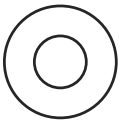
Protecting yourself from the things that can harm you is a skill you must learn to have a happy life. Drugs will harm you and those around you. The world needs you. You will be unavailable if you are messed up or sick from drugs. Choose to be a healthier, stronger human **(I),** a better friend to others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

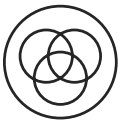
REVIEW ONLY

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.**

School Datebooks

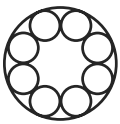


I: Every positive action begins with **Self (I),** when we discover our ability to effect change and take the initiative to act.



Us: Our impact grows through our **Relationships (Us)**, where we find encouragement, love and challenges.

DO NOT SUBMIT



All: The actions we take ultimately affect the **World (All)** around us. It is here we realize our greatest power and make a lasting difference.

FOR PRINT

Look for the **I, Us, and All** symbols in your planner and supplements. They mark sections and ideas to help make positive ripples in your **self, relationships, and world.**

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Substance Abuse

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.

REVIEW ONLY

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.

School Datebooks

ALCOHOL

Wine Beer & Spirits

You may be looking to...

Lower your inhibitions and relax

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

- Impaired judgment
- Slurred speech
- Slowed reflexes
- Violent behavior
- Brain damage
- Memory loss
- Depression
- Irritability
- Aggression
- Blackouts
- Dehydration
- Dizziness
- Distorted vision
- Bad breath
- Impotence
- Cirrhosis
- Jaundice

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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.

The hangover...

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

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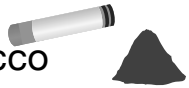
TOBACCO

Cigarettes & Chewing tobacco



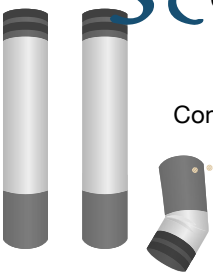
Comes complete with...

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, Cyan, Ammonia, & 2[illegible] known poisons [illegible] (including [illegible])

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 [illegible] 0[illegible] 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 [illegible] 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

REVIEW ONLY
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INHALANTS

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

59% of children are aware of friends [illegible]

REVIEW ONLY

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

School Datebooks

The number of lives claimed by Inhalant Abuse each year is unknown because the [illegible] are attributed to other causes

DO NOT SUBMIT FOR PRINT

The effects will haunt you. Withdrawal includes...

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

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
Open sores

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

[illegible]ou can just quit. [illegible]wal causes...

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

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HALLUCINOGENS

LSD & Mushrooms

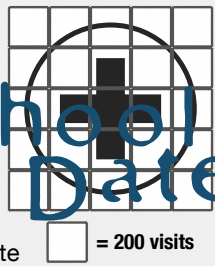
You think you'll experience...

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
Risk of stroke
Seizures
Chills
Sweating
Distorted vision
Teeth clenching
Increased heart rate
Heart failure
Liver failure
Nausea
Kidney failure
Tremors

LSD leads to [illegible] emergency room visits each year.



= 200 visits

REVIEW ONLY
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The effects can be long-lasting...

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

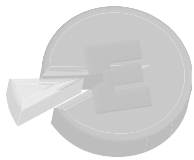
But your reaction may not be so glamorous...

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

WHAT THEY DON'T TELL YOU IS THAT ECSTASY HAS BEEN KNOWN TO INCLUDE Methamphetamine, DXM (Dextromethorphan), Ketamine, Cocaine, Ephedrine, and even... Rat poison

And the [illegible]...

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

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

But if abused they can do serious damage...

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

Approximately 8% of college undergraduates misuse prescription drugs that were prescribed for them at least once in their lifetime.

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

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

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

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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. Users [illegible] the feelings at first high.

REVIEW ONLY

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.

School Datebooks

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.

DO NOT SUBMIT FOR PRINT

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.

To find out about other illegal drugs, their effects, and their consequences, check out ***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*** and ***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* 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.***