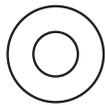


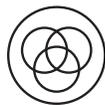
Protecting yourself from the things that can harm you is a skill you must learn to have a happy life. Drugs will harm you and those around you. The world needs you. You will be unavailable if you are messed up or sick from drugs. Choose to be a healthier, stronger human, a better friend to others, and someone who can change the world for the better.

## Self • Relationships • World

We are each like a drop of water splashing into a pond. Our actions cause concentric ripples of actions. A helping hand or a smile from one person can ripple through their relationships to the relationships of others, and so on; until the world has changed. The actions of the individual may seem insignificant, but can alter the world.



**Self:** Every positive action begins with Self, when we discover our ability to effect change and take the initiative to act.



**Relationships:** Our impact grows through our Relationships, where we find encouragement as well as challenges.



**World:** The actions we take ultimately affect the World around us, where we realize our greatest power and make a lasting difference.

Look for the Self, Relationships, and World symbols in your planner and supplements. They mark sections and ideas to help make positive ripples in your Self, Relationships, and World.

# Substance <sup>AB</sup> use

antidrug

## Your Choices. Your Consequences.

Substance use can become substance abuse without you even realizing when or how you crossed the line. Alcohol, tobacco, and other abused substances do not have to be a part of your life. You don't need them to be happy, make friends, or live a good life. You can choose to live a healthy, abuse-free life. You can make that decision for many reasons.

## Don't be a statistic.

Arm yourself with facts. Taking drugs can cause irreparable damage to your relationships, your judgment, your looks, and your health. Take a look at these facts.

### ALCOHOL

Wine Beer & Spirits



People who begin drinking before age 15 are four times more likely to develop alcoholism than those who begin at age 21.

Mixing alcohol with medications or illicit drugs is extremely dangerous and can lead to accidental death. For example, alcohol-medication interactions may be a factor in at least **25%** of emergency room admissions.



### You may be looking to...

Lower your inhibitions and relax

### But it is more likely you will end up with...

Impaired judgment	Dehydration
Slurred speech	Dizziness
Slowed reflexes	Distorted vision
Violent behavior	Bad breath
Brain damage	Irregular heartbeat
Memory lapses	Nausea
Depression	Weight gain
Irritability	Impotence
Aggression	Osteoporosis
Blackouts	Jaundice

### The hangover...

Cravings for alcohol	Sensitivity to light
Headache	Sensitivity to sound
Muscle aches	Thirst
Nausea	Dizziness
Vomiting	Fatigue

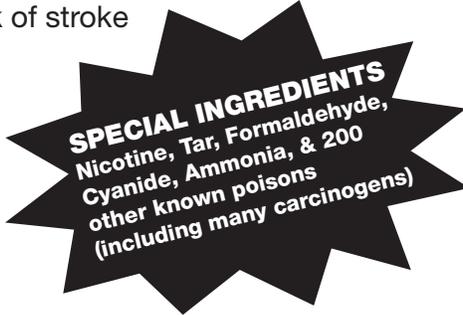
# TOBACCO



Cigarettes & Chewing tobacco

## Comes complete with...

- Increased feelings of stress
- Increased feelings of nervousness
- Increased risk of stroke
- Hair loss
- Yellow teeth
- Gum disease
- Lung cancer
- Emphysema
- Impotence
- Birth defects
- Osteoporosis



**SPECIAL INGREDIENTS**  
Nicotine, Tar, Formaldehyde,  
Cyanide, Ammonia, & 200  
other known poisons  
(including many carcinogens)



## Quitting is not so easy. Be prepared for...

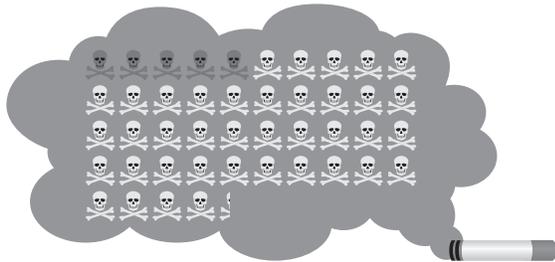
- Cravings for tobacco
- Irritation
- Increased Appetite
- Weight gain
- Concentration problems
- Depression
- Tiredness
- Constipation
- Insomnia
- Anxiety

More than 1 million teens become addicted to tobacco each year.

