

# BOOSTER LESSON ONE

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## ● MOTIVATING RESISTANCE TO DRUGS

### GOALS

1. To remind students of the consequences of drug use as a means of motivating resistance
2. To increase resistance self-efficacy by helping students understand the nature and variety of pressures to use drugs and by providing practice in resisting them
3. To motivate resistance by presenting new information about problems with drugs

### SUMMARY OF ACTIVITIES

1. Introduce Curriculum and Lesson (5 min.)
2. Discuss Problems with Cigarettes (5 min.)
3. Discuss Problems with Marijuana and Alcohol (5 min.)
4. Review Sources of Pressure to Use Drugs (8 min.)
5. Play *Resisting Pressure Lines Game* (15 min.)
6. Discuss Other Drug Facts and Prevalence of Drug Use (5 min.)
7. Wrap-up (2 min.)

### DESCRIPTION

Booster lessons reinforce material learned the previous year. While the core and booster lessons share identical goals and similar activities, new audiovisual materials, handouts and activities keep the material fresh. The interactive booster lessons address the students' greater maturity, exposure to new situations and potential for more pressure. Games and skits, such as internal pressure scenarios, reflect how their "self-talk" may have changed between seventh and eighth grades.

This lesson starts out by having you ask students to talk about how they are different this year and how pressures may have increased. In Activities 2, 3, and 4, the consequences of drug use are reviewed along with the sources of pressure. In Activity 5, the *Resisting Pressure Lines Game* strives to give students a sense of self-efficacy as they respond to pressure situations. Activity 6 reminds students that current prevalence of use statistics are still heavily in favor of the nonuser.

## PREPARATION

- Review the Lesson Plan
- Read Student Handout, *What Teenagers Want to Know About Prescription Drugs and Cough Medicines* (pages 1.46-1.47)
- Be familiar with the following Teacher Reference materials, which address the issues most likely to come up during discussion:
  - *Problems with Cigarettes* (page 1.11)
  - *Myths and Facts About Cigarettes* (page 1.12)
  - *Problems with Marijuana and Alcohol* (page 1.13)
  - *Myths and Facts About Marijuana* (page 1.14)
  - *Myths and Facts About Alcohol* (page 1.15)
  - *Resisting Pressure Lines Game* (page 1.16)
  - *Myths and Facts About Cocaine and Crack* (page 1.17)
  - *Supplemental Resource Manual*

Optional: you may want to keep pages 1.11-1.15 close at hand for Activities 2 and 3.

- The following Teacher References provide additional background information on the drugs discussed in this lesson:

### **Cigarette Facts** (pages 1.18-1.23)

- *Biggest Dangers with Cigarettes*
- *Important Information About Smokers*
- *Other Forms of Tobacco and Smoking Blends*

### **Marijuana Facts** (pages 1.24-1.28)

- *Biggest Dangers with Marijuana*
- *Short- and Long-Term Effects of Marijuana Use*

### **Alcohol Facts** (pages 1.29-1.33)

- *Biggest Dangers with Alcohol*
- *Short- and Long-Term Effects of Alcohol Use*

### **Cocaine and Crack Facts** (pages 1.34-1.38)

- *Biggest Dangers with Cocaine*
- *Understanding Cocaine and Crack*

### **Facts About LSD** (page 1.39)

- *Biggest Dangers with LSD*

- Collect and prepare materials, as indicated below

## MATERIALS NEEDED

Assemble the following materials:

- Poster 12: *Danger! Cocaine! Meth!*
- 24 sheets of chart paper for *Resisting Pressure Lines Game*
- Masking tape, 5 thick, felt-tip, nontoxic markers (one a different color than the others), additional paper if using chart paper visuals

Prepare the following materials:

- Completed visual on poster board: *Ground Rules* (Activity 1B)
  - Partial visuals on chart paper or board:
  - *Problems with Cigarettes* (title only)
  - *Problems with Marijuana and Alcohol* (title only)
  - *Where Does Pressure to Use Drugs Come From?* (title and illustration, Lesson Plan, page 1.6)
- Copy *Test Your Drug IQ - Advanced Quiz and Answer Key* (Student Handout, pages 1.40-1.44) for each student (Homework, Activity 7)
- Copy *Frequently Asked Questions About Cocaine and Methamphetamine* (Student Handout, pages 1.45) for each student (Homework, Activity 7)
- Copy *What Teenagers Want to Know About Prescription Drugs and Cough Medicines* (Student Handout, pages 1.46-1.47) for each student (Homework, Activity 7)

## ACTIVITIES

### 1. Introduce Curriculum and Lesson (5 min.)

#### A. Briefly introduce Project ALERT.

1. *“Last year many of you completed the Project ALERT core program. This year there are three new lessons.”*
2. *“How are eighth (seventh) graders different from seventh (sixth) graders?”* Briefly probe for greater maturity and new decisions made by eighth (seventh) graders (activities, clothes, allowance).

*“Now that you are eighth (seventh) graders, you are more mature and have more decisions to make. Some of those decisions may involve drugs. This year we’ll be talking more about drugs and how to avoid using them.”*

3. *“The decision to use drugs is ultimately up to you. You need to know the health, legal, and social risks involved in using drugs so that your decisions can ensure a healthy, safe lifestyle.”*
4. *“No one can make you use drugs if you don’t want to. This program will help you say ‘no’ if you feel pressured to use drugs.”*

#### B. *“Before we begin our activities, I want to discuss how we’ll run our classes. You may remember that last year there was a set of ground rules for the Project ALERT class. We’ve taken the rules that worked well from all the Project ALERT classes and made a set to use this year.”* Display and read the *Ground Rules* visual.

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#### Ground Rules

1. No put downs (respect)
2. Everyone try to participate (participation)
3. No personal identification of sensitive information; *“Someone I know...”* (confidentiality) Remind students of district policy on student reporting.

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#### C. *“Today we’re going to review some of the problems with smoking cigarettes and using marijuana and see which are also problems for alcohol. Then we’ll play a game about resisting pressures and talk about some other drug information.”*

## 2. Discuss Problems with Cigarettes (5 min.)

- A. *“Last year you discussed problems with using tobacco, alcohol, and marijuana. Even if you didn’t have Project ALERT, you are probably aware of the problems. Let’s begin by reviewing the reasons why a person would not want to smoke cigarettes.”*
- B. Put up the chart paper visuals or write on the board *Problems with Cigarettes* and *Problems with Marijuana and Alcohol*.
- C. Begin with the cigarettes visual. Ask, *“Who can name one problem with smoking?”* The problems need not be listed in any particular order. Write students’ answers on the visuals. (See Teacher Reference, *Problems with Cigarettes*, page 1.11)

Probes that may be used to elicit student response:

- *“What can happen to your health?”*
  - *“What about how you look?”*
  - *“What about how you do in sports?”*
- D. Reinforce responses, using additional facts from page 1.11, as appropriate. For example, if a student says “lung cancer,” reply, *“Right! Over 85 percent of all lung cancers occur in smokers.”*
- E. Ask for additional problems. Be sure that the consequences listed on page 1.11 are included. If not, add them yourself.
- F. Correct any myths, acknowledging the kernel of truth. Use *Myths and Facts About Cigarettes* (Teacher Reference, page 1.12), as appropriate.

