DRUGS: A DEADLY GAME!

CHOOSE TO REFUSE®
What do all of these achievements have in common?

- Winning a Little League championship.
- Completing a group project for the science fair.
- Reaching the next level in your favorite MMP online game.

The POWER of TEAMWORK!

Staying drug-free works the same way — it’s a lot easier with the help of good friends, family and other people who don’t use tobacco, alcohol or other drugs.

Working together, we can be a powerful force against drugs. And that way, we all win!
# Campus Report: How to Make Sure Drugs Don’t Rule Your School

## Key Facts: According to Surveys in 2005 and 2006:

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<td>✓ More than 80% of sixth graders DO NOT have friends who drink beer.</td>
<td>✓ More than 33% of sixth graders say that it is easy to get beer or cigarettes.</td>
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<td>✓ More than 77% of sixth graders DO NOT have friends who smoke cigarettes.</td>
<td>✓ Nearly 1/3 of middle schoolers said that drugs are used, kept or sold at their school — and it’s on the increase.</td>
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<td>✓ Essentially, that means 2.4 million middle schoolers are going to schools where drugs are used, kept or sold.</td>
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### Have a Look at

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I heard that some stoner kids in my school are using drugs and even selling them between classes! I'm kind of freaked out about what they'd do if they knew I said anything. What should I do?

“You’re right to play it a little safe. I wouldn’t confront these kids or make a big scene. Instead, go talk to an older person in your family, a teacher you trust or a school counselor. They can handle the problem directly.”

“I agree with Will. You’ve gotta be careful in these situations, but you do have what it takes to do something about it. The best thing you can do is take it up a level and get an adult involved.”

This girl on my volleyball team told me she got really drunk at a party last weekend, and sometimes she talks about getting a buzz on to relax after a game. She’s just not the same person lately. I really care about her—how can I help?

“A true friend would talk to her. She’ll probably try to say it’s not a big deal. She might even get mad at you, but the bottom line is: If she keeps on drinking, it could spell big trouble. If you’re nervous about talking with her, you might write a note or send an e-mail — or even get some other friends to help out. But be careful not to gang up on the girl, because that’d make it hard for her to hear what you have to say. More important, let her know that you’re not judging her. Tell her you care and just want to help. And if you need more help figuring out the best approach, try talking with your coach, a family doctor, youth minister or a family member first.”

“I’ve got a few ideas: Talk to your student council — maybe you guys can organize a task force or some kind of event to help encourage everybody to choose to refuse. Get to really know a few teachers or a principal you can trust, so you can keep the lines of communication open. And if you see anything that worries you, talk to a grown-up family member or another adult. ASAP.”

There are lots of great resources on the Web that can help. Here’s one that’s really cool: Go to www.freevibe.com and click on ‘Step Up.’”

“It’s important to talk to your friends, too. Let them know you care about them and want to help them avoid smoking, drinking and doing other drugs. It’s also good to get to know kids in a lot of different groups. Sometimes people who feel alone are more likely to do something dumb.”

I’m pretty sure my school is drug-free. Nobody smokes on campus, and I don’t know anybody who drinks or gets high. How can I help keep it this way?

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WHAT STRESS?

Let’s face it — it’s rough out there. Here’s how to handle the pressure the right way.

Maybe you’re already worrying about going to high school or sweating the next team tryouts. You might have issues with one of your teachers or family stuff on your mind. Or some kid’s hassling you in the hallway at school. Whoever said being a kid was easy?

It doesn’t help that the media sends really confusing messages about dealing with stress. Some TV shows, movies and advertisements make it seem as if smoking, drinking or doing drugs will make things better. “Pop a pill and it’ll be fine,” right? Wrong.

Easing stress is a major reason kids give for smoking, and students talk about using pills to get relief from the pressure they face. But drugs don’t solve your problems — they ADD to them! When you smoke, drink or get high, you still have the original problem. Plus, now you’ve got a problem with tobacco, alcohol or other drugs.

Abusing diet pills will only make things worse — and the problem isn’t just for girls. In 2003, Steve Bechler, a prospective pitcher for the Baltimore Orioles, died during training camp. The coroner found that an over-the-counter diet supplement containing ephedrine was partly to blame. He was just 23.

