

# DRUG FACTS FOR DRUG FREE Kids!



Sometimes it can be hard to know what the facts are about drugs. People may give you the wrong information or even lie so that they can get you to try them. Don't be fooled. Know the facts. Drug free kids grow up into the people they want to be.

## WHAT IS DRUG ABUSE?

Drug abuse is illegal and deadly. It happens whenever someone uses a drug outside of a doctor's recommendation in order to get "high". When kids use an illegal drug, a prescription drug, or any other chemical substance in a way it was not intended, they are breaking the law and putting their lives and others in danger.

## WHAT EXACTLY DO DRUGS DO?

Every drug is made up of a different combination of chemicals that attack different areas of the brain. The brain reacts by creating feelings, moods, sensations, and physical reactions. This artificial experiences created by the drug is often described as a "high."

BE ALL THAT YOU CAN BE!  
KEEP YOUR MIND & BODY  
★ ★ ★ DRUG FREE! ★ ★ ★



SALUTE ME I'M  
**DRUG  
FREE**  
★ ★ ★ ★ ★

DRUG FACTS  
FOR DRUG FREE  
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## ILLEGAL DRUGS

Illegal drugs come in many forms. Drug abusers swallow, smoke, sniff, or inject a drug into their bodies with a needle to feel “high”. Illegal drugs are drugs that nobody is allowed to use, sell, trade, grow, make, or own. The most well-known illegal drugs are cocaine, heroin, crystal meth and marijuana.

### DRUG ABUSE IS ALWAYS ILLEGAL- EVEN WHEN THE DRUG ISN'T

Many people think that while it is dangerous to use illegal drugs, it is okay to get high by abusing legal prescription drugs or chemicals in household products. Before giving a drug to a patient, a doctor takes into account many factors about the patient and has years of medical training and experience. Chemicals used around the house have labels that clearly warn people of its dangers to humans. Abusing these chemicals to get high is illegal, highly addictive, and very dangerous.

### SHORT-TERM EFFECTS OF DRUGS



The “high” that drug abusers are looking for when they take drugs is a short-term effect. Although drug abusers may describe the experience



as “fun”, they put their body at risk for permanent damage and even death. When drugs attack the brain they slow it down, block important signals like pain and danger, and sometimes create a reality that is completely fake. This means that the drug user who is high on drugs is not able to be safe with the people and things surrounding him or her. Driving or getting into a car with a driver under the influence of a drug can lead to an accident and is the number one killer of young people.

### ONGOING EFFECTS OF DRUGS

Even after the short-term effects of a drug wear off, the brain and body need time to recover so they can function normally. A student who takes drugs will find school to be a lot harder. Playing sports becomes impossible with impaired coordination from drug use. Eventually these problems develop into failing grades and a high risk of dropping out of school.

### LONG-TERM EFFECTS OF DRUGS

Scientists have learned that each time a person abuses drugs they are permanently damaging the delicate tissue of the brain. Later in life, someone who has used drugs is more likely to suffer terrible illnesses like dementia. Most drugs also have physical side effects. Side effects are negative effects that come along with the “high” and put unnecessary stress on the heart, arteries, lungs, and eyes. Over time, these bodily systems begin to shut down much earlier than they would in a drug free body.



**Addiction** is the most serious long-term effect of drug abuse. For some drugs it only takes one time for the person to become addicted to it. An addict is dependent on a drug’s effects and will not be able to stop taking the drug without going through a painful withdrawal period that some addicts do not survive. Drug addicts will do anything, even break the law and commit terrible acts of violence, to keep taking the drug.

### LEGAL CONSEQUENCES

To prevent drug abuse, the government gives very heavy punishments for drug crimes. People who are caught more than once using or giving drugs to others can face long prison sentences.



When you choose to abuse drugs, you are putting dangerous, unpredictable, damaging chemicals into your own body at the high risk of become addicted to them for life. It can ruin your chance of success in school and a future career. Worse, using drugs can put you directly behind prison bars.

**Stand up to the truth about drugs  
and stand up for the future you want.  
Stay Smart. Stay away from drugs.**