## 3. Discuss Problems with Marijuana and Alcohol (5 min.)

- A. Point to the marijuana visual. Ask, *“What could happen any time you use marijuana?”* As students respond, write their answers on the visual.

Probes that may be used to elicit student response:

- *“What would it be like talking with a friend who’s high?”*  
(poor concentration, limited communication)
- *“How can marijuana affect someone’s driving ability?”*  
(slow reactions, poor decisions)
- *“What about coordination?”* (poor coordination)

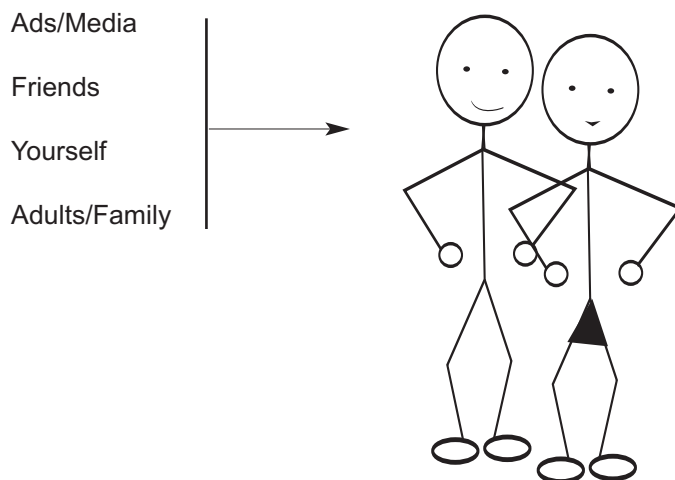
- *“What about school?”* (trouble with teachers and administrators, short-term memory problems)
  - *“What about judgment?”* (make a poor decision, do something you regret later, have a panic or anxiety attack that causes you to do something dangerous)
  - *“Does marijuana help solve problems?”* (temporary escape, but problems remain)
- B. Reinforce responses, using additional facts, as appropriate.
- C. Refer to *Problems with Marijuana and Alcohol* (Teacher Reference, page 1.13). Ask, *“What happens if marijuana is used for a long time?”* Probe for dependence, addiction, loss of interest in activities except drug use, physical problems.
- D. Ask for additional problems. Be sure the starred items from *Problems with Marijuana and Alcohol* are included on students’ list. If not, add them yourself. Correct any myths, acknowledging the kernel of truth. Use *Myths and Facts About Marijuana* (Teacher Reference, page 1.14), as appropriate.
- E. Reinforce students’ responses: *“You remembered a lot. Very good list!”*
- F. *“Which of these problems are also true for alcohol?”* Indicate them with a checkmark on the students’ list. Mention that alcohol causes liver and brain damage instead of the lung damage caused by marijuana.
- G. Refer to their list. Say, *“As your lists show, getting drunk or high even one time can be dangerous.”*

#### 4. Review Sources of Pressure to Use Drugs (8 min.)

- A. Refer to their lists. Say, *“You’ve thought of many good reasons not to use drugs.”*
- B. *“But there are also many pressures to use them. Now we’re going to talk about where the pressures to use drugs come from.”*
- C. Display the chart paper visual or write the title on the board: *Where Does Pressure to Use Drugs Come From?* Draw a simple illustration below it. *“Last year you came up with four sources of pressure to use drugs. Can anyone remember one of them?”*

- D. Write the response on the visual. Ask for the remaining three sources of pressure, writing each on the visual.
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### Where Does Pressure to Use Drugs Come From?



- E. *“Now, let’s see what the pressures sound like. I’d like you to give me a pressure line or message that a friend might say.”* Elicit lines by asking, *“What might it sound like if a friend pressured you to smoke a joint?”* Write the line on the visual under “Friends.” For each line, ask students for a way to resist that pressure and still feel okay about themselves. Repeat the line and the resistance response. Praise responses.
- F. Ask for one or two additional lines from the “Friends” and “Yourself” categories, specifying a substance each time. (*“If you were putting pressure on yourself to smoke, what might you be thinking?”*) Write each line on the visual. Ask for resistance responses to each line. Praise responses.

### 5. Play *Resisting Pressure Lines Game* (15 min.)

- A. Refer to *Resisting Pressure Lines Game* (Teacher Reference, page 1.16). Say, *“These are good resistance responses. Now you’ll be coming up with ways to resist pressure lines, just as you’ve been doing, only you’ll be working in teams.”*
- B. *“After we separate into teams, I will give each team four pieces of paper. Each team will choose a Recorder and a Reporter.”*
- C. *“I’m going to give you a line from one of these pressure sources. Each team will have thirty seconds to think of a way to say ‘no’ to that line. Try to think of something you would really say. The Recorder should write the team’s response on a separate sheet of the paper I’m handing out. As soon as your group has a way to say ‘no,’ hold up your hands. Write big!”*

- D. Divide the class into six groups.
- E. Give each group four pieces of blank chart paper and one marker.
- F. Quote a pressure line from the list on page 1.16, and ask for a counter response.
- G. Circulate, encouraging active participation.
- H. When all hands are up, ask each Reporter to read aloud his or her team's way to say "no" and display the written response.
- I. Praise each contribution, and identify a unique aspect, if possible. (*"Good. Your way to say 'no' shows you are really thinking about the consequences of using marijuana."*)
- J. Continue, providing at least one line from each different pressure source and ask for counter responses.
- K. Ask students to take their regular seats.
- L. Reinforce students' sense of self-efficacy by praising their game responses. (*"Those were good responses. You really know how to resist the pressures to use drugs."*)

## 6. Discuss Other Drug Facts and Prevalence of Drug Use (5 min.)

- A. *"There are a number of other drugs you might be hearing about. Let's talk about them now."* Conduct discussion, asking the questions below.

- 1. **Cocaine/Crack.** *"Cocaine is a stimulant. It makes your body speed up. Crack is a crystallized form of cocaine that is smoked. Since crack is a form of cocaine, it affects you in the same way, but crack goes to your brain faster and wears off faster."*

- a. *"Can you get addicted to cocaine or crack?"*

Yes! Cocaine and crack are both addictive, but people typically become addicted to crack faster. After cocaine or crack wears off, the person feels very depressed and usually wants to get high again immediately. In this way, people can become addicted very quickly. Some teenagers say they became addicted to crack the first time they tried it.

- b. *"Can you die from cocaine or crack?"*

Yes! Cocaine and crack users have died when their heart stops and from strokes. Cocaine and crack speed up the heart to a point at which it can overload. It also raises blood pressure and can cause blood vessels in the brain to burst.

c. *“What other things can cocaine and crack do to you?”*

Both cocaine and crack can cause seizures, convulsions, feelings of paranoia, severe anxiety attacks, violent behavior, depression, and hallucinations.

d. *“Over time, people who are addicted to cocaine or crack care only about getting high and getting money to support their habit. Nothing else matters - not friends, family, school, or health.”*

2. **Methamphetamine.** *“Methamphetamine is also a stimulant that speeds you up. It makes people feel powerful, which can cause them to want more and more of the drug.”*

a. *“Can you get addicted to meth?”*

Yes

b. *“How does methamphetamine affect your brain?”*

It can damage nerve cells that produce important brain chemicals – permanently. And it can change the way you think and act forever.

c. Display and review the poster: *Danger! Cocaine! Meth!*

Point out the similar dangers. Remind students that crack is a type of cocaine. Praise students for their knowledge of cocaine, crack and methamphetamine.

