

So, what are **DRUGS** anyway?

DRUGS ARE **CHEMICALS**

that make people think or act differently. They change how the body and brain work. Drugs can be good or bad for you. Medicines are drugs that are used to make people better if they're sick. **OTHER DRUGS CAN BE CHEMICALS THAT ARE BAD FOR YOU NO MATTER HOW OR WHEN YOU TAKE THEM.**



Drug users take drugs into their bodies in a lot of different ways.

Drugs can be smoked, snorted, eaten, drunk, or shot with a needle. Drug users take drugs because they think drugs make their problems go away. **THE TRUTH IS THEY JUST MAKE MORE PROBLEMS.**



DID YOU KNOW... **ALCOHOL AND TOBACCO** **ARE DRUGS TOO!**

They might not seem as dangerous or scary as other drugs, but they do your mind and body harm! You should avoid them just like any other drug.





ALCOHOL: A REAL DOWNER

Tell me
about it.
Ugh.

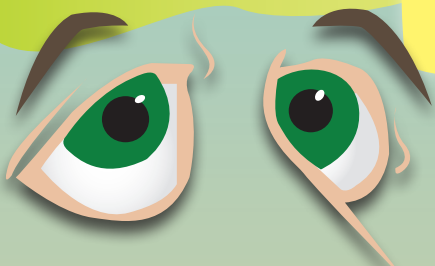


A **HANGOVER** IS WHAT HAPPENS THE DAY AFTER YOU DRINK. WHEN THE ALCOHOL STARTS TO WEAR OFF YOU CAN FEEL HOW IT HURT YOU. YOUR HEAD HURTS. YOUR MOUTH FEELS **DRY AND STICKY**. YOUR EYES HURT. YOU FEEL **TIRED** ALL DAY. YOUR STOMACH FEELS **HORRIBLE**. YOU LOSE A WHOLE DAY THAT YOU COULD BE OUT HAVING FUN BECAUSE YOU FEEL SO **SICK**.

You've probably seen people drinking on TV or in movies. It can look really fun, but it's not. Alcohol is a **DEPRESSANT** drug. It slows down your brain and makes it hard to think or act right.

When people drink they lose control of themselves. They make bad decisions that can hurt them. Their feelings go up and down, happy and sad, like a roller-coaster. Alcohol is so strong it makes doing easy things—even walking!—hard.

When people drink a lot they throw up and feel **REALLY** bad.



Alcohol is bad for everyone, but especially for kids.
It stresses out lots of organs like:

LIVER

The liver tries to clean poisons like alcohol from your blood. It gets hurt doing it. When your liver gets sick you get really sick and tired. If the liver dies, so do you.

BRAIN

Drinking stresses your brain. It gets hard to think. If you drink a lot or for a long time, that can stick around and you may never think right again.

STOMACH

Alcohol irritates the stomach and can cause painful ulcers, bleeding, and even cancer!

KIDNEYS

When kidneys get hurt you lose stuff you need from your blood. You get really weak and tired. You can't live without them!

HEART

Your heart moves blood through your body, feeding everything else inside you. Alcohol makes it harder for your heart to pump.

When young people drink it hurts their brains and bodies so much that they stop growing right.

**KEEP YOUR BODY HEALTHY
STAY AWAY FROM ALCOHOL!**

Tobacco Stinks!

Using tobacco is one of the worst things a person can do to their body. Tobacco is a plant. The leaves of the tobacco plant are used to make cigarettes, cigars, pipe tobacco and chewing tobacco. Tobacco has a drug in it called **Nicotine**.



What is Nicotine?

Nicotine is drug and it's addictive. That means that when people use tobacco, they want more and more of it. Nicotine makes it very hard for people to stop using tobacco once they start.

NO THANKS!



CHEMICALS IN TOBACCO

IN ADDITION TO CHEMICALS THAT ARE KNOWN TO CAUSE CANCER, THERE ARE OVER 4,700 OTHER CHEMICALS IN TOBACCO SMOKE.



ACETONE
NAIL POLISH REMOVER



AMMONIA
TOILET CLEANER



ARSENIC
FOUND IN RAT POISON



NAPHTHALENE
FOUND IN MOTH BALLS



FORMALDEHYDE
USED TO PRESERVE
DEAD BODIES

Your friends might tell you that smoking is cool. They are wrong! You have probably seen grown-ups use tobacco. They know it's bad for them but cannot stop. It's better to never start using tobacco. If anyone asks you to try tobacco, tell him or her

NO THANKS!

