

FREE FROM DRUGS



A Lifetime Script to Follow

**DRUG USE[®]
IS
LIFE ABUSE**



Spike

Skippy

Wise Owl Mike

MMeet Skippy, Spike and Wise Owl Mike, three friends who enjoy pretending. Sometimes they are pirates looking for buried treasure, other times they are star warriors racing across the sky. They're actors just like the ones you see in the movies or on television. In this book, they'll show you the right way to act around drugs.



Drug Free Rap

Hi!

We're Skippy, Spike and Wise Owl Mike.
We say "Follow me and be drug free!"

Drug Free Rap

Here's a little story that we have to tell
About bad things that don't make you feel well
People who use them think they're cool
But in the end they're really a fool.
Pot, cocaine, give it any old name
The effects and damage are still the same
Some will say, "Come have a smoke"
But we all know it can make you croak.

Alcohol changes how you act and think
So don't ever start by having a drink
Don't put anything up your nose
If you want to smell something, smell a rose
Drugs are helpful if taken the right way
So listen to your doctor and do as he'd say.
Drugs will harm you if not taken right
So join our team and help us fight
Be happy and healthy and on the go

Be Drug Free—And Just Say

NO!

Good and Bad Drugs

Good drugs are medicines that can make you well. Good drugs become bad drugs if you take too many, or if you take a medicine that does not belong to you.

Illegal drugs, those that are against the law, are bad drugs. Bad drugs can make you sick or kill you. Don't start taking bad drugs. If you do, you might not be able to stop.

Some drugs are what we call "habit-forming." They make you want to take them over and over again. Then, you become addicted. That means that it is very hard for you to stop wanting them.



One Day Someone Might Ask You To Try Drugs.

What Will You Say?



Drug Dictionary



1. Alcohol (al-ko-hol)

A drug found in drinks like beer and wine. It can make you feel tired and sick. Alcohol hurts your liver. Drinking too much alcohol at one time can kill you.

2. Cocaine (kō-kān)

A white powdered drug that is breathed through the nose. It is against the law. Cocaine can hurt your nose. Using it one time can kill you.

3. Crack (krak)

Crack looks like a rock. It is smoked. Crack is against the law. Crack is the most habit-forming kind of cocaine. Smoking it one time can kill you.

4. Inhalant (in-hā-lant)

A drug that you breathe. It makes your heart slow down. An inhalant can hurt your brain and liver. Sniffing it just one time can kill you.

5. Marijuana (mer-i-wa-na)

A drug that is smoked. It can make you forget things. Smoking one marijuana cigarette is like smoking ten tobacco cigarettes. Marijuana kills brain cells and hurts the lungs. It is against the law.

6. Pills (pills)

Drugs that are swallowed. They can speed up, slow down or otherwise change the way your body works. Pills can hurt you when you take them without direction from your doctor or parent.

7. Tobacco (to-bak-kō)

A drug that is smoked or chewed. Tobacco can turn your teeth yellow and make you smell bad. Tobacco hurts your heart and lungs. Tobacco causes lots of diseases.



Life is more fun when you're drug-free!

You have some choices to make.
You choose your friends.
You choose what or how to play.

You can choose to be drug free!

If someone offers you drugs, just say, "No," and walk away. Then tell your mom or dad, or someone you trust.

(Circle the items below that make you happy)



What Should You Do If Someone Gives You Drugs?

(Check your answers)

- Tell your parents.
- Run away.
- Tell your teacher.
- Say yes.
- Tell a policeman.
- Say "NO".



