenced house wants to be as cool as their favorite rappers as being young signifies freedom, possibility, beauty, fitness and the lack of responsibility and nonchalance towards consequences, a period of innocence yet to be shattered by the brutal reality of growing up into an adult and having to work and do taxes.

According to a study titled "Media Exposure and Tobacco, Illicit Drugs, and Alcohol Use among Children and Adolescents: A Systematic Review" by Dr. Marcella Nunez-Smith et. al, wherein they systematically reviewed 42 quantitative studies on the relationship between media exposure and tobacco, illicit drug, and alcohol use among children and adolescents. They found that 83% of studies reported that media was associated with an increased risk of smoking initiation, use of illicit drugs, and alcohol consumption. Of 30 studies examining media content, 95% found a statistically significant association between increased media exposure and negative outcomes. Similarly, of the 12 studies evaluating the quantity of media exposure, 67% reported an association with a negative outcome. Overall, all 17 of the identified longitudinal studies supported a causal association between media exposure and negative outcomes over time.

Girls who identify as having a coquette aesthetic and using their Expensive Flower Knows or Dr Sensitive Sebum Powder as chalk for their billiard stick's cue ball while Binangonan Hustla's hit song Cerrero Hollywood plays in the background, the *"Kung mali makasama ka ako na makasalanan"* line in the song Lil Kasalanan by Hev Abi turning into a copypasta and the *"alam mo ba gar?"* from the earworm song Alam mo Ba Girl? by the same artist and the line from by Juan Caoilie's song "*Tinitigan ko, nilapitan ko"* being a viral dance trend; these are the things that only chronically online TikTok users would know and have started; which would be teens as statistically, they are the demographic that has the highest rate of social media usage amongst Filipinos.

Denise Julia

Why do you think Filipinos have such an interest in music?" Asked by Complex Philippines Interviewer

"We're very expressive people, and music is an outlet for expression. So, like, we have karaoke in every barangay, birthday, name an occasion, or even when there is none. Someone's always performing." Said Julia

Even when you know damn well that you haven't drunk a drop of depressants, the catchy hooks and addicting rhythms from Denise Julia's song Butterflies (2 am version) just make you want to sway your hips to the lines *"We been on some dumb shit lately, finding love at the worst place to be"* and *"is it simply the buzz from the liquor?"*

The R&B Songstress has taken over Tiktok with her dance challenges and tunes that evoke the spirit of 90s and early-2000s R&B, and a hint of modern pop; she's surely inspired by the artists she grew up watching music videos and listening to such as renowned female pop and R&B artists like Beyoncé and Mariah Carey.

With the 21-year-old singer-songwriter made her mark in the music industry, both locally and internationally as she delivered everything with her hit visual album 'Sweet Nothings', netizens cannot help but compare her discography to the likes of SZA and Ariana Grande with her songs ranging from upbeat tunes that make you vibe and channel your confidence to slow ones that will have you laying down and missing an ex—truly the usual Gen Z activities.

Following the album's release on November 17, she was hailed for the first time as the most streamed female OPM artist on Spotify Philippines; This can be credited to her songs that got every baddie casting a spell on their guy crushes, making them beggin' and manifestin' them until they become the substitute for the air they breathe with TikTok viral songs such as "B.A.D." featuring P-Lo that superseding her breakthrough with "NVMD," and a few weeks after her album's release, she once again served ten, ten tens across the board with her vixen looks and vocals in her music video for "Lackin' and live performances of her previously mentioned song 'butterflies'.

Denise Julia was hailed as the "Patron Saint of Situationships." because her songs mostly had themes of failed relationships and talking stages and her soothing voice which makes you want to go back to a non-existent ex. In addition to her vocal and songwriting prowess, she's also praised as a Filipino beauty who flaunts and takes pride in her being *morena*, and it is undeniably refreshing to have that representation, considering how wide her following is and how significant this is in the entertainment industry.

Hev Abi and Gins&Melodies

"Pinaikot, nilaro, pina-alis mo man ako pero pag ikaw yung nangangailangan ako naman 'tong 'di ka matiis, kung paano mo ako hawakan gano'n din ako bitawan, bakit ka naman masyadong mabilis? Sana 'di nalang kita nakilala kasi tilang 'di kaya kapag ikaw ay namimiss"

Are you going through it right now with a recent breakup or fight in your relationship? Does your partner (or ex) have a big pride and is nonchalant?

Then you most likely bop to Gin&Melodies + LUV DRUG's song visualizer on YouTube as different hues of the same image of drugs and depressants laid on a table blare through your screen, giving you a minute or two to contemplate life.

But if the artist doesn't ring a bell, his hit song *"Babaero"* featuring Hev Abi definitely will as it has taken over TikTok with users lipsyncing the song with a blurry filter on that has y2k hearts floating upwards, just like the song visualizer on Gins&Melodies on his YouTube platform.

I have been talking a whole lot about Hev Abi and his songs, just as much as critics and Filipino hip-hop enthusiasts with his album filled with hits named *"Kung Alam Mo Lang"*

"Where did you draw inspiration for this album?" Asked by a Complex Philippines Interviewer

"Wala namang bago sa album na ito. Kung paano ako gumawa ng music dati, ganoon pa rin dito. Nagkataon lang na ang mga bagay na pinag-uusapan ay tungkol sa mga 'di ko [pa nababanggit] kahit kanino sa

totoong buhay—mga bagay na may halong drama. 'Yung mga nauna kong kanta, puro kakulitan ko lang, kung paano ko ipakita 'yung sarili ko sa tao. Sa album naman na ito, 'yung kabila naman." Answered Gabriel (Hev Abi)

Tiktoker users often compare the artist's discography to his contemporaries like Al James and other rappers from overseas, saying "P diddy ng Pinas!" and the like, as he emerged as a beacon of raw talent and unfiltered expression. Though admittedly, Hev Abi says that his main inspirations are Kanye, Tyler, the Creator, Pharrell, and local producers such as NJ and pxche.

In his body of work, Gabriel delves into his uncharted territories of emotion and introspection, captivating audiences with his honest lyricism and magnetic persona that built him a dedicated fanbase that (not so) oddly simps for him.

Hev Abi's (or Gabo as others jokingly refer him to) ascent in the Filipino hip-hop scene has been nothing short of meteoric. Garnering over two million monthly listeners on Spotify and earning coveted spots on playlists like "Bago Sa Rap" and "Kalye Hip-Hop," Hev Abi has solidified his position as a rising star. His track record of successful releases, including "Para Sa Streets" and "Lil Kasalanan Shortie," speaks volumes about his artistry and appeal. His willingness to delve into personal experiences and emotions about failed love sets him apart in an industry often characterized by superficiality. In "Kung Alam Mo Lang," Hev Abi bares his soul, exploring themes of vulnerability towards a girl he has a situationship with and self-discovery that resonates with listeners.

In a statement about his latest album, Hev Abi reflects on the significance of "Kung Alam Mo Lang" as a departure from his previous projects. Here, he confronts aspects of his identity and experiences that he has previously shied away from, offering listeners a glimpse into his innermost thoughts and struggles. The album serves as both a cathartic outlet for Hev Abi and a relatable narrative for his audience.

Despite his growing fame, Hev Abi remains shrouded in mystery. With scant details available about his personal life, he cultivates an enigmatic persona that only adds to his allure. While some may speculate about his origins and background, Hev Abi's focus remains steadfastly on his music, allowing his artistry to speak for itself.

Sassa Gurl- este Boi

"Mga chicks ko, parang kush 'cause they're always on fire, sampu aking baby girl kahit ngipin ko hiwalay"

In the Filipino entertainment industry, few figures have such a dedicated following quite as Felix Petate, commonly known as Sassa Gurl the Pambansang Mima.

With her infectious energy and unwavering advocacy for the LGBTQIA+ community, Sassa Gurl has made her name in the industry as not just an influencer, but soon an icon as not only is she a social media star, but she is also an empowering advocate and multifaceted talent in her own right.

She is a Filipino comedian, vlogger, singer, model, host, and actor. She rose to fame on TikTok in 2020 because of her relatable skits on what they would call the *ratchet* or *normie* Filipina woman archetype, since then, she has garnered attention and has graced various magazines and media events with her unique looks and charisma that has led her to collaborate with various Filipino A-list celebrities and land acting roles in National Television.

Music artists and influencers can leverage TikTok effectively by creating engaging content that resonates with the platform's primarily Gen Z user base. Authenticity is key to an artist's success, as fans and followers appreciate genuine connections with creators and Sassa knows this as she constantly engages with fans through comments, duets, and user-generated content

"Kaya dito ka sa tabi ko, gusto mo, sipsipin kita na parang bong safe na safe kasi nga tulisan ako, 'pag sinagad ko, sa PDEA ka na magsumbong, whoa"

In a surprising turn of events, Sassa Gurl ventured into the realm of music, releasing her single *"Maria Hiwaga."* Departing from her comedic roots, the song showcases Sassa's versatility as she delves into the realm of R&B, adopting the persona of "Sassa Boi" to deliver a track that defies expectations and challenges stereotypes of her and the queer community.

With "Maria Hiwaga," Sassa Gurl embodies a more masculine persona as she sings and raps about getting smitten over a woman presumably named Maria or Mary. The song heavily alludes to the psychoactive drug cannabis, more commonly referred to as marijuana or moya as popularized by Juan Thugs in their hit melodic rap "Momay". According to the Dangerous Drugs Board (DBD) in their 2022 Statistical Analysis of the Profile of Drug Abusers within their rehabilitation analysis, Cannabis (Marijuana) at twenty-seven percent (27.04%) was the second most commonly abused illegal drug.

Sassa was invited to DOUGBROCK Radio, a podcast that often features people from the underground music scene, mainstream rap, and hip-hop, as well as urban fashion trailblazers. In the interview, Sassa shared that she was always drawn to hip-hop as a child. The two-hour episode also tackled Sassa's life in a low-income community as well as how she managed to attain success through her content.

"Yung mga tropa ko dati mga lalaki din, tapos nakaka-relate ako kasi galing ako sa kanal, galing ako sa mga kalye, sa mga skwala," she said.

She looks at her latest single as a parody of toxic masculine culture. She purposely added sexual, objectifying lyrics such as bragging about women and vices in her song as a means of satirizing the genre as a member of the LGBTQ+ community, which often falls victim to the very straight men who either make or listen to this kind of music.

Through her BGC bop song, she hopes to express the idea that both hyper-femininity and masculinity can co-exist in one space. She also aims to shine a light on her perspective of the Filipino rap and hip-hop community as a transgender woman, especially given that it's a space filled with straight males.

Sassa added that through making "Maria Hiwaga" she was able to embrace her masculinity, realizing that it's not a bad thing to be masculine even as a transgender woman.

Al James

Alvin James P. Manlutac (born August 19, 1991) who graduated with a degree in fine arts and design at the University of Santo Tomas (UST), more commonly referred to as Al James, is a Filipino rapper, singer, and songwriter. He is known for his songs "Pahinga", "Pa-Umaga" and "Latina".

Though his cultural appropriation is quite distasteful, it doesn't diminish his GOAT status in the Philippine rap and Hip-hop genre through achieving considerable success, from his breakout hit and international tours to collaborations with renowned streetwear companies. His journey began in the graffiti scene after graduating with a fine arts degree from the University of Santo Tomas, where he connected with the Baryo Berde Atbp. collective and started releasing music on SoundCloud in 2016. It took around two years for his first two releases to gain traction, and after a remix of "Pahinga" for a McDonald's commercial, his popularity soared.

