



*The Real True and False About
Alcohol, Marijuana, and Inhalants*

Presenter's
RESOURCE GUIDE

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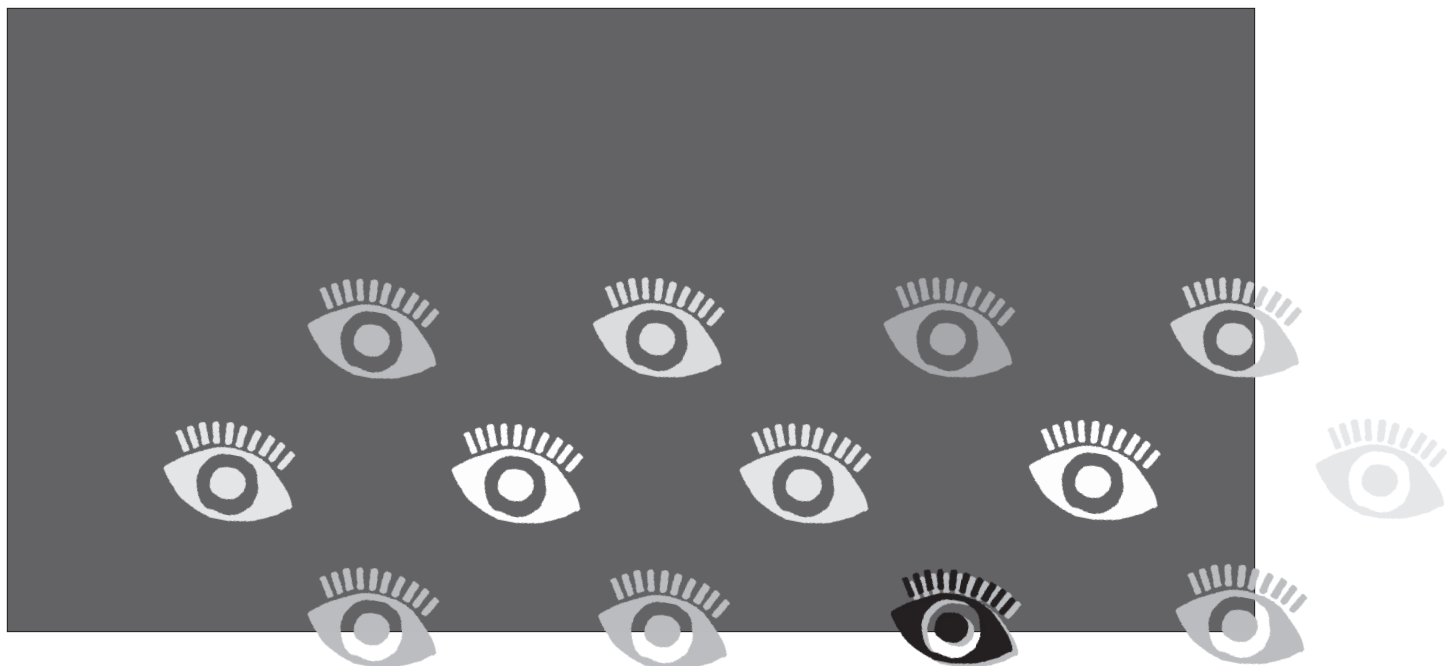


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INTRODUCTION



Middle school students are susceptible to an assortment of common myths and misunderstandings about drugs and teenage drug use. Because they want to "fit in," adolescents are easily moved and motivated by what has been called "peer pressure," even when it is guided by wrong information and bolstered by misperceptions.

Although recent social norms surveys have shown that 85% of American teenagers *do not* use drugs or alcohol, the same testings prove that most middle school students assume that most high school teenagers *do use* drugs or alcohol. This misperception puts them in danger of trying drugs.

Whether wanting to "grow up fast," blend into peer groups, or experiment with new identities, middle schoolers can come into direct, sudden and dangerous contact with "gateway" drugs of alcohol, marijuana, and inhalants.

The Real True and False About Alcohol, Marijuana and Inhalants seeks to provide them with the right information about these "initiative" drugs. It presents facts, exposes myths, and shows the true dangers of these drugs to middle schoolers.

Alcohol is the most popular of all drugs. It contains ethanol, a depressant that attacks the central nervous system, and is consequently more dangerous to teens than adults. Growing bodies cannot assimilate its poisonous effects. Alcohol poisoning claims many young people, who die or suffer permanent brain damage. Furthermore, alcohol leads to other drug use. Most addicts and hard drug users say they started with beer! The trouble with alcohol is that teenagers don't recognize its danger. Even though young people feel invincible, they are not. Driving under the influence of alcohol is lethal, not only to them, but to their friends, and to innocent victims they encounter along the way.

Marijuana contains THC, a dangerous mind-altering chemical. It is not a "safe and natural plant" as the myth proclaims. It is very addictive: Smokers want more, and tolerance increases until psychological addiction takes over. It is dangerous for teens because their learning is affected, responsibilities are neglected, and time is wasted. THC is a toxic chemical, very damaging to young body tissues and organs, very hazardous to young brains. Beyond that, teens who use it are more likely to experiment with other drugs than teens who do not.

Inhalants, which are household solvents, are more lethal to middle schoolers than hard drugs! Why? Because they are common, accessible, legal to possess and because they are inhaled deeply, causing immediate death by asphyxiation, heart attack, organ paralysis, or system poisoning. One-third of all inhalant deaths are first time users! Some young bodies cannot withstand the onslaught. Inhalants are to be avoided.

INTRODUCTION

(Continued)

Middle school is a time of change. Students in this age group are struggling to make the transition from child to adolescent, from dependency on parents and teachers to independence. Temptation to take risks and experiment with forbidden substances at this age is strong. Choosing peer groups and wanting to be "in" with the kids who are popular is another factor that influences choices at this age. That is why it is so important to implement social norms strategies into alcohol and drug prevention programs.

Middle schoolers who think that drinking alcohol, smoking marijuana or sniffing inhalants is "growing up" are wrong. *The Real True and False About Alcohol, Marijuana and Inhalants* shows them that most of their peers *do not* and *will not* drink or use drugs because they are too dangerous. This is positive "peer pressure" at work.

PROGRAM GOALS



After watching the video and completing the student activities,
your students will know:

- √ That the majority of their peers are not drinking or using drugs.
- √ That drugs are a problem that affects everyone, even them.
- √ The damaging effects of alcohol, especially to young bodies.
- √ The damaging effects of marijuana to their bodies and brain.
- √ How quickly inhalants can lead to brain damage and/or death.
- √ That most drug addicts started with alcohol.
- √ The effects of psychological addiction caused by marijuana.
- √ That one-third of all teen inhalant deaths were as first time users.
- √ Specific medical consequences associated with each of these drugs.
- √ How alcohol, marijuana, and inhalants have affected kids' lives.
- √ How to tell the real truth from the common myths about alcohol, marijuana, and inhalants.

The Real True and False About Alcohol, Marijuana, and Inhalants



SCRIPT

Brandy

Drugs. You hear about them a lot. On the news, at home, from your friends. You already know that the decision to get involved with drugs is a bad one, but do you know that most kids don't use drugs? Well, they don't. If you think they do, that's a problem. But it's one that can be cleared up with the right information.

Lauren

In middle school, I thought a lot of the cool people were drinking and doing drugs, but then I found out when I got to high school that it wasn't really the good group of people. And that you really didn't need to hang out with them to have fun, you can do other things, and there's other really nice people out there.

Jenny K.

It's a misperception middle schoolers have that all high school students are drinking and doing drugs. But they're really not.

Scottie

You don't really need to do the drugs or the alcohol in order to have a good time...like everybody thinks you do.

Brandy

The fact is 85% of teens in America don't use drugs. But what do you do when someone offers you drugs? It's not easy to say no to a friend. Knowing the truth about drugs helps. How much do you really know about drugs and the people who use them? Take the real true and false pop quiz about drugs and find out. Ready?

Title Sequence

Jenny

True or False. Drug abuse only affects users and their families.

Matt

Hmm.....true.

Wrong Buzzer

Jenny

Wrong. Drug abuse causes half of the violent crime in the United States. 95% of all prison inmates are there because of a drug related crime, especially manslaughter and

SCRIPT

(Continued)

armed robbery. That's the real truth!

Ben

Plus, 70% of all accidental deaths occur because of drug use. That's a big number. Three out of four people killed accidentally die because of drugs, especially young people.

Jenny

Drug abuse affects way more than just users and their families. Drug abuse affects us all. And that means you!

Ben

Try this one. Marijuana is the most popular and frequently used drug by teenagers.

Victoria

False.

Right Bell

Ben

You're right. Alcohol is more popular and more used by teens.

Ryan

Wait! Alcohol is not a drug.

Wrong Buzzer

Ben

The real truth is that alcohol is a drug. It contains ethanol which acts as a depressant – it's a downer. It works by affecting your central nervous system, attacking and slowing down your brain, your spinal column, and its millions of connections throughout your body.

Jenny

Alcohol is the most widely used drug on the market.

Alexandra

Yeah, that's true.

Right Bell

SCRIPT

(Continued)

Jenny

Alcohol is used by more people than marijuana, cocaine, LSD, ecstasy, and all the other drugs combined.

Ben

Alcohol is more dangerous for teens than adults.

Ryan

That's not true.

Wrong Buzzer

Ben

The fact is alcohol is riskier for young people. It's a poison to growing bodies. Overdose is easy. Drink too much or too fast for your system...you pass out and don't wake up.