Worried About Your WEIGHT?

Leo’s Tips for Real Stress Relief

* Go camping w/my friends (Bring H2O and Chow)
* Listen to Music on MP3 player
* Talk things over with my DAD or UNCLE
* Set a goal and then Make it Happen (like Scouts
* Work Out
* Sports! (I’m into Baseball AND Skateboarding)
* Go to the Movies
* Do stuff with my Youth Group
* Read (I like Boys’ Life and Sports Illustrated for Kids)

ACTIVITY

Make a list of what you do to blow off steam.

01. __________________________
02. __________________________
03. __________________________
04. __________________________
05. __________________________

DRAW YOUR FACE

WHEN YOU’RE STRESSED OUT.

“Dude, with all my honors classes, baseball practice and study halls, I’ve got to keep my head clear. Check out my list of great stress-busters.”
Crazy people are always coming up with new ways to get high. Some of the latest dumb fads include ketamine — a drug used by vets on horses — and GHB, which is essentially a floor stripper mixed with drain cleaner! Now that’s nuts.

If you haven’t heard of a drug or if your “friend” says you can’t tell anybody about using it, it’s a bad idea. Never inhale anything other than air. And don’t swallow anything other than food.

“T’m NOT a lemming, and neither are you.”

You’ve heard of lemmings, right? That animal that’s believed to act in groups, sort of like people who blindly follow along with the crowd. Not us. We’re not falling for that. I’ve heard of kids inhaling spray paints, cleaning fluids and all kinds of stuff, just because somebody said it was cool and wouldn’t hurt you. I won’t do it, and if somebody tries to give me stress about it, I just go talk things over with my dad, my uncle or my football coach. I follow my own path, and that’s the way I like it.

It doesn’t sound all that scary. But breathing in chemical vapor just to get some sort of high ... well, that’s really dumb. There are lots of different types of inhalants, including the chemicals found in nail polish, painting supplies, aerosol cans, cigarette lighters, etc. Because you often see the products around the house, you might not recognize the danger.

But who wants to breathe in the stuff that keeps refrigerators cold (Freon)? Or the stuff that cigarette lighters burn (butane)? Or get a big lungful of some sort of degreaser or paint remover (toluene)? This is nasty, nasty stuff. Using non-prescribed inhalants isn’t safe, no matter what anybody says and no matter how you use them. They can cause hearing loss and muscle spasms, lower your blood oxygen levels and damage your brain, central nervous system, liver, kidney and bone marrow. They’re also linked to what’s called “sudden sniffing death,” which is exactly what it sounds like.
GROSS OUT!

Choose to refuse or you're sure to lose.

Ball in play:

1 Up: 0 0 0 0 0 0 0 0 0

2 Up: 0 0 0 0 0 0 0 0 0

3 Up: 0 0 0 0 0 0 0 0 0

4 Up: 0 0 0 0 0 0 0 0 0

Up to four can play:

1 2 3 4
Smoking and chewing tobacco can give you yellow teeth, disgusting breath, nasty sores and even mouth tumors.

Using meth can give you skin rashes, acne and ugly sores, and it makes you grind your teeth and eventually lose them completely. Pucker up!

Inhalants and other drugs can make your muscles get really weak, and some can cause cramping bad enough to break bones.

**SWISS-CHEESE BRAIN**
Alcohol and other drugs slow down thinking, turn off your brain and cause gaps in your memory. Repeated drug abuse can shut down parts of your brain forever. Not so smart, huh?

**GOOGLY EYES**
Pinprick pupils, dilated pupils, bloodshot eyes, yellowed corneas and blurred vision. Drugs aren’t great for your eyesight, if you see what we mean.

**RUNNY, HOLEY NOSE**
Sniff, snort, huff... and make your nose ooze blood and mucus. Cocaine can even eat holes in your nose. Fun!