"Ngayong Gabi" released in August 2017, further solidified his presence in the industry, garnering millions of views and streams. Despite not being signed to a record label, he achieved remarkable success, headlining shows and earning nominations for his music videos. Six years after its release, "Ngayong Gabi" remains popular, with hundreds of thousands of TikTok videos featuring its snippets. Al James' journey exemplifies quality over quantity, with his deep vocals and hypnotic beats resonating with fans. He emphasizes the importance of staying inspired and motivated in pursuing one's passion. In discussing the growth of music in the Philippines, Al James highlights the increasing acceptance and appreciation of local hip-hop

and rap, particularly on platforms like TikTok. He also underscores the unique nature of Filipino music events and the diverse styles embraced within the hip-hop genre. Reflecting on his journey, he acknowledges the challenges of pursuing a career in the arts and music but emphasizes the newfound opportunities enabled by the internet and independent scene, serving as inspiration for aspiring artists who look up to the rapper.

Barkadas through Music (Aesthetics)

"How do you think music helps define the Filipino identity outside of just music?" Asked by a Complex Philippines Interviewer

"Music is associated with a specific fashion style and even way of speaking. I'm a big fan of the 90s, so the way I carry myself, it's like "Oh, you look like a 90s baby!" I would dress up literally like a mini Beyoncé. [laughs]" Julia Denise answered

What is a subculture? Cambridge Dictionary defines the word as the way of life, customs, and ideas of a particular group of people within a society that is different from the rest of that society; In history, subcultures were formed due to small youth groups or *barkadas* having similar interests in niche music, art, and politics and they continue to do so today.

The subcultural theory was established in the 1920s by the sociology department professors of the Chicago State University. They investigated the occurrence of delinquency or crime by primarily focusing on immigrants, blacks, and the working-class population.

The development of the theory of youth subcultures came alongside the rise of the concept of the teenager, as before, businesses recognized that young people were becoming their marketing segment that had a lot of purchasing power in the form of allowances that they get for their High School education (which was an entirely new thing on its own at the time.) They found that teenagers had very different interests from true adults, like the music scene at the time that was deemed to crash by their parents.

In the same decade, the Burningham School analyzed the new working-class youth subcultures such as rockers and mods wherein they argued that these subcultures were evidence of symbolic resistance to the mainstream consumption imposed by capitalism.

Meanwhile, New York University Professor Gregor Snyder, author of two books on sociology, studied skate and graffiti subculture, he found that the subculture like other youth and working-class subcultures is self-sustaining. Skaters, writers, and graffiti artists can monetize their alleged deviance while still self-identifying as members of a subculture.

The Commodification of The Delinquent (Through Fashion)

Do you want to be as cool as your favorite rapper? Don't worry because for 64% off you can buy a dupe of their teeth grillz, or maybe you're more into durag caps? Then worry not, because, for 20 pesos off and with free shipping, you can have one with just a press of a button!

Capitalism is truly the most pervasive force in today's world, and the revitalization of the Philippine Hip-hop market from its statis due to the absence and decline of its trailblazers such as Andrew E. has once again seen the light of day. This can be attributed to TikTok's use as a platform to push songs and propel artists' careers into stardom (and often, subsequently results in irrelevance.)

With the new generation of promising hip-hop artists that have emerged, alongside them is the rise of the '*pormahang* Steve Lacy' outfits such as baggy clothing, hoodies, and accessories such as chains and tattoos that they wear as if it's their uniform, and the gazillion flavors of vape (that are marketed towards children with bright and colorful designs complemented with bold and childish fonts) they consume that can be conveniently bought from TikTok's marketplace.

The rise of new media and fast fashion has limited the ability of young people to use their clothes as the tools of a cultural revolution as the accessibility of clothing has made it more difficult to make a statement with what you wear, and it is only becoming increasingly common for growing cultural movements to find themselves absorbed and monetized by companies seeking for the next big thing or buzzword to capitalize off.

In a Vogue Article of March 27, 2021, Author Yomi Adegoke said "The cycle of niches eventually being consumed by the mainstream has happened for generations, but the internet has sped this process up at an unrecognizable rate. These days, before a subculture has finally formed, it's already been co-opted. Combined with the rise of sample culture, different cultural touchstones are now a dress-up box for GenZ. This new mix-and-match approach to fashion means that now, we have trends over tribes."

Artists should have the right to express themselves and make their craft. Though it's important for them to recognize the power and influence they have over the media and consequently the masses, It's important to understand as well that it's not their responsibility to parent or to discipline children, but rather those children's parents.

Parents should discipline, provide guidance and insights towards their children and not solely rely on educational institutions and the media.



DEPRESSANTS AY HINDI GAMOT SA PROBLEMA

AKDA NI RYEISHI MAHAN DEUNA



Larawang Guhit ni Gabrielle Aquino

“Depression? Sus, sa isip lang nila ‘yan.” Maraming tao ang nakakaranas ng "Depression" o matinding pagkalumbay lalo na sa panahon ngayon. Marami ang nagpapatiwakal lalo na sa mga kabataan kung kaya't ang iba'y gumagamit ng Antidepressants nang nagbabakasakaling mabawasan ang kahapisan na kanilang nararamdaman. Ngunit nakakatulong nga ba ito sa damdamin ng tao o mas nakalulubha lamang sa karamdaman ng nakakaranas nito?

Ayon sa Cleveland Clinic, Isang American medical center organization, "Antidepressants are the most effective medication for treating depression symptoms. But just like with many other medications, antidepressants may help some people more than others. Studies show that the benefit of the antidepressant generally depends on the severity of the depression — the more severe the depression, the greater the benefit or “effectiveness” will be." Dahil sa epektibong paggamit ng Antidepressants ng ilang mga mamamayan, hindi maikakaila na ang iba'y tuluyan nang umaasa sa pag-inom ng gamot na ito. Dagdag pa ng Cleveland Clinic, "Antidepressants are usually effective in moderate, severe and chronic depression. They don’t tend to help mild depression. It’s important to remember that psychotherapy is another important part of depression treatment." Ang iba'y umaasa na lamang sa gamot dahil sa iba't ibang rason. Maaaring dahil sa pera, dahil inaakala nilang abala lang ito, o di kaya'y nahihirapan sila mag-open up sa ibang tao.

Bagama't maraming magagandang epekto ang Antidepressants, mayroon rin itong masamang epekto o "side effects" na umaabot sa puntong nagiging delusional na ang isang pasyente kapag hindi ito nagamit ng maayos.

Ayon pa rin sa Cleveland Clinic, "In some cases, children, teens and adults under the age of 25 may experience an increase in suicidal thoughts or behavior when taking antidepressants-" may kalakip na kapahamakan ang pag-inom ng Antidepressants kung kaya't ang iba'y nag-aalangan sa paggamit nito.

Iba't iba ang epekto ng kahit anong gamot sa mga iba't ibang tao kaya't kung iisipin, mas maganda ang magpakonsulta sa Therapist o Psychologist upang masiguro ang kaligtasan ng bawat mamamayan.



INHALE, EXHALE

Amoy ng Kapahamakan na Dulot ng Inhalants

AKDA NI AKEELAH JULIA M. DELA CRUZ

Correction fluid, air conditioning refrigerant, felt tip marker, spray paint, cooking spray, lighter fluid, iilan lamang 'yan sa mga may nakatutukso at nakahahalinang amoy na noong bata pa tayo ay madalas natin singhutin o amuyin, ngunit, ano nga ba ang nagdudulot ng ganitong amoy sa kanila o nababatid mo ba na ang mga ito ay komon na halimbawa ng inhalants?

Ang inhalants o sa ibang katawagan ay sniff, poppers, gluey, at huff, ay karaniwang household, industriyal, at medikal na mga produkto na naglalabas ng tinatawag na "chemical vapors" na may iilang tao na iniinhale na nagdudulot sa kanila ng pakiramdan ng pagiging "high," ito rin ay ginagamit sa pamamagitan ng ilong o bibig sa iba't ibang paraan, tulad ng sniffing, snorting, at bagging o pagsinghot ng usok mula sa loob ng isang plastik o papel na bag.

Patok na patok sa mga bata ang ganitong klase ng substance lalo na't may kakaiba itong amoy na masasabi mo talagang nakaaadik, hindi mo rin aakalain na ang ganitong tipikal na gamit sa loob ng bahay ay mga halimbawa na rin pala ng inhalants, bilang isang estudyante at siguro isang batang nakasinghot na rin ng nasabing substance, natanong mo na rin ba sa sarili mo kung ano nga ba ang epekto nito?

Epekto ng Inhalants

Ayon sa Drug Enforcement Administration (DEA), ang ilan sa epekto ng inhalants sa utak at katawan ng isang taong gumagamit nito ay ang mga sumusunod: pagkawala ng koordinasyon, pagka-relax ng katawan, pagkahilo, hindi pagkakaroon nang nalinaw na pagtingin, pagkalito, pagkairita ng lalamunan, ilong, at mata, at pagsakit ng ulo.

Long Term Effects

Dahil nga sa nakaaadik nitong amoy, marami ang nahuhumaling kaya naman \ patuloy ang paggamit nila rito, ang regular na pagsinghot ay maaaring mauwi sa malubhang problema sa kalusugan at pagkaka-adik at ang mga taong naging dependant na sa ganitong uri ng droga ay magdudulot ng iba't ibang epekto na hindi basta-basta maaalis at ang pinsala ay mananatili at permanent na.

Ayon sa ADF, ilan sa mga long-term effects nito ay ang pagiging iritable, pagkawala ng memorya, pagtubo ng pimples sa paligid ng bibig at labi, maputlang itsura, pagbawas ng timbang, pagbaba ng potensyal sa paglaki (height), pagod, sobrang uhaw, pagkawala ng pang-amoy at pandinig, di-regular na tibok ng puso, at pananakit ng dibdib at ulcer sa sikmura.

Pagka-overdose

Kung nasosobrahan na sa pagsinghot ng ganitong substance, maaaring humantong ito sa mapanganib na kalagayan o pagiging overdose, sa ganitong sitwasyon, ang katawan na mismo ang magbibibigay ng senyales na hindi na niya kinakaya ang patuloy na paggamit ng ganitong substance.

Ang epekto ng pagka- overdose ay maaaring magresulta sa seryosong mga sintomas tulad ng pagsusuka, pagtatae, hindi regular na pagtibok ng puso, pananakit ng dibdib, at hallucinations na may posibilidad na mawalan ng malay at sa mas malalang kaso pa, humantong sa coma.

Dahil sa mga nakababahala nitong epekto sa ating katawan ay hindi na kataka-taka kung maaari din itong magdulot ng pagkamatay, ang tinatawag na "sudden sniffing death" ay nangyayari kapag ang isang tao ay sumailalim sa cardiac arrest o heart failure pagkatapos gumamit ng inhalants, maaaring dulot ito ng kemikal sa inhalants na nagiging sanhi ng biglang pagtaas ng adrenaline na sensitibo sa puso, lalo pa itong delikado sa mga taong stress at magsasagawa nang mabibigat na ehersisyo pagkatapos mag-inhale.

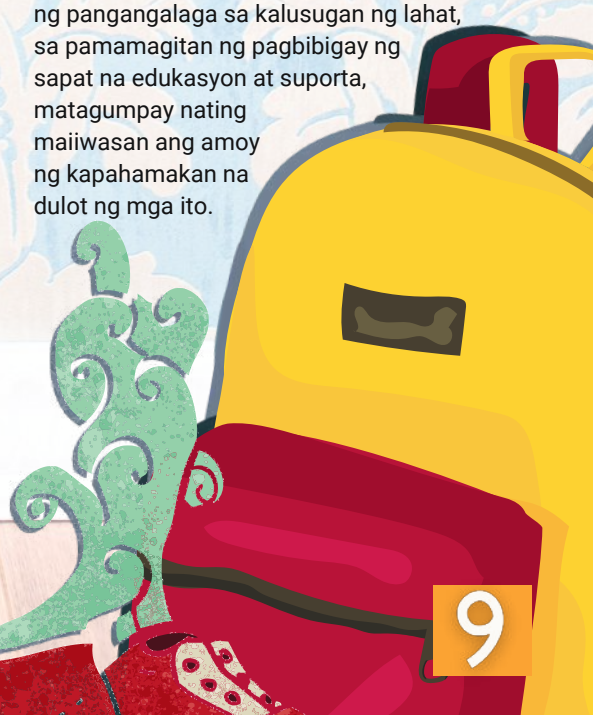
Gaya nga ng paulit-ulit na sinasabi sa atin ng mga nakatatanda, masama sa katawan ang sobra," ang paggamit ng ganitong substance ay hindi rin exemption sa kasabihang ito, ang kinaibahan nga lang, kahit hindi pa sobra, nakasasama na, kaya bilang estudyante, hindi na dapat pang subukan na gamitin ito kung ang dahilan lamang ay magpapawi ng lungkot o makamtan ang saglit na pleasure o kasiyahan, dahil maraming paraan na ang p'wedeng gawin na hindi mauuwi sa adiksyon.