### Roughly one-third

of them will eventually die from a tobacco-related disease.

= 10,000 second hand deaths    = 10,000 deaths



Smoking is the leading preventable cause of death in this country. Cigarette smoking causes an estimated **443,000 deaths** each year, including approximately **49,000 deaths** due to exposure to secondhand smoke.

# MARIJUANA



Plant, Hash, & Hash Oil



The National Household Survey on Drug Abuse found teens with a "D" average or below more than **four times** as likely to have used marijuana in the last year as those with an "A" average.



## It's not all...

Relaxation and feeling good

## You may also experience...

- Impaired judgment
- A short attention span
- Reduced motivation
- Slowed reflexes
- Depression
- Memory loss
- Paranoia
- Anxiety
- Panic attacks



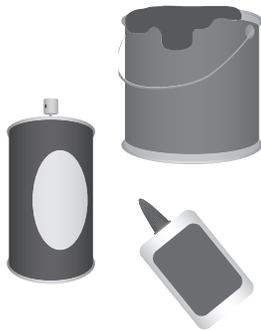
## While your mind is dealing with that, your body could be trying to cope with...

- Dilated pupils
- Dry mouth
- Shortness of breath
- Increased heart rate
- Increased appetite
- Impotence
- Infertility
- Chronic bronchitis
- Emphysema
- Lung or throat cancer



# INHALANTS

Glue, Spray paint, Gasoline, Freon, Cooking spray, Nail polish remover & more than 1000 common household products



59% of children are aware of friends huffing at age 12.



## Inhaling volatile substances can cause...

- Impaired judgment
- Disorientation
- Confusion
- Slurred speech
- Hearing loss
- Loss of smell
- Involuntary urination
- Involuntary defecation
- Hallucinations
- Blackouts
- Delirium
- Stroke
- Liver failure
- Kidney failure
- Heart failure
- Sudden Sniffing Death

## The effects will haunt you. Withdrawal includes...

- Hand tremors
- Nervousness
- Muscle pains
- Hallucinations
- Headaches
- Excessive sweating
- Psychosis
- Irritability
- Insomnia
- Aggression



The number of lives claimed by Inhalant Abuse each year is unknown because these deaths often are attributed to other causes

# METH

Powder & Rock-like chunks



## You hear that its like...

Euphoria described as a "Rush" or "Flash"

## But what are your mind and body are experiencing?

- Impaired judgment
- Impaired verbal skills
- Obsessive talking
- Toxic psychosis
- Insomnia
- Extreme paranoia
- Anxiety
- Hallucinations
- Suicidal tendencies
- Tooth loss
- Malnutrition
- Shortness of breath
- Rapid heartbeat
- Fluid on the lungs
- Obsessive scratching
- Impotence
- Infertility
- Scabs or open sores



## Don't think you can just quit. Meth withdrawal causes...

- Intense cravings for meth
- Increased appetite
- Anxiety
- Agitation
- Irritability
- Sleeplessness
- Headaches
- Excessive sleeping
- Vivid or lucid dreams
- Fatigue
- Depression
- Suicidal tendencies



The manufacturing of 1lb of Crystal Meth can produce about **6lbs of toxic waste.**

# HALLUCINOGENS

LSD & Mushrooms



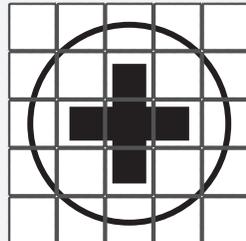
## You think you'll experience...

