

## Drug Use Is Risky

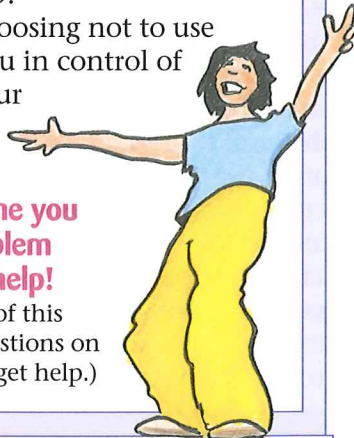
- Drugs change the way your body and mind work.
- Drug use can create problems with family, friends, school and work.
- When people use drugs they are more likely to have unprotected sex – risking sexually transmitted diseases and unplanned pregnancy.
- Most date rapes happen when one or more of the people involved have been using alcohol or other drugs.
- Car crashes, suicides and violent crimes are often drug-related.
- Drug use is illegal. The consequences are jail or prison.
- Thousands of deaths each year are drug-related.

## Make Good Decisions

- Your best chance to avoid addiction and other problems with drugs is not to use them.
- If you have experimented with drugs, talk with someone you trust about the risks.
- If someone offers you drugs, give a clear, firm “NO.”
- Remember, choosing not to use drugs keeps you in control of your mind, your body and your future.

**If you or someone you know has a problem with drugs, get help!**

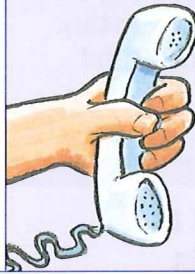
(Look on the back of this pamphlet for suggestions on where and how to get help.)



## Do you want more information about drugs?

### Do you or someone you know need help?

- Call the National Institute on Drug Abuse at 1-800-662-HELP for more information or a referral to a program in your area.
- You may also find help from 12-step programs like Narcotics Anonymous or Alcoholics Anonymous. Look in the white pages of your local phone book to find a chapter near you.



Written by Mardi Richmond.

Designed by Eva Bernstein. Illustrated by Meg Biddle.  
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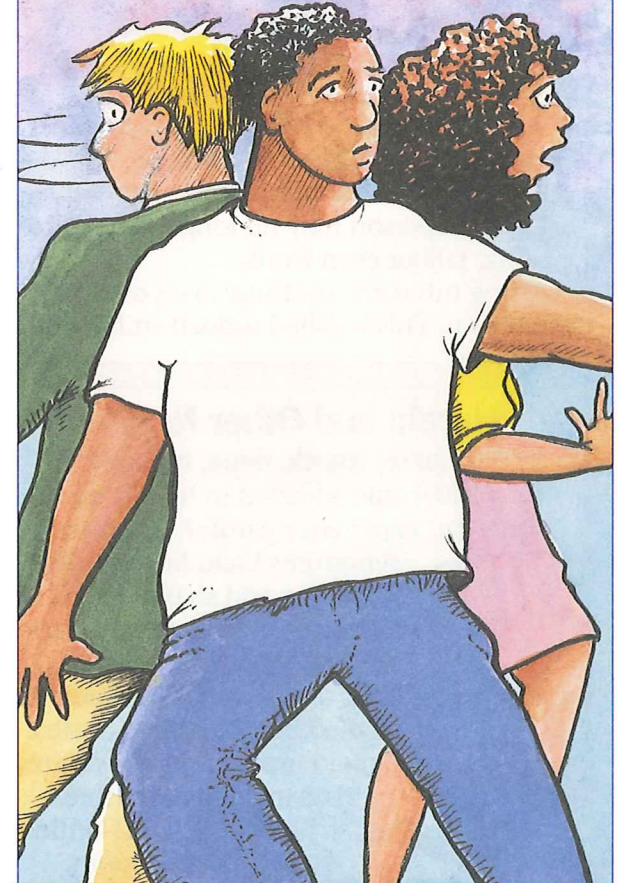
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GET THE FACTS

# 37 Scary But True Facts About Drugs



WHAT YOU SHOULD KNOW



### Cocaine and Crack (coke, blow, rock, base)

- The immediate effects of cocaine and crack last only 5 to 30 minutes. Then people usually “crash” or feel very depressed.
- Cocaine and crack are as addictive as heroin.
- Some users spend hundreds or thousands of dollars a week to support their addiction.