Free From Drugs



Kid Talk

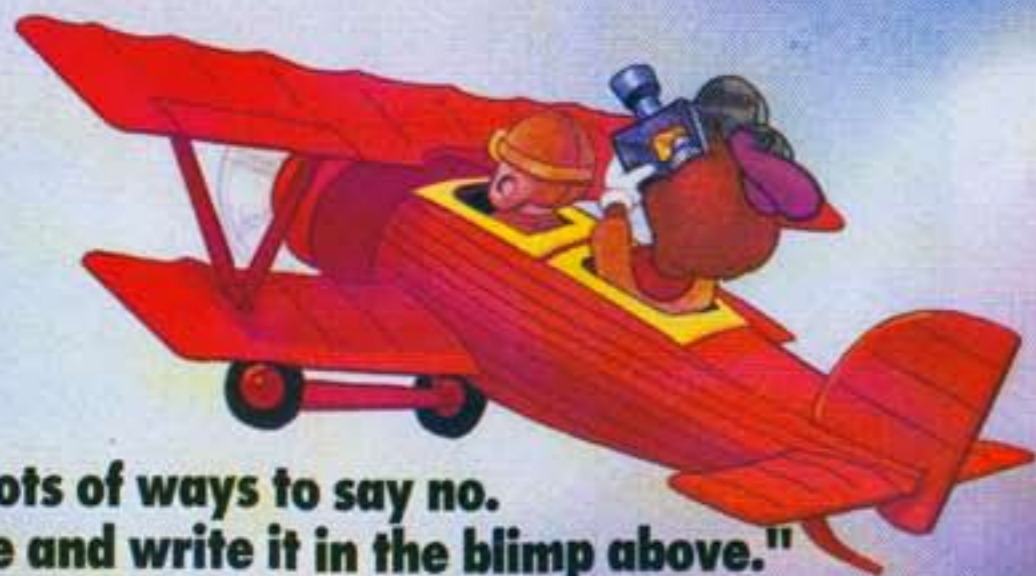
Alcohol and other drugs change the way people act. Even friends or family members make bad decisions when they are on drugs.

Protect yourself. If you know of someone on drugs, talk to someone you trust like a relative or teacher.



Help Spike Stay Away From Drugs!





**"There are lots of ways to say no.
Think of one and write it in the blimp above."**

Free From Drugs

Why Am I Special?

*I've had a lot of fun with the activities
contained in this booklet with my friends.*

*My favorite thing to do is to play
video games with my friends.*

*I like to go to the movies and
watch the new movies.*

*I like to go to the park and
play with my friends.*

*I like to go to the beach and
play in the sand.*

*I like to go to the store and
buy my favorite snacks.*

What Makes Me Happy?

(Draw a picture of yourself)

I'll Be Drug Free

Name: _____

Date: _____



I/We have discussed the information contained in this booklet with my/our child.

Our family pledges to be Free From Drugs!

Parent/Guardian Signature

Child's Name

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Attention Parents

Beware...Overlooked Symptoms of Drug Uses:

1. Isolation
2. Change in friends
3. Unpredictable behavior--mood swings and irritability
4. Change in appetite
5. Constant/frequent fatigue

Parent Reactions

Disbelief/Denial: Parents find reasons to ignore the signs and symptoms of their child's drug use.

Blaming: Parents blame themselves or each other for their child's drug use.

Rescuing: Parents protect their child from legal and other consequences of his/her drug use.

Facing It: Parents admit that their child has a problem. They seek support immediately.

Result

Drug use is prolonged and treatment is delayed.

There is a breakdown of the family unity.

It is easier for the drug use to continue.

Child receives help for the problem.

A feeling of helplessness may exist if one or both parents are also using drugs. They may find it difficult to confront the child since they are involved with drugs themselves.

Be encouraged. There are programs and agencies working against drug abuse. If it becomes necessary, seek help immediately.

For Further Information Or Help, Call:

1-800-662-HELP

Central Substance Abuse
Treatment Hotline

7 a.m. to 12 Midnight PST



Remember Always Say No To Drugs!