Dr. Preston

Alcohol is not a natural substance and it is a poison. And the trouble that young people get in is that they take it very, very rapidly and particularly like funneling or doing shots or...I saw a kid just a week ago that on an eight dollar bet turned a bottle of tequila upside down. He ended up on a ventilator in ICU for three days and I can tell you, he is not going to be the smartest kid in the class when he wakes up. It's a poison and it poisons their respiratory system, it poisons their brain. It's like any other poison given high doses very quickly; ingested like that it can lead to death.

Brandy

Alcohol leads to other drug use. 95% of all addicts and hard drug users started with alcohol, usually beer.

Ben

Beer or wine is safer to use than hard liquor.

Wei

Yes, that's true.

Wrong Buzzer

Ben

No, it's false. Because people think beer or wine is more harmless than liquor, they drink more of it. It's more common, more available...cheaper and easier to get. But just like hard liquor, beer and wine contain ethanol...and they can just as easily poison

SCRIPT

(Continued)

your body.

Dusty

When a kid comes to school after a weekend, they talk about how they got drunk, which they may not have and they think they're really big and bad for it. And where I'm coming from, I just tell them, I just look at them and think they're stupid because I don't understand what's the fun in that. Like, I can tell them what I did over the weekend and it's, I accomplished more, they used something to help them do that, so... and I accomplished it on my own, under my own control.

Dr. Preston

The biggest problem with young people and alcohol is they don't really recognize the danger. You know when you're a teenager you think you're invincible, that you cannot be hurt, that you can do anything and survive. And I guess the reality is, is that for the most part they can survive but that doesn't mean that it's not without a price to pay. And they're damaged. And they're damaged by the quick ingestion and the effect of the poisoning.

Anthony

Not only that. Alcohol use is responsible for 70% of all drownings, and 40% of all fatal car crashes in this country. In fact, there is one each half hour! Alcohol related accidents are the leading cause of teenage deaths.

Greta

If I would have been killed or if I would have killed someone else, when I was driving drunk, my parents lives would literally have stopped. I don't know what they would have done.

Jeff

You make a choice to have a drink. Well, now your body's not able to make the choice, a good decision on whether I want to get in a car and drive for awhile. And it just kind of sets off a chain reaction. And you don't know where you can end up by just saying yes once you might have made a lot of other decisions that you can't make now because you're under the influence.

Jenny

True or false. Marijuana is a plant, not a drug. It is safer than hard drugs from the street.

Paulina

Everybody knows that's true.

SCRIPT

(Continued)

Wrong Buzzer

Jenny

The real truth is marijuana contains THC, a powerful chemical that alters your brain's chemistry. The more marijuana you smoke, the more your nerve cell gaps widen in your brain. You forget things. You get confused. You don't learn, can't concentrate or focus attention as well. These effects build up over time.

Officer Gibson

I know the word is, out on the street, that marijuana is good for you. The bottom line is; it is illegal and it could land you in jail.

Jenny

True or false. Marijuana is not addictive.

Ryan

False.

Right Bell

Jenny

Right. Marijuana is very psychologically addictive. After a short time, users want more. Smoking it seems the only way to feel "normal." Tolerance increases, so more is smoked. Addiction! Ordinary problems and frustrations are not dealt with, responsibilities are ignored, time is wasted. Life without marijuana seems boring so you use more and become even more seriously addicted.

Dea

You can't do homework and you can't read and all you want to do is just sit around and listen to music and just chill. I don't think that's such a bad thing because even when I'm not high, that's pretty much what I like to do is sit around and listen to music and chill. But, if you're doing it all the time, you just lose whatever else should be in your life. I wouldn't want to do that over again. I spent a long time my sophomore year listening to music and chilling, and there's so much else I could have been doing that I missed out on.

Anthony

True or false. Today's marijuana is not as strong as the '60's and '70's type.

Terry

True.

Wrong Buzzer

SCRIPT

(Continued)

Anthony

No. The real truth is shocking. Marijuana is not a “natural herb.” Today’s marijuana has 30 times more THC that it did ten years ago.

Ben

Growing methods have improved. Now marijuana is refined, is extremely potent -- and more toxic! More THC means more paranoia, more bad reactions like breathing emergencies, fainting and passing out. Oxygen deprivation.

Brandy

The real truth is that marijuana-related emergency room visits have increased 200% in the last few years.

Jenny

True or false. Marijuana has no long-term side effects.

Ryan

True.

Wrong Buzzer

Jenny

Wrong. THC from one marijuana joint stays with you, in your body, for a month. That’s why it can easily be detected in a drug screening test. The real truth, marijuana does have long term side effects. Especially during puberty and developmental adolescent growth. It can permanently affect fertility in girls and decrease testosterone levels in boys. THC is a toxic chemical and like any other poison it can damage your body’s organs.

Brandy

Smoking a joint is worse than smoking a cigarette.

Louis

True, right?

Right Bell

Brandy

Right. One joint equals five times the cancer causing chemicals in cigarettes. Plus, marijuana smoke is inhaled deeper and held in the lungs longer than cigarette smoke. More danger and more exposure.

SCRIPT

(Continued)

Anthony

True or False. It is safer to drive under the influence of marijuana than alcohol.

Bryan

True.

Wrong Buzzer

Anthony

Wrong. While it's not at all safe to drive or be driven by someone under the influence of alcohol, it is just as dangerous to drive under the influence of marijuana, or go for a ride with someone who is "stoned."

Ben

Drive reaction time is slower, coordination is severely decreased, concentration is fuzzy, and vision is impaired. And, listen to this fact: Over 30% of all those held responsible for car crash victims tested positive for marijuana!

Brandy

So what do you do if you're at a party and someone offers you a joint or a beer? It's not easy, but you've got to find a way to say no. For yourself...and for your friend.

Michael O.

If someone offers it to me, I'll say no. But then I'll give them a reason why I won't do it and maybe that'll...I mean, you never know what's going to happen, you could, you can just say one thing and you can just plant that seed and then it might not grow right then but later on they might think about it and then they might totally change just because of one thing you said. So usually I don't really go straight forward and say, "oh, you shouldn't do this because of this," but if someone offers me a beer or offers me weed or something like that, I just say, "no thank you, you shouldn't do it either because weed gives you emphysema or it kills brain cells."

Brandy

True or false. Inhalants are not drugs. They are household products, like oven cleaner and fuel for your barbecue grill. So, they're legal.

Matt

That's gotta be true.

Wrong Buzzer

SCRIPT

(Continued)

Brandy

Legal to buy, but illegal to inhale...insane too! That kind of misuse is deadly.

Leslie

I kept asking my mom you know, "she's not going to die, huh?" I kept saying - I kept thinking in my mind that they were going to wheel her out in a wheel chair or she was going to be maybe, you know unconscious for awhile. But, I mean, the thought really honestly did not cross my mind. And then my uncle came in and he said, "did you know that Pookie died tonight." Seeing her there and knowing that the last -- a couple nights before that she was with me, you know. And we were talking and having a good time and laughing. And then, you know one minute she's there and then the next minute she's gone, just like that.

Ben

True or false. Half of all teens have tried inhalants at least once.

Paulina

False.

Right Bell

Ben

Right. Most teens stay away from inhalants. They are extremely deadly. Of all drugs, inhalants are the most lethal to first time users! In fact, 30% of all teen inhalant deaths occurred the first time they ever used it.

Brandy

Remember, one-third of all inhalant deaths are first time users! This is because some kids' bodies can't take it at all. But what a way for your family and friends to find this out. You will be dead. Don't do it.

Dr. Minyard

I have four autopsies here. One is a fourteen year old young man who was inhaling one of these solvents and he died immediately. And this is usually the way it happens. Usually it's just one or two sniffs and what will happen, is it will either cause your heart to stop beating immediately or it will paralyze your lungs so that you're incapable of breathing. So these solvents that kids are sniffing are actually much more dangerous than the illegal drugs that we all know about; because they are solvents, they can cause you to die immediately, immediately and end up here in the coroner's office.

SCRIPT

(Continued)

Jenny

Alcohol. Marijuana. Inhalants. All dangerous drugs. Some kids think that getting involved with alcohol and drugs is a sign of growing up, acting older. The real truth is most kids don't drink or use drugs. Ever.

Matt

If you become a drug user when you're a freshman, by the time you're a senior you'll have no goals, you won't get into college because you'll have bad grades, and then your life is just down the drain.

Kristian

I would say to middle schoolers that you don't need drugs. Drugs are a waste of time and they're negative.

Lauren

I think it's so respectful when someone says no to alcohol or drugs. And you just know that they're happy with themselves for saying no, because the easiest way out of it would be saying yes and just getting drunk or doing the drug. But when you say no, it's so respectful of other people. And then maybe just one other person will look over and see you say no and it'll give them the power to say no too.

Buddy

My advice to middle schoolers is have fun during high school, don't make stupid decisions that'll affect your life, and just try to stay drug and alcohol free, because the only way you're going to be successful is just having fun and not doing drugs.

Amanda

The real true and false about drugs is that there's nothing good about them.

Brandy

Some teens might brag about doing things they haven't done. Many hear about kids who get in trouble because of drinking or drugs...and think that everyone must be doing it. Don't believe it! Just be yourself. You don't need alcohol and drugs to be popular. In fact, making healthy choices, setting goals and striving to meet them shows that you are really growing up!