3. **Club Drugs.** *“Club Drugs got that name because of their use at dance clubs and all-night dance parties. The most common are ecstasy, GHB, meth and LSD. Ecstasy is a stimulant (and a mild hallucinogen) that makes people feel they can dance all night. GHB is a sedative that can make you unconscious and unable to move. Meth is also a stimulant that is highly addictive. LSD is an hallucinogen with serious and unpredictable side effects, including delusions, confusion and flashbacks.”*

a. *“Why have many teens been rushed to emergency after taking ecstasy at a rave?”*

Because ecstasy both raises body temperature and suppresses thirst, it can cause overheating (hyperthermia). A body temperature of higher than 105° is a medical emergency and can quickly lead to death. In addition, ecstasy users often drink a lot of liquids to prevent dehydration. However, they can drink too much, causing over-hydration and seizures.

b. *“Why is GHB known as a Date Rape Drug?”*

You can't taste or smell GHB, so someone can put it in your drink without your knowing it. If you become unconscious or unable to move, you cannot call out for help or get away if someone tries to attack you.

c. *“What can you do to avoid having GHB or some other harmful substance put into your drink at a dance club or party?”*

Carry your own water bottle and don't put it down. Don't drink from a punch bowl or open glass that someone brings you. Never leave your bottle or glass where someone else can get to it.

**4. Prescription Drugs.** *“Some people use drugs that were prescribed for someone else, thinking it's safe because the drugs were made in a laboratory.”*

a. *“Is using drugs that were prescribed for someone else ever really safe?”*

No. When you take a medicine prescribed for someone else, you have no idea how your body and brain will react. You could be taking many times the amount that a doctor would prescribe for you, or you might be taking something that a doctor would never prescribe for you because it would do you more harm than good, or because it is meant to treat a problem you don't have.

b. *“Can using Oxycontin (a prescription painkiller) just once kill you?”*

Yes. If you take someone else's prescription of OxyContin – especially if you mix it with another drug – even one dose can make you stop breathing. Prescription painkillers like OxyContin come in many different strengths. You don't know what strength might be too much for you.

**B. Prevalence of Drug Use.**

1. *“Now for some good news. Most teenagers don't use drugs.”* A nationwide study of middle grade through tenth grade students shows that most do not use tobacco, alcohol, marijuana or any form of illicit drugs.\*

2. *“Why do you think most teenagers don't use drugs?”*

3. Probe for correct answers (because of concerns about their health, because there is more peer disapproval). Validate incorrect responses by acknowledging the kernel of truth.

\*Source: National Institute on Drug Abuse (NIDA), *Monitoring the Future*. For more details visit [www.monitoringthefuture.org](http://www.monitoringthefuture.org)

## 7. Wrap-up (2 min.)

- A. *“Today we’ve reviewed some of the many reasons not to use alcohol, tobacco, and marijuana, and you have practiced resisting pressures to use these drugs. We’ve also talked about the problems with cocaine, crack, methamphetamine, LSD, and other drugs.”*
- B. *“In the next lesson we’ll see a video and practice saying ‘no’ to pressures to use drugs.”*
- C. Reinforce students’ work.
- D. Homework:
  - 1. Hand out *Test Your Drug IQ - Advanced Quiz*. *“Take the test, and then check your answers. Some of the questions are review, and some are new. You are not expected to know all the answers. When you have completed the test, see me for the Answer Key.”*
  - 2. Hand out *Frequently Asked Questions About Cocaine and Methamphetamine*. *“This handout will give you more information about cocaine/crack and methamphetamine.”*
  - 3. Hand out *What Teenagers Want to Know About Prescription Drugs and Cough Medicines*. *“This handout will give you more information about the misuse of prescription drugs and cough medicines.”*

Optional: students can review these handouts with parents.

# PROBLEMS WITH CIGARETTES

## EARLY CONSEQUENCES

1. Heart beats faster/works harder
2. Breath smells
3. Addiction (one or two cigarettes a day for four or five days may cause addiction)
4. Harder to breathe
5. Yellow teeth
6. Do poorly in sports
7. Get in trouble with parents or school
8. Coughing

## LONG-TERM CONSEQUENCES

1. Lung cancer, other cancers
  - over 85% of lung cancers are caused by smoking
  - starting to smoke before age 15 quadruples the risk of lung cancer
2. Heart disease
  - smokers' risk of heart attack is more than twice that of nonsmokers, and they are more likely to die within the hour from that heart attack
3. Respiratory (lung) disease
  - emphysema, chronic bronchitis
4. Wrinkles
  - once smokers reach their 40th birthday, they can expect to have more wrinkles than nonsmokers
5. Death
  - tobacco use significantly contributes to nearly one in five deaths in the United States

# MYTHS AND FACTS ABOUT CIGARETTES

1. **Myth:** Cigarettes help you think clearly.

**Fact:** It may seem like you are thinking more clearly, but it has no effect on the functioning of the brain.

2. **Myth:** Cigarettes calm you down.

**Fact:** Many people believe this, but they really feel better only because they are addicted to nicotine. As with other addictive drugs, you begin to feel jittery if the level of nicotine in your body drops. If you are not addicted, cigarettes actually make you feel nervous.

3. **Myth:** Smoking keeps you thin.

**Fact:** Smoking stimulates the central nervous system, which can suppress appetite, but it doesn't change eating habits. Overall, it is not an effective way to lose weight.

# PROBLEMS WITH MARIJUANA AND ALCOHOL

## Marijuana

## Alcohol

### Any time

- |   |   |  |
|---|---|--|
| *1. Unable to concentrate, think                  | ✓ |  |
| *2. Slower reactions                              | ✓ |  |
| *3. Unable to drive safely                        | ✓ | Car crashes are the leading cause of death for 16- to 20-year-olds; one-third of these fatalities are alcohol-related. |
| *4. Do something you might regret                 | ✓ |  |
| *5. Increased anxiety, panic                      | ✓ |  |
| *6. Hard to communicate                           | ✓ |  |
| *7. Don't experience emotions, problems come back | ✓ |  |
| 8. Feel sick                                      |   |  |
| 9. Get in trouble at school                       | ✓ |  |
| 10. Get in trouble with the law/parents           | ✓ |  |
| 11. Feel dizzy                                    | ✓ |  |
| 12. Headache                                      | ✓ |  |
| 13. Make parents or friends angry                 | ✓ |  |

### With frequent use

- |  |   |  |
|--|---|--|
| *1. Mental and/or physical dependence  | ✓ |  |
| *2. Loss of interest in activities except drug use   | ✓ | Loss of interest in activities except drinking |
| *3. Probable lung damage – heavy or long-term use. Marijuana has many of the same lung-damaging substances as tobacco, and many more of some of them. Inhaling deeply may increase problems. |   | Liver and brain damage                         |
| *4. Probable long-term memory loss – heavy or long-term use  |   |  |

\* Should be included on students' list.

# MYTHS AND FACTS ABOUT MARIJUANA

1. **Myth:** Marijuana makes uncomfortable feelings go away (fear, anger, depression).