Sa kabila ng mga nakahahalinang amoy ng mga inhalants na ito, mahalaga rin na malaman ng mga tao ang panganib na kaakibat ng kanilang paggamit dahil hindi lamang ito nagdudulot ng pansamantalang epekto ng pagiging "high" kung hindi maaari din itong magdulot ng pangmatagalan pinsala sa kalusugan, lalo na sa utak at katawan ng mga gumagamit.

Bilang estudyante, mahalaga na maging maalam at maingat hinggil sa mga panganib ng inhalant abuse dahil ang pagkakaroon ng sapat na pag-unawa sa mga epekto nito sa kalusugan, partikular na sa utak at katawan, ay makatutulong sa pagpapasya nang maayos at responsableng mga hakbang na isasagawa sa pang-araw-araw na buhay.

Dapat tayong magtulungan upang palaganapin ang impormasyon patungkol sa mga panganib ng inhalant abuse at magtaguyod ng pangangalaga sa kalusugan ng lahat, sa pamamagitan ng pagbibigay ng sapat na edukasyon at suporta, matagumpay nating maiiwasan ang amoy ng kapahamakan na dulot ng mga ito.





Solusyon o Lason?

Ang Mapanganib na Kapangyarihan ng Depressants

AKDA NI YEOHJ ALDRICH RICARTE

Ang Depressants ay isa sa mga klasipikasyon ng droga na kung saan ito ay nakakapagpabawas ng pagpukaw at konsentrasyon ng tao. Malaki ang ginagampanan nito sa pagpapabagal ng aktibidad sa pagpapasa ng impormasyon mula sa central nervous system (CNS) papunta sa katawan ng tao. Naaapektuhan nito ang pokus, koordinasyon, at reaksyon ng tao sa mga sitwasyon. Isa sa mga epekto nito sa mababang dosis ay ang pagka-relax. Subalit, kung masosobrahan sa paggamit nito, nagdudulot ito ng pagkatamlay, pagsusuka, pagkawala ng malay, at paminsan-minsan, kamatayan.

Ito ay ginagamit sa iba't ibang paraan depende sa anyo ng depressant. Halimbawa, ang alak o alkohol ay iniinom ng tao, habang ang mga droga gaya ng benzodiazepins ay kadalasang iniinom subalit puwede rin itong ma-inject. Ang iba pang mga halimbawa ng mga depressants ay alcohol, benzodiazepins, gamma hydroxybutyrate (GHB), at kava. Ang mga drogang ito ay nakaaapekto sa ating katawan sa pamamagitan ng pagpapabagal ng mga pagdaloy ng mensahe mula sa katawan papunta sa utak, na nagiging dahilan kung bakit ito ay masama sa kalusugan.

Ang ilan sa mga panandaliang epekto ng paggamit ng mga depressants ay pagtaas ng mood, mabagal na reaksyon ng katawan, mabagal na paghinga, at pagtaas ng posibilidad ng aksidente, lalo na kung ang gumagamit ay maaaring nagmamaneho o nasa labas ng bahay. Ang sobrang paggamit nito o overdosage ay maaaring magresulta sa pagsusuka, pagkalumpo ng katawan, pagbagal ng paghinga at pagtibok ng puso, pagkawala ng malay, at sa pinakamasamang kaso, kamatayan.

Alak ay isang depressant na galing sa pinaghalong ethanol at flavored water.

Ito ay matatagpuan sa mga beer, wine, cider, at iba pang nakakalasing na inumin. Ito ay iniinom ng tao, at ang paggamit ng alcohol ay nakaaapekto sa pamamagitan ng pagbabagal sa response ng tao, pagbilis ng tibok ng puso, at pagkahilo.

Kapag sobrang ginamit, maaaring magdulot ito ng pagsusuka, pagkalasing, atake sa puso, at kung minsan, kamatayan.



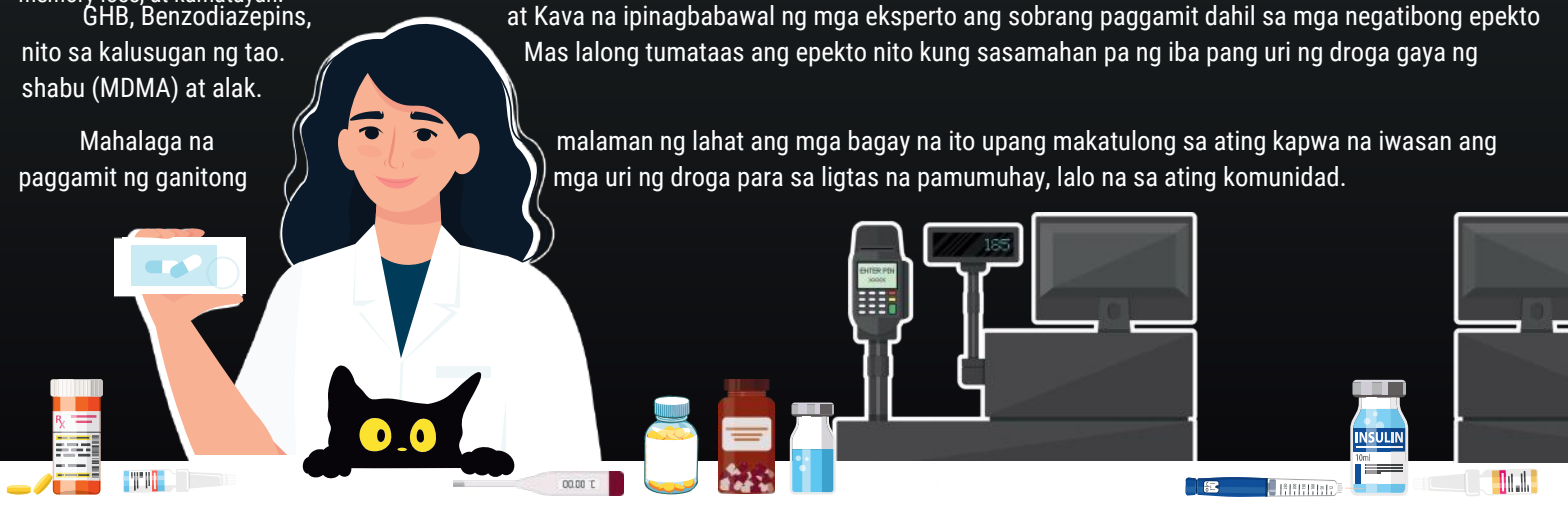
Ang Benzodiazepins naman ay isang droga na nirereseta ng mga doktor upang mabawasan ang stress at anxiety ngunit delikado ito kung ihahalo sa ibang droga gaya ng alcohol. Ito ay nakukuha sa anyo ng pills na iniinom. Ang epekto rin nito sa tao ay sakit ng ulo, pagkaantok, at pagkawala ng malay. Kapag sobra ang dosis, maaaring magresulta ito sa mood swings, labis na pagkatulog, at kamatayan.

Isa pa sa mga depressants ay ang gamma hydroxybutyrate (GHB), na tila isang walang kulay at walang amoy na likido. Ilan sa mga ep youekto nito ay ang pagtaas ng pagnanasa na makipagtalik, pagkatamlay, at pagtatae. Kapag sobrang gamit, maaaring magdulot ito ng pagsusuka, paghina ng paghinga, pagkairita, memory loss, at kamatayan.

Ang huli ay ang Kava, na galing sa halamang madalas makita sa Timog Pasipiko. Ito ay nakukuha mula sa ugat ng halamang Kava. Tulad ng ibang mga depressant, ito ay nagdudulot rin ng pagkaantok at kawalan ng gana sa pagkain. Kapag sobra ang paggamit, maaaring magdulot ito ng pagpapamula ng mga mata at pagkahilo.

Ang uri ng droga na depressants ay maaaring magdulot ng pagkahilo, panghihina ng katawan, pagsusuka, at kamatayan dahil sa pag-atake nito sa utak ng tao. Ang mga drogang ito ay iniinom sa pamamagitan ng pag-inom, paglunok, at pagsaksak sa katawan. Mayroong apat na kilalang mga depressant drugs, ito ay ang Alkohol o alak, GHB, Benzodiazepins, at Kava na ipinagbabawal ng mga eksperto ang sobrang paggamit dahil sa mga negatibong epekto nito sa kalusugan ng tao. Mas lalong tumataas ang epekto nito kung sasamahan pa ng iba pang uri ng droga gaya ng shabu (MDMA) at alak.

Mahalaga na malaman ng lahat ang mga bagay na ito upang makatulong sa ating kapwa na iwasan ang paggamit ng ganitong mga uri ng droga para sa ligtas na pamumuhay, lalo na sa ating komunidad.



PIXEL HIGH SCORES:

The Addictive Nature of Video Games

Binging and living a life of excess have been a trend in the past decade, especially for those within developing and already developed nations with more than enough money to splurge on games and their in-game purchases. People are always looking forward to the next thing they can consume, eager to find belonging and community with others through participating in the same activities or buying the same things as them. It's no secret that today's youth are always quick to hop from one fad to another, often resulting from the influence of their social media algorithms and idols.

Through online communities, youth can get out of their comfort zone and make meaningful relationships and memories that can be forever stored in the biggest archive known to man - the internet. One way online communities can be formed is through video games according to a national survey from the Pew Internet & American Life Project, 97% of young people play video games, it has been around for more than a decade, and with the rise of globalization wherein gadgets are more accessible to the common people, it's not surprising that it's a multibillion-dollar industry.

Games today than before are much more sophisticated than their prominent maiden voyages such as *Pacman* and the first versions of *Mario* that everyone one way or another has played in their childhood using their parent's indestructible Nokia keypad phone. Games evolved to be able to accommodate a wider range of consumers and society's changing ideals and values. Video game developers can engage youth more as they have developed more realistic graphics with drawn-out stories that encompass many themes that span across many game franchises and unique game mechanics that hook audiences back to keep on playing every day.

But what happens when the gaming time of individuals far exceeds what is considered "normal", becoming held in a chokehold by these games they play religiously, neglecting more important aspects of their lives, and even at worst, endangering their health and depleting their resources just to keep on playing their games, almost like drug addiction?

The Virality of Games

TikTok trends typically involve viral dances, popular songs to lip sync, and other creative challenges that users replicate or reinterpret in their unique way, but how do video games become viral? Though it may seem to happen out of pure randomness, there is a calculated push behind videogames going viral on social media platforms.

Gen Z are simply built different, and they're known to be unpredictable, hence the reason why they are captured by randomness.

Advertisements and promotions similar to the language learning app Duolingo that are unhinged and aggressive find appeal from social media's large number of youth users because of its humor. Hence why you'll often see companies having social media interns and page managers using popular Gen Z buzzwords and tropes in their promotional materials to pivot to those types of audiences to boost engagements.

As Berger says, when we care, we share. Just like inspiring things, or those that make us angry, funny content is shared because amusement is a high-arousal emotion.