SUGGESTIONS FOR VIDEO PRESENTERS



This Resource Guide is designed to supplement information from the video
The Real True and False About Alcohol, Marijuana and Inhalants

Here are suggestions for using the material in this Presenter's Resource Guide,
based on how many class periods you have for your presentation.

One Class Period Presentation

1. Show *The Real True and False About Alcohol, Marijuana and Inhalants* video (16 minutes.)
2. When the video ends pass out the **Post-Test**. After students have answered the test, use the answer key to review correct answers with students.
3. Use either the *What Do You Think?* or *Role Plays* from the **Student Activities** section to interact with the students. Photocopy and pass out the *Crossword Puzzle and Glossary* for students to complete during the remaining class time.
4. Photocopy and distribute the **Student Handouts** of the Resource Guide for students to take home. Encourage them to talk to their parents about what they've learned from *The Real True and False About Alcohol, Marijuana and Inhalants* and to complete the **Drug-Free Contract** with their parents.

Two Class Period Presentation

First Class Period:

1. Before you show the videotape, give each student the **Pre-Test** to complete. Collect these for use during the next class period.
2. Show *The Real True and False About Alcohol, Marijuana and Inhalants* video (16 minutes.)
3. When the video ends pass out the **Post-Test**. After students have answered the test, use the answer key to review correct answers with students.
4. Photocopy and pass out the *Crossword Puzzle and Glossary* for students to complete during the remaining class time.

SUGGESTIONS FOR VIDEO PRESENTERS

(Continued)

Second Class Period

1. Give each student the **Pre-Test** they completed in the first class period. Distribute the **Pre-Test Answer Key**. Call on students to give their answer from the **Pre-Test** and then have them read the correct answer and explanation aloud.
2. Divide the class up into three groups and assign each group one of the **Role Plays** to act out for the class.
3. Photocopy and distribute the **Student Handouts** of the Resource Guide for students to take home. Encourage them to talk to their parents about what they've learned from *The Real True and False About Alcohol, Marijuana and Inhalants* and to complete the **Drug-Free Contract** with their parents.



Pre-Test

Pre-Test



True or False

1. T F The majority of teens use either alcohol or drugs.
2. T F More people use alcohol than all other drugs combined.
3. T F According to most hard drug addicts, drinking is the first step on the path to drug abuse.
4. T F Since it is legal for adults to drink, it must be safe for teens as well.
5. T F Since marijuana is a natural plant, it is safe to use.
6. T F Marijuana is not addictive.
7. T F Smoking marijuana is more harmful than smoking cigarettes.
8. T F Inhalants are household products that can make you high.
9. T F Inhalants are legal because they are not drugs.
10. T F Inhalants are more dangerous than hard drugs.

Pre Test—True or False

Answer Key



- 1. The majority of teens use either alcohol or drugs.**
False. The real truth is that most teens don't use drugs. In fact, 85% of teens are making healthy choices that don't include drugs.
- 2. More people use alcohol than all other drugs combined.**
True. Alcohol is the most popular drug. It is used more than marijuana, inhalants, ecstasy, cocaine, heroin, and any other drug.
- 3. According to most hard drug addicts, drinking is the first step on the path to drug abuse.**
True. 95% of all drug addicts admit to starting with alcohol. Most say that making a bad choice with alcohol made it easier to try other drugs and wind up with no family, no future, and no self-respect.
- 4. Since it is legal for adults to drink, it must be safe for teens as well.**
False. Alcohol is a poison to growing bodies. When a teen drinks alcohol, not only is it illegal, but it can also poison your brain and your respiratory system. You can easily wind up in the emergency room on a ventilator. Also, overdose and alcohol poisoning happen quicker in teens because their bodies cannot handle the toxicity.
- 5. Since marijuana is a natural plant, it is safe to use.**
False. Marijuana contains the chemical THC, which is not at all safe. THC is the chemical that gets you high, but its negative effects outweigh the short "high." It causes paranoia, breathing complications, bad reactions, and a decrease of testosterone in boys and affects the fertility of girls.
- 6. Marijuana is not addictive.**
False. Marijuana is very psychologically addictive. After you start smoking marijuana you soon want it all the time. Life just isn't as much fun without marijuana. You develop a tolerance, so you have to smoke even more to get high with the result that you become even more addicted.
- 7. Smoking marijuana is more harmful than smoking cigarettes.**
True. Marijuana smoke has five times the cancer causing chemical as cigarettes. You would have to smoke 20 cigarettes to equal the amount of tar in one marijuana joint. Plus, marijuana smoke is held in the lungs much longer than cigarette smoke.

Pre Test—True or False

Answer Key (Continued)

8. **Inhalants are household products that can make you high.**

True. Inhalants are things you can find in your house or at the store. But just because they are legal to buy, does not make them legal to inhale. Inhalants are very dangerous. They can cause your heart to just stop beating or they can coat your lungs so you are unable to breathe. Inhalants may be household products but, they are more dangerous than most street drugs because they can cause you to die immediately.

9. **Inhalants are legal because they are not drugs.**

True. Inhalants are not drugs. They are products that if misused can lead to death. One-third of teens who die from inhalants died the first time they used them!

10. **Inhalants are more dangerous than hard drugs.**

True. These inhalants are not created to be put into your body. You have a much greater chance of dying from inhalants than any other drug, especially the first time you use it, because your body may not be able to withstand the chemical assault. On the other hand, hard drugs are in no way safe. Many drugs bought on the street are contaminated with impurities, poison, and come in unknown strengths.



Post-Test

To be used after the video has been shown

Post-Test



True or False

1. T F Drug abuse only affects users and their families.
2. T F Marijuana is the most popular and frequently used drug by teens.
3. T F Alcohol is the most widely used drug on the market.
4. T F Alcohol is more dangerous for teens than adults.
5. T F Beer or wine is safer to use than hard liquor.
6. T F Marijuana is a plant, not a drug. It is safer than other drugs.
7. T F Marijuana is not addictive.
8. T F Today's marijuana is not as strong as the '60s and '70s type.
9. T F Marijuana has no long-term side effects.
10. T F Smoking a joint is worse than smoking a cigarette.
11. T F It is safer to drive under the influence of marijuana than alcohol.
12. T F Inhalants are not drugs. They are household products, like oven cleaner and fuel for your barbecue grill. So, they're legal.
13. T F Half of all teens have tried inhalants at least once.
14. T F Most teens don't use alcohol or drugs, ever.

Post-Test

(Continued)

Matching

Use the number next to the substance to complete the sentences.

1. Alcohol

_____ related emergency room visits have increased 200% in the last few years.

_____ has 30 times more THC than it did 10 years ago.

_____ contains ethanol, it attacks and slows down your brain.

_____ are legal to buy, but illegal to misuse.

_____ is the most popular drug among teens.

2. Marijuana

_____ paralyze your lungs so you cannot breathe.

_____ decreases testosterone levels in boys and affects fertility in girls.

_____ is more used than any other drug.

_____ can cause your heart to stop beating immediately after use.

3. Inhalants

_____ is more dangerous for growing bodies; it is a poison and overdose is easy.

_____ has five times the cancer causing chemicals as cigarettes.

Post-Test

(Continued)

Fill in the Blank

1. Drug abuse affects _____.
2. Most people in _____ are there because of a _____ related crime.
3. Drug abuse can lead to _____.
4. _____ is the most popular drug among teens.
5. _____ is a drug because it contains ethanol, which is a depressant.
6. One marijuana joint equals _____ times the cancer causing chemicals in cigarettes.
7. 90% of all _____ started with beer.
8. Today's marijuana has 30 times more _____ than it did 10 years ago.
9. 85% of all teens do not use _____ or _____.
10. One-third of all the teens who died using inhalants were using them for the _____ time.
11. _____ related accidents are the leading cause of teenage death.
12. Substances used as inhalants are _____ to buy, but illegal to _____.
13. Beer and wine are just as _____ as hard liquor.
14. _____, _____, and _____ are all dangerous drugs that most teens avoid.



Post-Test

ANSWER KEY

POST-TEST—True or False

1. **Drug abuse only affects users and their families.**

False. Drug abuse causes half of the violent crime in the United States. 95% of all prison inmates are there because of a drug related crime, especially manslaughter and armed robbery.

2. **Marijuana is the most popular and frequently used drug by teens.**

False. Alcohol is more popular and more used by teens. Alcohol contains ethanol which acts as a depressant, a downer. It affects your central nervous system, attacking and slowing down your brain, your spinal column, and its millions of connections throughout your body.

3. **Alcohol is the most widely used drug on the market.**

True. Alcohol is used by more people than marijuana, cocaine, LSD, ecstasy, and all the other drugs combined.

4. **Alcohol is more dangerous for teens than adults.**

True. Alcohol is riskier for young people. It's a poison to growing bodies. Overdose is easy. If you drink too much or too fast, you could pass out and never wake up.

5. **Beer or wine is safer to use than hard liquor.**

False. Since people sometimes think beer or wine is safer than liquor, they drink more of it. It is more common, more available, cheaper, and easier to get. But, beer, wine, and hard liquor all contain ethanol, and can all poison your body.

6. **Marijuana is a plant, not a drug. It is safer than other drugs.**

False. Marijuana contains THC, a powerful chemical that alters your brain's chemistry. The more marijuana you smoke, the more your nerve cell gaps widen in your brain. You forget things. You get confused. You don't learn, can't concentrate or focus attention as well. These effects build up over time.

