

"NO THANKS"

Resisting alcohol,
tobacco and marijuana





ALCOHOL- A REAL DOWNER

Alcohol is a depressant drug that is very bad for you. Until you're 21 years old, it's illegal to drink alcohol – and for good reason! Your body is still growing, and drinking alcohol will really hurt it. Your heart, liver, kidneys and brain are all hurt by alcohol, and it's not even fun! Drinking alcohol makes it hard to walk, talk, think and control your body. You can't play sports or games when you've been drinking. You can't even have a good conversation. When people drink, they often throw up. Usually, they make stupid decisions that can get them in serious trouble.

The day after you drink really stinks. That's when you get a hangover: you feel sick and tired all day, when you could be out having fun. Your head and eyes hurt, you're thirsty and achy. What a high price to pay for something that's bad for you!



Tell me about it.
Ugh.

13,470
PEOPLE DIED IN ALCOHOL-RELATED CRASHES IN 2006. 306 WERE YOUNGER THAN 14. IF ONE 14 YEAR OLD WAS LIKE THIS LITTLE CIRCLE THEY'D FILL THIS WHOLE PAGE.



ALCOHOL ROUTINELY GIVES PEOPLE HEADACHES AND MAKES THEM VOMIT, BUT VOMIT IS THE LEAST OF THEIR WORRIES.

ALCOHOL IS A POWERFUL, ADDICTIVE DRUG THAT KILLS MORE PEOPLE EACH YEAR THAN ALL ILLEGAL DRUGS COMBINED.



There are tons of really good reasons to stay away from alcohol: using alcohol causes people to make really bad decisions, impairs motor skills like walking or driving and is illegal for anyone under 21. If you get caught buying, possessing or drinking alcohol you could face **juvenile detention, probation, losing your driver's license** or be forced into an **alcohol rehabilitation program**. Alcohol also **stunts your growth!** It slows down rapid bone growth that occurs in normal young bodies.



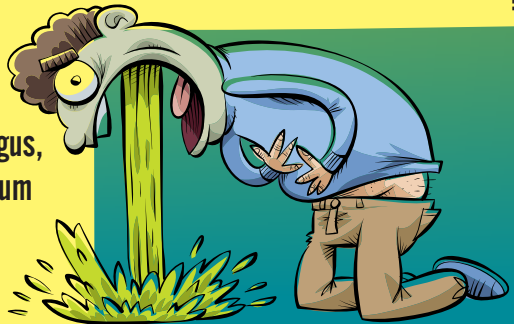
Long-term alcohol use can wreck a person's health.

LONG-TERM EFFECTS

- Liver disease
- Heart disease
- Stroke
- Brain cell death
- Cancer of the mouth, pharynx, esophagus, breast, pancreas, liver, colon and rectum
- Weak bones
- Eye and skin damage
- Digestive illnesses

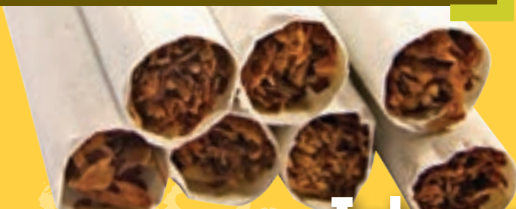
Using alcohol is a bad choice. Here's why: SHORT-TERM EFFECTS

- Impaired reactions and coordination
- Heavy sweating
- Blurry or double vision
- Anxiety, restlessness
- Poor decision-making
- Loss of reasoning ability
- Nausea and vomiting
- Slowed heart rate
- Slowed breathing
- Mental confusion, memory loss
- Coma
- Death from respiratory arrest



Tobacco is Trouble

Tobacco is trouble. Big trouble. Cigarettes, cigars and smokeless tobacco are addictive and destructive. Hundreds of thousands of people die each year from using tobacco. The best way to avoid being a victim of tobacco trouble is to know the truth about this dangerous drug.



Nicotine

Nicotine is an addictive drug found in tobacco. Addiction means that you want more and more of the drug. It's very difficult to stop using tobacco once you start. The best bet is to never try tobacco.

Nicotine tricks the brain into feeling relaxed and alert. When the effects of nicotine wear off, the user feels uneasy and edgy. The only way for them to feel better is to get more nicotine. When someone tries to stop using nicotine, they go through withdrawal. Withdrawal from nicotine makes a person angry, depressed, dizzy and increases their appetite.

The Short and Long of Tobacco

Tobacco is hard on a person's body.

Take a look at the short and long term effects of using tobacco.

Short Term

- Headaches
- Increased Heart Rate
- Damaged Lungs
- Slowed Blood Circulation
- Increased Stomach Acid
- Stressed Out Kidneys



Long Term

- Slowed Brain Activity
- Risk of Strokes
- Lung Cancer
- Gum Disease
- Stained and Rotten Teeth
- Wrinkles
- A Weakened Heart
- Narrowed Blood Vessels
- Oral Cancer
- Emphysema (lost ability to breathe)
- Death

What's in Cigarette Smoke?