Euphoria and a distorted perception of reality

## But your body has been poisoned and its response may involve...

- Impaired judgment
- Altered senses
- Altered feelings
- Disorientation
- Confusion
- Delirium
- Hallucinations
- Anxiety
- Psychosis
- Increased risk of stroke
- Seizures
- Chills
- Sweating
- Distorted vision
- Teeth clenching
- Increased heart rate
- Heart failure
- Liver failure
- Nausea
- Kidney failure
- Tremors

LSD leads to approximately **5,000** emergency room visits each year.



= 200 visits

## The effects can be life-long...

- Muscle spasms
- Diarrhea
- Loss of coordination
- Anxiety
- Panic attacks
- Psychosis
- Fear of going insane
- Hallucinogen-Induced Persisting Perceptual Disorder (HPPD)
- Long-term psychosis
- Depression
- Flashbacks

# ECSTASY

Branded tablets



## The name may lead you to believe that ecstasy is like...

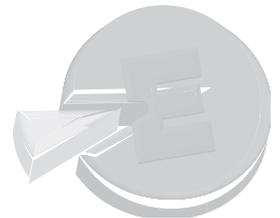
- Euphoria
- An energy boost
- Enhanced senses
- Mood enhancement
- Enhanced self-confidence

## But your reaction may not be so glamorous...

- Confusion
- Dehydration
- Memory lapses
- Teeth clenching
- Paranoia
- Increased heart rate
- Depression
- Nausea
- Stroke
- Tremors

## And the hangover...

- Sensitivity to sound or light
- Depression
- Anxiety
- Agitation
- Difficulty concentrating
- Memory Problems
- Panic attacks
- Sleeplessness
- Personality changes
- Psychosis
- Paranoid delusions



**92%** of individuals who use Ecstasy will eventually move on to use other illicit drugs

### WHAT THEY DON'T TELL YOU IS THAT ECSTASY HAS BEEN KNOWN TO INCLUDE

- Methamphetamine
- DXM (Dextromethorphan)
- Ketamine
- Cocaine
- Ephedrine
- and even...
- Rat poison

# PRESCRIPTION PILLS

Stimulants, Sedatives,  
& Pain Killers



Doctors prescribe pills for various reasons...

## STIMULANTS

Alertness, energy, and enhanced attention

## SEDATIVES

Relaxation

## PAIN KILLERS

Relaxation and reduction of pain



Approximately **8%** of college undergraduate students report using prescription stimulants that were not prescribed for them at least once in their lifetime.

But if abused they can do serious damage...

Impaired judgment	Dehydration
Slurred speech	Distorted vision
Confusion	Excessive vomiting
Disorientation	Irregular breathing
Insomnia	Increased heart rate
Depression	Heart failure
Panic attacks	Decreased appetite
Suicidal thoughts	Muscle tremors
Homicidal thoughts	Lack of energy

They are incredibly addictive and therefore cause severe withdrawal...

Physical dependence	Panic attacks
Vomiting	Fever
Seizures	Headaches
Dizziness	Anxiety
Personality changes	Tension
Hallucinations	Depression
Sensitivity to sound	Insomnia
Sensitivity to light	Restlessness
Numbness or tingling	Irritability
Memory loss	Confusion
Irregular heartbeat	Suicidal tendencies

# STEROIDS

Tablets or Injection



Your friends may tell you that steroids will help...

Increased strength and energy  
Change your appearance  
Increase lean muscle mass  
Give the ability to train longer & harder

They do more than that. They can also cause...

Impaired judgment  
Delusions  
Paranoid jealousy  
Extreme irritability  
Aggression  
Hostility  
Violence  
Increased risk of stroke

## ADOLESCENTS

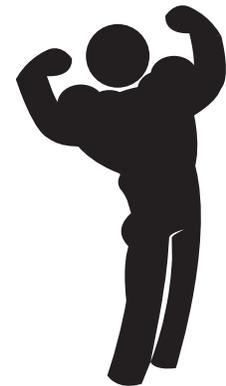
Premature skeletal maturation  
Accelerated puberty changes

## WOMEN

Growth of facial hair  
Deepened voice  
Decreased breast size

## MEN

Shrinking of testicles  
Lowered sperm count



As the steroids work their way out of your system, you may feel...