7. **Marijuana is not addictive.**

False. Marijuana is very psychologically addictive. After a short time, users want more. Smoking it seems the only way to feel "normal." Tolerance increases, so more is smoked. You have become addicted. Ordinary problems and frustrations are not dealt with, responsibilities are ignored, time is wasted. Life without marijuana seems boring so you use more and become even more seriously addicted.

POST-TEST—True or False

(Continued)

8. **Today's marijuana is not as strong as the '60s and '70s type.**
False. Marijuana is not a "natural herb." Today's marijuana has 30 times more THC than it did 10 years ago. Growing methods have improved. Now marijuana is refined, is extremely potent, and more toxic. More THC means more paranoia, more bad reactions like breathing emergencies, and passing out. Oxygen deprivation. Marijuana-related emergency room visits have increased 200% in the last few years.
9. **Marijuana has no long-term side effects.**
False. THC from one marijuana joint stays with you, in your body, for a month. That's why it can easily be detected in a drug screening test. Marijuana does have long-term effects, especially during puberty, and developmental growth. It can permanently affect fertility in girls and decrease testosterone levels in boys. THC is a toxic chemical and like any other poison it can damage your body's organs.
10. **Smoking a joint is worse than smoking a cigarette.**
True. One joint equals five times the cancer causing chemicals in cigarettes. Plus, marijuana smoke is inhaled deeper and held in the lungs longer than cigarette smoke. More danger and more exposure.
11. **It is safer to drive under the influence of marijuana than alcohol.**
False. While it is not at all safe to drive or be driven by someone under the influence of alcohol, it is just as dangerous to drive under the influence of marijuana, or go for a ride with someone who is "stoned." Drive reaction time is lower, coordination is severely decreased, concentration is fuzzy, and vision is impaired.
12. **Inhalants are not drugs. They are household products, like oven cleaner, and fuel for your barbecue grill. So, they're legal.**
False. Inhalants are legal to buy, but illegal to inhale. That kind of misuse is deadly. Inhalants can coat your lungs, stop your breathing, and kill you instantly.
13. **Half of all teens have tried inhalants at least once.**
False. Most teens stay away from inhalants. They are extremely deadly. Of all drugs, inhalants are the most lethal to first time users. 30% of all teen inhalant deaths occur the first time they ever used it!
14. **Most teens don't use alcohol or drugs, ever.**
True. Most teens don't use alcohol or drugs. 85% of teens make the healthy choice to stay alcohol and drug free.

POST-TEST

Matching Answer Key

- 2 related emergency room visits have increased 200% in the last few years.
- 2 has 30 times more THC than it did 10 years ago.
1. Alcohol
 - 1 contains ethanol, it attacks and slows down your brain.
 - 3 are legal to buy, but illegal to misuse.
 - 1 is the most popular drug among teens.
 - 3 paralyze your lungs so you cannot breathe.
2. Marijuana
 - 2 decreases testosterone levels in boys and affects fertility in girls.
 - 1 is more used than any other drug.
 - 3 can cause your heart to stop beating immediately after use.
3. Inhalants
 - 1 is more dangerous for growing bodies; it is a poison and overdose is easy.
 - 2 has five times the cancer causing chemicals as cigarettes.

POST TEST ANSWER KEY

Fill in the Blank Answer Key

1. Everyone
- 2.. Jail / Drug
3. Jail or Death
4. Alcohol
5. Alcohol
6. Five
7. Drug Addicts
8. THC
9. Alcohol/ Drugs
10. First
11. Alcohol
12. Legal
Inhale or Sniff or Huff or Misuse
13. Dangerous or Potent
14. Alcohol/Marijuana/Inhalants



*The Real True and False About
Alcohol, Marijuana, and Inhalants*

STUDENT ACTIVITIES

What Do You Think?

Write two or three sentence answers for each question.

In the video...

Lauren, now a freshman, says, "In middle school, I thought a lot of the cool people were drinking and doing drugs, but then I found out when I got to high school that it wasn't really the best group of people" who were drinking and using drugs.

Do you agree with Lauren's impressions of high school? Why or why not?

Jeff talks about how decisions are influenced by alcohol: "You make a choice to have a drink. Well, now your body's not able to make the choice, a good decision on whether I want to get in a car and drive for awhile. And it just kind of sets off a chain reaction."

What kinds of consequences can result from making the choice to drink?

Michael tells us what he does when confronted with an offer to drink or try drugs: "If someone offers me a beer or offers me weed or something like that, I just say, 'No thank you. You shouldn't do it either because weed gives you emphysema or it kills brain cells.'"

What are other reasons you might give to make saying no to a friend easier?

Matt, now a senior, has known people who chose to do drugs. He says, "If you become a drug user when you're a freshman, by the time you're a senior you'll have no goals, you won't get into college because you'll have bad grades, and then your life is just down the drain."

Can you think of other negative consequences of drinking and using drugs?

Role Plays

Imagine that you find yourself in the following situations and describe what you would do...Be specific.

After school one day you go over to a friend's house. While you are there your friend's parents leave to run some errands. Your friend calls you over to the fridge and asks if you want to try a beer. What do you say and do?

At a party you see some of your friends in the backyard and go to see what they are doing. One of the kids pulls out a joint and asks who wants to try it. The kid says that it makes you feel good and you won't get caught because no one will know. What do you say and do?

You and a friend are working on a school project at your house one weekend. Your friend says that you can use the spray paint you're working with to get high. Your friend also says that it is safe because it is something you can go to the store and buy, not like an illegal drug. What do you say and do?

GLOSSARY

ADDICT

A person who suffers with a drug addiction. Someone who has developed a dependency on a drug from tolerance of a substance and must use it over and over to feel normal. The addict is usually addicted to alcohol or drugs.

ADDICTION

A chronic, relapsing disease, characterized by compulsive drug-seeking, drug use, and changes to the brain of the drug abuser.

ALCOHOL

The intoxicating agent in liquor, beer, and wine. Causes intoxication or impairment (drunkenness). Acts as a poison to the body and brain. When ingested, the user is unable to make healthy decisions. Alcohol contains ethanol, a depressant drug.

ALCOHOL POISONING

Overwhelming the body's system with too much alcohol too fast. It causes death. If you or one of your friends shows signs of alcohol poisoning, do not let them go to sleep. Go to the hospital immediately.

CANNABIS

Any of the psychoactive preparations, such as marijuana, or chemicals, such as THC, derived from hemp.

CENTRAL NERVOUS SYSTEM (CNS)

Your brain and spinal cord, which can be thought of as the engine and heart of the nervous system of your body, where all the processes necessary for your life are regulated, including how you feel at any given time. Alcohol and drugs attack and affect the CNS.

CORONER

A doctor or medical professional who investigates causes of death possibly not due to natural causes. Performs autopsies or other tests on the body to determine cause of death.

CRAVING

A powerful, often uncontrollable desire for drugs. It is part of addiction. A drug user's brain produces less natural chemicals, called neurotransmitters, because it gets used to artificial ones in the drugs abused; but a user's body needs neurotransmitters, in the same amounts as before abuse to feel good, thus craving for the drug, to make up the difference.

DUI

Driving under the influence of alcohol or drugs.

DEPRESSANT

A chemical substance, such as a drug, that reduces bodily functional activity.

DRUG ABUSE

The misuse of drugs. Self-harm done through maltreatment by taking a dangerous substance into the body.

EMPHYSEMA

A condition that causes abnormal expansion of the lungs and impairment of heart action. Causes breathing complications and inability to breathe without assistance. Often brought on by smoking (cigarettes or marijuana).

ETHANOL

A colorless flammable liquid depressant that is the intoxicating agent in liquor, beer, and wine. Can interfere with thoughtful decision making.

ICU

Intensive Care Unit. Special medical equipment and services for taking care of seriously ill patients.

IMPAIRED

Being in less than functional condition. Judgement and decision making skills are diminished. Impairment affects eyesight (things seem fuzzy or double vision), as well as activities such as walking (staggering) or talking (slurred speech). Usually caused by using alcohol or other drugs.

INHALANT

A chemical substance inhaled into the lungs. Although legal to have around the house, "inhaling, huffing, or sniffing" inhalants is illegal and dangerous.

INTOXICATION

To be affected by a drug to the point of physical and mental impairment. (From the root word toxic, meaning poisonous.)

LETHAL

Deadly or fatal.

LIQUOR

A distilled alcoholic beverage containing ethanol. A form of poison to the body. Very dangerous, especially to children and teenagers.

MARIJUANA

An illegal drug. Smoked for its intoxicating "high." Affects decision making abilities as well as motivation. Can cause many serious medical problems, such as cancer or breathing problems. Contrary to what many people think, marijuana is addictive.

OVERDOSE

Taking a lethal or toxic amount of a drug, so much so that a doctor's care is required. Often leads to death.

OXYGEN DEPRIVATION

When a person's blood, heart, and brain are not receiving enough oxygen to function properly. Can lead to loss of consciousness or brain damage.

PARALYZE

Loss of function, feeling, and/or voluntary motion in the body.

PARANOIA

A mental state of high anxiety characterized by wrong or mistaken feelings of insecurity and persecution. You think people are out to "get" you. Often drug induced.

PSYCHOLOGICAL ADDICTION

The mental craving for a drug brought on by altered brain chemistry from use of that drug. The more you use, the more you want.

RESPIRATORY SYSTEM

Your body's breathing apparatus. Lungs take in air and expel carbon dioxide, put oxygen in the blood stream, and remove impurities.

SOLVENT

A liquid chemical containing substance.