Social media algorithms such as TikTok are built on a machine learning model that takes into account numerous factors to recommend content to its users. It evaluates user interactions (such as likes, shares, comments, and the duration for which a video is viewed), video details (details about the video like hashtags, details in the description, and the type of content), and account settings

BY REIDAN BONG T. TORRES

FROM PG. 11 PIXEL HIGH SCORES: THE ADDICTIVE NATURE OF GAMES



(such as the user's location, language preference, and device type). Engagement is a crucial metric for these types of algorithms. If your video receives high engagement (likes, shares, comments, and full video views), the algorithm will recognize it as valuable content and will push it to even more users, increasing its visibility. Therefore, creating engaging content is key to reaching a broader audience and potentially going viral on the platform.

Consider the example of Fortnite, which became a cultural phenomenon partly through its presence on TikTok. They capitalized on the popular 'Fortnite Dance Challenge', where players and fans would recreate dance moves from the game. Another successful implementation can be seen with the indie game, Among Us. Players took to TikTok to share funny gameplay moments, strategies, and fan theories, helping the game gain massive popularity despite its initial low-profile launch.

Another indie game that became a huge hit because of social media platforms such as Facebook and TikTok is 8 Ball Pool.

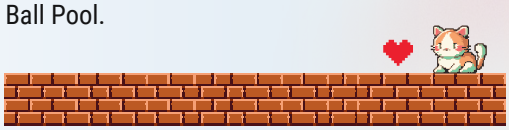


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Another indie game that became a huge hit because of social media platforms such as Facebook and TikTok is 8 Ball Pool.

"8 Ball Pool" stands as a prominent online multiplayer game published in 2010 and developed and published by Miniclip, it captures the essence of the classic billiards experience in a virtual realm. The appeal of the game is that players no longer have to go outside and play billiards, they can instead hop on their phones and engage in one-on-one matches or tournaments.

The game boasts realistic physics, and the virality of the game can be attributed to how social media users boast their keen eyesight and how they can do various trick shots via on-screen controls or a mouse in competing against friends or global players in real-time matches, and participate in diverse tournaments. Wherein by aiming to pot their designated balls (stripes or solids) and ultimately the 8 ball, players can emerge victorious.



The game also lets players customize their cues and tables with various designs, grows an attachment to the player, and fosters a desire for them to grind for the game to award the player with experience points and in-game currency, facilitating the unlocking of new cues, entry into higher-stakes matches, and leveling up.

Integration with social media accounts enables players to challenge friends, exchange gifts, and monitor their standings on leaderboards, influencing players to grind even further to surpass others for bragging rights. The game became even more popular due to it being accessible across mobile devices (iOS and Android) and web browsers and also operating under a free-to-play model, although optional in-app purchases for virtual currency and items are available, ensuring enjoyment without mandatory real-money spending.

Building a robust and engaged community around your game on TikTok isn't just a beneficial add-on to your marketing strategy — it can be a driving force behind achieving viral success. This section will discuss how a thriving TikTok community can amplify your reach and strategies for effectively connecting with and nurturing your followers. While individual viral moments can give your game momentary exposure, it is the long-term cultivation of an active community that can consistently propel your game to the top of TikTok's trending lists. An engaged community can generate a continuous stream of user-generated content, provide valuable feedback, and help foster a positive image for your game.

The Addictive Nature of Games

Employing reward systems that provide players with a sense of accomplishment or progress is a feature found in almost every game, this could be in the form of leveling up, unlocking new content, earning virtual currency, or completing challenges. These rewards trigger the brain's pleasure centers, releasing dopamine, which reinforces the behavior and encourages players to continue playing further. But rewards and progression aren't simply gonna make players keep on playing, the game must also have an immersive experience that allows players to escape from reality and enter a fantasy world where they have control and agency in contrast to the player's circumstances. This escapism can be particularly appealing for individuals seeking relief from stress, boredom, or real-life problems, even if it's just for a short while.

This escapism can be further reinforced through crossplay and multiplayer features, as you can make life-long friendships through playing games now. In this world that continues to defund and neglect third spaces for youth to naturally make friendships such as libraries and public parks, online communities are formed instead through

social features of games that provide opportunities for players to connect and interact with others despite the distance and language barriers they may have. Making friendships has its benefits in games, as many games are designed with a gradual increase in difficulty, presenting players with challenges that require skill, strategy, problem-solving abilities, or friends to overcome. Through having your very own *"ka duo"* you wouldn't have to shoulder the difficulty of the videogame on your own.

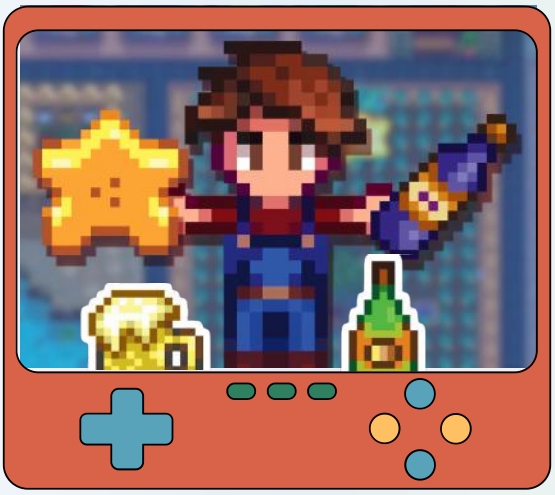
One specific instance is when you play Mobile Online Battleground Arena (MOBA) such as Mobile Legends Bang Bang (MLBB) wherein you are matched with other players across the globe to compete with an opposing team of five wherein you must destroy their core. Instead of being queued up with complete strangers whose skills you may not know and risk losing, why not play alongside your friends whom you have a much deeper understanding and familiarity with?

Has it been three days of just nonstop grinding for you? Have you spent all of your inventory's resin? Do you keep on getting that defense sub-stat for that attack goblet? This is the common (dreadful) experience that Genshin Impact players experience.

Game designers often employ random or variable reward schedules to keep players engaged. This can include loot drops after a boss fight, randomized item rewards (and in this case, artifacts), or other unpredictable outcomes in games. The uncertainty of these rewards keeps players coming back in the hope of receiving something more valuable than they already have, often to make it easier for them to clear the game's content or for bragging rights within their online communities. The sense of mastery that comes from overcoming these challenges can be deeply rewarding and motivating, encouraging players to continue playing to improve their skills further.

The widespread availability of gaming platforms should also be credited to the rise of the gaming industry, these include smartphones, tablets, and consoles that can be bought significantly cheaper than it was before, causing children to have easier access to video games at any time. This accessibility can make it easier for players to spend more time playing games, leading to overconsumption as unlike other forms of media, such as television or movies, video games often have fewer regulations or parental controls in place. This lack of regulation can make it challenging for parents to monitor and control their children's gaming habits effectively.

However, not all children who play video games will develop addictive behaviors. Many children can enjoy video games in moderation without experiencing negative consequences if they are guided properly by their parents. However, for some children, excessive gaming can lead to



addiction and other issues without the proper monitoring of their parents. To address these concerns about overconsumption and addiction, parents need to monitor their children's gaming habits, set limits on screen time, and encourage a healthy balance of activities both online and offline through investing in new hobbies or sports for their children as an example. Additionally, promoting open communication with children about responsible gaming habits and the potential risks of overconsumption can help mitigate the negative effects of excessive video game use.

Video Games as Depressants

Video games and drugs are fundamentally different substances or activities, but they can share some similarities in how they affect the brain and behavior. Here's a comparison: depressants like alcohol, nicotine, and illicit drugs directly alter brain chemistry, affecting neurotransmitters and neural pathways. They can induce changes in mood, perception, cognition, and behavior. While video games don't directly alter brain chemistry in the same way drugs do, they can still affect brain activity. Playing video games can stimulate the release of dopamine, a neurotransmitter associated with pleasure and reward, similar to how drugs can. This can create feelings of enjoyment and satisfaction while gaming.

Many drugs have addictive properties that can lead to dependence and compulsive use. Addiction to drugs can have severe consequences on physical health, mental well-being, and social functioning. While video game addiction is recognized as a behavioral addiction rather than a substance addiction, excessive gaming can lead to similar patterns of compulsive behavior and withdrawal symptoms. Some individuals may become so engrossed in gaming that they neglect other aspects of their lives, leading to problems with relationships, academics, or work.

A specific instance would be wherein students find it hard to focus on their lessons when they keep on thinking about what's happening to their virtual world, ahs their Clash of Clans base been attacked? Has my ranking on the server been surpassed already? Did I already do my Genshin dailies? The fear of missing out can distract players from focusing on the reality at hand.

The scariest of all is that withdrawal from certain drugs can result in physical and psychological symptoms, such as cravings, irritability, anxiety, insomnia, and physical discomfort. Meanwhile, withdrawal from excessive gaming can also lead to psychological symptoms, including irritability, restlessness, mood swings, and difficulty concentrating. However, physical withdrawal symptoms are not typically associated with video game addiction.

Treatment for drug addiction often involves a combination of medical interventions, therapy, support groups, and lifestyle changes to address physical dependence, psychological factors, and social influences similarly, treatment for video game addiction may involve cognitive-behavioral therapy (CBT), family therapy as well as support groups, and strategies to promote healthier gaming habits and lifestyle balance.

Often, youth who struggle to make friends with their peers in real life grow up having online hobbies instead, and of course, it would most likely be gaming. The gaming market is too saturated with many genres of games, each of them having their main core mechanics and feel to them that certain players seek or detest.

Gacha Games

Do you find it hard to find an intimate relationship with others? Are you just simply too shy and easily misunderstood? Well, don't fret no more, because you can have your

husbando or waifu dedicated to you! *(you just have to rind for days to wish for them in their banner 90 times)*

Gacha games are a type of video game that originated in Japan and typically revolve around a mechanic called "gacha," which refers to a system of obtaining virtual items, characters, or equipment through a random draw. The term "gacha" is derived from "gashapon," which are vending machines in Japan that dispense small toys or collectibles in plastic capsules.

In gacha games, players spend in-game currency (which can often be earned through gameplay or purchased with real money) to pull from a virtual gacha machine, which then rewards them with a random item or character. The rarity of the items or characters varies, with some being more common and others being rare or even ultra-rare. Players spend in-game currency (such as gems, coins, or tickets) to perform gacha pulls. Each pull typically rewards the player with a random item, character, or piece of equipment. Gacha games often categorize items or characters into different rarity tiers, such as common, rare, epic, or legendary. The rarest items or characters are usually the most desirable and sought after by players. Gacha games often employ a "freemium" model, where the game is free to play, but players can spend real money to purchase in-game currency for gacha pulls. Some players may spend significant amounts of money in pursuit of rare or desired items and they are typically referred to as “whales’ where they become a primary target for game companies by incentivizing their purchases even more with discounts and bonuses that hook them into a dangerous cycle of constantly spending their (or their parent's) money.

Gacha games frequently feature limited-time events or banners that offer increased chances to obtain specific rare items or characters. These events often encourage players to spend more currency during the event period. Many gacha games feature a wide variety of characters with unique abilities, appearances, and backstories. Players may collect and level up these characters to build powerful teams for various in-game activities such as battles or challenges.

Some gacha games include competitive elements such as player versus player (PvP) battles or leaderboards, where players can test their teams against others and compete for rewards or rankings. Popular examples of gacha games include "Genshin Impact," "Fire Emblem Heroes," "Fate/Grand Order," "Granblue Fantasy," and "Summoners War." While gacha games can be entertaining and addictive for many players, they have also faced criticism for their monetization practices, particularly concerning the potential for players to spend large amounts of money in pursuit of rare items just to be able to easily clear out the game’s contents.

Sandbox Games

Are you tired of your capitalistic reality where we are forced to work 9 hours a day for five days a week? Worry not! As In the cozy farming simulator game Stardew Valley, players start by being given a plot of land to grow crops, nurture farm animals, and make a home worth living for their pets, children, and spouse of choice from the bachelor and bachelorettes in Pelican town.