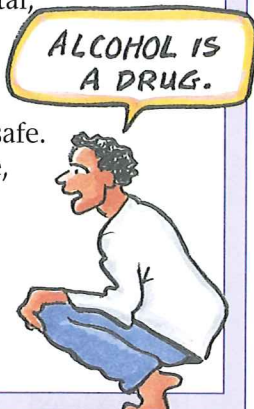


### Marijuana and Hashish (pot, weed, reefer, hash, blunts)

- Long-term effects include memory loss and learning difficulties.
- Smoking as few as five marijuana joints may expose you to as many cancer-causing chemicals as smoking a pack of cigarettes.
- Marijuana can be both emotionally and physically addictive.

### Alcohol and Other Depressants (booze, 40's, downers, phenos, benzos)

- Depressants are drugs that slow down the nervous system. Common depressants include alcohol, phenobarbital, Valium and Xanax.
- Because alcohol is legal for adults, some people mistakenly believe that it is safe. But alcohol – including wine, beer and hard liquor – is a powerful depressant.
- Mixing alcohol and other depressants is very dangerous – the result can be a coma or death.

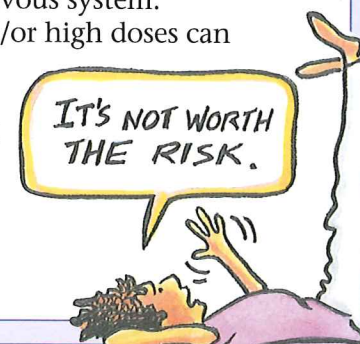


### Inhalants (huff, rush, poppers, amies)

- Inhalants – including solvents, aerosols, and glues – cause headaches, hallucinations, violent behavior and loss of control of bladder and bowels.
- Inhalants can cause brain damage so severe that the person may no longer be able to walk, talk or even think.
- Using inhalants (huffing) even one time can kill you. This is called sudden sniffing death.

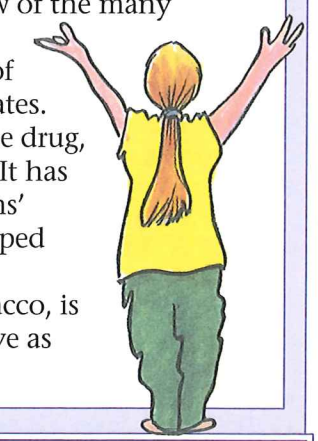
### Methamphetamine and Other Stimulants (speed, meth, crank, crystal, ice, uppers)

- Methamphetamine is an addictive drug that speeds up your nervous system.
- Long-term use and/or high doses can cause symptoms such as paranoia, hallucinations and imagining bugs on the skin.



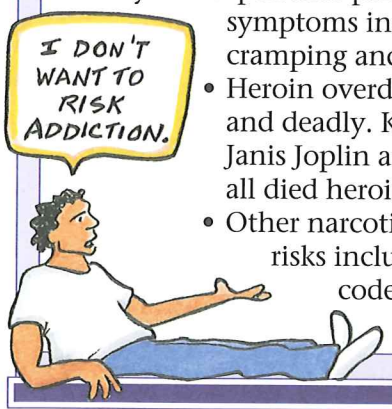
### Other Common Drugs (steroids, club drugs, the date rape drug, tobacco)

- **Steroids** – used to increase muscle size – have dramatic side effects that include: shrinking testicles in men; facial hair and problems with menstrual cycles in women; acne; aggressive behavior and depression; liver damage; heart attacks; and strokes.
- **Ecstasy (MDMA), GHB and Special K (ketamine)** are just a few of the many club drugs. These drugs have caused hundreds of deaths in the United States.
- **Rohypnol** (the date rape drug, roofies) is a depressant. It has been slipped into victims' drinks so they can be raped after passing out.
- **Nicotine**, found in tobacco, is a drug that is as addictive as heroin and cocaine.