THC

Tetrahydrocannabinol. The main intoxicant in marijuana. THC causes the "high" feeling, but is also a very dangerous part of marijuana. It alters the chemistry of the brain, causing nerve cell gaps to widen. The user also finds concentration and focusing difficult.

TOLERANCE

A condition in which higher doses of a drug are required to produce the same effect as experienced initially; often leads to physical dependence.

TOXIC

Poisonous. (From toxin, or poison.)

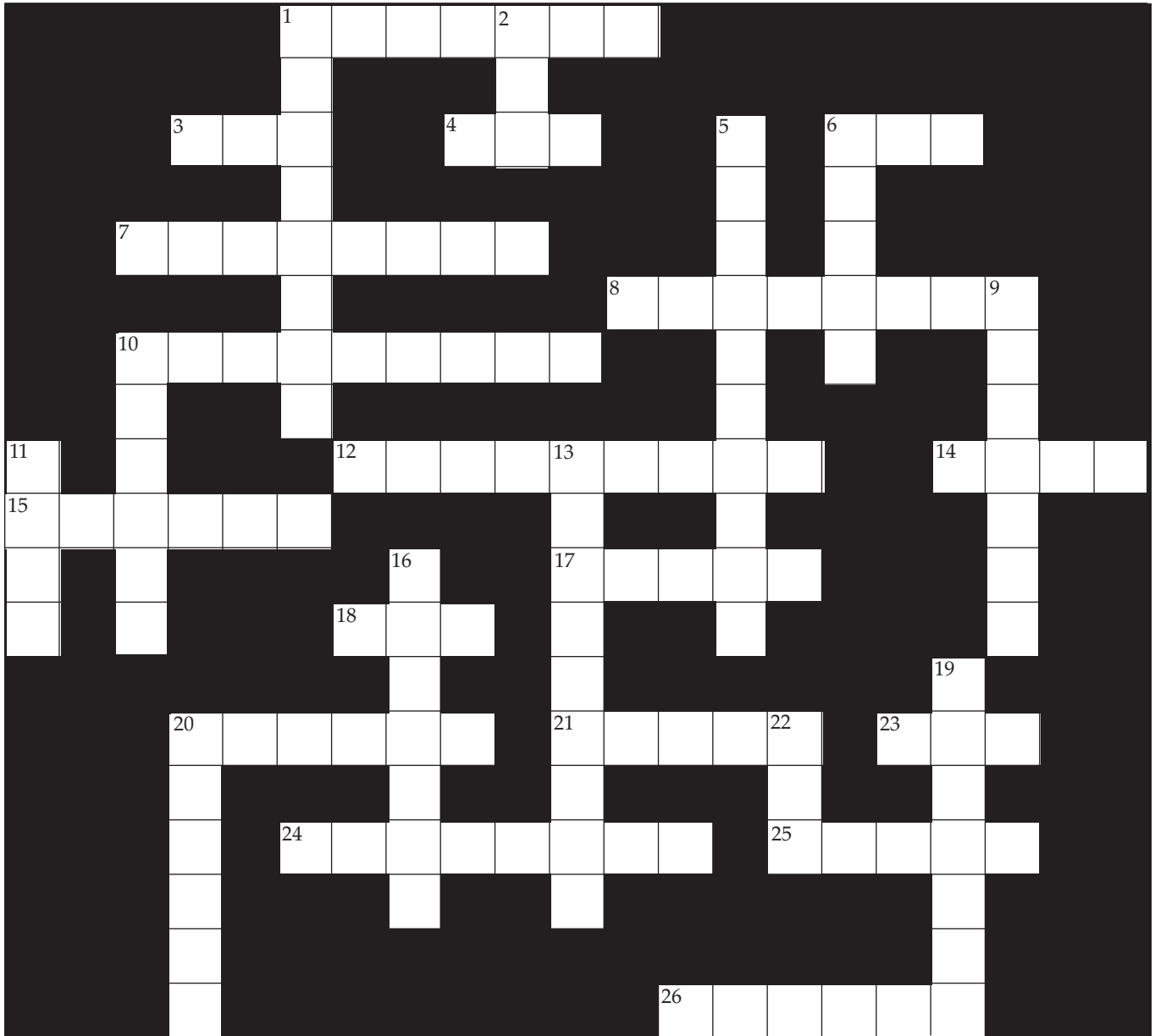
UNDER THE INFLUENCE

Not maintaining control. e.g. "Under the influence" of alcohol or drugs.

VENTILATOR

An artificial respirator used in emergency rooms. A lung pump. Keeps overdose victims breathing while their body system recovers. (Sometimes they don't.)

CROSSWORD PUZZLE



CROSSWORD PUZZLE CLUES

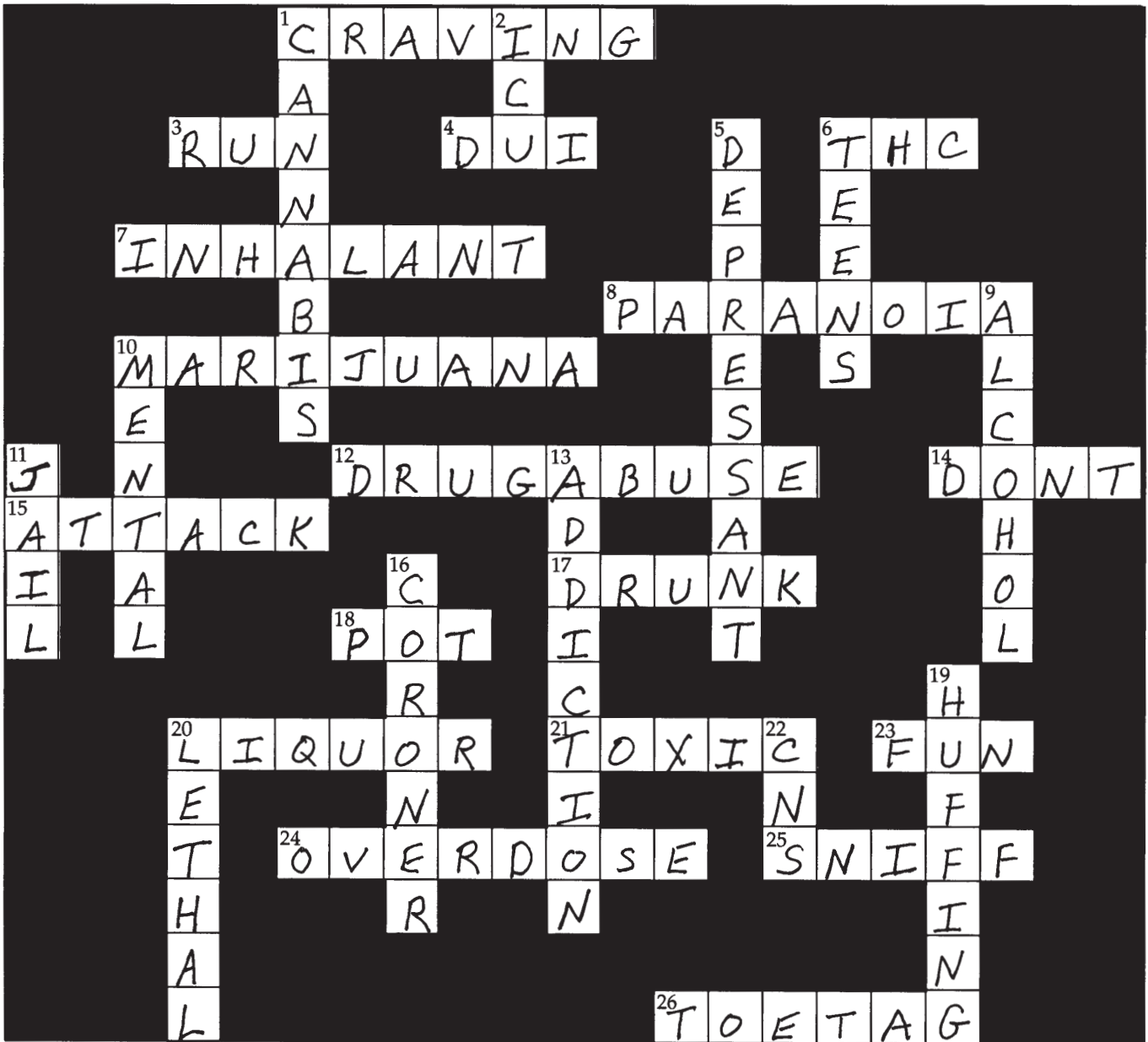
Across

1. The strong desire for drugs or alcohol.
3. If someone offers you drugs, _____ away!
4. Driving Under the Influence (abbreviation)
6. The active chemical in marijuana, tetrahydrocannabinol (abbreviation)
7. A dangerous chemical "sniffed" or "huffed" into the lungs.
8. Drug induced fear, anxiety, and insecurity.
10. Sometimes called "weed"
12. Taking a dangerous substance into your body.
14. _____ use drugs, alcohol, or inhalants.
15. Inhalant overdose causes heart _____.
17. Getting _____ leads to alcohol poisoning.
18. Slang word for marijuana.
20. Distilled alcoholic beverage poisonous to the body.
21. Another word for poisonous.
23. Drug addiction is not _____.
24. Taking too much of a drug can lead to death.
25. Slang word for inhaling dangerous substances into your lungs.
26. Coroner's office identity marker for overdose victims who die.