What you can do in this game is seemingly endless, one of the mechanics of the game is winemaking. Wine holds a pivotal role in the gameplay dynamics and the broader experience of tending to a farm and growing relationships within the game's community. Wine production constitutes a crucial aspect, wherein players can craft wine by fermenting certain fruits, predominantly grapes, within kegs over time. Grapes, being a primary crop for winemaking, can be cultivated in vineyard fields or within the greenhouse on the player's farm. Stardew Valley offers various types of wine, ranging from regular to silver-star and gold-star variants, with quality contingent upon factors like fruit quality and the player character's skill level. The utility of wine extends beyond its production, serving multiple functions within the game. It can be sold for profit, with higher-quality wines commanding better prices. Moreover, wine serves as a valuable gift option for other in-game characters, as certain individuals harbor preferences for specific wine types, thereby enhancing the player's friendship level. Additionally, wine consumption by the player's character provides temporary energy or health boosts during various activities like farming, mining, or fishing. But if winemaking isnt for you, you can just fish, mine, decorate your farm, and plant even more crops in new islands!

Stardew Valley has a lot in store for new players, that's why it becomes very overwhelming to play as you have to dedicate a lot of (fun) time to the farming simulator game. The game can be classified under Sandbox games wherein video games of this genre emphasize open-world exploration, player freedom, and emergent gameplay. Unlike more linear or goal-oriented games, sandbox games provide players with a vast virtual environment to explore and interact with, often without strict objectives or story-driven progression. Instead, players are encouraged to create their own experiences and narratives within the game world. Sandbox games typically feature expansive and immersive virtual worlds that players can freely explore. These worlds often include diverse landscapes, cities, towns, and other points of interest for players to discover. These types of games prioritize player agency, allowing players to make choices and influence the game world through their actions. Whether it's building structures, shaping the terrain, or interacting with NPCs (non-player characters) like Minecraft, players







have a high degree of freedom in how they approach the game.

Sandbox games often feature dynamic systems that simulate realistic behavior and interactions within the game world. This can include day-night cycles, weather patterns, ecosystem dynamics, and AI-driven behaviors for NPCs and creatures

Popular examples of sandbox games include "Minecraft," "Grand Theft Auto V," "The Elder Scrolls V: Skyrim," "Terraria," and "No Man's Sky." These games offer players a wide range of activities, from building and crafting to exploration, combat, and social interaction, all within immersive and open-ended virtual worlds.

Are Videogames A Bad Influence?

Some parents worry that video games may be teaching their children inappropriate behavior through very graphic content, and their concerns may be true as according to the American Academy of Child & Adolescent Psychiatry, studies of children exposed to violent media (such as violent video games) have shown that they may become numb to violence, imitate the violence and show more aggressive behavior. The Center on Media and Child Health also states that video game violence can significantly increase anxiety and aggressive thoughts, emotions, and behaviors in children over the long term and short term.

Parents are reluctant to let their children play games such as Roblox because of the app hosting adult dating content, and even at worst, allowing inappropriate avatars and social spaces where children may be preyed upon.

Roblox is a platform primarily focused on providing a space for users to create and share games across various genres, including adventure, simulation, and role-playing games. However, the content on Roblox can be created by its users, and thus, the nature of the games can vary widely depending on what individual creators design. While some games on Roblox may include elements of combat or violence, Roblox Corporation does have community guidelines and moderation systems in place to monitor and regulate content to ensure it complies with their standards. They also provide tools for parents to control their children's experiences on the platform, such as restricting access to certain games or enabling stricter chat filters.

Ultimately, whether Roblox promotes violence depends on the specific content of the games created by users rather than the platform itself. Parents and guardians are encouraged to monitor their children's activities on Roblox and discuss appropriate behavior and content with them.

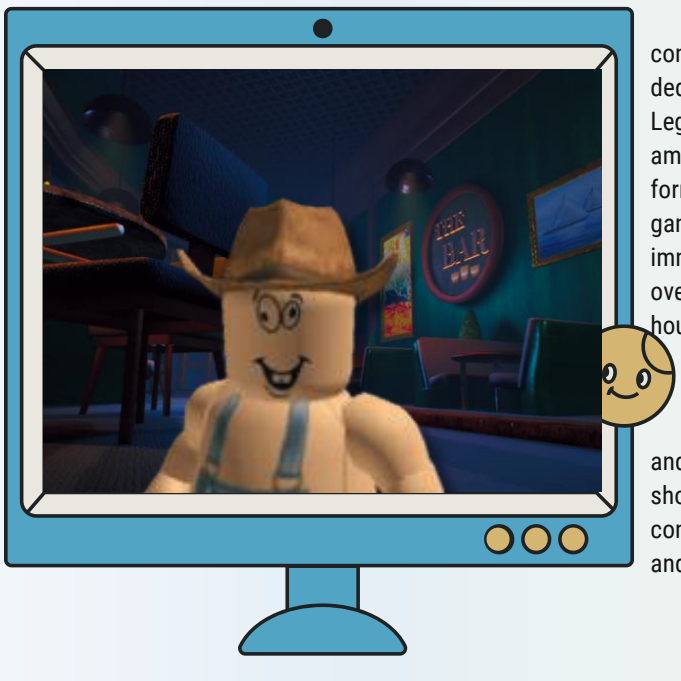
Despite efforts by Roblox Corporation to moderate content, some games may still contain inappropriate or explicit material. Just like any other online space, Roblox can be a platform for cyberbullying. Children may encounter harassment, teasing, or exclusion from other players.

Flamingo is a popular Roblox YouTuber known for his comedic gameplay videos, skits, and trolling content within the Roblox platform. The creator behind Flamingo is Albert Spencer Aretz, also known as AlbertsStuff. He initially started his YouTube channel under the name "AlbertsStuff" before rebranding it to "Flamingo" in 2017. Flamingo's content often features him playing various Roblox games while providing humorous commentary and engaging in antics with other players. He has a distinctive, energetic style that has garnered a significant following on YouTube.

Flamingo's videos appeal to a wide audience, including Roblox players and fans of gaming-related content. His entertaining personality and unique approach to Roblox gameplay have contributed to his success as a prominent figure in the Roblox community. But just recently, he garnered negative attention on the social media platform X or previously known as Twitter for getting called out for his weird behavior of harassing players and his fans following suit by doxxing the target.

In the digital age, the convergence of media platforms has given rise to fervent fan communities known as "stans," characterized by their unwavering devotion to specific video games and music artists. While stan culture can foster a sense of community and belonging among fans, there's growing concern about its role in promoting media overconsumption and addiction among youth. This article explores how video games and music artists have contributed to the development of stan culture and its potential pitfalls.

Stan culture, is derived from Eminem's song "Stan," or from Taylor Swift's interview wherein she combined the two words "super" and "fan' to address her own very dedicated fanbase. The term originally referred to extreme fandom and obsession. Today, it encompasses a wide range of fan communities devoted to video games, music artists, TV shows, and more. Social media platforms like Twitter, Instagram, and TikTok have become breeding grounds for stan culture, providing fans with spaces to connect, share content, and express their adoration for their favorite creators.



Video games have cultivated vibrant fan communities known for their passion and dedication. Titles like "Fortnite," "League of Legends," and "Animal Crossing" have amassed massive followings, with players forming intricate subcultures around gameplay, characters, and lore. However, the immersive nature of video games can lead to overconsumption, as players invest countless hours mastering the game, participating in online communities, and consuming related content.

While stan culture can be a source of joy and camaraderie, creators and platforms should take note of the well-being of their fan communities by promoting balance, diversity, and inclusivity.



Enter a world where perceptions change and reality bends. Welcome to the world of hallucinogens and depressants, where consciousness alternates between altered levels of awareness and tranquility. We explore the impacts, riddles, and fascinating interactions between the kaleidoscopic visions of hallucinogens and the sedating whispers of depressants as we go on this engrossing voyage into the depths of these substances. Get ready for an experience that will make you question your assumptions and pique your interest as we explore the mysterious appeal of these intriguing materials. Are you prepared to start this incredible journey? Now let's get started.

What are Depressants? alcohol, cannabis, benzodiazepines, heroin and other opioids; are only some of the many types of Depressants. Depressants prescribed to patients who are experiencing too much stress, anxiety, or insomnia as it slows down the functioning of the brain and typically relieves anxiety. They don't necessarily make a person feel depressed, but rather reduce coordination of the body's systems and impairs concentration and judgment.

What are the effects of Depressants?

Depressants often produce feelings of being relaxed, calm and sleepiness. Other short-term effects may include dizziness, poor balance, and slower reflexes. In large doses, depressants may cause drowsiness, nausea, and loss of consciousness, while long-term use of depressants can also lead to a range of physical and mental health conditions.

What are the dangers of Depressants?

Continued depressant use increases tolerance, causing the individual to consume higher doses of their substance of choice in order to obtain the same effects. This increased consumption and tolerance can cause a person to develop dependence and addiction. Dangers of depressants include having accidental injuries, depression, suicidal thoughts, sexual dysfunction, substance dependence, addiction and overdose.

Hallucinogenic drugs, also known as 'psychedelics', are drugs that change the way a person perceives the world. Hallucinogens affect all the senses, altering a person's thinking, sense of time and emotions. They can cause a person to hallucinate — seeing or hearing things that do not exist or are distorted. There are many different kinds of hallucinogens. Some occur naturally, in trees, vines, seeds, fungi and leaves. Others are made in laboratories.

What are the effects of Hallucinogens?

Hallucinogenic drugs distort perceptions of reality, i.e. they change the way a person sees, hears and feels about a situation. For example, a person may see things that do not actually exist, or a normal sensory experience may be exaggerated (such as seeing colors more vividly).

They produce feelings of relaxation. Other short-term effects include nausea, increased heart rate, dizziness, confusion, clumsiness, and emotional swings.

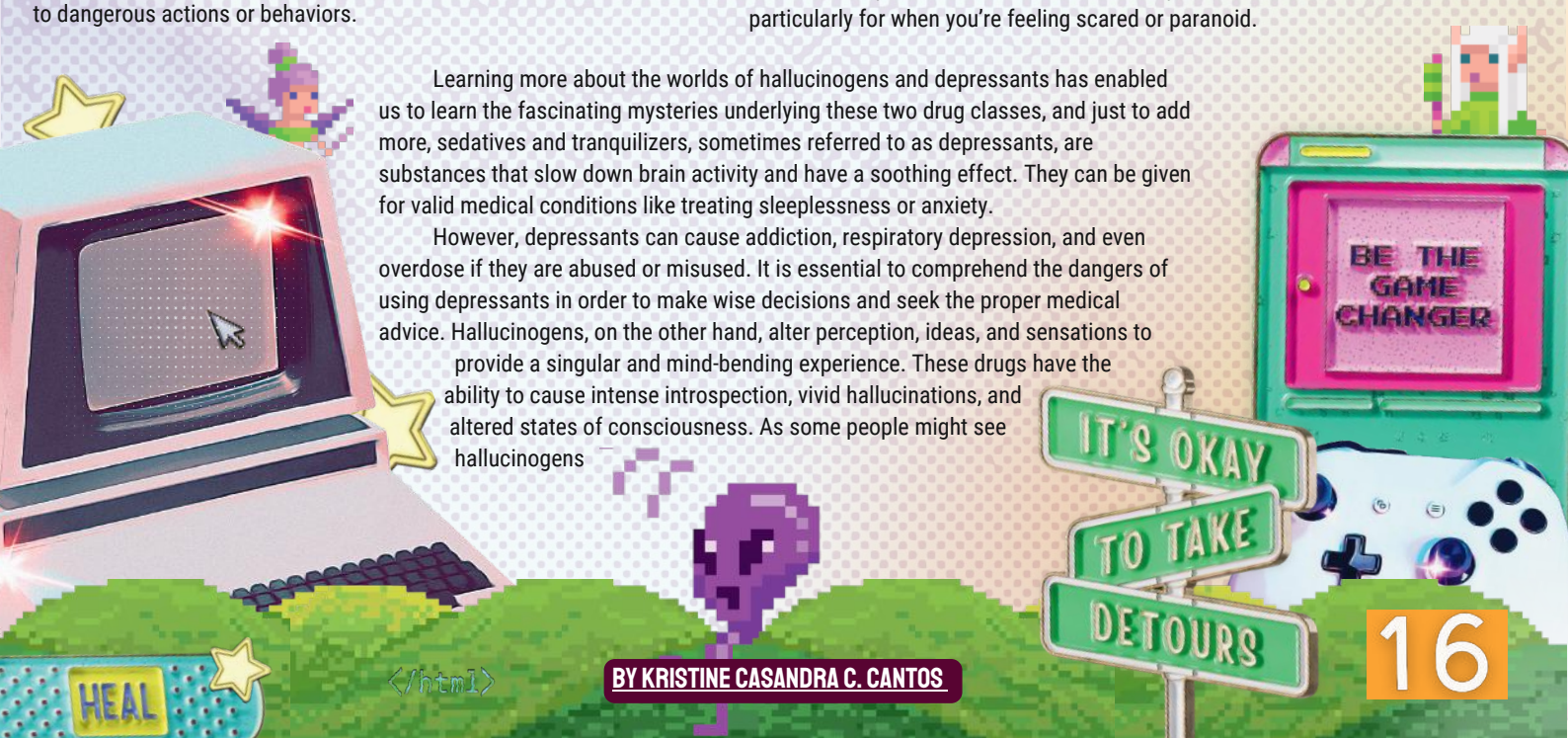
Long-term use of hallucinogens can also lead to a range of physical and mental health conditions. What are the dangers of Hallucinogens? In some severe cases, fear and paranoia triggered by hallucinations can lead to dangerous actions or behaviors.