### Heroin and Other Narcotics (horse, smack, dope, tar, junk)

- People become addicted to heroin very fast. They can experience painful withdrawal symptoms including vomiting, cramping and shaking.
- Heroin overdoses are common and deadly. Kurt Cobain, Janis Joplin and River Phoenix all died heroin-related deaths.
- Other narcotics that have similar risks include morphine, codeine, OxyContin and Vicodin.





## Keep yourself and those around you safe.

- ✓ If you choose to drink, drink only in moderation (up to two drinks for men, or one drink for women, per day).
- ✓ Never drink and drive.
- ✓ Don't let your friends drink and drive.

## Get help if you have a drinking problem.

- ✓ If you have a hard time setting limits with alcohol, you may need help.
- ✓ Talk with a health care provider. He or she can help you decide if you need to cut down or stop drinking.
- ✓ Call your local health department to find treatment programs. Try a self-help group like Alcoholics Anonymous (listed in the white pages of the phone book).
- ✓ If you think a friend or family member has a problem with alcohol, consider going to Al-Anon, a support group for families and friends of alcoholics.



Alcohol changes the way people think and act. Learning how alcohol affects you can help you make good choices about drinking and alcohol use. To get more information about alcohol, call the National Drug Abuse Hotline at 1-800-662-HELP (1-800-662-4357) or visit [www.drugabuse.gov](http://www.drugabuse.gov) on the Internet.

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Written by Janet Gellman.  
Designed by Eva Bernstein. Illustrated by Meg Biddle.  
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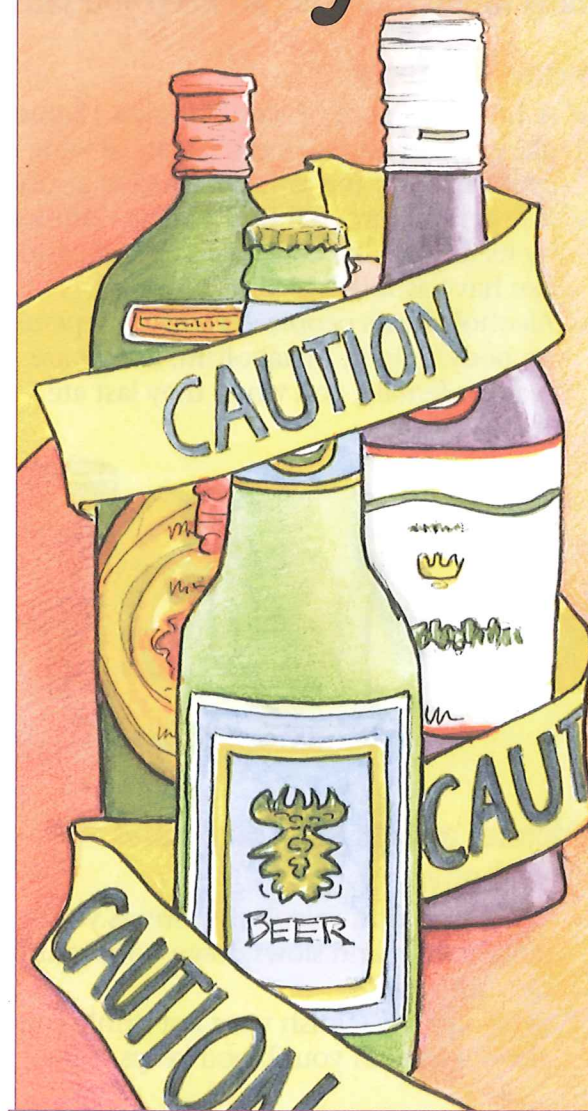
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GET THE FACTS

# Alcohol and Safety 101



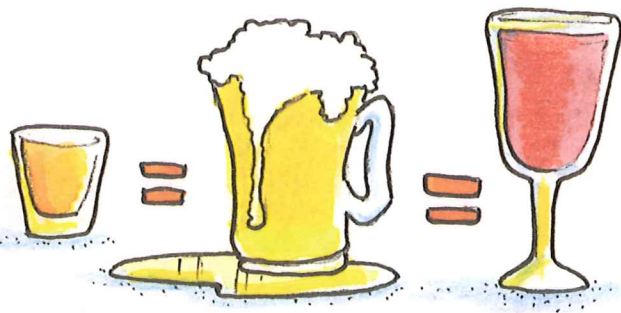
MAKE GOOD CHOICES



Whether you are at a party, getting a bite to eat, or just hanging out with friends, alcohol is often around. But no matter how common it is, drinking alcohol has risks. Your decisions about whether to drink, when to drink, and how much to drink can keep you safe.

