

LESSON TWO

● CONSEQUENCES OF SMOKING CIGARETTES AND MARIJUANA

GOALS

1. To increase students' perception that using cigarettes or marijuana has serious consequences that can immediately affect their daily lives and social relationships
2. To motivate students to resist pressures to use cigarettes and marijuana by helping them identify the social, psychological, and physical consequences of using those substances

SUMMARY OF ACTIVITIES

1. Introduce Lesson (4 min.)
2. Discuss Immediate and Later Consequences of Smoking Cigarettes (8 min.)
3. Compare Cigarettes and Smokeless Tobacco (1 min.)
4. Discuss Immediate and Later Consequences of Using Marijuana (8 min.)
5. Review Consequences (4 min.)
6. Show Video: *Pot: The Party Crasher* (9 min.)
7. Discuss Video (8 min.)
8. Wrap-up (3 min.)

DESCRIPTION

This lesson focuses on expanding students' understanding about smoking cigarettes and marijuana, and builds on information learned in Lesson One. Activity 2 increases awareness that smoking cigarettes has serious immediate and later consequences, and Activity 3 compares cigarettes and other forms of tobacco. In Activity 4, students discuss immediate and later consequences of using marijuana. This lesson stresses information about short-term social, psychological and physical effects of smoking cigarettes and marijuana, and discusses issues related to attractiveness.

This participatory approach increases student motivation. The purpose of *Pot: The Party Crasher* (Activity 6) and the subsequent discussion (Activity 7) is to focus on the short-term consequences of smoking marijuana and challenge the perception that drugs at parties are fun. As in Lesson 1, information is elicited from students, not told to them.

In your wrap-up (Activity 8), you'll be given an opportunity to reinforce key information previously elicited from students. The homework assignment (*What Teenagers Want to Know About Alcohol*) is preparation for Lesson 3 and stresses both short-term (injuries) and long-term (alcoholism, dependence) problems.

PREPARATION

- Review the Lesson Plan
- Read Teacher Reference material:
 - Biggest Dangers with Cigarettes* (pages 2.10-2.11)
 - Smoking Facts* (pages 2.12-2.13)
 - Facts on Other Forms of Tobacco and Smoking Blends* (pages 2.14-2.16)
 - Biggest Dangers with Marijuana* (pages 2.17-2.19)
 - Marijuana Facts* (pages 2.20-2.21)
- Optional: you may want to prepare 3" x 5" reference cards listing key effects for Activities 2, 3 and 4
- Preview video: *Pot: The Party Crasher*
- Collect and prepare materials, as indicated below

MATERIALS NEEDED

Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
 - Video player and video: *Pot: The Party Crasher*
 - Chart paper, masking tape, and thick, felt-tip, nontoxic markers (if using chart paper visuals versus writing on the board)
 - Posters:*
- Poster 1: *Smoking Makes You Less Attractive*
Poster 2: *Smoking Is Addicting*
Poster 3: *Smoking Affects Your Heart and Lungs*
Poster 4: *Marijuana Can Affect You Right Away*
Poster 5: *Marijuana Can Damage You in the Long Run*

Prepare the following materials:

- Partial visuals (Activities 2 and 4) on chart paper or on the board (title with headings): *What Can Happen to You When You Smoke Cigarettes?* and *What Can Happen to You When You Use Marijuana?* The headings under each title are: "First Time," "After a While," and "After a Long Time," with space between each (see Teacher Reference, page 2.8).
- Copy *What Teenagers Want to Know About Alcohol* (Student Handout, pages 2.22-2.23) for each student.

*Poster - one of the twelve visual aids accompanying the curriculum. Note: the bottom right hand corner of each poster indicates the lesson(s) in which it is used.

ACTIVITIES

1. Introduce Lesson (4 min.)

- A. Display visual: *Ground Rules: Students*.
- B. *“Today you’ll learn more about how cigarettes and marijuana affect people. We’ll talk about exactly what happens when you smoke a cigarette or a joint.”*