How are Hallucinations treated?

Treatment for your hallucinations will depend entirely on medications' underlying cause. For example, if you're hallucinating due to severe alcohol withdrawal, your doctor might prescribe medication that helps calm down your nervous system. However, if hallucinations are caused by Parkinson's disease in a person with dementia, this same type of medication may not be beneficial, and other medications may be used. An accurate diagnosis is very important for treating the condition effectively. Counseling might also be part of your treatment plan. This is particularly true if the underlying cause of your hallucinations is a mental health condition. Speaking with a counselor can help you get a better understanding of what's happening to you. A counselor can also help you develop coping strategies, particularly for when you're feeling scared or paranoid.

Learning more about the worlds of hallucinogens and depressants has enabled us to learn the fascinating mysteries underlying these two drug classes, and just to add more, sedatives and tranquilizers, sometimes referred to as depressants, are substances that slow down brain activity and have a soothing effect. They can be given for valid medical conditions like treating sleeplessness or anxiety.

However, depressants can cause addiction, respiratory depression, and even overdose if they are abused or misused. It is essential to comprehend the dangers of using depressants in order to make wise decisions and seek the proper medical advice. Hallucinogens, on the other hand, alter perception, ideas, and sensations to provide a singular and mind-bending experience. These drugs have the ability to cause intense introspection, vivid hallucinations, and altered states of consciousness. As some people might see hallucinogens



BY KRISTINE CASANDRA C. CANTOS

DOWNWARD SPIRAL: RISKS AND IMPACTS ON MENTAL HEALTH BY DEPRESSANTS

BY HANS DONCERAS

Depressant drugs, also known as central nervous system (CNS) depressants, are substances that slow down brain activity. These drugs are commonly prescribed for medical purposes to treat conditions such as anxiety, insomnia, and certain seizure disorders. However, when misused or abused, depressants can have serious consequences, including the risk of addiction and the development of physical and mental health issues.

These substances act by depressing or inhibiting the activity of the brain and spinal cord, resulting in calming, sedative, or hypnotic effects.

Depressants are commonly prescribed for various medical purposes but are also frequently abused, leading to significant health risks and potential addiction.

Here, we will explore the types of depressant drugs, their medical uses, potential risks, and the importance of responsible use.

Effects of Depressants There is no safe level of drug use. The use of any drug always carries some risk. It's important to be careful when taking any type of drug. Depressants affect everyone differently, based on:

- The dosage
- Individual size, weight, and health
- Whether the person is accustomed to taking them
- Whether other drugs are taken simultaneously
- The amount consumed
- The potency of the drug (this varies from batch to batch with illegally produced drugs).

The onset and effects of depressants vary according to the type and specific chemical. Some depressants may work instantly, with effects only lasting for a short time (such as Inhalants), while others may take longer to manifest and wear off.

Types of Depressant Drugs:

Benzodiazepines: These medications, including diazepam (Valium), alprazolam (Xanax), and lorazepam (Ativan), are commonly prescribed to treat anxiety and sleep disorders. They enhance the effect of the neurotransmitter gamma-aminobutyric acid (GABA), resulting in a calming or sedative effect.

Barbiturates: Although less commonly prescribed today due to their high risk of overdose, barbiturates like phenobarbital were historically used to treat anxiety, insomnia, and seizures. They act on the central nervous system, depressing brain activity.

Alcohol: Ethyl alcohol, found in alcoholic beverages, is a widely consumed depressant. While moderate alcohol consumption is generally considered safe for most adults, excessive use can lead to serious health issues, including addiction, liver damage, and cognitive impairment.

Opioids: While opioids primarily act as pain relievers, they also have depressant effects on the central nervous system. Common opioids include oxycodone, hydrocodone, and morphine.

Medical Uses:

- Anxiety Disorders: Benzodiazepines are often prescribed to alleviate symptoms of anxiety disorders, panic attacks, and acute stress reactions.
- Insomnia: Depressants can be used to induce sleep and manage insomnia symptoms.
- Seizure Disorders: Some depressants, particularly anticonvulsant medications, are prescribed to control seizures in individuals with epilepsy.

Risks and Side Effects:

- Dependence and Addiction: Regular use of depressant drugs, especially benzodiazepines and barbiturates, can lead to physical dependence and addiction.
- Respiratory Depression: High doses of depressants, particularly when combined with other substances like alcohol, can lead to slowed breathing, which can be life-threatening.

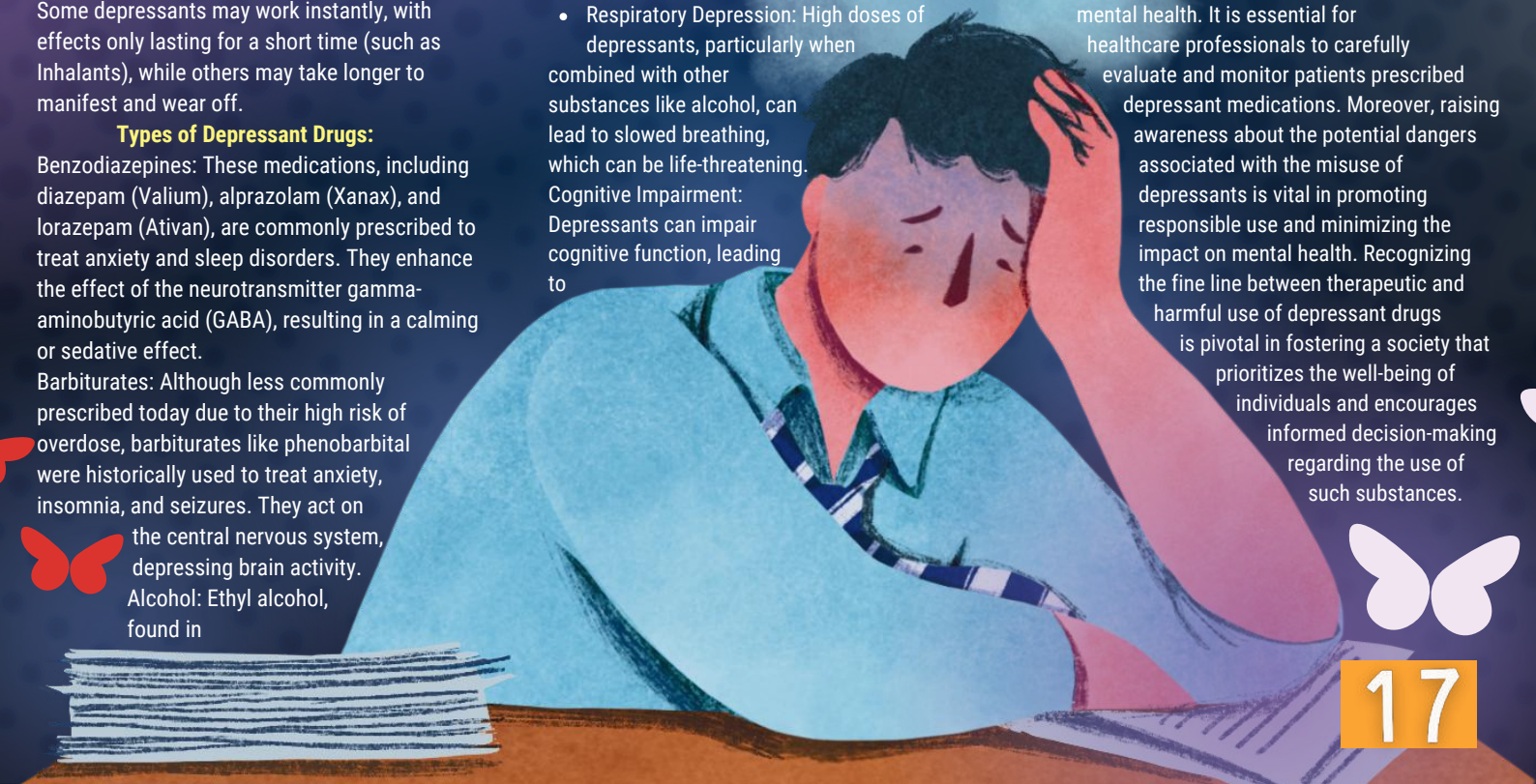
Cognitive Impairment: Depressants can impair cognitive function, leading to

- issues with concentration, memory, and coordination.
- Withdrawal Symptoms: Abrupt discontinuation of depressant drugs can result in withdrawal symptoms, including anxiety, insomnia, seizures, and, in severe cases, delirium tremens.

Responsible Use and Treatment:

- Prescription Adherence: It is crucial to take depressant medications exactly as prescribed by a healthcare professional and to communicate openly about any concerns or side effects.
- Avoiding Polydrug Use: Combining depressants with other substances, especially alcohol, increases the risk of adverse effects and overdose.
- Seeking Professional Help: If dependence or addiction is suspected, it's essential to seek help from healthcare professionals or addiction specialists. Treatment options may include therapy, counseling, and, in some cases, medication-assisted treatment.

While depressant drugs play a crucial role in medical treatments, their misuse poses significant risks to both physical and mental health. It is essential for healthcare professionals to carefully evaluate and monitor patients prescribed depressant medications. Moreover, raising awareness about the potential dangers associated with the misuse of depressants is vital in promoting responsible use and minimizing the impact on mental health. Recognizing the fine line between therapeutic and harmful use of depressant drugs is pivotal in fostering a society that prioritizes the well-being of individuals and encourages informed decision-making regarding the use of such substances.



Hay! Cocaine

AKDA NI LEVY GREGORIO.

Talaga nga namang masayang maranasan na ang enerhiyang binibigay mo sa kanila ay ibabalik nila sa iyo, halimbawa na rito ay iyong mga pag-"hi" mo sa iba. Ang enerhiya o iyong gana, diwa, at saya na ibinibigay ng mga tao para sa mas mabuting koneksyon sa isa't isa, gaya na lamang ng pag-uusap. At talaga namang nakakalungkot o nakakawalan ng gana kung ang enerhiyang ibinigay mo ay hindi makakabalik sa iyo. Ngunit alam mo ba na hindi lahat ng masigla na enerhiya ay nangangahulugang positibo ito? Oo, maaaring mayroong iba sa atin na likas na masigla at mayroong tinataglay na nakakahawang positibong enerhiya. Ngunit alam mo ba kung ano ang cocaine at ang enerhiya na naibibigay din nito?