**Fact:** You may feel less scared, angry, or depressed because marijuana temporarily covers up feelings; it doesn't make them go away. Some people actually get more depressed or anxious when they have used marijuana.

2. **Myth:** Marijuana makes you creative.

**Fact:** Sometimes marijuana makes a person feel creative while high, but actual performance is not better and is often worse. Marijuana can't make you become something you aren't. After the marijuana wears off, people often say that what seemed creative when they were high does not make sense now.

3. **Myth:** Marijuana makes your problems go away (trouble with parents, school, or friends).

**Fact:** You may feel you have escaped your problems by getting high, but when the marijuana wears off, the problems are still there.

4. **Myth:** You can't get addicted to marijuana.

**Fact:** 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).

5. **Myth:** Since marijuana is "natural," it is much safer than other drugs.

**Fact:** Many "natural" substances also have toxic properties (poisonous mushrooms, mistletoe, tobacco). Heavy use of marijuana can adversely affect hormones in both males and females. Young men can have delayed puberty and young women can find that the drug disturbs their monthly cycle (ovulation and menstrual period). It can also damage the immune system causing greater risk of disease.

# MYTHS AND FACTS ABOUT ALCOHOL

1. **Myth:** A can of beer will not have as much effect as a mixed drink or a shot of liquor.

**Fact:** A can of beer, a glass of wine, a mixed drink, and a shot of liquor all have about the same amount of alcohol and will have about the same effect.

2. **Myth:** Black coffee and a cold shower can sober you up quickly.

**Fact:** Only time sobers you up. The liver needs one hour to burn up one ounce of pure alcohol (the amount contained in a can of beer, glass of wine, or mixed drink). Coffee and cold water may make a person less sleepy but won't improve judgment and coordination.

3. **Myth:** Alcohol is not a drug.

**Fact:** Alcohol is a drug that affects the brain. It slows down the brain area that controls judgment, thought, and muscular coordination.

4. **Myth:** Drinking makes your problems disappear.

**Fact:** You may feel you have escaped your problems by drinking, but when you sober up, the problems are still there.

5. **Myth:** Drinking makes uncomfortable feelings go away (anger, shyness, loneliness, frustration).

**Fact:** Alcohol may cover up your feelings for a while, but they come back when you are sober again. Drinking isn't always a reprieve from uncomfortable feelings. The fact is that alcohol just as often has the opposite effect and intensifies feelings with sometimes catastrophic results: sadness (crying jags, poor choices, suicide) or anger (domestic violence, rage).

6. **Myth:** Alcohol is not as dangerous as other drugs.

**Fact:** Alcohol can kill you. You can die from drinking a quart of vodka in one sitting. Even one drink can affect your judgment and cause you to lose control. The leading cause of death among sixteen-to twenty-year-olds is car crashes. Of these fatalities, one third are alcohol-related.

# RESISTING PRESSURE LINES GAME

## PRESSURE SOURCE: FRIENDS - A FRIEND SAYS TO YOU,

*"The party won't be fun unless everyone gets drunk."  
"Don't you want those guys to like you?"  
"Are you afraid to try it?"  
"It's no big deal."  
"It won't hurt you to do it just once."  
"You're not going to get lung cancer from one cigarette."  
"You're going to feel really out of it if you're not high."*

## PRESSURE SOURCE: YOURSELF - YOU THINK TO YOURSELF,

*"Some of the group are smoking. Maybe I should, too."  
"If I drink, I won't feel so out of it."  
"I'm so bored. Maybe I should get high."  
"If I smoke, maybe those kids will notice me."  
"I think that a lot of the kids at that party will be drinking."  
"I must be the only kid here who hasn't gotten high."  
"I've heard that marijuana really makes you feel great."*

## PRESSURE SOURCE: ADULTS - YOU HEAR AN ADULT SAY,

*"After all these years, I'll never stop smoking. It really relaxes me."  
"I've been smoking for thirty years, and it hasn't hurt me."  
"I couldn't get through a day at the office without a cigarette."  
"I need a drink to unwind before I drive home."  
"I'm just going to watch the game on television and have a six pack."*

## PRESSURE SOURCE: MEDIA - YOU SEE AN ADVERTISEMENT THAT SAYS,

*"It's a woman thing!"  
"Life is harsh. Your tequila shouldn't be."  
"Slim 'n sassy!"  
"Take a pouch instead of a puff."  
"You've got Merit."  
"Come to Marlboro country."  
"What you're looking for."  
"B KOOL."  
"It tastes good. It costs less. Therefore, it is Basic."  
"If you've got the time, we've got the beer."  
"Alive with Pleasure!"  
"Love at first sip."  
"She's gone to Capri and she's not coming back."  
"It's a Bud thing."*

# MYTHS AND FACTS ABOUT COCAINE AND CRACK

1. **Myth:** Using cocaine just once can't hurt you.

**Fact:** Cocaine in any form is a powerful drug that causes many mental and physical problems. A single dose of cocaine, whether snorted, smoked or injected, can cause death.

2. **Myth:** It takes a long time to become addicted to cocaine or crack.

**Fact:** Cocaine is highly addictive. Some people become addicted after using it a few times. Smoking cocaine increases the risk of getting addicted quickly.

3. **Myth:** Cocaine gives people more self-confidence.

**Fact:** Relying on a drug to feel self-confident usually indicates a lack of personal self-esteem. The use of cocaine doesn't take away feelings of insecurity, but only masks them temporarily.

4. **Myth:** You get more work done when you use cocaine.

**Fact:** Cocaine may help keep you going when you feel tired, but the effect is only temporary. As soon as the drug wears off, you feel more tired than before.

5. **Myth:** Cocaine cures depression.

**Fact:** Cocaine may make you feel less depressed temporarily, but after the effects wear off, you feel more depressed than you did before.

# CIGARETTE FACTS

## BIGGEST DANGERS WITH CIGARETTES

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### SMOKING CIGARETTES

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

### 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.

- 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 and 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.

#### 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.
- Smoking is responsible for one 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.
- Each day more than 3,000 kids become regular smokers, more than 1 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.

- **Cancer:**

- Over 85% of lung cancers are caused by smoking, and each year over 150,000 people die from lung cancer.
- Smoking is associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney, stomach, bladder and some leukemias.
- Tobacco is the single biggest cause of cancer and accounts for more than half of all cancer deaths in smokers.

- **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:**

- A 1996 study at the University of Utah, Department of Dermatology found that 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.

## **IMPORTANT INFORMATION ABOUT SMOKERS**

### **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 than do nonsmokers**

- 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.

## 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 used to be 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.

# MARIJUANA FACTS

## BIGGEST DANGERS WITH MARIJUANA

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### 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 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.

# SHORT- AND LONG-TERM EFFECTS OF MARIJUANA USE

## 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.

# ALCOHOL FACTS

## BIGGEST DANGERS WITH ALCOHOL

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### DRINKING ALCOHOL

1. Increases risk of death or injury from accidents, homicide, or suicide
2. Causes loss of judgment
3. Causes loss of coordination
4. Interferes with your ability to cope with emotions
5. Over time, can cause:
  - dependence
  - liver damage
  - brain damage
  - death from brain or liver damage, heart attack

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### DRINKING ALCOHOL

1. Increases risk of death or injury from accidents, homicide, or suicide

Alcohol is a factor in the three leading causes of teenage deaths: motor vehicle crashes, homicide, and suicide.