2. Discuss Immediate and Later Consequences of Smoking Cigarettes (8 min.)

- A. Show visual or write on the board (title with headings): *What Can Happen to You When You Smoke Cigarettes?* Include the headings “First Time,” “After a While,” and “After a Long Time,” with space between each.
- B. Conduct a discussion of effects for each time period (see sample visual, Teacher Reference, page 2.6). Be sure the starred items shown in the sample visual are on the completed visual – use statistics at your discretion to amplify points. Include *Cigarette Smoking Consequences: Additional Questions* (Teacher Reference, page 2.7), asking starred questions first, and other questions as time permits.
 - 1. *“What can happen when you smoke a cigarette for the first time?”*
 - 2. Write in the correct student responses (cough, choke, heart beats faster, headache, breath smells) under the “First Time” heading. Write any longer-term responses (get cancer) under the appropriate headings.
 - 3. *“What can happen to you after you’ve smoked cigarettes for a while, like for a few weeks or months?”*
 - 4. Write in the correct student answers (addicted, can’t breathe as well, lung capacity decreases, smell all the time, teeth get yellow, cough more) under the appropriate headings (if “addicted” is mentioned, ask for a definition).
 - 5. *“What can happen after you’ve smoked a long time?”*
 - 6. Write in the correct student responses (lung cancer, heart attacks, heart disease, respiratory diseases like bronchitis and emphysema, other cancers, wrinkles). Amplify as appropriate with statistics from the *Smoking Facts* sheet (Teacher Reference, pages 2.12-2.13).
 - 7. Ask students the starred questions (Teacher Reference, page 2.7) now, if not asked earlier. If time permits, ask other questions.

3. Compare Cigarettes and Smokeless Tobacco (See sample visual, Teacher Reference, page 2.6)

- A. Point to students' consequences of smoking list. Ask, "*Which of these effects are also true for smokeless tobacco?*" Check mark these effects on students' list (see Teacher Reference, page 2.15, for facts about smokeless tobacco).

4. Discuss Immediate and Later Consequences of Using Marijuana (8 min.)

- A. Reinforce students' knowledge of the effects of cigarettes. Say, "*Now let's try the same thing for marijuana.*"
- B. Show visual or write on the board: *What Can Happen to You When You Use Marijuana?* Include the headings "First Time," "After a While," and "After a Long Time," with space between each heading (see sample visual, Teacher Reference, page 2.8).
- C. Conduct a discussion of effects for each time period, asking additional questions from page 2.9, as appropriate. Be sure the starred items from page 2.8 are on the completed visual.
1. "*What can happen when you use marijuana for the first time?*"
 2. Write in the correct student responses (can't concentrate, red eyes, slow down, feel anxious or panicked, hard to communicate) under the "First Time" heading. Write longer-term responses (dependence, addiction) under the appropriate heading. Validate any incorrect responses ("*Many people think that happens.*") and supply the correct information.
 3. "*What can happen after you've used marijuana for a while (regularly at parties)?*"
 4. Write in the correct student responses (trouble with parents, you have less money, dependence, don't experience emotions) under the appropriate heading.
 5. "*What can happen after you've used for a long time?*"
 6. Write in the correct student responses (dependence/addiction, loss of interest in activities except drug use, possible lung damage). Emphasize that psychological dependence may be just as powerful as addiction.
 7. Ask students the additional questions on page 2.9 now, if not asked earlier.

5. Review Consequences (4 min.)

- A. Summarize the cigarette consequences, using the three cigarette posters: *Smoking Makes You Less Attractive*, *Smoking Is Addicting*, and *Smoking Affects Your Heart and Lungs*.

- B. Summarize the marijuana consequences, using the two marijuana posters: *Marijuana Can Affect You Right Away* and *Marijuana Can Damage You in the Long Run*.

6. Show Video: Pot: The Party Crasher (9 min.)

- A. *"Here's a question that many young people ask: 'Can marijuana hurt you if you use it just once?' Now we'll see a video that answers that question."*
- B. Show the video.

7. Discuss Video (8 min.)

Discussion Goals

1. To emphasize immediate consequences of marijuana use
 2. To reinforce the idea that using marijuana just once can have serious consequences
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- A. *"How did Colleen look at the end of the video? Why? What do you think happened when her parents arrived home?"*
- B. *"What did the video show about what can happen when you use marijuana just one time?"* Or, *"What happened when the kids at the party got high?"* (lost control, broke things, acted stupid, couldn't communicate, too high to drive, got the munchies, risked trouble with parents and/or the law)
- C. *"Who didn't smoke marijuana in the video and what was their reason?"* (Rich ("No way. Besides, I've got to wake up early for practice."), A.J. ("I'm not too into this."), Angela ("The trouble you could get into ...") and her uncle's health.), Kim ("That's not cool."), Colleen, Lori, Kelley) *"How did they say 'no?'"* (A.J. and Lori left the party, Rich gave a reason, Colleen, Angela and Kim tried to persuade others not to do it.)
- D. *"Why was Angela so upset when Frank took a hit?"* (uncle became dependent on marijuana, not able to drive home)
- E. *"Why was Kim concerned about the marijuana?"* (don't know what's in it)
- F. *"What did A.J. and Lori do after the marijuana was passed around?"* (left) *"What did Rich do?"* (Said "no," because of sports) *"What about Jim?"* ("You're right. I don't want to get kicked off the team." Took a hit and then stopped) *"What do you think of how each reacted?"*