Down

1. Scientific word that refers to psychoactive substances like marijuana or chemicals like THC.
2. Intensive Care Unit (abbreviation)
5. Chemical substance that reduces or slows down body and organ activity.
6. 85% of these do not use drugs, alcohol, or inhalants.
9. Intoxicating agent in liquor, beer and wine.
10. Marijuana depresses _____ activity.
11. Where smoking marijuana leads teenagers.
13. A disease characterized by seeking and taking dangerous substances.
16. A doctor who performs autopsies on people who die from drug overdose.
19. Slang for inhaling dangerous substances like gasoline into your lungs.
20. Deadly or Fatal
22. Central Nervous System (abbreviation)

CROSSWORD PUZZLE ANSWER KEY





*The Real True and False About
Alcohol, Marijuana, and Inhalants*

STUDENT HANDOUTS

Is Your Body More Important Than A Car?

by

Michael Neeb, 9th Grade Student

It is simply amazing what people will pollute their bodies with. Some of the same people who pollute their bodies with drugs, including pot, (even “over the counter” drugs), alcohol, and cigarettes, wouldn’t dream of putting anything but the best quality gas and oil in their cars.

They treat their cars with great care to make them last longer and perform better, but their own bodies...that’s something else.

The body was designed to receive nutritious food and nothing else. In my opinion pot should only be legalized for medical use and then only if proven to be of legitimate help. It would have to be carefully monitored.

People who use pot for a high cannot face real life as it is and get their highs naturally from real-life activities. It’s true that teenagers feel like they are invincible, but as we get older we will find out differently and then wish we had treated our bodies much better.

Pot users might say why not use it?

My question is: why use it? Find the answer to that. You don’t need it. It would be great if alcohol and cigarettes were banned too, but they are so ingrained in our society it may take many years for that to take place, but we can put a hold on pot now, before it takes over and becomes ingrained too.

We should put the emphasis on healthy bodies. Legalization of pot? No way.

Marijuana Q&A

What are street/slang terms for marijuana?

- grass, pot, weed, bud, Mary Jane, dope, indo, hydro

What does marijuana look like?

- A green, brown, or gray mixture of dried, shredded leaves, stems, seeds, and flowers of the hemp plant. (“Cannabis” refers to marijuana and other drugs made from the same plant.)
- Other forms, less common in the United States, are hashish and hashish oil.

What are the methods of usage?

- Marijuana is usually smoked as a cigarette (called a joint) or in a pipe or bong.

What are some consequences of marijuana use?

- May cause frequent respiratory infections, impaired memory and learning, increased heart rate, anxiety, panic attacks, tolerance, and physical dependence.
- Use of marijuana during the first month of breast-feeding can impair infant motor development.
- Chronic smokers may have many of the same respiratory problems as tobacco smokers including daily cough and phlegm, chronic bronchitis symptoms, frequent chest colds; chronic abuse can also lead to abnormal functioning of lung tissues.
- A study of college students has shown that skills related to attention, memory, and learning are impaired among people who use marijuana heavily, even after discontinuing its use for at least 24 hours.

Who uses marijuana?

- Marijuana is the most commonly used illicit drug.
- At least one-third of Americans have used marijuana sometime in their lives.

How does marijuana get to the United States?

- Marijuana produced in Mexico and smuggled into the U.S. remains the most widely available.
- High-potency marijuana also enters the U.S. drug market from Canada.
- U.S. drug law enforcement reporting suggests increased availability of domestically grown marijuana.
- The availability of marijuana from Southeast Asia generally is limited to the West Coast.

Does marijuana pose health risks to users?

- The short term effects of marijuana use include: memory loss, distorted perception, trouble with thinking and problem solving, loss of motor skills, decrease in muscle strength, increased heart rate, and anxiety.
- Marijuana contains more than 400 chemicals, including most of the harmful

substances found in tobacco smoke. Smoking one marijuana cigarette deposits about four times more tar into the lungs than a filtered tobacco cigarette.

- Harvard University researchers report that the risk of a heart attack is five times higher than usual in the hour after smoking marijuana.
- Smoking marijuana also weakens the immune system and raises the risk of lung infections.
- Users can become dependent on marijuana to the point they must seek treatment to stop abusing it. In 1999, more than 200,000 Americans entered substance abuse treatment primarily for marijuana abuse and dependence.
- More teens are in treatment for marijuana use than for any other drug or alcohol.

Does marijuana have any medical value?

- The American Medical Association recommends that marijuana remain a Schedule I controlled substance.

Does marijuana harm anyone besides the individual who smokes it?

- Marijuana affects many skills required for safe driving: alertness, the ability to concentrate, coordination, and reaction time. These effects can last up to 24 hours after smoking marijuana. Marijuana use can make it difficult to judge distances and react to signals and signs on the road.
- Consider also that drug use, including marijuana, contributes to crime. A large percentage of those arrested for crimes test positive for marijuana. Nationwide, 40 percent of adult males tested positive at the time of arrest.

Is marijuana a gateway drug?

- Yes. Among marijuana's most harmful consequences is its role in leading to the use of other illegal drugs like heroin and cocaine. Long-term studies of students who use drugs show that very few young people use other illegal drugs without first trying marijuana. While not all young people who use marijuana go on to use other drugs, using marijuana sometimes lowers inhibitions about drug use and exposes users to a culture that encourages use of other drugs.
- The risk of using cocaine has been estimated to be more than 104 times greater for those who have tried marijuana than for those who have never tried it.

PERSONAL CHOICES



How To Choose The Right Friends

In *The Real True and False About Alcohol, Marijuana, and Inhalants*, Brandy asks, “What do you do when a friend offers you a beer or a joint?” Who you choose to be friends with says a lot about how you think about yourself and your life. Think about this as you answer the following questions:

What kind of person do you think of as a “true friend?”

Would true friends want you to try drugs that could kill you or cause serious damage to your body and brain? Why or why not?

What do the following statements mean to you?

“In order to make a friend, you must first be a friend.”

“Show me your friends and I’ll tell you who you are.”

SETTING GOALS



You know what goals are, especially in sports like soccer, basketball and football. The object in these games is to get the ball into your opponent's goal and defend your own goal from intrusion by your opponent. The same is true in your life. You must learn to set goals for yourself, always remember what they are, and know what it takes to reach them.

There are two kinds of goals: **short term goals** and **long term goals**.

Short term goals include things you want to accomplish soon, such as bring up your grades, join a club, practice playing a musical instrument, or read a book.

Long term goals include things you want to accomplish in the future, like getting your driver's license, graduating from college, getting married, and raising a family.

You can adjust or change your goals at any time, but only after careful consideration.

List your goals and look at them from time to time.

SHORT TERM GOALS

LONG TERM GOALS

SETTING GOALS

(Continued)

Once you have listed your goals, answer these questions:

Are the goals I've set for myself attainable?

What will you have to do to achieve one of your short term goals?
Be specific.

What will you have to do to achieve one of your long term goals?
Be specific.

How might getting involved with people who use Alcohol or Drugs prevent you from meeting your goals?

FOUR STEPS TO STAYING DRUG FREE



AWARENESS

Learn the facts. Find out the truth for yourself. Don't rely on what you hear from peers, even friends, about drugs. Pay attention to people, places and things. You know who the drug-users are. What kind of students are they? Where do they hang out? What kind of goals do they have? Do they achieve them? Why or why not?

CHOICES

Everything you do involves a choice. It's just as easy to make a healthy one as it is to make an unhealthy one. Make your own choices. Don't go along with the crowd. Be a leader and not a follower. In order to make a good choice, you need to know all the pros and cons. Once you have collected all the information, you will know the benefits and consequences of each choice you make. It's up to you to make the best choice you can, because it's your life.

COMMITMENT

Once you weigh the consequences of your choices, you must decide to be drug-free. Make a commitment to do it—and mean it. Write out a contract, an agreement with yourself. Sign it, and have your parents sign it. Agree to remain drug-free by avoiding people and places where drugs are used. Your parents will support your commitment by giving you privileges that go along with taking this responsibility to lead a healthy life.

PRACTICE

It's one thing to be aware of the truth, make healthy choices based on it, and make the commitment to be drug-free, but it's another to follow through. It's not easy to say no to friends. You will learn that true friends never ask you to use drugs. Team up with other kids who have goals like yours, and who are willing to make the same commitment to stay drug-free as you have. There is strength in numbers. The majority of kids don't use drugs and don't want to take the risk of trying them. Stick to your convictions and live a drug-free, healthy life.

DRUG FREE CONTRACT



I, _____ will lead an alcohol and drug-free life by doing the following:

I agree to avoid engaging in activities with people who use alcohol and drugs, and going places where alcohol and drug-use takes place.

I agree to leave any location where alcohol and drugs are present.

I agree to be drug tested at any time requested by my parents/guardians.

In return for leading a responsible, drug-free life, I will be given the following privileges:

I understand that these privileges can be revoked if at any time I do not honor this agreement.

Signed,

Student

Date

Agreed and accepted by

Parent/Guardian

Date



THE FOLLOWING HANDOUTS ARE
FOR TEACHERS AND PARENTS ONLY

Illicit Drugs and Youth



Excerpt from *Information Brief*,

April 2002

U. S. Department of Justice

Background

The reduction of illicit drug use among the nation's youth has long been a priority of the federal, state, and local public health and law enforcement communities. To this end, the U.S. Government tracks youth drug use via three nationally representative surveys: the National Household Survey on Drug Abuse (NHSDA), the Monitoring the Future (MTF) study, and the Youth Risk Behavior Survey (YRBS). The NHSDA is a home-based survey, while the MTF and YRBS are school-based. Also, while the NHSDA and MTF are annual surveys that monitor drug use only, the YRBS is biennial and monitors several health risk behaviors, one of which is drug use. Despite these and other differences in methodology, these national-level indicators display remarkably similar drug use trends particularly evident among youth.