Lots of nasty stuff. In addition to nicotine and **CANCER CAUSING CHEMICALS**, there are over 4,700 different chemicals in tobacco smoke. **Here are just a few:**



Formaldehyde
used to preserve dead bodies



Cadmium
found in rechargeable batteries



Naphthalene
the main ingredient in mothballs



Ammonia
used to clean floors and toilets



Acetic Acid
vinegar!



Acetone
nail polish remover!

Tobacco Use is Bad for Your Social Life



Dealing with Peer Pressure

The decision to not use tobacco is an important one. A lot of times, friends will pressure you to try tobacco. In fact, that is how most people get hooked on tobacco. There are ways to keep your friends and stay tobacco free. Here are some ideas to get you started.

If someone pressures you to try tobacco...

Be firm. Tell them no thanks, but don't be pushy. If the person won't listen, they're not acting like a friend. Just say "No thanks" and leave.

Stay cool. You may get nervous or angry if someone is pressuring you to do something you don't want to do. Stay calm. Tell them you don't want to do it. If you don't make a big deal of it, chances are the other person won't either.



It gives you wrinkles at an earlier age.

It turns your teeth yellow and brown.

It makes your clothes stink.

It stains your fingers.

It gives you bad breath.

A lot of people start using tobacco because they think it makes them look cool. But what's cool about wrinkles, stinky clothes, stained teeth and bad breath?

Give them a **good reason** why you don't want to use tobacco. Say, "I'm on the soccer team and I need my lungs to be clear and clean." Or "No way. If my parents ever found out, I'd be grounded for life!"

Tell them the truth: tobacco is **expensive and bad for you**. Who knows? They might agree with you. Friends can disagree and still be friends.

What are some other ways to avoid the pressure to use tobacco? Write your answers below.

- 1.
- 2.
- 3.

MARIJUANA: A SMOKE SCREEN

Less than
10% of teens
smoke marijuana

Chances are, in the next few years, someone is going to offer you marijuana. They may tell you it's harmless, natural, not even a drug or that it's cool and everyone does it. They may tell you it's safe and the police 'have better things to do' than arrest people for smoking marijuana. Others may tell you that it is addictive and a "gateway drug"—that using marijuana opens the door to other things and will ruin your life.

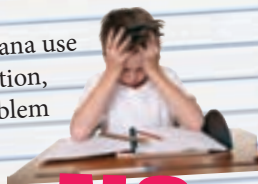
Look at the facts and decide for yourself.

If you are armed with real knowledge, you can resist marijuana pressure.

IS MARIJUANA REALLY A DRUG?

YES

Drugs change how your body feels and acts. Marijuana use can cause distorted perceptions, impaired coordination, difficulty thinking, learning, remembering and problem solving.



DOES EVERYONE DO IT?

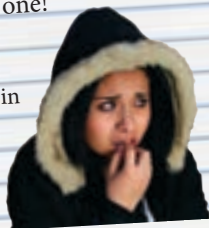
Marijuana is the most popular illegal drug among teens, but the number of teens NOT using it greatly outweighs those who are. It's more than ten to one!

NO

WILL YOU GET INTO TROUBLE?

YES

Be serious. If smoking marijuana won't get you in trouble, why do smokers hide the habit?



EFFECTS OF marijuana

Smoke marijuana frequently and these effects occur, even when you're not high:

Instant Marijuana Effects:

Extreme hacking
and coughing

Feeling strange
and far away

Clumsiness

Inability to make new memories
while being flooded with old ones

Scattered thoughts

Boredom

Slowed
time

Sadness

Dry mouth and thirst

Anxiety and
nervousness

Fatigue

Paranoia (the
feeling that
something bad
is going
to
happen,
or that
people are
out to get you)

Apathy (the 'why bother' feeling)

Constant tiredness: Marijuana smokers
have less REM sleep, the type when
dreaming occurs.

Poor health: Scientific
research shows that marijuana smokers
get sick more often and more severely
than non-smokers.

Isolation: Though kids
often smoke socially,
to habitual smokers
it's not about
friends, it's about
getting high.

Lower grades and
pay: People who
smoke marijuana
study less and
work lazily. This
results in worse
grades and less
money.



These are only some of the known effects. Scientists believe that other health risks such as mental illness and cancer are also marijuana related.

Be a SOBER Friend.

The most common reason kids start using drugs is peer pressure. You can use peer pressure to help stop your friends from using drugs. Be a sober friend who can be counted on for a good, clean time, and tell your friends about the dangers of drugs. One way to help your friends be sober is by planning activities that are no

fun high. Sports and obstacle courses are pretty hard when you're tripping over your feet! Plan active fun like bike riding, the jungle gym or playground. Start a touch football or baseball team!

There are all kinds of fun things you and your friends can share without drugs.