G. *“What could they have said or done that might have prevented what happened?”*

8. Wrap-up (3 min.)

A. Reinforce students' ideas. (*“You really know what happens when you smoke a cigarette or a joint.”*)

B. Tell students that in the next lesson they will talk about what happens when you drink.

C. Homework:

1. *“For the next lesson read What Teenagers Want to Know About Alcohol.”* Hand out copies. *“This information will help you in a game we'll be playing in the next lesson.”*

WHAT CAN HAPPEN TO YOU WHEN YOU SMOKE CIGARETTES? (SAMPLE VISUAL)

	Smokeless Tobacco
The first time	
*Heart beats faster/works harder	✓
*Breath smells	✓
Coughing	
Dizziness	✓
Trouble at home or school	✓
After a while	
*Addicted	✓
*Harder to breathe	
*Yellow teeth	✓
Less money	✓
After a long time	
*Death	✓
As long as you smoke, each cigarette takes ten minutes off your life.	
*Lung cancer, other cancers	
Smoking is associated with cancers of the mouth, larynx, esophagus, pancreas, cervix, kidney and bladder.	
Over 85% of lung cancers are caused by smoking.	
*Heart disease	✓
Smokers risk of heart attack is more than twice that of nonsmokers, and they are more likely to die as a result of the heart attack within the hour.	
*Chronic Obstructive Pulmonary (Lung) Disease (COPD)	
Primarily emphysema and chronic bronchitis	
Approximately 80-90% of COPD is caused by smoking.	
A smoker is 10 times more likely than a non-smoker to die of COPD.	
Wrinkles	
Can hurt others	

*Should be included on students' lists.

CIGARETTE SMOKING CONSEQUENCES

(ADDITIONAL QUESTIONS)

***1. What is addiction?**

It is when the body physically needs nicotine to feel okay. If you smoke one or two cigarettes a day for four or five days in a row, you can become addicted. Nearly one-third of people who try a single cigarette eventually develop dependence on tobacco.

***2. Why does smoking cause your heart to beat faster?**

Nicotine is a stimulant - it elevates blood pressure, central nervous system functions, breathing and heart rate.

***3. Does it help to stop smoking?**

Yes - and right away.

At 24 hours after quitting: the chance of a heart attack decreases.

After 48 hours: nerve endings start regrowing. The ability to taste and smell is enhanced.

After 1-9 months: coughing, sinus congestion, fatigue and shortness of breath decrease.

After one year: risk of heart disease decreases to half that of a smoker.

After 5-15 years: stroke risk is reduced to that of people who have never smoked.

After 10 years: risk of lung cancer is half that of smokers.

After 15 years: risk of heart disease decreases to that of those who have never smoked.

***4. Is it harmful to be around people who smoke (secondhand smoke)?**

Yes. It causes lung cancer and heart disease. Young children are especially at risk. It can cause respiratory and ear infections and make children with asthma sicker.

5. How can you tell if someone is addicted to cigarettes?

He or she can't get through a day without smoking a cigarette.

6. Why does smoking make you dizzy?

When you smoke, you inhale the carbon monoxide in the smoke. Carbon monoxide replaces oxygen in the blood. The blood then contains a lower level of oxygen, which is what makes you dizzy. This process is how people die in closed garages with a car engine running.

7. Name two long-term respiratory problems caused by smoking.

Chronic bronchitis and emphysema.

8. What is emphysema?

In a healthy lung, small bag-like clusters fill with air. Emphysema causes these bags to break down, so that your lungs cannot hold as much air.

*Ask these questions first.

WHAT CAN HAPPEN TO YOU WHEN YOU USE MARIJUANA? (SAMPLE VISUAL)

The first time

- * Can't concentrate, think
 - * Can't remember (loss of short-term memory)
 - * Slow down
 - * Can't drive safely (it's as dangerous as alcohol)
 - * Do something you might regret
 - * Feel anxious or panicked
 - * Hard to communicate
 - * Feel out of control
- Sick, dizzy
- Get in trouble with the law/parents
- Appetite increases
- Red eyes
- Nothing

After a while

- * Dependence (need marijuana to feel okay)
 - * Don't experience emotions or solve problems
- Trouble with parents
- Have less money
- Trouble at school (grades go down, sent out of class)

After a long time

- * Loss of interest in activities except drug use
 - * Severe dependence and addiction
 - * Possible lung damage (marijuana has many of the same lung-damaging substances as tobacco, and more of some of them)
 - * Possible damage to reproductive health (delay the onset of puberty, lower sperm production for males, disrupt menstrual cycle and affect ovulation for females)
- Damage to the immune system (cells that protect people from disease)

* Should be included on students' lists.