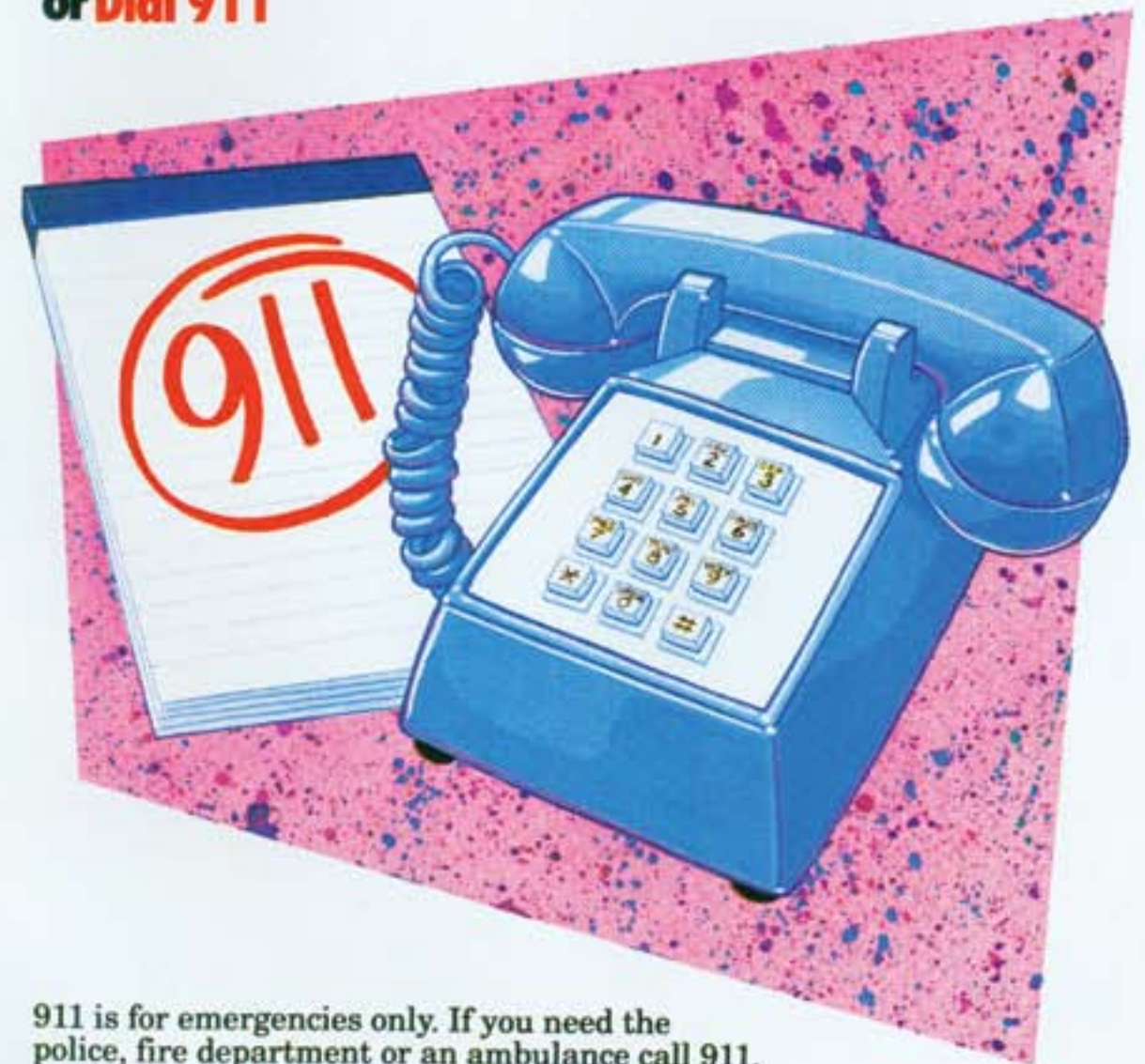
If someone offers you drugs, tell...

Your mom or dad

Your teacher

A policeman

or Dial 911



911 is for emergencies only. If you need the police, fire department or an ambulance call 911.

An Important Message to Parents

One way children learn how to act is by what they see and hear their parents do. Mothers and fathers must set the best example possible for their children. Don't send conflicting messages. Kids are very aware of your attitudes and habits concerning alcohol and other drugs. Be a good role model. It is up to you to teach your children the habits that will assist them in becoming good citizens.

Children have a natural curiosity that can lead them into dangerous situations if parents have not taught them how to be cautious. "Peer pressure" and the "need to belong" are catalysts on the road to drug abuse. Turn them off before they are turned on.

The *Law Enforcement Community* is vitally interested in the young people of our community and are aware of the many important decisions you will be required to make in the lives of your children. Their decision about using drugs will be greatly influenced by you, your knowledge of drugs and your attitude. Responsible citizens have respect for laws, and this respect is dependent upon your example, knowledge and understanding.

Law Enforcement needs your help. A lifetime of mental anguish and even death can be caused by one bad experience with drugs. No one wants this to happen to any youngster—especially their own.

Remember, you are helping your children and it can mean their future. Don't put it off! Talk to your children now, and review this book with them—together.

Drug Use Is Life Abuse gratefully acknowledges the following sponsor:

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This educational booklet was developed by
**Orange County Sheriff's Department, California; Drug Use is Life Abuse;
University of California, Irvine, Drug Free Schools and Community Programs**

Teachers/authors include: Susan Burkland/La Habra School District • Mary Jo Campion/Temecula School District • Marilee Carroll/Capistrano Unified School District • Susie Formanek/Magnolia School District • Kathryn Anne Jordan/Orange Unified School District • Marilyn MacDougall/Saddleback Valley Unified School District • Mary Miller/Laguna Beach Unified School District • Melinda Neil/Huntington Beach Community School District • Bill Shedd/Garden Grove Unified School District • Special thanks to Melinda K. Moiso and the Sheriff's Advisory Council. Drug Free Rep written by: Julie Jordan, Heather McMill, Becky Ralph • Sierra Vista School—Irvine, California.

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