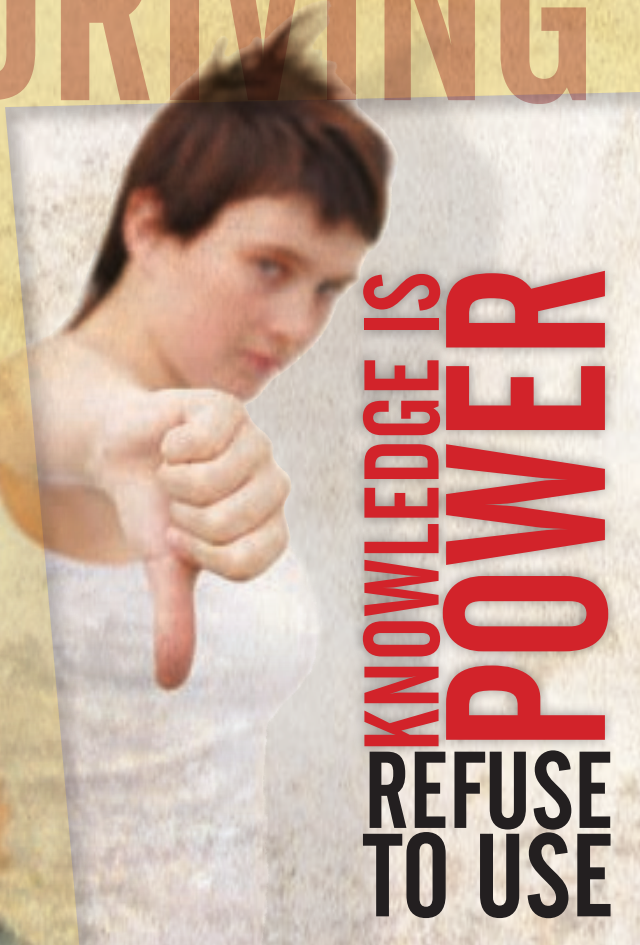


DRUGS
ADDICTION
DRIVING
ALCOHOL
DRUG
ABUSE
TOBACCO
USE



KNOWLEDGE IS
POWER
REFUSE
TO USE

ALCOHOL

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.

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

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





ADDICTION

Alcoholism happens. One in seven people who use alcohol become alcoholics. Alcoholics continue to drink despite the serious damage it causes to their lives. Alcoholism is a physical addiction that can lead to painful withdrawal symptoms and deadly organ damage. It can happen to anyone. The only certain way to avoid alcoholism is to **stay away** from alcohol.

ADVERTISING PEER PRESSURE & LIES

If you believed alcohol advertising, you'd think that drinking alcohol will get you more dates, help you win the big game and make everything more fun. Don't buy the hype. **Alcohol is not a good time.**

Some "friends" might pressure you to drink. Is "friend" a name for someone who tries to get you to break the law and put your health and life at risk? Try calling these people "accomplices" or "perpetrators" instead. If someone tries to pressure you into drinking, tell them that you care about yourself and you don't drink. If they're really your friends, they'll respect your decision and stop pressuring you. If they won't let up, just tell them "No Thanks" and walk away. **Your life, your health and your future are more important than messing around with alcohol.**



DRUNK DRIVING

Driving under the influence of alcohol kills about 15,000 people and injures over 30,000 people each year.

Save your life: Never get into a car with a person who has been drinking.

Tobacco is Trash-Throw it Out!

Did you know?

90% of adults who smoke took their first puff before the age of 18.



Tobacco is a drug.

Tobacco comes from the leaves of the tobacco plant and is available in many forms, including cigarettes, cigars, pipe tobacco, spit tobacco and spit-less tobacco, or snus. Tobacco is dangerous and toxic (poison) to a person's body. Each year, over 400,000 people die from tobacco related causes. It is estimated that more than 5,000,000 kids alive today will die from using tobacco.