MARIJUANA CONSEQUENCES

(ADDITIONAL QUESTIONS)

1. What is dependence?

Dependence is a state in which a person needs a drug to cope with everyday life and continues using even when problems resulting from its use keep happening. It can, but does not have to, involve physical dependence (often called addiction) where the user either has tolerance (needing more of a drug to achieve the same effects once achieved with less of the drug) or withdrawal symptoms.

2. Does marijuana make your problems go away?

No. After the marijuana wears off, the problems are still there.

3. Is it safe to drive after using marijuana?

No. Marijuana slows your reaction time, distorts your perception, and makes it difficult to respond safely to unexpected events.

4. How does using marijuana affect your mind?

Marijuana makes concentration harder, slows down thinking, and makes it difficult to remember what happened a few minutes ago.

5. How can you tell what you're getting when you use an illegal street drug like marijuana?

You can't. There is no ingredient list on illegal drugs. Marijuana may be laced with PCP or other dangerous substances.

BIGGEST DANGERS WITH CIGARETTES

SMOKING CIGARETTES

1. **Is addicting**
 2. **Damages your heart**
 3. **Damages your lungs**
 4. **Over time, can cause**
 - **death**
 - **lung diseases**
 - **cancer**
 - **heart disease and stroke**
-

SMOKING CIGARETTES

1. **Is addicting**

Nicotine, a substance found in cigarettes, is highly addicting. Even a few cigarettes every day for a week may make your body crave cigarettes. If you are addicted and a cigarette is not available, you may experience jitters, headaches, dizziness, and depression. Nicotine is toxic in large quantities.

2. **Damages your heart**

Even if you smoke only one or two cigarettes, you will experience an increase in heart rate. Your blood pressure will rise, your blood vessels will constrict, and the bloodstream level of carbon monoxide increases.

3. **Damages your lungs**

Each cigarette you smoke breaks down lung tissue and diminishes lung capacity. Smoking even one or two cigarettes causes lung tissue to break down. Even if you are a moderate smoker (less than a pack a day), your ability to breathe in deeply without hurting your lungs is greatly diminished.

4. **Over time, can cause**

- **Death:** Smoking is the number one preventable cause of death in the nation. It kills an estimated 440,000 Americans every year. More people die from cigarette smoking and related illness than die from AIDS, alcohol, traffic crashes, illicit drugs, murder, suicide and fires combined.

Each day more than 3,000 kids become regular smokers, more than one million kids a year. Roughly one-third of them will eventually die from a tobacco-related disease.

- **Lung diseases:** Smokers are far more likely to get pneumonia, chronic bronchitis and emphysema. Over 85% of lung cancers are caused by smoking, and each year over 150,000 people die from lung cancer.
- **Cancer:** In addition to being responsible for over 85% of lung cancers, smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney, stomach, bladder and some leukemias.
- **Heart disease:** Smokers' risk of heart attack is more than two times that of nonsmokers. Smokers who have a heart attack are more likely to die suddenly from that heart attack - within an hour - than nonsmokers. No cigarettes are safe. Scientists have found no evidence that smoking low-tar and low-nicotine cigarettes reduces the risk of coronary heart disease.
- **Wrinkles:** Smokers' faces show more wrinkling at an earlier age than those of non-smokers. Researchers have found evidence that an underlying biochemical process interferes with the body's ability to break down old skin and renew it.

5. Can get you into trouble

All states have laws prohibiting the sale of tobacco to youth under the age of 18. Smoking at school violates school rules on most campuses.

SMOKING FACTS

SMOKING IS ADDICTIVE AND DAMAGING

- More than a third of all kids who ever try smoking a cigarette will become regular, daily smokers before leaving high school.
- While only 3% of daily smokers in high school think that they will be smoking at all in 5 years, over 60% are still regular daily smokers 7-9 years later.
- Symptoms of addiction – such as having strong urges to smoke, feeling anxious or irritable, having unsuccessfully tried not to smoke – can appear in young kids within weeks or only days after occasional smoking first begins, and well before daily smoking has even started.
- Cigarette smoke is a collection of over 4,000 chemicals, including fingernail polish remover, cyanide (a poisonous gas), formaldehyde (a chemical preservative), 400 poisons, and at least 60 distinct cancer causing chemicals. It also contains tar, a conglomeration of solid particles that combine to form a sticky brown substance that can stain teeth and clog lungs.