As part of its efforts to research adolescent drug use and to augment data derived from national-level reporting with information at the local level, the National Drug Intelligence Center (NDIC) developed a teen drug use questionnaire in 2001. A directed research project, the questionnaire was administered via telephone to 300 substance abuse counselors across the nation. The questionnaire comprised approximately 30 questions that covered issues ranging from what drugs are used and how they are acquired to the consequences of their use. Responses to NDIC's questionnaire are not representative of the population as a whole but provide anecdotal reporting that, combined with demand and law enforcement sources, helps illustrate adolescent drug use from several perspectives.

Initiation

Age and use statistics indicate that young people typically first experiment with tobacco, alcohol, inhalants, and marijuana. The age of initiation for each of these substances is lower than for any other illicit substance. According to the latest data from NHSDA, the mean age at first use of tobacco is 15.4; alcohol, 16.3; inhalants, 16.4 and marijuana, 17.0. this higher onset age for marijuana is consistent with research showing that most youth who initiate marijuana use previously have used tobacco, alcohol, or both, and that some have used inhalants.

Anecdotal reporting from substance abuse counselors differs somewhat from national-level data in terms of both drug and age initiation. Respondents to NDIC's questionnaire overwhelmingly answered "marijuana" when asked what drug (other than alcohol) teenagers first use. Tobacco was second, followed by inhalants and prescription drugs. Also, the age of initiation reported by respondents was lower, generally ranging between 10 and 14 years, and some respondents noted use as young as 8 or 9, particularly of marijuana or inhalants.

Consequences

The consequences of early drug use are shown in the numbers of young people requiring drug-related treatment and emergency health care or exposing themselves to health risks. For example, the 1999 Treatment Episode Data Set (TEDS) indicates that 47 percent of admissions to publicly funded treatment facilities for marijuana abuse were under the age of 20. Moreover, among primary marijuana admissions, more than half (57%) first used the drug by age 14, and 92 percent by age 18. Teens also accounted for more than half of admissions for hallucinogens in 1999: 43 percent were between the ages of 15 and 19.

The use of any drug or alcohol can lower inhibitions and lead to riskier behavior and, subsequently, to potential harm to the user such as exposure to sexually transmitted diseases. The 1999 YRBS results

indicate that 24.8 percent of students nationwide who were sexually active at the time of the survey had used drugs or alcohol at the time of their last sexual intercourse. Male students (31.2%) were significantly more likely than female students (18.5%) to engage in this behavior.

A 1999 CASA study that analyzed the YRBS sample from 1997 indicated that 63 percent of high school teens who used alcohol reported having sex compared with 26% of those who never used alcohol. Also, 72 percent of teens who used drugs reported having sex compared with 36 percent of those who never used drugs. The CASA study further suggests that teens who use drugs or alcohol are more likely to have sex at younger ages, to have multiple partners, and to be at greater risk of sexually transmitted diseases and pregnancy.

Substance abuse counselors responding to NDIC'S questionnaire, when asked what, in their experience, were the consequences of teen drug use, frequently mentioned legal (arrests, violence, criminal activity) and health (emergency room visits, pregnancy, suicides) problems as well as poor family or social relationships. The most commonly reported consequence, however, was poor school performance comprising truancy, cheating, poor grades, disciplinary problems, and expulsions or dropouts.

Influences

Young people's knowledge and perceptions of illicit drugs are affected, both negatively and positively, by many influences including friends, peers, family members, and television and other media. For example, NHSDA data show that significantly more young people (17%) were likely to be current users of marijuana when a few, some, or all of their friends used marijuana than those reporting none of their friends used marijuana (0.5%). Also, those who knew adults that used marijuana were nine times more likely to be current marijuana users than those who did not know adults that used the drug.

PRIDE data for the 2000-2001 school year support the contention that parents can positively influence drug use rates among their children. Use rates were lower among sixth through twelfth graders reporting their parents talked with them "a lot" about illicit drugs (18.8%) than among those whose parents seldom (28.4%) or never (34.5%) discussed illicit drugs.

Complementing these findings are results of a 2000 CASA survey. The survey correlated teens' risk of substance abuse with 12 possible actions the teens attributed to their parents. Some of the parental actions included monitoring media exposure, monitoring school performance, knowing where teens are after school and on weekends, and expressing disapproval of drug use. Results of the CASA survey indicate that teens whose parents monitor such activities are at one-quarter the risk of smoking, drinking, and using illegal drugs.

Outlook

Despite relatively stable to slightly declining overall drug use among young people, rates of use are still relatively high. Moreover, the consequences of drug use to the nation's youth and the ever-present threat of emerging drugs, such as MDMA, demand constant attention.

As long as drugs remain available to young people, antidrug education must be a priority for policymakers and law enforcement as well as for parents and schools. Only through consistent and ongoing antidrug messages from family, friends, schools, and governments—and the supported efforts of youth themselves to remain drug free—can adolescent drug use be substantially reduced.

After School Activities—The Anti-Drug

by

Mary Beth Mains

According to the National Household Survey on Drug Abuse by the Department of Health and Human Services, illicit drug use declined from 14 percent of American adults in 1979 to 6 percent in 1996. According to the Partnership For A Drug-Free America, drug use by children 12 to 17 has declined sharply since 1998.

In a document titled “Adolescent Time Use, Risky Behavior and Outcomes: An Analysis of National Data” prepared for the Office of the Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services, the following conclusion was presented: “Students who participated in band, orchestra, chorus, or in a school play or musical were significantly less likely than non-participants to engage in nearly all the problem behaviors: dropping out of school, being arrested, becoming smokers, using drugs, or engaging in binge drinking.”

The study also found “Students who reported spending no time in school sponsored activities were 57 percent more likely to have used drugs; 37 percent more likely to have been teen parents; 35 percent more likely to have smoked cigarettes; and 27 percent more likely to have been arrested.”

The only hope we have is to encourage, not discourage, participation in after-school activities. Mandatory drug testing has been shown to discourage participation in these activities.

According to US News and World Reports, “it would cost about \$70,000 a year to test 75 students a week. This was based on a cost of \$25 per test.”

Tax money would be better spent hiring teachers to run after-school program focused on music and drama that would be open to all students, no questions asked. At least there are studies to indicate this approach works to keep kids away from drugs without infringing on anyone’s rights or modesty.

How To Talk To Your Kids About Marijuana Use

by

Gina Logan

Counselors say some of the best defense tips are basic parenting: Be honest. Be involved. Impart a sense of self worth to the kid.

“A child’s relationship with drugs is not about drugs and alcohol,” said Marty Fleischman, director of Camp Recovery Centers in Scotts Valley, CA. “It’s about your child’s relationship with themselves.”

Fleischman recommends parents be honest about marijuana. “We have parents who make marijuana out to be the big boogie man— try it and the next thing you will be killed,” Fleischman said. “The kids know friends using marijuana without those consequences.”

Instead, talk about the risks associated with using marijuana at a young age, said Bill Manoff head of the Santa Cruz County Alcohol and Drug Program. “It’s really the subtle long-term effects that are more serious,” Manoff said.

A lack of motivation, memory loss, and school performance are some of those effects. Also, counselors say the tried and true mantra of steering kids from recreationally using drugs is “to be involved.”

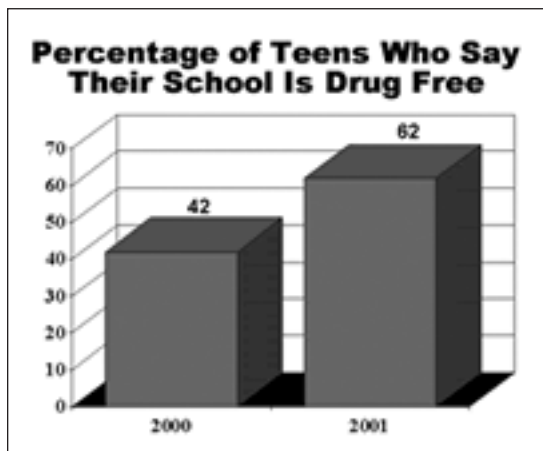
Know your child’s friends. Their names. Ask them to dinner or other family activities. That becomes more difficult as children become teens. When broaching the subject, Manoff said it’s more important to ask questions than to lecture.

“Listen more than you talk,” Manoff said. “Ask your kid how they feel about drugs. Have a conversation.”

DEA NEWS RELEASE August 21, 2002

New Study Shows Increase In Number Of Drug Free Schools

Almost two-thirds of teens say their schools are drug-free, according to a new survey of teen drug use conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University. This is the first time in the seven-year history of the study that a majority of public school students report drug-free schools.



The same study for the year 2000 found that only 42 percent of the 12-17 year olds in public schools reported that their schools were drug-free. In this year's study, the figure rose to 62 percent.

This is a very encouraging sign that progress is being made in the fight against drugs," said Asa Hutchinson, Director of the U.S. Drug Enforcement Administration. "The majority of teens do not want to use drugs. We at the DEA are committed to making sure that they never have to face drugs in their neighborhoods or schools.