**TOXIC-WASTE MOUTH**
Smoking and chewing tobacco can give you yellow teeth, disgusting breath, nasty sores and even mouth tumors. Using meth can give you skin rashes, acne and ugly sores, and it makes you grind your teeth and eventually lose them completely. Pucker up!
How'd you like to drown in your own vomit? Drink too much, and that's exactly what can happen. Other drugs can cause cancer or overload the kidneys and liver with poisons.

Tick, tick, tick ... Some drugs crank up your heart rate, others slow it way down. Any of them can bring on a heart attack and make it stop forever. Without warning—just kaboom.

Pot, alcohol and other drugs can dull the function of a body's reproductive system. But this is where steroids really get down and dirty. In guys, steroid abuse can cause withered testicles, breast growth and impotence. In girls, it can cause underdeveloped breasts, hairy chests and sterility.
Heavy drinking and other drug use can lead to easily broken bones. Steroids even tell your bones to stop growing too early, so you end up shorter than you should be.

Chronic meth users are often deluded into thinking bugs are crawling under their skin and scratch so hard that they get sores all over. Injectable drugs can cause scarring. Heroin abusers get dry, horribly itchy skin. And steroids cause nasty rashes and bad acne. No zit cream is gonna help you here.
Okay, drug-free warriors! Raging, out-of-control substances lurk in dark corners and unexpected places. As our team's chief of information, I've developed some basic profiles, so you can get familiar with the general classes of drugs and some of their basic characteristics. Armed with this information, you'll be more prepared to fight them and win! Knowledge is power!—Clarity

**THE BOOZE CREW**

**DESCRIPTION:** This crew, concocted of rotting things like grapes, potatoes or even beets (ew!) in a process called fermentation, can be found hanging over a toilet, vomiting, not hanging out at the mall. This crew is out to get you hooked, killing six times the number of kids as all other drugs combined. This crew is rotten.

**INCLUDES:** booze, beer, liquor, wine, wine coolers, etc.

**HARM:** When you drink alcohol, your brain gets dull and fuzzy. You can't talk right, you fall over a lot and you can't walk straight. It can make you puke and pass out—plus it makes you feel awful hours later (the "hangover"). Think about it. Beer and wine coolers are drugs. They affect young brains differently than they affect adult brains—and not in a good way. In fact, the earlier in life you take your first drink, the more likely you will suffer from alcoholism and other alcohol-related illnesses. In the long run, alcohol can destroy your liver and cause brain and heart damage. You can even die in your sleep from alcohol poisoning.

**THE WHACK PACK**

**DESCRIPTION:** This bunch usually runs in a pack, but can be found in a pouch or in a can. Running is the last thing you want to do with this wheezing, stinking bunch. Whether you smoke it, chew it or dip it, tobacco is whacked. The addictive chemical is nicotine, which has been used in dart guns to bring down elephants. Cigarettes also contain more than 4,000 other chemicals, including rat poison and the stuff used to embalm dead bodies.

**INCLUDES:** cigarettes, cigars, dip, snuff, chewing tobacco

**HARM:** Smoking gives you really, really gross breath, nasty yellow teeth and stinky fingers. Plus, it makes all of your clothes smell like an ashtray. Cigarette smoke is known to cause cancer and is so toxic it can even harm people several yards away. Even with only casual use, smoking can cause difficulty breathing, heartburn, ulcers and rapid addiction. And that’s just for starters. Dipping or chewing tobacco is just as disgusting—it can give you big gross sores in your mouth, make you lose your teeth and even get mouth or lip cancer.
**THE BRAIN BENDERS**

**DESCRIPTION:** This group of brain benders—pot, inhalants, cough syrup and “mind warpers” like LSD and PCP—influences the brain. In reality they are all out to destroy your brain cells.

**INCLUDES:** Marijuana, inhalants (“poppers,” “snappers”), ketamine (“special K”), LSD, PCP and certain over-the-counter “cough and cold” medicines.

**HARM:** These thugs change thoughts and feelings and may even cause you to see and hear things that aren’t there. They can make you clumsy, sweaty, sick to your stomach, paranoid and panicky. Marijuana clouds your judgment so you do dumb things. Something as common as cough medicine can kill you—even the first time—if you use too much.