SMOKERS DIE YOUNGER

- Smoking is the single most important preventable cause of premature death in the United States.
- Smoking is responsible for one out of every five deaths in the United States.
- On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

SMOKERS DIE FROM CANCER, HEART ATTACK AND RESPIRATORY DISEASES

- About 87% of lung cancers are caused by smoking.
- Tobacco is the single biggest cause of cancer and accounts for more than half of all cancer deaths in smokers.
- Smoking is the main cause of chronic bronchitis and emphysema.
- Smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney and bladder.

SMOKING HAS IMMEDIATE EFFECTS ON YOUR BODY

- It increases your pulse rate and makes your blood pressure rise.
- It lowers your skin temperature.
- It lowers your physical endurance.

SMOKERS' BABIES WEIGH LESS AND MORE OF THEM DIE

- Smoking during pregnancy accounts for an estimated 20-30% of low-birth weight babies, up to 14% of pre-term deliveries, and 10% of all infant deaths.
- Even apparently healthy, full-term babies of smokers have been found to be born with narrowed airways and decreased lung function.

SMOKERS BECOME DISABLED MORE OFTEN

- Smokers become ill more often and lose more days from work than do nonsmokers.
- Smokers are more apt than nonsmokers to suffer from chronic conditions that limit their activity.

THE TOBACCO INDUSTRY SPENDS BILLIONS TO GET YOU TO SMOKE

- The Campaign for Tobacco-Free Kids reports that annual tobacco industry spending on marketing its products nationwide has reached \$15.4 billion or over \$42 million each day.
- Additionally, annual tobacco industry contributions to federal candidates, political parties and PACs total over \$3 million with another \$20 million spent annually to lobby Congress.

SMOKERS WHO QUIT GET IMMEDIATE HEALTH BENEFITS

- The carbon monoxide level in the bloodstream declines within twelve hours.
- Headaches and stomach aches caused by smoking disappear.
- Stamina and vigor improve. Food tastes and smells better.

SMOKERS WHO QUIT GET LONG-TERM HEALTH BENEFITS

- Giving up cigarettes reduces the excess risk of dying prematurely.
- Twenty years after stopping, the ex-smoker's risk of dying prematurely from lung cancer is close to that of someone who has never smoked.
- Three years after quitting, the risk of death from heart attack is about the same as someone who has never smoked.
- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having low birthweight babies to that of women who never smoked.

FACTS ON OTHER FORMS OF TOBACCO AND SMOKING BLENDS

CIGARS

- People who smoke cigars regularly get serious diseases and die from them. In fact, long term cigar smoking doubles your chance of dying from heart disease. The risk of lung cancer and death from cancer of the esophagus is 2-5 times higher in cigar smokers than in nonsmokers; death from cancer of the oral cavity is 3-8 times more likely, and the risk of death from cancer of the larynx is 10 times higher.
- Cigar smoke contains more carbon monoxide, ammonia and nitrogen oxides than cigarette smoke. And, a stogie has as much nicotine as several cigarettes. (Nicotine is the drug found in tobacco that causes addiction.) When cigar smokers inhale, nicotine is absorbed as rapidly as it is with cigarettes. For those who don't inhale, it is absorbed more rapidly through the lining of the mouth.
- Cigars are a major source of secondhand smoke and because of the kind of tobacco and the manufacturing process of cigars, many of the concentrations of carcinogens are higher than for cigarette smoke.
- Consider that it can take as long as forty-five minutes to an hour to smoke a cigar, compared with just a few minutes for a cigarette. Now, the exposure to secondhand smoke both for the smoker and those around the smoker becomes very significant.

SECONDHAND SMOKE

- Secondhand smoke, also known as passive smoking or environmental tobacco smoke, comes from two places: smoke breathed out by the person who smokes, and smoke from the end of a burning cigarette, cigar or pipe.
- More than 4,000 chemical compounds have been identified in tobacco and tobacco smoke. Tobacco smoke includes at least 60 different carcinogenic substances. Some of these compounds are tar, carbon monoxide, hydrogen cyanide, ammonia, benzene, formaldehyde, phenols and nicotine.
- Nonsmokers who are exposed to secondhand smoke absorb all of these chemicals just as smokers do. Because they are unfiltered, the concentrations of carcinogens in secondhand smoke are up to 100 times higher than in smoke inhaled directly through cigarettes and cigars.
- Exposure to secondhand smoke causes over 3,000 deaths from lung cancer among nonsmokers in the United States each year, and is linked to as many as 60,000 fatal heart attacks annually.
- Separating smokers and nonsmokers within the same air space may reduce, but does not eliminate, nonsmokers' exposure to secondhand smoke.