2. Causes loss of judgment

After only one or two drinks, you might agree to do something you would not agree to do if you had not been drinking.

Examples:

- Drinking and agreeing to drive a car
- Drinking and agreeing to go driving with another person who has been drinking
- Drinking and deciding to go swimming (risk of drowning)
- Drinking and forgetting to be responsible (call home, be some place on time)
- Mixing alcohol with another drug (like sleeping pills) increases the risk of overdose and death

3. Causes loss of coordination

Three or four drinks cause unsteady walk, slurred speech, and slowed reaction time.

Examples:

- Getting into a car crash while driving. Statistics show that about 40% of all fatal crashes are alcohol-related, resulting in over 16,000 lost lives and about 600,000 injuries every year.

- Losing your balance and falling
- Drowning

#### 4. Interferes with your ability to cope with emotions

Drinking to escape feelings makes it harder for you to learn how to cope with them.

Examples:

- Drinking every time you feel nervous in a social situation - on a date, at a party (you don't learn how to feel less nervous without the aid of alcohol)
- Drinking 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)
- Drinking every time you feel bored (you don't learn how to handle boredom in your life)
- Drinking every time you feel tense or uptight in general. Drinking alcohol may block out uncomfortable feelings (anxiety, anger) for the moment. As soon as the alcohol wears off, however, you are left with these same feelings. Alcohol is a depressant. If you drink to escape feeling depressed and keep on drinking, eventually the alcohol itself will make you feel depressed. Even if you drink just to feel good at parties, you can become dependent on alcohol. Over time, you can lose the ability to feel good without drinking.

#### 5. Over time, can cause

- **Dependence:** Feeling that you must have a drink in order to feel okay and drinking to avoid physical withdrawal symptoms (exhibited in the most severe form as the D.T.'s, or delirium tremens). Teenagers who are addicted to alcohol will most likely not be doing well in school, and may drop out of school. Dependence can cause antisocial behavior, such as violence and paranoia, and can lead to depression with serious results (suicide, personal injury). Indications of teenage alcohol dependence include needing to drink before going out of the house or before a social event, needing alcohol to feel able to function at school or with friends, feeling depressed and fearful when alcohol is not available, and continuing to drink even when problems from drinking have occurred.
- **Liver damage:** The liver processes over 90% of the alcohol you drink. Drinking heavily or drinking over a long period of time may result in alcoholic hepatitis and cirrhosis of the liver.
- **Brain damage:** Brain damage, or wet brain, is a result of long-term drinking. In some cases, the brain injury causes permanent mental retardation.
- **Death:** Brain or liver damage, heart attack, car crash, homicide or suicide.

## 6. Other dangers of alcohol

- You can get into legal trouble when you drink. In all fifty states it is illegal to buy alcohol for use by someone under twenty-one years of age. Most states are lowering the blood alcohol limit for drivers and increasing the penalties for exceeding it. Some states have adopted zero tolerance laws for blood alcohol content for drivers under twenty-one years of age.
- Drinking can contribute to the following problems:
  - Ulcers and gastritis
  - Throat and mouth cancer
  - Heart attack
  - Family problems (divorce, child abuse, family violence, child neglect)
  - Criminal behavior
  - Suicide
- Dangers during pregnancy: For pregnant women, any drinking may be risky. A high number of congenital heart defects in newborns result from the mother drinking alcohol during pregnancy. Drinking during pregnancy may cause the babies to have low birth weight, mental retardation, and deformities. There is no known safe level of alcohol use for pregnant women.
- Children who grow up in families in which one or both parents are alcoholics have a far greater risk of becoming alcoholics themselves.

## **SHORT- AND LONG-TERM EFFECTS OF ALCOHOL USE**

### **Alcohol is addictive and damaging**

- Alcohol abuse contributes to 100,000 deaths annually, making it the third leading cause of preventable death after tobacco and diet/activity patterns in the United States.
- Alcohol is addictive. Alcoholics are psychologically and physically addicted to alcohol, cannot control their drinking, and depend on alcohol to function.
- If you use alcohol before the age of 15, you are more likely to have problems with heavy alcohol and other drug use later in life than someone who doesn't.
- Many people (about one-third of the population) won't drink at all. About 10% of the people who drink will become alcoholics. Another 10% will become alcohol abusers whose health or social relationships suffer because of drinking.
- Alcohol is lethal. It can permanently harm and eventually kill brain cells.
- It is against the law in all fifty states to purchase alcohol for use by persons under age twenty-one.

### **Alcohol affects your brain and body right away**

- Alcohol use can be more dangerous for teenagers than for adults because a teenager's body and brain are still growing and developing.
- Alcohol is absorbed directly into the bloodstream and is carried throughout the body, affecting body systems immediately. It is not digested by the body, as food and non-alcoholic beverages are.
- When alcohol first reaches the brain, it begins to depress brain cell activity. The drinker tends to feel relaxed and uninhibited.
- As more alcohol reaches the brain, brain cell function is altered further. The drinker exhibits clumsiness, slurred speech, numbness, blurred vision, dizziness, and lack of motor control. The result may be loss of balance and coordination.
- Heavy drinking may bring loss of memory – a blackout about what happened the night before.
- When alcohol is consumed in heavy doses, it can cause unconsciousness and even death.

### **Drinking and driving is dangerous**

- Drinking impairs judgment and slows your reflexes. If you drink and drive, you are at risk of getting into a car crash.
- Alcohol related car crashes are the number one killer of teens. Alcohol use is also associated with homicides, suicides and drownings – the next three leading causes of death among youth.

- About 3 in 10 Americans will be in an alcohol-related car crash at some time during their lifetime.

### **Drinking may damage your body over time**

- Too much drinking may do irreversible damage to the brain, the central nervous system, the heart, lungs, pancreas, and liver.
- Too much drinking may lead to malnutrition, lowered resistance to infections, and the increased risk of cancers of the mouth, throat, and liver.
- Moderate drinking for adults is defined as no more than one drink per day for women and no more than two drinks per day for men.
- About one quarter of all persons admitted to general hospitals have alcohol problems or are undiagnosed alcoholics being treated for the consequences of their drinking.
- Although there has been some research into the possibility that drinking a glass of red wine a day decreases risk of heart attack for adults, doctors do not generally advise adult patients to drink wine for this purpose, and red wine does nothing to reduce the risk of heart attack for youth. Teenagers rarely have heart attacks that are not induced by inhalants or cocaine. And even for adults, more than one ounce of alcohol daily – wine, beer, or distilled liquor – raises blood pressure and can produce arrhythmias (irregular heart beat), leading to stroke and heart attack.

### **Alcohol abuse is one of our most serious social and health problems**

- The cost of alcohol abuse to the nation is estimated at over \$175 billion a year.
- The total cost of alcohol use by youth – including traffic crashes, violent crimes, burns, drownings, suicide attempts, fetal alcohol syndrome, alcohol poisonings, and treatment – is more than \$52 billion per year.
- Use of alcohol at an early age is an indicator of future alcohol or drug problems.
- When a pregnant woman drinks, her fetus drinks, too. Many babies born to mothers who drink frequently or heavily have lower birth weights. Fetal alcohol syndrome (FAS) is one of the top three causes of birth defects and a major cause of mental retardation.
- Children in families with alcoholic parents are three to five times more likely to become alcoholics themselves.