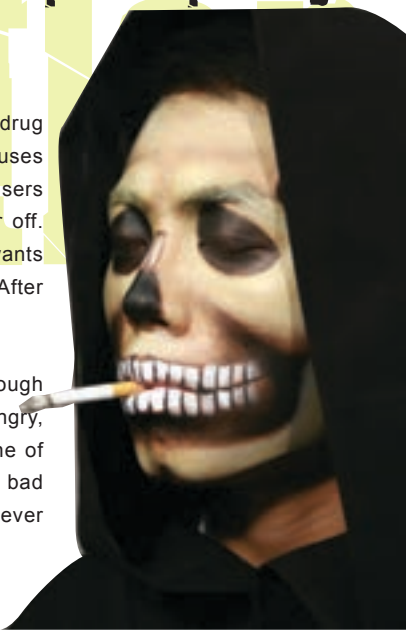
Why Do People Start Using Tobacco?

Most people start using tobacco when they are young. Movies and TV often show "stars" and celebrities with a cigarette hanging out of their mouths. These media images add to the idea that using tobacco is "cool" and "hip." While you may think that using tobacco makes you look "older" and more "sophisticated," don't be fooled. Did you know that tobacco companies have actually paid to have their cigarettes smoked in movies? Each day, over 3,000 kids will make the horrible decision start smoking. Don't be one of them.

If Tobacco is So Bad, Why Do People Keep Using It?

The answer is simple: **addiction**. Tobacco contains the drug **nicotine**. Nicotine is highly addictive. When someone uses tobacco, nicotine changes the way his or her brain works. Users feel calm and relaxed, until the effects of the nicotine wear off. Then the user feels anxious and uneasy. The user's brain wants more and more of the drug to make the bad feelings go away. After a while, the user is hooked.

When someone tries to stop using nicotine, they go through **withdrawal**. Withdrawal from nicotine makes a person angry, depressed, dizzy and increases their appetite. Nicotine is one of the most addictive drugs. The symptoms of withdrawal are so bad that many people have a really hard time quitting. It's best to never start!



SHORT & LONG TERM EFFECTS OF TOBACCO USE

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
ORAL CANCER
GUM DISEASE
STAINED AND ROTTEN TEETH
WRINKLES
A WEAKENED HEART
NARROWED BLOOD VESSELS
LUNG CANCER
EMPHYSEMA
DEATH

Are Spit or Spit-less Tobacco Safe?



No way. Spit and spit-less tobacco are just as dangerous as smoking. Smokeless tobacco is ground up tobacco leaves that users put in their mouths and slosh around the nasty brown spit. Chewing tobacco, dip, pouches and snus (spit-less) tobacco usually contain more nicotine than cigarettes, making them more addictive. In addition to be gross and disgusting, using smokeless tobacco can also lead to oral, mouth and throat cancer.

Over 8,000 people die from using smokeless tobacco each year. It is definitely not safe.



MARIJUANA

Marijuana is the dry buds of the Cannabis plant. Some people smoke it to become intoxicated. Marijuana is the most widely abused and least understood drug in America.

People who use marijuana will talk your head off about it, but most of what they say is designed to justify their drug use. To a marijuana user, the drug can do no wrong and anyone who says otherwise is lying. Even a quick look at how marijuana affects the habitual smoker proves that's nonsense.

Marijuana abuse usually starts when someone wants to break the rules, fit in with a group or foolishly believes it's just good fun. At first the new user is overwhelmed by the drug. It's too powerful. Then they need more to feel the same high. That's because their brain gets used to the drug. It's called *tolerance* and it's a keystone of drug addiction. After a while the marijuana user just smokes to keep from feeling bad. That's *withdrawal*, and it's another major sign of addiction.

After a while the user can imagine nothing they'd rather do than sit around like a lump and fry their brain with marijuana all day, every day. That person is a burnout, and it's more common than anyone wants to admit.

Marijuana in the Brain

The active chemical in marijuana is delta-9-tetrahydrocannabinol, abbreviated THC. Marijuana contains more than 400 chemicals besides THC. THC mimics chemicals called endocannabinoids that your brain uses to regulate different functions like appetite, pain sensation, memory and mood.