SMOKELESS TOBACCO

- Smokeless tobacco is chewed or sucked on. Its four primary forms are plug tobacco, loose-leaf tobacco, twist tobacco, and snuff.
- Smokeless tobacco users face an increased risk of cancers of the mouth, esophagus, lung, liver, and pancreas.
- Nicotine is the drug in smokeless tobacco that causes addiction.
- All forms of smokeless tobacco are addictive.
- The physiological and psychological processes that determine nicotine addiction are similar to those that determine addiction to such drugs as heroin or cocaine.
- Smokeless tobacco products are not a safe alternative to cigarettes.
- Smokeless tobacco users experience higher rates of such dental problems as receding gums, tooth enamel erosion and discoloration, tooth decay, and loss of both the senses of taste and smell.
- Smokeless tobacco manufacturers are actively and aggressively promoting starters, products that feature pouches and cherry flavoring, in order to expand the use of, and addiction to, products that were once used only by older men. *Monitoring the Future, 2005* reported that 10.1% of eighth graders have used smokeless tobacco.

HERBAL CIGARETTES AND SMOKING BLENDS

- Alternatives to cigarettes have become popular among teens and adults who are trying to quit cigarettes.
- Herbal cigarettes have been marketed since 1997 and are gaining in sales. Instead of tobacco and nicotine they contain catnip, wild lettuce, damiana, passion flower and marshmallow.
- Herbal cigarettes are often promoted as a safe alternative to tobacco smoking. However, a 2000 ruling by the Federal Trade Commission required makers of tobacco-free herbal cigarettes to stop making claims that “no additives” means a safer cigarette unless they had scientific proof that it was true. Manufacturers are required to prominently disclose on packages and ads that: “Herbal cigarettes are dangerous to your health. They produce tar and carbon monoxide.”
- Bidis are unfiltered, flavored (strawberry, vanilla, chocolate, cherry, raspberry and mango) cigarettes from India. They look like marijuana joints and contain higher levels of tar, nicotine and carbon monoxide than regular cigarettes.

- Bidis are hand-rolled by women and children and, according to a report by Human Rights Watch of New York, Indian bidi manufacturers employ several hundred thousand children as underpaid “bondage slaves,” some earning as little as 15 cents a day to roll 1,000 bidis.
- Flavored cigarettes in colorful wrappers have been introduced under the Camel and Kool brand names.
- Kreteks are Indonesian cigarettes containing approximately 60% tobacco and 40% shredded clove buds. Exposure to tar, nicotine, and carbon monoxide is higher from clove cigarettes than from regular cigarettes.
- Eugenol, the major active ingredient in cloves, has been used as a dental anesthetic for years. It has been associated with severe illnesses of the lungs and symptoms related to the respiratory tract. Because the backs of smokers’ throats may be anesthetized by eugenol, smokers may inhale more deeply and may not feel the harshness.

BIGGEST DANGERS WITH MARIJUANA

USING MARIJUANA

1. Increases risk of accidents
 2. Causes loss of control (judgment, coordination)
 3. Makes it hard to concentrate, learn, and remember
 4. Interferes with your ability to experience or cope with emotions
 5. Interferes with communication
 6. Over time, can cause
 - physical and psychological dependence
 - immune system damage
 - reproductive system problems
 - loss of interest in activities except drug use
 - lung damage
-

USING MARIJUANA

1. Increases risk of accidents

Because marijuana impairs both your judgment and your coordination, using marijuana increases the likelihood that you will get in an accident or cause one.

Teenagers who are high on marijuana have drowned, died in automobile crashes and bicycle crashes, and accidentally set things on fire.

Examples:

- Driving a car when stoned. Marijuana use makes driving more dangerous because it affects many skills needed for safe driving. It slows thinking and reflexes, making it hard to respond to sudden, unexpected events. It makes it more difficult to stay in the driving lane, to maintain speed, and to keep the proper distance between cars. If you use both marijuana and alcohol, the risk of a crash increases greatly.
- Riding a bike or swimming when stoned. Marijuana use makes bicycling and swimming more dangerous for the same reasons - it slows thinking and reaction time, makes you more likely to swim out too far or dive too deep, and makes it harder for you to track your movements.
- Accidentally causing a fire or getting into a car crash. Teenagers who are high on marijuana have started fires without realizing it or caused other drivers to have a crash because they are trying to avoid the car driven by someone who is stoned.