**THE SPEED DEMONS**

**DESCRIPTION:** Always moving at a million miles an hour, Speed Demons will “amp” up your central nervous system—pushing your heart rate, breathing and thought processing to the point of overload.

**INCLUDES:** Cocaine (“coke,” “free-base”), crack (“rock”), amphetamines (“speed”), methamphetamine (“meth,” “ice,” “crystal”), ecstasy (“E,” “X”), Ritalin (“ritz”), and Adderall (“ralls,” “addies”).

**HARM:** Doing stimulants can make you go a long time without sleeping or eating, so you’re always worn out and may even suffer from malnutrition. These drugs can also cause severe mood swings and aggressive, violent and psychotic behavior. Some stimulants can even give you convulsions, heart irregularities, heart attack—and instant death, even with the very first use.

**THE BIG BUMMERS**

**DESCRIPTION:** Often found sitting around listening to “mood” music, these downers can slow the central nervous system to the point where you’re barely functioning.

**INCLUDES:** Heroin (“smack,” “junk”), GHB (“Georgia Homeboy”), Rohypnol® (“roofies”) and prescription drugs like alprazolam (Xanax®), diazepam (Valium), lorazepam (Ativan®), clonazepam (Klonopin®), codeine, oxycodone.

**HARM:** Depressants cloud your brain, slur your speech and affect your walking. Overuse can knock you unconscious (that’s why Rohypnol® and GHB are known as “date rape” drugs), cause muscle spasms and send you into a coma. Heroin abuse can cause collapsed veins, infections in your heart lining and valves, abscesses and the most severe and painful withdrawal symptoms. An accidental overdose can kill you by stopping your heartbeat.
Some kids try to get high from cough and cold medicines containing dextromethorphan (DXM). Here's what they really get:

- CONFUSION & DIZZINESS!
- DOUBLE OR BLURRED VISION!
- SICK TO THEIR STOMACH!
- RACING HEART RATE!
- NUMB FINGERS & TOES!

COUGH AND COLD MEDICINE ABUSE: NOTHING TO SNEEZE ABOUT!

_Bonus:_ If the medicine that's abused contains other ingredients like acetaminophen, users can look forward to liver damage, seizures, coma, even death.
The NICE Way to Say “No.”

It’s never easy to say “No” to a friend or someone you want to impress or get to know better, but we’ll show you the NICE way to refuse drugs—and make it stick.

Say “No,” not “Maybe” or “Later,” and be ready to make a strong statement.

Set firm boundaries and be decisive. If you decide not to use alcohol, tobacco or other drugs before they’re offered to you—and you know what you want to say—it’s a lot easier to say “No” when the situation arises.

“No, underage drinking is illegal.”

“No, cigarettes cause cancer.”

“No, ketamine is for horses. It’s dangerous.”

Follow with an “I” statement. It’s important to let the person know it’s not about them, it’s about you.

“I don’t want to be a smoker.”

“I’m not into drugs.”

“I don’t want to get in trouble.”

If pressure continues, “Change” something.

Change the subject—

“Did you see the game on TV last night?”

Change the person you are talking to—

“Julie is over there. I need to ask her something.”

Or change your location—

“I’m going back to the kitchen.”

If these strategies don’t help, use your pre-arranged “Exit” plan.

Leave the situation or suggest another activity to your friends.

If you don’t have a way to get home, call your parents, grandparents or another adult you trust to pick you up. You can have a pre-arranged code phrase like

“Is that dog barking?” which means

“Come and get me. And hurry!”

Practice these steps often. Like anything else that you do well, practice makes perfect.
9 out of 10 smokers started smoking as teenagers. (www.unfilteredtv.com)

The ingredients used to make crystal meth include:
- Paint thinner
- Lye
-Battery acid
- Drain cleaner

The younger you are when you start to drink, the more likely you are to have alcohol related problems later in life.

Between 4th and 6th grades the number of students who smoke cigarettes and/or use marijuana nearly triples.
(Source: 2004-5 Pride National Summary www.pridesurveys.com)

AS RECENTLY AS 1999, KIDS IN INDIA WERE SOLD AS SLAVES TO MAKE HAND-ROLLED CIGARETTES KNOWN AS “BIDIS.”