SHORT-TERM EFFECTS

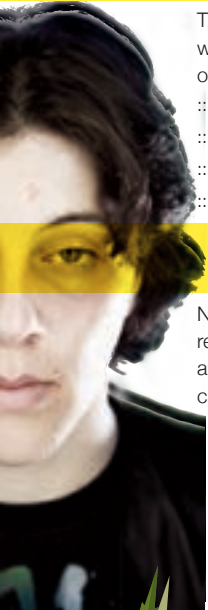
THC floods the pot smoker's brain. The brain works overtime trying to absorb it all – the only way to do that is to use it, and fast. All the stuff that endocannabinoids regulate get thrown into overdrive resulting in:

- ::: Increased heart rate
- ::: Disconnection from reality
- ::: Paranoia
- ::: Dangerously lowered reaction time
- ::: Shutdown of memory creation
- ::: Anxiety and Nervousness
- ::: Increased appetite
- ::: Auditory hallucinations

LONG-TERM EFFECTS

Nothing matters to a habitual marijuana user but getting high. They'll sacrifice school, friendship, relationships and their future just to keep smoking pot. Pot smokers will tell you marijuana isn't addictive – but what would you call a drug that people let rule their lives? Over time marijuana use can result in:

- ::: Increased risk of mental disorder
- ::: Weakened immune system
- ::: Chronic bronchitis, frequent chest colds, pneumonia
- ::: Damage to the reproductive system
- ::: Increased risk of lung cancer
- ::: Suicidal thoughts
- ::: Inability to tell fantasy from reality





BURNING OUT

Burnout. It's a psychological term for emotional exhaustion. Doctors get it from working long hours trying to save lives. Pot smokers get it from spending their time removed from their own lives, existing in a haze where nothing matters but getting high. The more time they spend with pot and away from their lives the harder it is to get back into the groove.

IT'S AS IF THEIR LIVES ARE WALKING AWAY.

A parade of the things they once cared about and loved, their hopes and dreams, fading into the distance. The longer they watch, the farther away it gets until it seems impossible to catch up. So they give up, abandoning the things they loved and goals they once had.

BURNOUT IS CATEGORIZED BY:

EXHAUSTION – *persistent tiredness.*

CYNICISM – *feeling negative about everything.*

INEFFICACY – *the feeling that you just can't get anything done.*

The more a person smokes the more burned out they get. To console themselves they smoke more marijuana – it's a cycle that leads to the depths of depression.



The easiest way to stop using marijuana is to never start. If someone offers you pot there are an infinite number of ways to pass. You can say 'no, thanks,' or, 'yeah, I feel like smelling like a skunk and giggling at the wallpaper.' You could say nothing at all; just leave. Or you could avoid hanging out with marijuana smokers altogether. Take your health and your future seriously—

DON'T SMOKE POT.

Users say marijuana is a fun and natural drug, but they're **IGNORING THE FACTS.**

MYTH

Marijuana has nothing bad in it.

FACT

Marijuana has more cancer causing chemicals than tobacco.

MYTH

Marijuana is natural, so it's OK.

FACT

Other natural drugs: cyanide, arsenic, deadly nightshade & strychnine. All lethal.

MYTH

It's safe to drive while stoned.

FACT

Tests have shown that reaction time, judgment and vehicle operation accuracy are all impaired by marijuana.



Refuse to Use

Most people start using tobacco because someone else pressured them into it. Peer pressure is real and can be difficult to deal with. Here are some ways you can tell people “no thanks” without losing your friends.

Give a Reason. Say, “No way. I’m on the soccer team. I need my lungs to be clean and clear so I can run fast.” Or, “No can do. If my parents ever found out I’d be grounded for the rest of my life.” Or, “That stuff will kill you. I want to live.” When you tell them why you don’t want to do it, be confident. Don’t get into an argument, but don’t back down.

Change the Subject. “Why don’t we go to a movie?” or do some other fun thing? You might not only keep yourself from using tobacco, but prevent your friend from using it too.

Just Say “No Thanks.” It’s as simple as that. If the person offering you tobacco is really your friend, they’ll respect your decision and leave you alone.

Ignore Them or Walk Away. This may not be easy to do, but if someone is not respecting your decision just get out of there.

Tobacco is gross, addictive, expensive and deadly. The best way to live a long, happy life is to never use tobacco.