2. Causes loss of control (judgment, coordination)

If you are high on marijuana, you might also do something you wouldn't do if you had not been using.

Examples:

- Get in a car with a driver who is stoned or drunk
- Jump off a high wall or fence without thinking, accidentally fall out of a window
- Forget to be responsible (call home, be some place on time)
- Make a fool of yourself in front of your friends

3. Makes it hard to concentrate, learn and remember

Marijuana use interferes with learning and short-term memory.

Examples:

- Getting stoned before taking a test and not being able to remember anything you studied
- Getting stoned and not remembering where you put your wallet
- Getting stoned and writing lyrics or verses you think are terrific until you look at them later and realize they don't make any sense
- Getting stoned and forgetting you promised to go to the movies with your friends

4. Interferes with your ability to experience or cope with emotions

Examples:

- Getting stoned every time you feel bored (you don't learn to handle boredom in your life)
- Getting stoned every time you feel angry with your friends or your parents (you don't learn how to handle your anger or how to tell people you are angry with them)
- Getting stoned every time you feel nervous in a social situation - on dates, at parties (you don't learn how to feel less nervous without the aid of marijuana). Marijuana doesn't make uncomfortable feelings go away. In fact, marijuana tends to increase whatever feelings you had before you smoked it. So if you smoke it when you're worried or anxious, getting high may make you more so. Even if your unpleasant feelings seem to go away, eventually they return. To learn how to get over these feelings, you have to experience them. Marijuana doesn't allow you to experience feelings, so you can't learn how to cope with them.

Even if you use marijuana just when you feel good, you can become dependent on it and lose the ability to feel good or get high without marijuana. If you use marijuana to avoid feeling depressed or bad, those feelings are still there when you come down.

5. Interferes with communication

- Since marijuana affects short-term memory, it is often difficult to maintain a conversation when you are stoned. You may forget what you are trying to say or what someone just said to you. You may have a bad “high” and withdraw. Then you don’t want to - or can’t - talk to anyone else.

6. Over time, can cause

- **Physical and psychological dependence:** the need to use marijuana in order to feel okay. Increasingly, research is showing that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of cocaine, heroin and alcohol. Chronic users can experience “withdrawal symptoms” (agitation, sleep problems) after stopping heavy use suddenly, as well as “tolerance” (needing larger doses of a drug to get the same desired effects once produced by smaller amounts).
- **Immune system damage:** animal studies have found that THC (the active chemical in marijuana) can damage the cells and tissues that help protect people from disease.
- **Reproductive system problems:** heavy use of marijuana can affect both male and female hormones. Young men can have delayed puberty and young women can find that the drug disturbs their monthly cycle (ovulation and menstrual periods).
- **Lung damage:** marijuana smoking - like tobacco smoking - harms the lungs and respiratory system. Smoking three to four marijuana cigarettes a day is associated with the same type of bronchitis and cell damage to the lungs as smoking twenty tobacco cigarettes.

7. Other problems with marijuana

- Marijuana can get you into legal trouble: In all states, it is illegal for minors to possess or sell any amount of marijuana.
- Some studies have found that babies born to marijuana smokers weighed less and had smaller head sizes than those born to mothers who did not use the drug.

MARIJUANA FACTS

MARIJUANA USE AFFECTS YOUR BEHAVIOR

Right away

- It interferes with your ability to drive safely.
- Driving under the influence of marijuana is especially dangerous. Marijuana impairs driving skills for at least four to six hours after smoking a single cigarette. When marijuana is used in combination with alcohol, driving skills become even more impaired.
- It interferes with your performance in sports (affects coordination, timing, and heart function).
- It slows down your reaction time.
- It impairs tracking ability (ability to follow a moving stimulus), which is important for driving, bike-riding, and flying.
- It impairs muscle coordination (decreases hand steadiness, increases body sway, and inhibits accuracy when executing movements).

Over time

- Regular use of marijuana may lead to lower achievement, increased tolerance of deviance, more deviant behavior, and greater rebelliousness.
- When people withdraw from heavy marijuana smoking, they may experience sleep problems, irritability, and anxiety that may verge on panic.

MARIJUANA USE AFFECTS YOUR MIND

Right away

- It makes it hard to concentrate and to remember (impairs short-term memory).
- It makes learning more difficult (impairs logical thinking, reading comprehension, and verbal and math skills).
- It interferes with communication. People who are high on marijuana often do not remember what they said a few minutes ago.
- It causes some users to panic and feel paranoid and other users to feel euphoric.
- It distorts the sense of time, making it seem to slow down.
- It reduces alertness (so that a person pays less attention and has a slower reaction time).