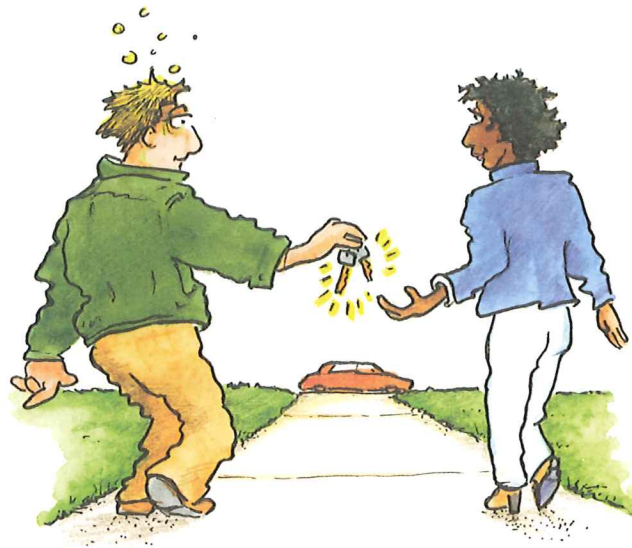
## Know the facts.

- ✓ A 1.5-ounce shot of hard liquor, a 12-ounce glass of beer and a 5-ounce glass of wine all contain about the same amount of alcohol.
- ✓ You can't always tell how strong a drink is by its taste. Wine coolers and mixed drinks can have as much alcohol as a shot.
- ✓ Alcohol affects people differently depending on body weight, metabolism, if they are male or female, and when they last ate.



## Alcohol affects your brain and your body.

- ✓ When you drink alcohol, it enters your bloodstream and slows down your central nervous system.
- ✓ Even after you finish your last drink, the alcohol level in your blood keeps rising.



## Drinking makes it dangerous to drive.

- ✓ If you drink alcohol, don't drive a car. Always choose a "designated driver" in advance – someone who won't drink any alcohol.
- ✓ Even a small amount of alcohol can make driving unsafe.
- ✓ Don't ride with a person who has been drinking. If you can, take away his or her car keys.
- ✓ Call a friend for a ride. Check to see if your college or school has a free ride service.
- ✓ Keep extra money with you for a taxi or bus.
- ✓ This may be a life-or-death decision for you – and everyone else in the car and on the road.

## Underage drinking is illegal and unsafe.

- ✓ Underage drinking is more likely to kill young people than all illegal drugs combined.
- ✓ Underage drinkers risk losing their license, going to jail, having their car impounded and losing college financial aid.
- ✓ The younger a person starts drinking, the more likely he or she is to have drinking problems later on.

## Binge drinking is dangerous.

- ✓ Binge drinking is four drinks in a row for women – five for men. It is too much alcohol, too fast, for a person's body to handle.
- ✓ Drinking games, competitions and bets can be especially dangerous. People can drink too much before they realize it.

## Binge drinking can lead to alcohol poisoning.

Alcohol poisoning is a medical emergency. The signs include not being able to wake up, cold or blue skin, slow breathing, or vomiting while asleep. People can choke on their vomit, go into a coma, or die. If you suspect someone has alcohol poisoning, call 911 or your local emergency number right away.

## Even moderate alcohol drinking has risks.

- ✓ Many drowning accidents and fatal falls are linked to alcohol use.
- ✓ Young adults are more likely to have unprotected sex when they drink alcohol. The results can be an unplanned pregnancy or a sexually transmitted disease.
- ✓ Some people become violent when they drink. Alcohol is often a factor in sexual assaults and rapes.

