



Websites & Hotline

Alateen and Alcoholics Anonymous
www.al-anon.alateen.org/alaabout.html
Support groups and information for teens who are affected by alcohol.

Dance Safe
www.dancesafe.org
Information about drugs and pill testing sites.

Good Drugs Guide
www.thegooddrugsguide.com
Honest and accurate information about recreational drugs.

Harm Reduction Coalition
www.harmreduction.org
Drug use safety tips and a list of teen friendly websites.

Substance Abuse Treatment Locator
http://findtreatment.samhsa.gov
Treatment options organized by zip code.

Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco
Tobacco fact sheets and ways to quit.

Poison Control Centers
If you are having a poison emergency, call 1-800-222-1222

If person has collapsed or is not breathing, call 911.

HEY TEENS!

The Truth about Tobacco, Alcohol, & Other Drugs

By: Adolescent Health Working Group



www.ahwg.net

The Whole Truth and Nothing But the Truth

Fact: Even legal drugs like alcohol and tobacco are addictive and can hurt your body and your mind.

Fact: Marijuana causes people to react slower than usual which makes driving very dangerous. Marijuana for recreational use is illegal and being caught with the drug can lead to serious consequences.

Fact: Drinking alcohol or using drugs increases a teen's risk of committing or being a victim of crime, fighting, getting hurt in car accidents, and having unprotected or unwanted sex.

How Tobacco Affects Your Body



BRAIN: Nicotine, the drug that makes tobacco addictive, goes to your brain. It can make you feel anxious, nervous, moody, and depressed after you use it. Tobacco also causes dizziness and headaches.



MOUTH: Tobacco stains your teeth and gives you bad breath. Your favorite foods won't taste as good because tobacco hurts your taste buds. Tobacco use can cause bleeding gums and cancers of the mouth and throat.



HEART: Smoking increases your heart rate and blood pressure. That means your heart has to work harder than usual when you do activities like exercise and play sports.



LUNGS: Smokers have trouble breathing because smoking damages the lungs. Smoking can lead to more frequent and serious asthma attacks. Smoking also causes coughing, lung disease, and cancer.



SKIN & MUSCLES: Smoking causes dry, yellow skin and wrinkles. The tobacco smell sticks to your skin and clothes. Tobacco causes less blood and oxygen to flow to your muscles which causes them to hurt when you exercise or play sports.

Source: GirlsHealth.Gov. Straight Talk about Tobacco. 2006. Adapted and reproduced with permission.

Stop Before You Start

Some reasons why teens start trying tobacco, alcohol, and other drugs include:

- ◆ To fit in
- ◆ To escape their problems
- ◆ To have something to do
- ◆ To look cool or older
- ◆ To rebel
- ◆ To experiment

There are less harmful ways to fit in, feel better, and be curious.

You can:

Learn about the drug and its side effects.

Find friends you feel comfortable with. Try joining a club, sports team, or after school program.

Go for a walk, write in a journal, or talk to a friend when you feel angry, worried, sad, or bored.

Experiment with something that challenges you to improve your talents and abilities. Don't forget to stay safe.



Remember that... Drugs may help you feel better for a little while, but they don't solve problems. Drugs are addictive and you may become dependent on them.

4

Quiz: Do Tobacco, Alcohol, or Drugs Impact Your Life?

1. Do you use tobacco, drugs, or alcohol to forget your problems? YES NO
2. Do you feel like you can only have fun with tobacco, drugs, or alcohol? YES NO

3. Do you often feel depressed, angry, or anxious when you aren't using tobacco, drugs, or alcohol? YES NO

4. Do you need more and more tobacco, drug, or alcohol to get the same feeling or high? YES NO

5. Do you ever drink alcohol, use tobacco, or use drugs when you are alone? YES NO

6. Are you isolating yourself or keeping secrets from your friends or family? YES NO

7. Have your school grades dropped or have you been absent from school due to drug or alcohol? YES NO

8. Do you ever have blackouts or trouble remembering what happened when you were drunk or high? YES NO

9. Are you selling or stealing things to buy tobacco, alcohol, or drugs? YES NO

10. Do you have problems such as stomach cramps, headaches, or shaking when you don't use tobacco, alcohol, or drugs for a while? YES NO

If you answered YES to ANY of these questions, you may have a serious problem with tobacco, drugs, or alcohol.

5

Not Ready to Quit?

It is very hard to admit having a tobacco, alcohol, or drug problem. It's OK if you are not ready, willing, or able to quit at this time. But, it is not OK to harm others or cause unnecessary harm to yourself.

Use these safety tips:

- ◆ Cut down on the amount you use.
- ◆ Avoid mixing drugs and use only small amounts of a new drug.

- ◆ Eat nutritious foods, drink plenty of juice and water, get enough sleep, and get a check-up every year.

- ◆ Plan how much you will use BEFORE you are high or buzzed, and ask a friend to help you stick to your plan.

- ◆ Decrease the amount you use if you haven't used in a few days, are feeling sick, or have lost weight.

- ◆ Find a sober driver to give you or your friends a ride. Do not drive when you are drunk or high.

- ◆ Let the drug/alcohol take effect before taking more.

- ◆ Check out the drug to see if it looks, tastes, and smells OK. Do a little first to see how strong it is.

- ◆ Set a limit on how much money you will spend on drugs/alcohol.

- ◆ Use drugs/alcohol only with trusted friends who will help you if you feel sick, nervous, or pass out.

- ◆ Gather information on the drugs you use and how they affect your body.

- ◆ Use new or clean needles EVERY time you inject.

6

Move Toward Quitting

1) Think about Quitting

- ◆ Learn more about what you are using.
- ◆ Practice drug/alcohol use safety tips.
- ◆ Know the things you like and dislike about using drugs/alcohol/tobacco.
- ◆ Think about the effects drugs/alcohol/tobacco have on school, work, friends, family, and relationships.

- ◆ Ask yourself if you depend on the drugs you use.

2) Plan to Quit

- ◆ Take the first step towards quitting by cutting down on your use and/or getting help from someone you trust.

- ◆ Find out which people, situations, and places trigger your use.
- ◆ Identify friends, family members, or caring adults who will support you.
- ◆ Find a friend who will quit with you.

3) Commit to Quit

- ◆ Be prepared to avoid the triggers that lead you to use. Avoid people and places with drugs/alcohol/tobacco.
- ◆ Set a quit date & get rid of your supply.
- ◆ Let others know you are quitting.
- ◆ Plan alternative activities such as exercise, work, or volunteering.
- ◆ Make a plan to quit that has realistic short-term goals.
- ◆ Go to an Alcoholics Anonymous, Narcotics Anonymous, or other peer support groups/programs.
- ◆ Be ready for times when you don't meet your goals. Believe in yourself, try again, and ask for help.
- ◆ Reward yourself for your successes!

7

Fold Here

Fold Here

Fold Here

