

Don't let anybody dupe you; Illegal drugs won't make you happier, healthier, smarter, funnier or more attractive. Drugs are designed to interfere with your senses to keep your body from exhibiting its natural abilities. It only takes a couple of uses and drugs have absolutely no benefit.

Regardless of their short-term effects – like euphoria, a false sense of self-confidence, serenity or silliness – **illegal drugs will bring you down.**  $\diamond$  Some drugs are addictive. Some cause you to gain weight, while others cause you to lose it uncontrollably. Some give you acne. **Some, like ecstasy, cocaine, crack or glue can kill you on the spot.** Some drugs are so addictive and expensive that people break the law to pay for them.  $\diamond$  Taking drugs without a prescription is illegal. You can get kicked off the team and lose your chance for an athletic or academic scholarship. Those will be the least of your concerns as you're sitting in a jail cell or in front of a judge. **You may think that a drug will boost your performance and when in reality it will inhibit it.** If you want to shine on a test or out on the track, drugs aren't the way to do it.

## REVIEW ONLY

### School Datebooks

drugs are a downer



## DO NOT SUBMIT FOR PRINT

#### DO:

- $\diamond$  Become aware of the signs of drug use so you can guard against it.
- $\diamond$  Alert an adult if you see or hear of illegal drug activity.
- $\diamond$  Confront your friends whom you suspect are using drugs – out of concern for their health.
- $\diamond$  Talk to someone you can trust if you think you may have a drug problem.
- $\diamond$  Be a good role model for younger kids.
- $\diamond$  Practice saying "No."
- $\diamond$  Remember: People who try to entice or force you to do drugs aren't your friends.
- $\diamond$  Talk openly with your parents about any peer pressure you encounter.

#### DON'T:

- $\diamond$  Ignore drug use hoping it will go away.
- $\diamond$  Excuse drug users because they say they are "lonely", "depressed", "overachievers", etc.
- $\diamond$  Think you are "narking" if you seek out help for someone who is using drugs.
- $\diamond$  Succumb to the myth that drugs will make you a happier person.
- $\diamond$  Feel you have to drink or do drugs to have fun.