

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.

I • Us • All

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**, where we find encouragement as well as challenges.



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

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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 ^{AB}use

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

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	Blackouts
Brain damage	Irregular heartbeat
Memory lapses	Nausea
Depression	Weight gain
Irritability	Heart disease
Aggression	Osteoporosis
Blackouts	Jaundice

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.

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

The hangover...

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

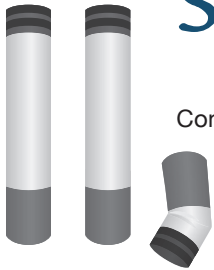
SPECIAL INGREDIENTS
Nicotine, Tar,
Formaldehyde, Cyanide,
Ammonia, & 200 other
(including many
carcinogens)

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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 past year as those with an "A"
average.



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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
Heart attack



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.

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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

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

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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
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.**

WHAT'S IN THERE?
Pills for cold remedies
Battery acid
Drain cleaner
Lantern Fuel
Antifreeze
and so much more...

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

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 approximately 5,000 emergency room visits each year



□ = 200 visits

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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

Memory lapses

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 hangover...

Sensitivity to sound or light

Depression

Anxiety

Agitation

Difficulty concentrating

Memory Problems

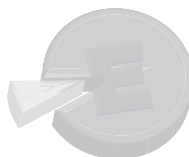
Panic attacks

Sleeplessness

Personality changes

Psychosis

Paranoid delusions



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

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	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

Approximately 30% of college undergraduate students report using prescription stimulants that were not prescribed for them at least once in their lifetime.

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

STERIODS



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 through your system, you may feel...

Dizziness
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; 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're not ready to talk face-to-face, 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 be there for your friend if they need 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.