COCAINE

Ang drogang ito ay puti at pinong bagay na tila parang isang pulbos, harina, powder na gatas, cornstarch, at iba pa. Sa kabila ng pagkakaroon ng maraming kahawig, ang bagay na ito ay ang pinaka delikado. Ang Cocaine ay isang halimbawa ng stimulant. Ang stimulant o pampasigla ay isang uri ng gamot na nagpapabilis sa paggana o pagproseso ng utak, dahilan upang magkaroon ng isang tao ng biglaang mataas na lebel ng enerhiya. Ngunit sa kabila ng enerhiyang dulot nito, ito rin ay mayroong maraming negatibong epekto.

Ang cocaine ay mula sa halamang coca ng Peru, ang "banal na halaman ng mga Inca". Ang balat ng puno ng Peru, na kung tawagin ay cinchona, ay mayroong quinine. Ang larawan sa kanan ay larawan ng hilaw na cocaine o iyong halaman pa lang at hindi pa napoproseso kaya dahon o halaman pa lang ito diyan sa larawan. Alam mo bang ang cocaine ay isa sa mga matatandang droga hindi lamang sa ating bansang Pilipinas ngunit maging sa South America 1000 taon na ang nakalilipas. Kanilang nginunguya, at oo dumadaan sa esophagus, at pagkatapos ay pinoproseso ito ng kaniyang mga tiyan kasabay ng kanilang kinaing mga pagkain. Ngunit sa kasalukuyan, ang cocaine na pulbura na galing sa mga dahon ng halamang coca ay sinisinghot para sila ay magkaroon ng hindi pangkaraniwang enerhiya. Isa sa mga palatandaan na ang enerhiya ay hindi natural o nanggaling lamang da gamot na tulad ng cocaine ay ang pamumula ng mata at mga hindi pangkaraniwang o hindi mapigilang mga ekstrang galaw o iyong involuntaryong kilos.



EPEKTO NG COCAINE SA KALUSUGAN

Sa kabila na ito ay tinawag o tinatawag na gamot, talaga namang maraming negatibong dulot ang Cocaine sa kalusugan ng mga tao. Halimbawa na rito ay ang pagkawala ng gana sa pagkain, pagbilis ng paghinga, mataas na tibok ng puso, at pagtaas ng temperatura ng katawan. Ang cocaine din ay nakakapagdulot ng pagkawala sa pokus ng pag-iisip ng isang taong nakasinghot nito. Maaari rin itong magdulot ng mga hindi inaasahang epekto kagaya na lamang ng kombulsyon, seizures, malulubhang sakit gaya ng stroke, cerebral hemorrhage, at heart failures. Sa kabilang banda ang pagkonsumo ng pinaghalong cocaine at alcohol ay maaaring magdulot ng kamatayan sa isang indibidwal na uminom nito. Ayon sa Foundation for a Drug-Free World, ang crack cocaine ay nagdudulot ng pansandali at matinding high na kaagad na sinusundan ng kabaligtaran nito—napakatinding kalungkutan, pagka-iritable, at paghahanap pa para sa droga. Ang mga taong gumagamit nito ay madalas na hindi kumakain o natutulog nang maayos. Nakararanas sila ng matinding pagbilis ng tibok ng puso, pamumulikat ng mga kalamnan at mga kombulsyon. Ang droga ay maaaring magparamdam sa mga tao na paranoid sila, galit, makaramdam ng kasamaan at pagkabahala, kahit na hindi sila "high".

Dahil ang cocaine ay isang stimulant o pampasigla, ito ay ginagamit ng ilang mga tao bilang pampasigla o takas sa kanilang mga problema sa buhay. Napakarami mang mga negatibong epekto sa ating kalusugan, nakakalungkot lang isipin na sa ating mundong ginagalawan ay patuloy pa rin ang pagkalat at paggamit ng cocaine ng ilan sa mga tao. Ito ay kumakalat dahil sa mga gumagamit, tumatangkilik, at nagbebenta. Ngunit hindi sapat na dahilan na ito ay sabihing isang negosyo o pagkakakitaan, mali ito dahil sa panganib na dala ng cocaine sa kalusugan, sa kalikasan at maging sa pagkatao. Kaya tandaan, ang illegal na gamot ay hindi sagot para sumigla at magkaroon ng malakas na enerhiya. Ang dapat ay gawin nating makabuluhan ang buhay natin. Huwag nating sanayin ang ating mga sarili na dumipende o mamalagi sa mga alam naman natin na magdudulot ng masama sa ating kalusugan.

At kung hindi man makabalik sa iyo ang enerhiyang binigay mo, ayos lang iyon lalo na kung ang enerhiya mo ay "Walang halong kemikal, purong natural" - Kuya Kim Atienza

DEPRESSANTS

DEstruksyon, DEsgrasya, at DElubyo ang Hatid sa Lahat

AKDA NI AKEELAH JULIA M. DELA CRUZ

Sa mundong puno ng pagsubok at hamon, problemang patuloy na dumarating sa pang-araw-araw na buhay, hindi maiiwasan na isipin ang sumuko at huwag nang magpatuloy pa, kaya marami ang naghahanap nang paglilibangan, mga gawain na makapagbibigay sa kanila ng pagkakataon upang makalimutan ang kanilang problema kahit sa maikling panahon lamang, dahil dito, sa kagustuhan na maibsan ang bigat ng kanilang mga balikat, pinipili nilang subukan ang paggamit ng isang klase ng substansiya.

Pagiging kalmado, magaan na pakiramdam, mabilis na pagtulog at magandang kalidad ng pahinga, ilan lamang iyan sa pangunahing gamit ng depressants tulad ng alcohol, benzodiazepines, barbatuires, at iba pa, na kadalasang ginagamit ng mga taong may problema sa pagtulog o insomnia, nangangailangan ng relaksasyon, at mga taong nerbiyoso, dahil dito ay nakapagbibigay ng panandaliang ginhawa at aliw sa buhay ng mga taong gumagamit nito, gayunpaman, may seryosong panganib na kaakibat ang paggamit ng mga ito.

Tulad ng ibang substansiya, ang depressants ay maaaring lunukin na nasa anyo ng tabletas, inumin na tulad ng alak at iba pang inuming may alkohol, singhutin na nasa anyo ng inhalants, dahil sa napakarami nitong anyo, nagiging madali para sa maraming tao ang gamitin ito lalo na't ang katulad nitong alkohol ay nakikita at maaaring bilhin sa merkado, kaya naman, mahalaga ang maingat na pag-obserba sa tamang dosage upang maiwasan ang sobrang paggamit na maaaring magdulot ng mga negatibong epekto na magreresulta sa paghina ng pangangatawan, pagkalito, o magdulot ng pinsala sa iba't ibang organs sa katawan.

Tunay na kaakit-akit ang paggamit nito dahil sa dulot na kaginhawaan nito sa buhay ng bawat isa atin lalong-lalo na sa mga taong may bitbit na pasanin na kadalasang nauuwi sa labis na pagod at stress, kaya sa mabilisang epekto nito, hindi maitatanggi na marami ang maaaring magtangkang sumubok nito, gayunpaman, mahalaga na maintindihan natin na sa kabila ng maikli at pansamantalang ginhawa na dulot nito, may mas mabigat at pangmatagalan itong mga epekto sa kalusagan.

Epekto ng Depressants

Nakapagpapabagal ng sistema, pagkawalan ng koordinasyon at konsentrasyon, sabay nahihilo at nalilito sa mga pangyayari, iyan ang iyong tipikal na mararamdaman na epekto kung sakaling gagamit ng depressants na kadalasang dahilan ng pananamlay ng isang taong gumagamit nito, dahil sa taglay nitong sangkap na nagpabababa ng aktibidad ng utak at central nervous system, nakararamdam ng calming effect ang sumusubok nito.

Ang mga taong may mababang dosis ng depressants ang iniinom ay maaaring maranasan ang mga sumusunod na epekto: pagkakaroon ng magandang mood, pagbaba ng anxiety at stress, mabagal na reaction time, pagbagal ng paghinga, at pagtaas ng panganib sa aksidente at disgrasya.

Sa patuloy na pagtaas ng dosis, mas palala nang palala ang magiging epekto sa taong gumagamit nito, ang ilan na rito ay ang mga sumusunod: paghina ng koordinasyon, pagsusuka, di-regular na paghinga, pagkahimatay, pagkawala ng memorya, coma, at kamatayan.

Withdrawal

Ang pagbabago, sabi nga nila, ay patuloy na nangyayari, kaya naman ang pagtigil ng taong sumusubok sa paggamit ng depressants ay posible. Matapos ito gamitin nang matagal ay hindi lamang isang bagay na makakamtan nang mabilisan, isa itong malaking hamon dahil kinakailangan ng katawan na iayon muli ang mga sistema nang wala ang mga ito.

Kung tatantyahin, inaasahan na ang mga sintomas ay babalik sa normal o maisasaayos sa loob ng lima hanggang pitong araw, ang ilan pa sa sintomas ng withdrawal ay nagbabago-bago depende sa tao, ngunit kadalasan na sintomas nito ay ang mga sumusunod: pagsakit ng ulo, pagpapawis, kahirapan sa pagtulog, pagduduwal, at pabago-bago na mood.

Bilang isang estudyante, ang paggamit ng depressants ay may malalim na implikasyon sa pag-aaral at pang-araw-araw na buhay, ang pagbabasa at konsentrasyon sa iba't ibang aralin na madali para sa atin ay maapektuhan nang lubha kung kaya't hindi ito epektibong paraan upang makaramdam ng aliw, ginhawa, at gaan sa buhay, dahil ang paggamit nito ay hindi susi sa matagumpay na buhay sa hinaharap, bagamat isang malupit na sagabal sa pag-abot ng mga pangarap.

Sa kabila ng mga pagsubok sa buhay, mga dagok na nararanasan, hindi dapat maging dahilan ang mga ito upang pasukin ang mundo ng droga, kaya naman, kasabay ang pag-iwas sa mga ito na paniguradong magpaparamdam sa iyo ng kaginhawaan at kapayapaan sa buhay, mas hikayatin pa natin ang mga kapwa nating kabataang Pilipino na magbigay ng impormasyon at tamang edukasyon na ang pagtangkilik sa ganitong substansiya ay hindi nakabubuti, at ating patunayan na sa kahit anumang problema ang dumating sa buhay, hindi ito ang susi na magbubukas sa atin patungo sa buhay na masagana at malusog dahil sa buhay na walang halong delikado, delubyo, at destruksyon ay ang buhay na malayo sa depressants.





TAGAY? ITO TUBIG

AKDA NI LEVY GREGORIO.

"Tagay!' Sa panahon natin ngayon, iyan ang pang-aasar ng ilan sa mga kabataan sa kanilang mga kabarkada na sawi sa pag-ibig. Kahit hindi na man sabihin kung ano ang inumin na itatagay, alam nating ang tinutukoy nito ay alak. Pero, minsan mo na bang naisip na sa dami ng mga inumin, bakit alak pa ang itinatagay para sa taong nasaktan? At bakit hindi na lang tubig na mas mura kaysa sa alak? Ang alak ba ay gamot sa puso? Ang sagot diyan ay hindi. Ang alak, na minsan ay tinutukoy sa kemikal na pangalang ethanol, ay isang depressant na gamot na aktibong sangkap sa mga umaasim na inumin tulad ng beer, alak, at distilled spirits. Dahil sa iba't ibang sangkap, ang Alak ay mayroon ding iba't ibang kulay, amoy, lasa, at tapang o yung tinatawag na tama. Ito ay isa sa mga pinakaluma at pinakakaraniwang ginagamit na mga libangan na gamot, na nagiging sanhi ng mga katangiang epekto ng pagkalasing sa alak.