Over time

- People may become psychologically dependent upon marijuana.
- Heavy marijuana use may lead to a loss of interest in all activities except drug use. Heavy users may become unmotivated, slow moving, and apathetic.

MARIJUANA USE AFFECTS YOUR BODY

Right away

- It increases the heart rate by as much as 50%. Making the heart work harder is a threat to individuals with high blood pressure, coronary vessel disease, and cerebrovascular disease.
- It causes a feeling of hunger and stimulates the appetite, especially for sweets.
- It causes a decrease in peak exercise performance.
- It causes reddening of the eyes. (This is not an effect of the smoke.)

Over time

- Heavy marijuana smoking can cause addiction or create physical dependence (increased tolerance, withdrawal symptoms if use stops suddenly).
- Heavy marijuana smoking - like heavy tobacco smoking - harms the lungs and respiratory system. Smoking three to four marijuana cigarettes a day is associated with the same type of bronchitis and cell damage to the lungs as smoking twenty tobacco cigarettes.
- Regular marijuana use can obstruct both the large and small airways in the lungs.
- Its use by pregnant females may result in smaller and lower weight babies.
- In males, its use contributes to a decline in sperm concentration, count, and movement, and to lower testosterone levels (male sex hormone).
- In females, its use can lead to decreased hormone levels, which can disrupt the monthly ovulatory and menstrual cycle. However, these effects cannot be considered reliable birth control methods.

WHAT TEENAGERS WANT TO KNOW ABOUT ALCOHOL

DID YOU KNOW?

- Alcohol can be deadly. If you drink a quart of vodka at one sitting, it can kill you (drinking games).
- Alcohol is a powerful depressant. It slows breathing and heart rate and lowers blood pressure.
- Once you drink, nothing sobers you up but time, one hour for each ounce of alcohol consumed (whether a mixed drink, a can of beer, or a glass of wine).
- Alcohol-related car crashes are a leading cause of death to teenagers.

WHAT HAPPENS WHEN A PERSON DRINKS ALCOHOL?

The first thing that happens is *loss of judgment* (this can happen with only one drink). It could mean:

- Drinking and deciding to drive, or getting into a car with someone who has been drinking.
- Drinking and deciding to do something you later regret (have sex, do something physically dangerous, steal).

The next thing that happens when you drink is *loss of coordination* (this can happen with two or three beers). It could mean:

- Getting into a car crash and hurting yourself or other people.
- Losing your balance and falling, or going swimming and drowning.

If you drink regularly (like partying on weekends), drinking may *interfere with your ability to cope with emotions*. This means:

- Drinking every time you feel nervous in social situations (party, date).
Result: you don't learn how to feel less nervous without drinking.
- Drinking every time you feel angry, depressed, bored, or lonely.
Result: you don't learn how to cope with these feelings without the aid of alcohol.

WHAT CAN HAPPEN IF YOU DRINK REGULARLY OVER TIME?

- Addiction. Alcohol is mentally and physically addicting. This means that you need to drink in order to feel okay. *Alcoholism* is the word used for addiction to alcohol.
- Liver damage, nerve damage, brain damage.
- Death.

WHO DRINKS? WHO BECOMES AN ALCOHOLIC?

- Many adults don't drink alcohol at all.
- Of the adults who drink alcohol, three out of every ten drink regularly and one out of ten will become an alcoholic.
- The more a teenager drinks over time, the *more likely it is that he or she will become an alcoholic.*
- Even if you are not an alcoholic, heavy drinking can hurt your family, your life at school, and your friendships.
- Teenagers who come from families in which a family member is an alcoholic are twice as likely to become alcoholics themselves.

WHAT ARE THE SIGNS THAT A TEENAGER COULD BE DEPENDENT ON ALCOHOL?

- Drinking every day.
- Drinking regularly to relieve shyness, anger, fear.
- Drinking in the morning.
- Drinking alone regularly.
- Needing a drink at a certain time every day.
- Having a loss of memory during or after drinking.
- Becoming more moody or irritable after drinking.

Even if only one of these signs applies to you, you could be in danger of becoming alcohol dependent.

IF A PREGNANT WOMAN DRINKS ALCOHOL, HER BABY MAY BE BORN WITH BIRTH DEFECTS OR NERVE DAMAGE.

- Doctors advise pregnant women not to drink.
- Even women who are planning to become pregnant should not drink. By the time women find out they are pregnant, they may already be 6-8 weeks or more pregnant.