Run across any weird e-mails or Web sites that offer you prescription drugs via the Internet? THINK TWICE! Would any real doctor send you medicine without knowing your symptoms, age or even your name? What these drug dealers are doing is ILLEGAL, plain and simple.

More than 52% of 5th-7th graders listed “smoking in movies” as what led them to start smoking. That’s more than the 34% who listed smoking advertisements as what pushed them to start smoking.
(http://image.thelancet.com/extras/03art1353web.pdf)

MYTHS VS REALITY

M: “If you drink too much alcohol, drinking coffee will sober you up.”
R: Time is the only thing that takes away the effects of alcohol. Drinking coffee after too much alcohol will just make you a wide-awake drunk!

M: “If you only drink beer or wine coolers, it’s okay.”
R: All alcoholic beverages contain the same chemical (ethyl alcohol). One beer, one wine cooler, one 1.5-oz shot... they all affect your body the same way.

M: “Marijuana doesn’t damage your lungs as cigarettes do.”
R: According to the National Institute on Drug Abuse (NIDA), smoking a joint can expose you to some of the same—and sometimes even more—of the cancer-causing chemicals in tobacco smoke.

M: “If it’s medicine, it must be safe.”
R: Prescription or over-the-counter drugs can be extremely dangerous if taken for the wrong reasons, in the wrong dosage or at the wrong time.
Uh, nothing. None of your business.

You better not tell!

What's with the hairspray, Matt? Worried about your style?

Wait a minute... have you guys been huffing that stuff?

Dude, you need help. That stuff will kill you.

I'll get busted! And the other guys will be really mad...

Somebody is going to find out sooner or later, and I can't just look the other way.

Let's talk to Mr. C. He's cool, and he can help us figure out what to do.

That's what it takes.

So? C'mon, I need to chill out after that test today. Look, you're my friend. But I'm not gonna smoke with you.

We could have way more fun shooting hoops if you weren't high. Whatever.

That's not my idea of a good time. Forget it. Check it out for yourself, I'm going to drop.

Clear thinking. That's what it takes.

Dude, you wanna smoke a joint?

Jake, this is the fourth time you've asked.

Later that afternoon...

You're a lot faster when you're not stoned!

Yeah, watch me dunk the one right over your head...

Determination. That's what it takes.
Who's on Your Team?

Take a moment to think about the people in your life who can help you stay drug-free. Who are they? What are their strengths? List their names here, and let them know you're glad they're on your team.

Family Members: How can they help you?

Friends: How can they help you?

Teachers, Counselors & Coaches: How can they help you?

Religious Leaders: How can they help you?

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Word Search Puzzle

**QUESTION:** What do you always have when offered drugs?

**ANSWER:** A ____________ E

**Instructions:** To find the answer, start at the red “A.” Move through the letters up, down, sideways or diagonally, finishing with the red “E.” Use each box just one time to find this answer.

**Special challenge:** Can you find another answer to this question hidden in the box that is also good but one letter shorter?

**Hint:** It doesn't end on the red “E.”
Dear [Name]

I have been learning about the dangers of drugs, alcohol and cigarettes in this booklet. I want to tell you what I learned. I learned about many drugs and how they harm my body. I learned I can get in trouble for using drugs. And I also learned a way to tell my friends that I do not want to use drugs, alcohol, cigarettes or anything else that might be harmful to me.

I will need your help to stay away from drugs. Sometimes I will ask you about new drugs or other products other kids are using and want me to try. Sometimes I may need to tell you about my friends who are using substances. I will need your support, love and understanding as I try to balance my friendships with my future.

I, [Name], pledge that I choose to refuse. When my friends begin using cigarettes, alcohol or other drugs, I promise not to join them. Whenever I need your support to stay away from substances, I will ask for it.

I, [Name], pledge to help you learn more about dangerous drugs. I promise that if you come to me to ask for help and support to stay away from substances, I will be there for you.

Date completed: [ ]
Initials: [ ]

For additional information or to order more materials for your pack, troop, school, or organization, call 978-390-3520 or visit http://www.narcotics.org.