The survey raises an important point, said Mr. Hutchinson. "Parents have it within their power to persuade school administrators and teachers that keeping drugs out of school is every bit as important to the future of their children as academics or extracurricular activities. You can't become a well-educated, productive citizen if drugs are destroying your intellect and your character."

Huffing: The Abuse of Inhalants

Excerpt from *Intelligence Brief*, November, 2001
U.S. Department of Justice

Introduction

Inhalant abuse, commonly called huffing, is the purposeful inhalation of chemical vapors to achieve an altered mental or physical state, which for most abusers is a euphoric effect. Abusers inhale vapors emitted from a wide range of substances. In fact, chemical vapors used as inhalants can be found in over 1,000 common household products. There are several general categories for substances that may be used as inhalants:

Volatile solvents are liquids that vaporize at room temperature if left in unsealed containers. Paint thinner, gasoline, correction fluid, felt-tip markers, nail polish and remover, and glue (such as rubber cement) all contain volatile solvents.

Aerosols are sprays that contain propellants and solvents such as toluene - one of the most common solvents found in aerosols. Common aerosols include paint, deodorant, hair products, cooking products, and fabric protector. Silver and gold spray paint are particularly popular among inhalant abusers.

Gases are substances that lack definite shape or volume such as refrigerants and medical anesthetics. Abusers frequently inhale gases found in butane lighters, air conditioning units, and propane tanks. Medical anesthetics such as ether, chloroform, and nitrous oxide are also abused. Nitrous oxide, commonly called laughing gas, is abused more frequently than any other gas. It can be obtained from whipped cream dispensers or products that boost octane levels in racing cars. It may also be purchased in balloons or in small sealed vials called whippets, which are sold at raves or drug paraphernalia stores.

Nitrites are a group of chemicals including cyclohexyl nitrite, amyl nitrite, and butyl nitrite. Nitrites are used mainly to enhance sexual experiences rather than to achieve a euphoric effect. Cyclohexyl nitrite is found in room deodorizers. Amyl nitrite comes in small, mesh-covered, sealed capsules that are popped or snapped in order to release the vapors. Because of this popping or snapping, these capsules are frequently called poppers or snappers. Butyl nitrite is often sold in small bottles that, like amyl nitrite capsules, are referred to as poppers. Nitrites are available in adult bookstores and shops and over the Internet.

Who abuses inhalants?

According to the 2000 National Household Survey on Drug Abuse, the number of new inhalant abusers rose approximately 158 percent from an estimated 392,000 in 1990 to 1,010,000 in 1999. The primary user group was composed of 12 to 17 year olds - over 636,000 had tried inhalants for the first time in 1999. This number is more than double that of the 18 to 25 year old user group (276,000). Almost 17 million individuals have experimented with inhalants at some point in their lives. Inhalants are the fourth most abused substances in the United States among eighth, tenth, and twelfth graders; alcohol, cigarettes, and marijuana are the top three, according to the 2000 Monitoring the Future Study. By the time adolescents reach the eighth grade, one in five had tried inhalants at least once. Prevalence of lifetime abusers has consistently been higher among eighth graders than among tenth and twelfth graders. In 2000, 18 percent of eighth graders, 17 percent of tenth graders and 14 percent of twelfth graders admitted having used inhalants at least once in their lifetime. Statistics showing higher lifetime use among eighth graders may be due to the fact that frequent inhalant abusers typically drop out of school and consequently do not participate in the tenth and twelfth grade surveys.

How are inhalants abused?

Inhalants are breathed in through the nose or mouth in a variety of ways. Abusers begin by inhaling deeply; they then take several more breaths. Abusers may inhale, by sniffing or snorting, chemical vapors directly from open containers or by huffing fumes from rags that are soaked in a chemical substance and then held to the face or stuffed in the mouth. Other methods include spraying aerosols directly into the nose or mouth or pouring inhalants onto the user's collar, sleeves, or cuffs and sniffing them over a period of time (such as during a class in school). In a practice known as bagging, fumes are inhaled from substances sprayed or deposited inside a paper or plastic bag. Alternatively, the fumes may be discharged into small containers such as soda cans and then inhaled from the can. Users may also inhale from balloons filled with nitrous oxide or other devices such as snappers and poppers in which inhalants are sold.

Signs of Abuse

- Drunk or disoriented appearance
- Paint or other stains on face, hands, or clothing
- Hidden empty spray paint or solvent containers and chemical-soaked rags or clothing
- Slurred speech
- Strong chemical odors on breath or clothing
- Nausea or loss of appetite
- Red or runny nose
- Sores or rash around the nose or mouth

What are the effects?

For most users, inhalant abuse results in a rapid euphoric effect that is similar to alcohol intoxication. Users experience initial excitation, then drowsiness, lightheadedness, and agitation. Inhalant abusers also report feeling a loss of inhibitions. The chemicals found in volatile solvents, aerosols, and gases produce a variety of additional effects during or shortly after use that include dizziness, strong hallucinations, delusions, belligerence, apathy, and impaired judgement. Additional symptoms exhibited by long-term inhalant abusers include weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, and depression. Withdrawal symptoms include sweating, rapid pulse, hand tremors, insomnia, nausea or vomiting, hallucinations, and, in severe cases, grand mal seizures.

Chronic inhalant abuse may result in serious and sometimes irreversible damage to the user's heart, liver, kidneys, lungs, and brain. Brain damage may result in personality changes, diminished cognitive functioning, memory impairment, and slurred speech.

Death from inhalant abuse can occur after a single use or after prolonged use. Sudden sniffing death (SSD) may result within minutes of inhalant abuse from irregular heart rhythm leading to heart failure. Other causes of death include asphyxiation, aspiration, or suffocation. A user who is suffering from impaired judgement may also experience fatal injuries from motor vehicle accidents or sudden falls.

Street Terms for Inhalants

Amys	Bang	Bolt	Boppers	Bullet	Climax
Glading	Gluey	Head Cleaner	Hippie crack	Kick	Locker room
Poorman's pot	Poppers	Rush	Snappers	Toncho (octane booster)	

Outlook

Easy accessibility and the relatively low cost of the substances abused indicate that inhalant abuse will attract new users and continue to be a problem in the United States. Inhalants are dangerous poisons that were never designed for human consumption. Prevention and information campaigns will increase awareness of the negative effects of inhalant abuse and may help to make this practice less appealing to our nation's youth.

A Father's Nightmare

by

Dr. Richard Heiss

On December 23, five years ago, I was Christmas shopping when I received an emergency call from my ex-wife. She said, "Richard, come home quick, Wade's dying." I jumped in my car and drove home as fast as I could. I found my 12-year old son lying on the patio. He'd been inhaling air freshener, and he'd collapsed. When the paramedics arrived, we worked on him for an hour and a half, en route to the hospital and at the hospital. He'd suffered a cardiac arrest. When we stopped CPR on my son and I watched the monitor go flat, I was devastated.

Wade had probably been abusing inhalants for six months prior to his death. We were able to piece it together through his stepbrother and his friends. Wade apparently did not know or did not believe that inhalants are harmful, as most kids don't, because they're present in everyone's home in the form of aerosols and other household products.

As a parent, I had not adequately addressed inhalant abuse education and the fact that street drugs are not the only ones out there. I now believe that parents should begin educating their children about the dangers of misusing household products at the same time as they begin teaching them not to play ball in the street. Children misuse household products because they mistakenly believe that these products are something they can use to get high with no ill effects.

It's very rare that a parent will discover that a child is using inhalants or household products to achieve an altered level of consciousness. The biggest sign of a problem is when a child's behavior changes drastically and his friends and interests change. Because such things normally occur during adolescence, drug abuse may escape parental attention for some time. Once inhalant abuse is discovered, aggressive measures need to be taken to preserve that child's future. The literature shows that they'll consistently go back and use unless major actions are taken. And they go on to abuse other drugs and substances.

Inhalant abuse is not something that's going to go away. It is prevalent in rural, urban and suburban communities across all socioeconomic lines. Once a practice like this gets entrenched in any society or community, it's virtually impossible to extinguish it. The best we can do is safeguard our communities through aggressive education of parents and children. We need to take the same approach to drug and inhalant abuse that we do towards sex education. Many of us are old enough to remember how controversial sex ed. was when we were in school. There was a lot of parental resistance and denial back then, too. But I believe our society is safer and better informed because of such programs."

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June 2001

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Information Agencies

SAMHSA's National Clearinghouse for Alcohol and Drug Information Center for Substance Abuse Prevention (CSAP)

5600 Fishers Lane
Rockwall II Building, Suite 800
Rockville, MD 20857
800-729-6686
e-mail: info@samhsa.gov
<http://www.samhsa.gov/csap>

Centers for Disease Control and Prevention (CDC)

1600 Clifton Road
Atlanta, GA 30333
<http://www.cdc.gov>
202-512-1800 General Public (annual subscription of single copies)
800-843-6356 Government Employees (free copies from CDC)

Drug Enforcement Administration

Publications may be downloaded from the Internet.
202-307-1000 Information: Voice menu system (M-F 8:30-5 EST)
202-307-7977 Press Office
Drug Enforcement Administration
Information Services Section (CPI)
2401 Jefferson Davis Highway
Alexandria, VA 22301
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National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

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<http://www.ncadd.org/>

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Internet References

Alcohol and Drug Help Line
Washington State
www.adhl.org

Florida Alcohol and Drug Abuse Association
www.fadaa.org

Join Together Online
www.jointogether.org

National Inhalant Prevention Coalition
www.inhalants.org