DID YOU KNOW?

Nicotine is also used as a chemical in bug poison?



ANYWAY YOU LOOK AT IT, SMOKING IS GROSS.

(YUCK!)

* SMOKING STAINS YOUR TEETH BROWN

* SMOKING GIVES YOU BAD BREATH

* SMOKING MAKES YOUR FINGERS YELLOW

* SMOKING GIVES YOU WRINKLES

* SMOKING MAKES YOUR HAIR AND HANDS STINK

* SMOKING MAKES YOUR CLOTHES SMELL YUCKY



TOBACCO KILLS!

Healthy Things to Do Instead of Tobacco

Write five healthy things to do instead of using tobacco. The first two are done for you.

1. Fly a kite
2. Race your friend
- 3.
- 4.
- 5.

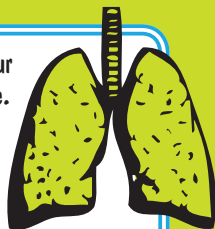
Tobacco use hurts the heart and lungs and makes thousands of people get sick and die each year.

You should NEVER use tobacco!



The heart makes sure that other parts of your body get enough blood to move and work and play. Using tobacco makes your heart work too hard and get sick.

Lungs are the parts of your body that help you breathe. Breathing well is important when you want to run and play. Using tobacco makes it hard to breathe.



DON'T MESS WITH MEDS

Medicines are things that people take when they are sick to help them get better, or keep from getting worse. Some medicines are to keep people from getting sick in the first place. **MEDICINE IS** great to have around if you need it but it is also **DANGEROUS.**



Do not ever take medicine unless your parents, a doctor or a nurse gives it to you. **IF YOU TAKE MEDICINE WHEN YOU DON'T NEED IT, YOU CAN GET VERY SICK.** The problem is medicine can look like something you want to eat like candy or soda.

IF YOU DON'T KNOW
what something is

DO NOT EAT IT!
DO NOT DRINK IT!



Ask a grownup what it is and if it is safe. That brightly colored piece of candy could be a pill that will make you very unhappy and sick. If you are given medicine to help you get better **only take it exactly as you're told until you're told to stop.**



Refusal Skills

You know there are things that you need to avoid, but do you know how to do it? Once you're in a bad situation it can be tricky to get yourself out. **THE KEY IS TO STAY OUT OF THAT SITUATION IN THE FIRST PLACE.** How can you stay out of situations where someone might try to get you to take drugs, smoke or drink alcohol? Simple.



HAVE CLEAN ALLIES. Friends that don't have bad habits are good allies. They'll watch your back, and if you find yourself in a bad situation you can stand up for each other. When you've got an ally to depend on you never have to worry about being the only clean, substance free person around.

BE A CLEAN ALLY. To be an ally is to have an ally. When you keep yourself clean and substance free you're someone your friends can count on. You keep each other strong, and together you create a safe zone. The better an ally you are, the more allies you'll be able to create. The more allies you have, the bigger and stronger your safe zone is.

STAY AWARE. Before you go anywhere you're not completely sure about, ask yourself – do I have an ally with me? Do I know the people here aren't abusing drugs, smoking or drinking? Am I ready to leave if they start abusing substances? Will they take no for an answer if they try to get me to do it too? Will they let me leave? Will I be somewhere familiar – will I know the way home?

KNOW THE DANGER. Would you know a bad situation if you were put into one? Do you know the stuff you need to avoid? Do you know the places that you shouldn't go?

BE CONFIDENT. Know that you are doing the right thing, and do it no matter what anyone says. Don't give in to negative peer pressure.



Some kids drink alcohol because they think it makes them look mature and grown up. They might try to get you to drink alcohol. Tell them you don't drink alcohol and they shouldn't either. They may not listen, but you've still done the right thing. Being grown up and mature means making smart, safe decisions.

You can get a group to do stuff besides drinking.

Write five things you and your friends can do instead of drinking.

Alcohol?! Gross! I'd way rather...

- 1.
- 2.
- 3.
- 4.
- 5.



HOW TO SAY *no*

If someone offers you alcohol you can say:

"Drinking hurts me and I want to be well."

Tell the truth: you care about your body more than you care about fitting in.

"I'm out."

Get out of there. Just say you have to go, that this isn't your scene. No chit-chat needed.

"Want to play outside or watch a movie instead?"

Suggest something else you can do together. If that doesn't work, go by yourself.

"No thanks, I act silly enough already."

Make a joke, but let the other person know you won't back down.