# COCAINE AND CRACK FACTS

## BIGGEST DANGERS WITH COCAINE

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### USING COCAINE

1. Involves a high risk of becoming addicted
2. A single, heavy dose may cause
  - heart attack
  - stroke
  - seizure
3. For people who are addicted, there is greater risk of
  - severe mental and emotional confusion
  - physical deterioration of the body
  - fear of being without cocaine
  - paranoia
  - hallucinations
  - violent behavior
  - convulsions, tremors, and seizures
  - injury to lungs
  - severe financial strain

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### USING COCAINE

1. Involves a high risk of becoming addicted
  - Cocaine is highly addictive. Even occasional cocaine use may lead to craving (uncontrollable desire for the drug). Regular heavy use may also produce physical dependence.
  - Craving and dependence develop because users coming down from a cocaine high experience powerfully negative feelings - fear, depression, inadequacy. They then take more of the drug to get rid of these intense, uncomfortable feelings. Cocaine highs - which may give the user a feeling of power, energy, and well-being - last a short period of time. Thus, the cycle of using cocaine to get high and then to escape from the down may occur over and over again.
  - Addiction to cocaine can make you lose control over your life. Cocaine becomes more important than food, sleep, health, sex, school performance, family, friends, and work. Many addicts resort to stealing, drug dealing, and prostitution to get money for this drug.

Adolescents who use cocaine regularly may experience inability to cope with emotions and with the routine demands of daily life.

Examples:

- Needing cocaine before you go out of the house
- Needing to take cocaine before a party or social function
- Needing cocaine to function at school
- Needing cocaine before any social encounter with someone of the opposite sex
- Feeling depressed and fearful when no cocaine is available

Teenagers who are addicted to cocaine may exhibit the following behaviors:

- Doing poorly in school
- Dropping out of school
- Becoming violent or paranoid
- Attempting suicide
- Becoming a cocaine dealer
- Resorting to stealing from family, friends, or employers to pay for cocaine

## **2. A single, heavy dose may overload the heart, respiratory system, and nervous system within minutes**

Even in healthy teenagers, a single dose can cause a heart attack, stroke, seizure, or death. Physical conditioning is irrelevant; professional athletes have died from cocaine use. The risk for these consequences increases with the amount and frequency of use.

- **Heart attack:** Cocaine can overtax the heart fatally. Use of this drug causes the heart's blood vessels to constrict, making the heart work harder to pump blood through the body. Use also may interfere with the heart's pumping action, causing the heart to beat irregularly and sometimes to stop.
- **Stroke:** Cocaine increases blood pressure, which can cause blood vessels in the brain to burst. The victim may suffer permanent brain damage, be mentally or physically disabled, or die.
- **Seizure:** Cocaine can cause brain seizures, a disturbance of the brain's electrical signals. Then the heart may stop beating or the muscles that control breathing may stop working.

## **3. For people who are addicted, there is greater risk of**

- **Severe mental and emotional confusion:** May include depression, thoughts of suicide, mood swings, and feelings of alienation.
- **Physical deterioration of the body:** Includes severe weight loss (due to loss of interest in food), destruction of liver cells (the liver is the organ that breaks down cocaine), malnutrition, and lack of sleep.

- **Fear of being without cocaine:** Created by the addiction to cocaine and the resulting fear of not having a constant supply (may also occur with single use).
- **Paranoia:** The feeling that someone is after you or out to get you (may also occur with single use).
- **Hallucinations:** Experiencing “coke bugs,” a sensation that insects or snakes are crawling under your skin.
- **Violent behavior:** Caused by mental confusion and addiction, it is commonly directed toward family and friends.
- **Convulsions, tremors, and seizures:** These vary with the amount of cocaine used, how it was administered, and the dependent user’s physiology (may also occur with single use).
- **Injury to lungs:** People who smoke crack or cocaine (freebasing) over a period of time may experience chest congestion, chronic coughing, sore throat, and hoarseness.
- **Severe financial strain:** Cocaine addiction often results in severe financial strain and/or serious debt.
- **Injury to nasal tissue and nasal septum:** This happens when people snort cocaine over a period of time. The first sign is a nosebleed.

#### 4. Other dangers from cocaine

- Risk of harm from and addiction to other drugs: To lessen the bad effects of coming down from a cocaine high, some users take cocaine in combination with other drugs - alcohol (most common), marijuana, tranquilizers, barbiturates, heroin, and PCP. Mixing drugs is very dangerous and may cause coma or death. The user can become psychologically or physically addicted to the other drugs as well.
- Risks to pregnant women and newborns: Cocaine used during pregnancy may cause miscarriages, stillbirths, and premature labor. Cocaine-exposed babies may be irritable, unresponsive, and hard to nurse. Infants of some cocaine users have suffered strokes in utero (in the womb) or heart attacks after delivery. Cocaine babies are also at increased risk for having seizures or Sudden Infant Death Syndrome (SIDS).
- Risk of AIDS or hepatitis: Users who share needles to inject cocaine expose themselves to HIV/AIDS or hepatitis.
- Getting in trouble with the law: Selling, manufacturing or possessing cocaine and crack are illegal.

# UNDERSTANDING COCAINE AND CRACK

## Distinguishing between cocaine and crack

- Cocaine is derived from the coca plant, which is grown in South America. Crack is chemically derived from cocaine.
- Chemically, crack cocaine is a refined, purer form of the same chemical as powder cocaine.
- Cocaine and crack affect brain and body chemistry similarly, but crack produces a more immediate, intense high.
- Cocaine and crack are both addictive. People typically become addicted to crack faster than they do to cocaine.
- Cocaine is usually sold as a crystalline white powder. Crack is freebase cocaine that has been processed and is ready to smoke. It is usually sold in chips or tiny “rocks” that look like grayish-white slivers of soap.
- Crack is smoked. Cocaine is typically inhaled or intravenously injected. Some addicts use crack rather than using flammable chemicals to produce freebase cocaine themselves.
- Cocaine and crack both damage the heart, liver, and brain.
- Cocaine specifically damages the nasal cavity and sinus areas.
- Crack (or cocaine, when smoked) specifically damages the throat and lungs.
- A cocaine high lasts about thirty minutes.
- A crack high lasts about ten to twenty minutes.

## Cocaine and crack are addictive

- Cocaine is instantly addictive to one in ten users.
- The younger you are, the greater the risk of addiction.
- Even occasional exposure can lead to an uncontrollable desire for the drug.
- People who are addicted to cocaine may lose control over their lives.
- In studies with laboratory animals, cocaine addiction was stronger than the desire for sex and for food, even when the animal was starving.

## Cocaine and crack are dangerous

- A single dose, which varies individually, may kill you instantly by stopping heart and lung functions. Physical conditioning is irrelevant; professional athletes have died from cocaine use.
- A single dose may cause a stroke at any age.
- Cocaine sensitizes the brain over time and lowers the dosage level at which seizures may occur.

- Cocaine by-products remain in the body up to ten days after a single dose and may cause damage to such major organs as the brain and liver.