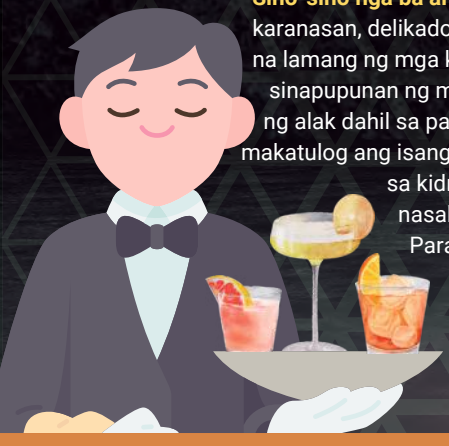
Ano nga ba ang depressants? Ang depressants o tinatawag din na "drowners" ay isang uri ng gamot na nagdudulot ng pagpabagal o paghina ng pagproseso ng utak. Ito ay nakakaapekto sa Central Nervous System (CNS) ng isang taong lumunok, uminom, nagturok, suminghot o lumanghap ng nasabing gamot. Dahil sa epekto nito sa utak ng isang tao, maaaring hindi maging normal ang takbo ng isip nito.

At dahil sa ang CNS ay binubuo ng Utak, Spinal Cord, at ang lahat ng mga ugat sa katawan, maaari rin itong magdulot ng pagkawala ng kontrol sa balanse at ang kakayahan nating kontrolin ang sarili nating katawan. Kasama rin sa maaapektuhan dito ang ating mga pandama tulad ng paningin, pandinig, pang-amoy, panlasa, at pansalat na kinalaunan ay maaaring magdulot ng pagkaantok. Ito na siguro ang dahilan kaya ito ang inumin ng mga nasaktan para panandaliang mamanhid o mawala ang sakit at kung bakit nakakatulog ang mga nalalasing Ang nasabing gamot ay hindi lamang sa tao umaapekto dahil maging ang mga hayop ay maaaring malasing (depende sa uri ng hayop at gaano karami ang nainom nito) kung ito ay makainom ng alak. Sa kabilang banda ng mga negatibong dulot ng depressant, dahil sa pagpapabagal o pagpapakalma nito ng paggana o pagproseso ng utak, nakakatulong ito sa mga taong may anxiety na kumalma at makapagpahinga. Ngunit hindi lahat ng depressant ay may parehas na epekto lalo na kung sobra-sobra ang pag-inom nito.

Halimbawa ng mga Depressants: Alak, sigarilyo, cannabis (marijuana), benzodiazepines, barbiturates

Bakit nga ba nakakalasing ang alak? Ang kemikal na ethanol ang dahilan ng pagkalasing na mararanasan ng isang taong uminom ng alak. Matatagpuan ito sa mga mais, sorghum, barley, at asukal. Ito ay malinaw at walang kulay kaya mabilis itong natutunaw sa tubig. Ngunit bukod sa Alak, Wine, at Brandy, ang Ethanol ay matatagpuan din sa mga pabango, lotions, cologne, cosmetics, at iba pa. Ginagamit din ito sa paggawa ng food extracts tulad ng vanila extracts, ginagawa ito upang lalong lumabas ang lasa at maging malasa ang mga putahe. Bukod dito, ang Ethanol ay ang unang gas (fuel) na ginamit sa mga sinaunang rocket! Oo, umabot sa kalawakan! Sa kabilang banda, may mabuti mang dulot sa katawan ng tao, ang depressants ay mayroon pa ring side effects lalo na kung sobra o labis ang pagkonsumo nito. Kaya kung nakakaramdam ka ng uhaw, maiging magtubig ka na lamang.

Mga sakit na maaaring makuha sa pag-inom ng alak: High blood pressure, sakit sa puso, stroke, sakit sa atay at digestive problems, breast cancer, mouth cancer, throat & esophagus cancer, liver cancer, colon & rectum cancer, paghina ng immune system o 'yung mabilis dapuan ng sakit



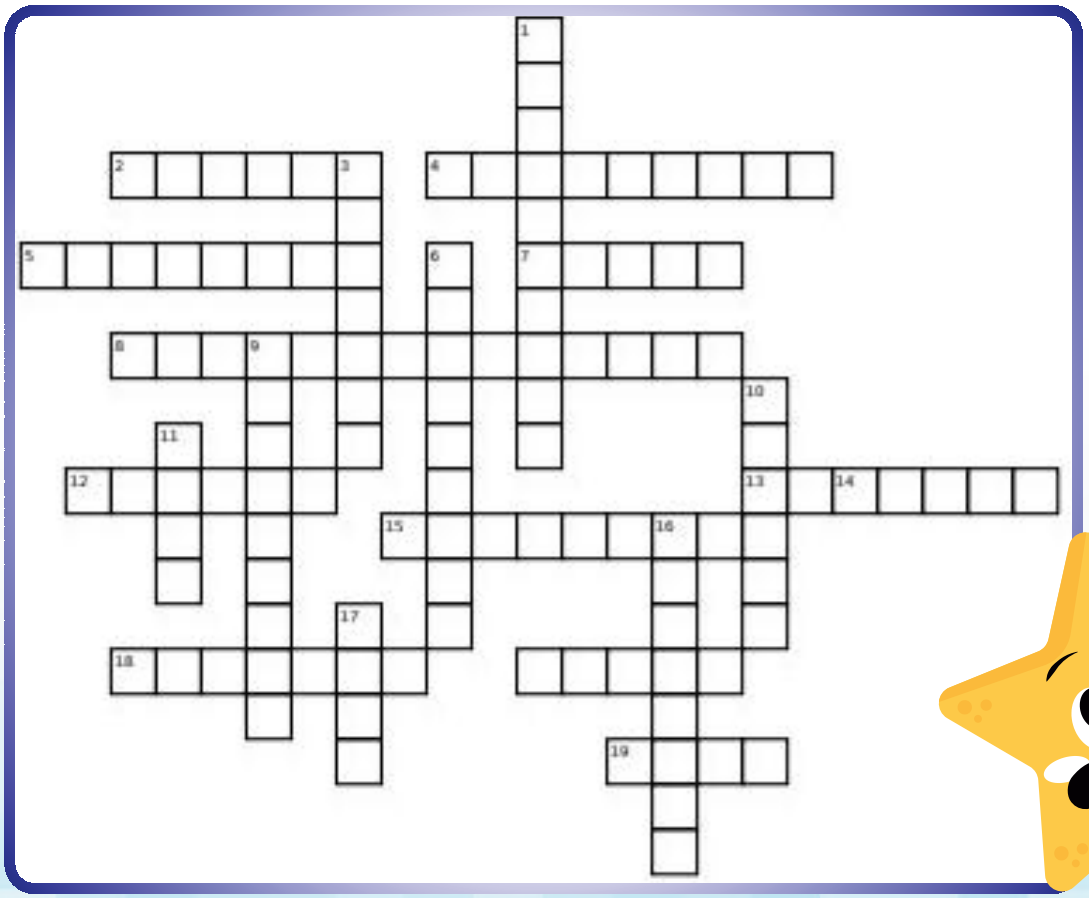
Sino-sino nga ba ang bawal sa Depressant (alak)? Ang mga minor de edad ay likas na may mga kakulangan sa kaalaman, at karanasan, delikado kapag nalasing ang mga underage dahil maaaring magdulot ito ng hindi kanais-nais na pangyayari katulad na lamang ng mga krimen. Ang kemikal na mayroon ang mga depressants ay makakasama rin sa kalusugan ng mga sanggol sa sinapupunan ng mga buntis na maaaring dahilan ng pagkamatay nito. Ang mga magmamaneho rin ay dapat iwasan na uminom ng alak dahil sa paghina o pagbagal ng paggana ng utak na dinudulot ng inumin, maaaring hindi inaasahang manghina at makatulog ang isang driver at maaari ring magdulot ng aksidente sa kalsada. Hindi rin ipinapayo sa mga taong may sakit sa puso, sa kidney, sa bituka at iba pa ang paginom ng alak dahil may matapang na kemikal na makakapagpalala ng mga nasabing sakit.

Para sa iba, ang pag-inom ng alak ay ang solusyon sa problema, pampalimot. Pero ikaw na nagbabasa, ngayon alam mo na, na hindi ito totoo. Dahil sa katunayan, pinapahina lang ng alak ang pagproseso ng utak kaya nakakalimot, namamanhid, at nakakaramdam ng antok. Pero ando'n pa rin, hindi naman nito naaayos ang problema. Kaya kung makakarinig ka ng "Tagay?" At alam mong alak ang tinutukoy niya para sa kalusugan niya at kalusugan mo, sagutin mo siya ng "ito tubig."



GAIDE crossword

Grab a pen and fill in the blanks using the provided clues, and enjoy the satisfaction of unraveling the words.



Down:

1. Drug used for treating anxiety and sleeping disorders
3. This can help with inflammatory conditions such as asthma and eczema
6. Prescribed ADHD medication
9. Unable to resist urge to use drug
10. a place of confinement especially for lawbreakers
11. Alters the body function when taken
16. _____ are common household and medical products that produce vapours, which some people inhale to make them feel intoxicated
17. Street name of cocaine

Across:

2. The most common reason people use drugs is because of _____
4. most commonly abused drug
5. As a pharmaceutical drug, it is used for smoking cessation to relieve withdrawal symptoms
7. is also know as poor man cocaine
8. the action of restoring someone to health or normal life through training and therapy after imprisonment or addiction
12. It is the most dangerous and widely used narcotic
13. Drug banned by law
14. type of drug prescribed by doctor
15. Also known as "opioids," the term "narcotic" comes from the Greek word for

Hello there! I am Jo and welcome back to another trivia for our great school organization, BarkadaKontra Droga also known as BKD! I'm Shanelle, a member and today, me ang my co-members shall give you facts about Depressants and Hallucigonens!

Depressants, also known as sedatives or downers, are substances that slow down the activity of the central nervous system. They typically reduce excitability and arousal, leading to a calming or sedative effect. It can lead to drowsiness, reduced inhibitions, and impaired cognitive and motor function. Misuse or overuse of depressants can have serious health consequences, including addiction and overdose. Hallucigonens on the other hand,

are substances that alter perception, mood, and various cognitive processes. They can induce hallucinations, altered thinking, and a distorted sense of time and space





Depressants

What drugs are depressants?

Alcohol, cannabis, benzodiazepines, heroin and other opioid

How do they work?

Depressant drugs slow down the functioning of the brain. They typically relieve anxiety. They don't necessarily make a person feel depressed, but rather reduce co-ordination and impair concentration and judgement.

What to expect?

Depressants often produce feelings of being relaxed, calm, or to help with sleep.

Other short-term effects may include dizziness, poor balance and co-ordination, and slower reflexes. In large doses, depressants may cause drowsiness, nausea, and loss of consciousness.

Long-term use of depressants can also lead to a range of physical and mental health conditions. For more information about the effects of each drug refer to the fact sheets on depressant drugs.

Hallucinogens

What drugs are hallucinogens?

LSD and ketamine are chemical-based hallucinogens; magic mushrooms (psilocybin) and peyote cactus are plant-based hallucinogens. Cannabis and ecstasy can also have hallucinogenic properties.

How do they work?

Hallucinogenic drugs distort perceptions of reality, i.e. they change the way a person sees, hears and feels about a situation. For example, a person may see things that do not actually exist, or a normal sensory experience may be exaggerated (such as seeing colours more vividly).

What to expect?

The effects of hallucinogens are difficult to predict, and are greatly affected by the mood of the person and the context of use.

The effects of hallucinogens vary, although often they produce feelings of relaxation. Other short-term effects include nausea, increased heart rate, dizziness, confusion, clumsiness, and emotional swings.

Long-term use of hallucinogens can also lead to a range of physical and mental health conditions and for more information about hallucinogens refer to the fact sheets on drugs.



Ever since I learned about Depressants and Hallucigonens and how they affect people's overall health, I will try my best to not try any of them!

Me too! All thanks to the BKD for providing us factsand trivias! Now we can be assured that there are people who teach things for good.

Mirio

Anna

That's all for this report! Stay tuned for more!

Alex

Larawang Guhit ni Chinah Mei Garcia