Dizziness	Weakness
Fatigue	Joint pain
Nausea	Muscle pain
Vomiting	Fever
Headaches	Low blood pressure

## Q: Are drugs really that bad for you?

**A:** Yes, they are. People who use drugs often say they feel great at first. They think drugs are the best thing that has ever happened to them. But those are feelings that don't last. Over time, drug users need more and more drugs to get the same high, increasing their addiction and potential for overdose. Even if users never OD, drugs can ruin their health, their relationships, and their education. Users end up doing some really stupid things to satisfy their addiction.

## Q: What's wrong with a little experimentation? Why can't some people handle drinking and drugs?

**A:** There's no perfect answer to this question. But when someone uses drugs or drinks they are usually avoiding dealing with issues in their life. He may feel lonely or may struggle with pressures of grades or parents. She may feel like she has no friends or family to support her. Drugs deceive users into feeling like they're escaping those troubles and finding a life that is easier. But after a while, users can't escape as easily. Drug use doesn't get rid of problems. It just creates more. Often, users end up addicted or worse; overdosed from chasing the feeling of that first high.

For people whose families have a history of alcoholism or addiction, experimenting can lead to dependency quickly because, like heart disease and cancer, substance abuse can run in families.

## Q: I think my friend is using drugs. I want to talk with her about it. How?

**A:** Talking to a friend about their drug use, drinking, or smoking is not easy. But if you care about your friend it is important to try. Here are some suggestions on how to start and what to say.

Make a plan. Think about the facts of your friend's situation and why you think he is struggling. Decide what you want to say and how you feel about the situation. Consider others who might support your efforts, such as other friends, a parent, a counselor, or adult mentor. Try to speak in a tone that is assertive but not aggressive. Once you begin the talk, keep your cool and be supportive.

Tell your friend the changes you have seen in her. Have her grades slipped? Has his personality changed? Tell your friend how much you miss his old personality—the one that wasn't using. If you find talking directly to your friend to be too much, try writing a note to them about your feelings and concerns.

Don't forget to listen to your friend. Once you've expressed your feelings ask for her to respond. Promise that you will help your friend find more help and that you will continue talking about the situation.

## 20 Ways to Say "NO!"

"No, thanks."

"That stuff is so bad for you."

"Why would you use that junk?"

"Man, I need all the brain cells I can get."

"Pot makes you fat, stupid and gives you yellow teeth... I'll pass."

"Go ahead if you want to ruin your life... I don't want to."

"No thanks. I have a life."

"Please. Do you think I am that dumb?"

"No, I already eat too much junk food."

"No, it'll violate my parole."

"No, I'm saving all my money to buy a new bike."

"Nah, I have bigger plans for my life."

"No. Let's go play ball instead"

"My coach says that stuff will hurt my game."

"I'm supposed to meet someone in a few minutes."

"No, but if you have any chocolate..."

"No offense, but no way!"

"My imagination is good enough already."

"I'm not interested."

Just laugh and walk away

To find out about other illegal drugs, their effects, and their consequences, check out [www.freevibe.com](http://www.freevibe.com). This website offers specific scientific information, drug facts, and current research on illegal drug and drug addiction.

### Other helpful sources include:

[www.drugfree.org](http://www.drugfree.org) and [www.checkyourself.com](http://www.checkyourself.com) sponsored by the Partnership for a Drug-Free America. The National Clearinghouse for Alcohol and Drug Information at [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov) also offers information and help for drug addiction. NCADI can also be reached at 1-800-729-6686 or TDD 800-487-4889. Linea gratis en español 877-767-8432.

**To share your thoughts and feelings** about substance abuse, submit your story on the Partnership for a Drug-Free America's web site at [www.drugfree.org/portal/stories](http://www.drugfree.org/portal/stories).