### **Cocaine and crack are harmful to pregnant women and their babies**

- Babies exposed to cocaine are more likely to experience sudden infant death syndrome (SIDS).
- Prenatal cocaine exposure can cause miscarriage, stillbirth, premature birth, low birth weight, and multiple birth defects.
- A single dose of cocaine taken by a pregnant woman may do damage to her fetus.

### **Cocaine and crack seriously impair your life**

- Cocaine users are susceptible to erratic, paranoid, and violent behavior. Hallucinations and delusions are also common. Users may see things that don't exist, or experience imaginary bugs crawling on their skin.
- Cocaine users may become confused, anxious, depressed, or suicidal. They suffer from sleeplessness, short temper, and impaired relationships with family and friends.
- Cocaine addicts will commit robbery, deal drugs, and engage in prostitution to get money for more cocaine.

# FACTS ABOUT LSD (LYSERGIC ACID DIETHYLAMIDE)

Commonly referred to as “acid,” this drug is sold on the street in tablets, capsules, and occasionally, liquid form. Often LSD is added to blotter paper and divided into small decorated squares, with each square representing one dose. It is odorless, colorless, and has a slightly bitter taste. It is usually taken by mouth.

## BIGGEST DANGERS WITH LSD

### 1. The effects are unpredictable

They depend on the dose taken; the user’s personality, mood and expectations; the surroundings in which the drug is taken. The effects are usually felt 30-90 minutes after taking the drug and can last up to 12 hours. The LSD experience is called a “trip” and acute adverse reactions are called a “bad trip.”

### 2. Hallucinations can be very frightening and cause panic attacks

This drug binds tightly to the serotonin receptor in the brain. Because serotonin has a role in many body functions, LSD produces widespread effects, including emotional swings, altered perceptions, delusions, and visual hallucinations. The user’s sense of time and self changes; these changes can be frightening and even cause panic. Physical effects include increased heart rate, nausea, numbness, chills, and tremors.

### 3. Flashbacks can occur up to a year later

Many LSD users experience “flashbacks” – recurrence of certain aspects of a person’s experience, without the user taking the drug again. Flashbacks can occur suddenly, often without warning, and may occur within a few days or more than a year after LSD use. They usually occur in people who use hallucinogens frequently or have an underlying mental health problem. LSD users may manifest relatively long-lasting psychoses, such as schizophrenia or severe depressions. It is difficult to determine the extent or mechanism of the LSD involvement in these illnesses.

### 4. Tolerance to the drug can occur, requiring the user to take higher doses

LSD is not considered an addictive drug. However, it does produce tolerance, so that some users who take the drug repeatedly must take higher and higher doses to achieve the original effect. This is dangerous because of the unpredictability of the drug.

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

## TEST YOUR DRUG IQ

### ADVANCED QUIZ – HOW MUCH DO YOU KNOW ABOUT DRUGS?

Circle the right answer for each question. If you think more than one answer is correct, circle all that apply.

1. Teenagers who start smoking are highly likely to smoke as adults.  
True                      False
  
2. More than half the teenagers who attempt or commit suicide are involved with alcohol or other drugs.  
True                      False
  
3. Marijuana smoke contains the same cancer-causing agents as cigarette smoke.  
True                      False
  
4. Cocaine slows you down.  
True                      False
  
5. It's more dangerous to drive when you're drunk than when you're high on marijuana.  
True                      False
  
6. If someone offers you marijuana and you don't want it, a good response is to
  - a. say, "No thanks."
  - b. make a scene and put him or her down for smoking marijuana.
  - c. say, "I don't like how it makes me feel."
  - d. say, "Thanks a lot" and take a hit.
  
7. Cocaine is almost never mixed (laced) with other dangerous substances.  
True                      False

8. Losing control when you are drunk or high means you may do something you wouldn't do if you were not drunk or high.

True

False

9. Which are true about the ways methamphetamine can harm the body?

- a. increases heart rate.
- b. increases blood pressure.
- c. causes brain damage.
- d. all of the above.
- e. a and b only.

10. Methamphetamine is highly addictive.

True

False

11. Crack

- a. is a crystallized form of cocaine.
- b. isn't addicting.
- c. may cause paranoia, anxiety, irritability, and depression.
- d. may cause death.

12. Mixing alcohol with other drugs is less dangerous than drinking alcohol by itself.

True

False

13. If a pregnant woman smokes, drinks, or uses crack, her unborn baby is using drugs, too.

True

False

14. High doses of cough syrup with DXM can cause you to

- a. see things that aren't there
- b. damage your liver
- c. want to dance all night
- d. feel like your mind is separated from your body

15. People who smoke don't become addicted to cigarettes until a year or two after they start smoking.

True

False

16. Having a bad trip on marijuana means you might feel anxious, scared, uptight, or even terrified.

True

False

17. Almost any drug, if used for a long time, causes physical or mental dependency.

True

False

18. The main reason most teenagers continue to smoke cigarettes once they start is

- a. they think it makes them look cool.
- b. they like spending so much money on cigarettes each week.
- c. they are addicted.
- d. they like the way their breath smells.

19. The leading cause of death among sixteen- to twenty-year-olds is

- a. suicide.
- b. cancer.
- c. car crashes.

20. You can't tell by looking if marijuana is mixed with other drugs.

True

False

21. Secondhand smoke is more of an annoyance than anything else.

True

False

22. The way to sober up if you are drunk is to

- a. take a cold shower.
- b. wait until the alcohol has passed through your system.
- c. drink lots of black coffee.
- d. eat some food.

23. If you're high on marijuana, you're least likely to remember

- a. the answers on your history test.
- b. your birthday.

24. Most methamphetamine users get the drug through illegal prescriptions at pharmacies.
- True                      False
25. Teenagers start using drugs because of
- a. pressure from other teenagers.
  - b. pressure from ads on television and radio.
  - c. pressure from themselves.
  - d. curiosity.
26. Smokeless tobacco products are a safe substitute for cigarettes.
- True                      False
27. If you drink to cover uncomfortable feelings, you may
- a. become dependent on alcohol to feel good.
  - b. escape from your problems.
  - c. not learn how to cope with your problems.
28. Besides the problems of bad health and addiction, people who inject drugs risk getting HIV/AIDS.
- True                      False
29. People who smoke cigarettes for many years are more likely to develop
- a. bronchitis.
  - b. lung cancer.
  - c. heart disease.
  - d. cancer of the mouth, larynx, esophagus, and bladder.
30. Mixing any two drugs can be dangerous. Which combination below is the most dangerous?
- a. cigarettes and alcohol
  - b. alcohol and sleeping pills or painkillers
  - c. marijuana and cigarettes
31. It is safe to take Oxycontin (a prescription painkiller) that was prescribed for someone else.
- True                      False

## ANSWER KEY

1. True. Over 90% of teenagers who smoke only three or four cigarettes a day end up smoking for thirty to forty years.
2. True
3. True
4. False. Cocaine boosts your heart rate, breathing rate, and blood pressure. A single dose can cause a heart attack, stroke, seizure, or death.
5. False. It is just as dangerous to drive when you're stoned.
6. a and c
7. False. Cocaine often is mixed with other substances including scrubbing cleansers and strychnine.
8. True
9. d
10. True
11. a, c, and d
12. False
13. True. Drinking, smoking, or using crack or cocaine when pregnant can lead to birth defects, stillbirth, and miscarriage. Babies born to women who smoke, drink, or use marijuana or crack while pregnant are also likely to weigh less at birth.
14. a, b and d
15. False. One or two cigarettes each day for four or five days can make you addicted.
16. True
17. True
18. c
19. c. And of these fatalities, one-third are alcohol-related.
20. True
21. False. Exposure to secondhand smoke is responsible for an estimated 3,000 deaths from lung cancer among nonsmokers in the U.S. each year, and linked to 36,000 deaths from heart disease annually. It is our country's third leading preventable cause of death after direct smoking and alcohol.
22. b. The only thing that sobers a person is time. It takes one hour for a 12-ounce can of beer to be processed by the liver.
23. a. Marijuana interferes with short-term memory.
24. False. Meth is a "street drug" made in illegal labs.
25. a, b, c, and d
26. False. Smokeless tobacco causes cancer of the mouth, lips and tongue.
27. a and c
28. True
29. a, b, c, and d
30. b. Alcohol mixed with any central nervous system depressant could stop the heart. If someone passes out from taking alcohol and depressants, call the paramedics immediately.
31. False. Even one dose of OxyContin can kill you by stopping your breathing.

# FREQUENTLY ASKED QUESTIONS ABOUT COCAINE AND METHAMPHETAMINE

## 1. How are cocaine and methamphetamine the same?

- Both are addictive.
- Both are smoked, injected, or snorted.
- Because they are both stimulants, they produce similar effects.

## 2. Can using cocaine or meth hurt you if you use it just once?

Yes. Teens have died after using the first time. Using just once can result in stroke, the heart stopping, and panic attacks.

## 3. What happens to people who keep using cocaine or meth?

They can become addicted. Also, the following problems can occur:

- They can die or have a seizure or stroke, or the heart can stop.
- They can have hallucinations or become confused or paranoid.
- They can behave violently.
- They can stop sleeping enough, have malnutrition, and become confused and delusional (false beliefs).
- They get sores on their skin (from picking) and nasal lining damage (from snorting).
- They get sick more often because of reduced defense against illness (immune system damage).

## 4. Do cocaine and meth affect the brain?

Yes, but in different ways.

- Cocaine activates the brain's pleasure center but eventually reduces pleasure by interfering with important brain chemicals.
- Methamphetamine may damage nerve cells that produce important brain chemicals.

## 5. What do cocaine and meth have in common with other street drugs?

All of them are produced and distributed illegally. There is no regulation of what is in them. Street drugs are not what they are advertised to be – they can be mixed with other drugs or toxic substances like rat poison.

# WHAT TEENAGERS WANT TO KNOW ABOUT PRESCRIPTION DRUGS AND COUGH MEDICINES

## 1. Aren't drugs that are prescribed by a doctor safe for anyone?

Drugs are usually safe when they are used by the person they were prescribed for and taken according to the doctor's instructions. But that doesn't make the drugs safe for someone else to take.

When a doctor writes a prescription, he or she thinks about the patient's height, weight, age, allergies, medical problems, and the other drugs the patient is taking. Then they tell the patient how much of the drug to take, when to take it, how to take it, and what not to mix with it.

But when you take a medicine prescribed for someone else, you have no idea how your body and brain will react. You could be taking many times the amount that a doctor would prescribe for you. Or you might be taking something that a doctor would never prescribe for you because it would cause you more harm than good.

Taking a drug prescribed for someone else is dangerous.

## 2. Can't uppers – prescription stimulants like Dexedrine, Ritalin, or Adderall – help you stay awake and study better?

These powerful drugs change the way your body's control center – the central nervous system – works. They speed it up. That's a very dangerous thing to do. These drugs can cause sleeplessness, twitching, fast heartbeat, severe weight loss, high blood pressure, and panic.

They are also very addicting – it's easy to get hooked. And the more you use them, the more your body gets used to having them, so you need to take more and more to get the same effect. You might start taking one of these drugs to stay awake, but you might end up not being able to sleep when you want to.

## 3. You said Ritalin is a stimulant and speeds up your brain and body. But one of my friends who has Attention Deficit Disorder (ADD) takes Ritalin to slow down and concentrate.

Ritalin does help people with ADD by slowing them down so they can focus better. But if you don't have ADD, Ritalin does the opposite. That's why taking drugs prescribed for someone else is never a good idea.

Doctors prescribe drugs to treat a medical problem. If you don't have that problem, the drug will affect you very differently, in ways you can't know.

## 4. Is it dangerous to mix downers like Xanax and Valium and other drugs?

It's always dangerous to mix drugs. It is especially dangerous to mix downers (sedatives) with alcohol. The combination slows the body down so much that you can become unconscious. You won't know what's happening to you and you lose control of your body. You could actually choke on your own vomit.

## 5. Why are uppers and downers both so dangerous?

Uppers and downers are dangerous because they change the basic way your body and brain work. They affect your central nervous system – that's the control center for everything you do. Like the central controls for other complex things like computers or

space shuttles, your central controls are a delicate system, tuned for just one purpose: to make *your* brain in *your* body do all the things you need it to do to keep you going and keep you healthy.

Trying to change how your controls work without knowing what you are doing makes about as much sense as just pulling wires out of a computer or changing the fuel for the space shuttle without testing it. You have no idea what the result will be, but it probably won't be good.

**6. Someone told me I should always watch my glass or drink at a party. Why is that?**

It's a good idea to do this so that no one can secretly put anything in your drink. Some drugs (especially one called GHB) have no smell and no taste. They can be slipped into a drink without your knowing it. These drugs can make you unconscious or so *dopey* that you can't defend yourself from any kind of attack.

If you see someone put something in a drink at a party, you should tell the person whose drink it is immediately so that nothing happens to them. You should also let an adult know that someone is adding things to people's drinks.

**7. I've heard steroids can make boys look like girls and girls look like boys. Is that true?**

Yes, it is true. Boys who take steroids get shrunken testicles and don't produce sperm. They can also become bald and develop breasts. Those last two effects are permanent. Girls who take steroids become masculine – they get facial hair, their voice gets deeper, and their breasts shrink. And those effects are permanent, too.

**8. What's wrong with using prescription painkillers such as OxyContin (unless they are prescribed for you)?**

The most important reason is that these drugs can kill you. Even one dose. You just stop breathing. These drugs come in many different forms and many different doses. You don't know what dose might be too much for you.

**9. Can just trying Vicodin or OxyContin one time make you want more of them?**

Yes, you can become addicted to these drugs instantly – it's not safe to experiment. Being addicted changes you and your brain – forever. It messes up your memory and makes you depressed. The things that you used to enjoy stop mattering because the drug is always the most important thing.

Unless a doctor prescribes these drugs for you, you should think of them as POISON.

**10. Can you get "high" on cough syrup? The kind you can just buy in a drug store?**

If you follow the instructions on the bottle, taking cough syrup will just help you stop coughing. But taking too much cough syrup, or taking a lot of cold medicine in pill or gel cap form, can cause hallucinations and make you violent and crazy acting. You will look freaked out and spend a lot of time throwing up.

Cold medicines usually have a lot of other things in them, so taking more than the recommended dose can damage your liver and kidneys. High doses can also make you lose control of your body – people can do anything to you and you won't be able to stop them.