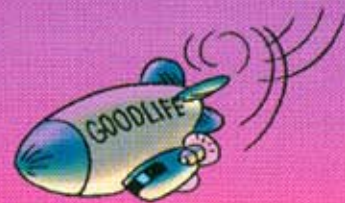


**POSITIVELY
KNOW DRUGS**



STAYING DRUG FREE

OK!



Non
Wilson

Dear Parents,

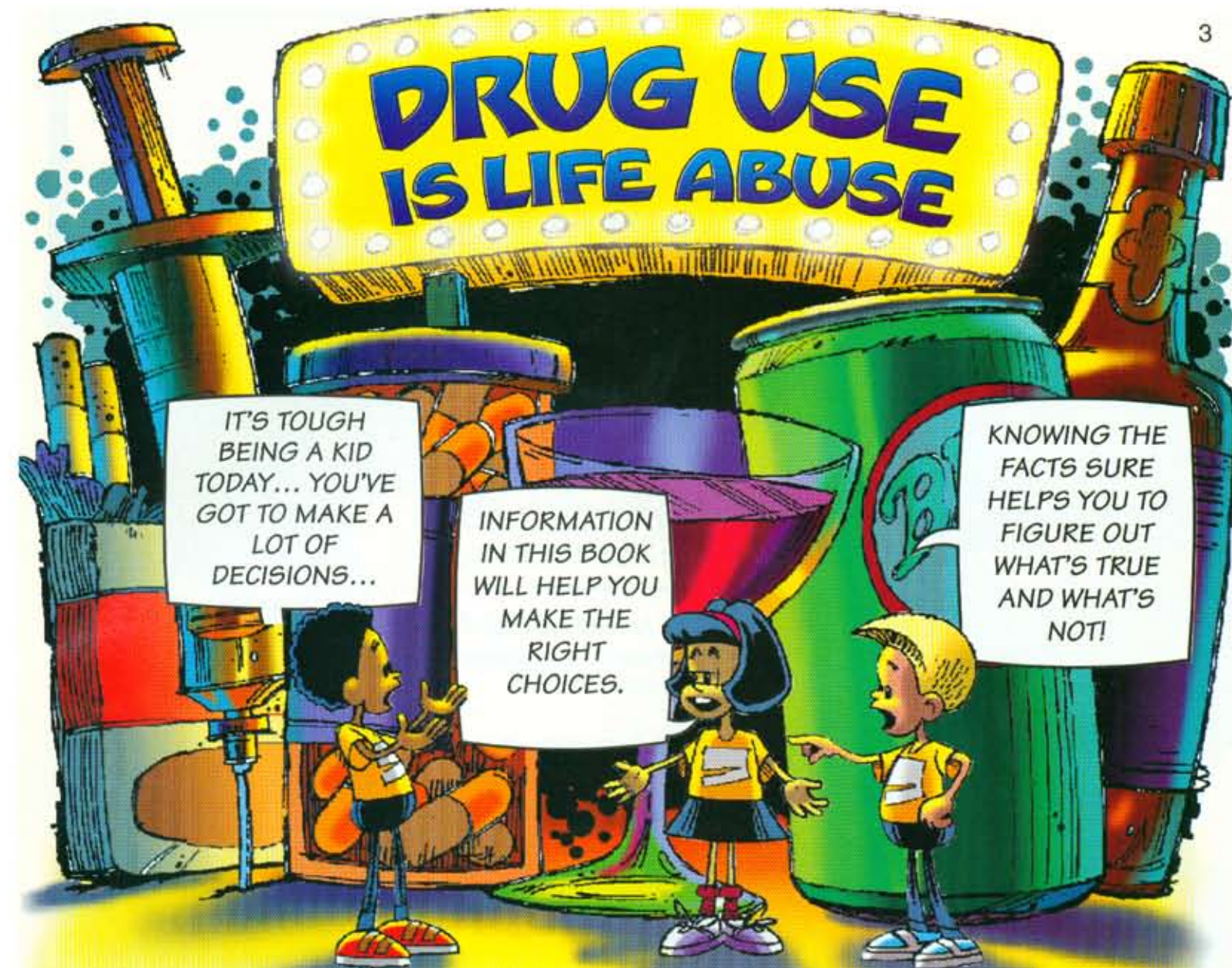
Positively kNOW Drugs and its counterpart, *Positively kNOW Violence* were written by educators and law enforcement personnel, these booklets give our young people an opportunity to learn more about the dangers of drugs, violence, and peer pressure. The lessons taught in this booklet give students current and factual information about drugs and how they can affect their bodies and their lives.

Parents need to know about alcohol, tobacco and other drugs so that children can be provided with current and correct information. At a minimum, parents should be familiar with the different types of drugs and the dangers associated with them; street names of drugs; know what drugs look like; know the signs of alcohol and other drug use and be alert for changes in your child's behavior or appearance; know how to get help promptly if you suspect your child may be using drugs. We encourage you as parents, guardians, or those that care about children to take a few moments and review the material included in this booklet.

In addition to reviewing what your child has learned about drugs it is important to discuss with your child the values which are taught in this booklet and *Positively kNOW Violence*. Talk about why values such as honesty, self-reliance, and responsibility are important, and how values help children make good decisions. Surveys indicate that we are making progress in the national effort to educate our children about the perils of drug use and violence. Casual drug use is declining, attitudes are changing, and we are able to present material in an effective manner which has a long term effect on children's decision making. As parents, you can build on the progress in your own homes by having strong, loving relationships with your children, by knowing where your child is and who their friends are, by consistently setting and enforcing rules for behavior and by listening to your children.

**DRUG USE
IS
LIFE ABUSE®**

REMEMBER, WORKING TOGETHER WE CAN MAKE A DIFFERENCE.



WHERE TO FIND THE THINGS YOU NEED TO KNOW:

PAGE	PAGE	PAGE
4	13	22
5	14-15	23
6	16-17	24
7	18-19	25
8-9		26
10-11	20	27
12	21	28

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.

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Book illustration and design by *Arion Wilson*, Tustin, CA

WHAT IS A DRUG?

A DRUG IS... ANYTHING YOU TAKE INTO YOUR BODY WHICH CHANGES THE WAY YOU ACT, THINK OR FEEL.



NATURAL DRUGS PRODUCED IN YOUR BODY

ADRENALINE

A chemical in your body that produces an increase in energy

ENDORPHINS

A chemical in your body that acts as a pain killer

PRESCRIPTION DRUGS MADE TO HELP YOUR BODY

PENICILLIN / ANTIBIOTICS

A drug prescribed by your doctor to help you get well



DO YOU KNOW THESE FACTS ABOUT BAD DRUGS?



The sniffing and breathing of fumes from paints or glues can cause permanent brain and liver damage, or suffocation.



Cigarettes contain over 4,000 harmful chemicals.



Smoking one marijuana cigarette damages your lungs as much as 10 tobacco cigarettes.

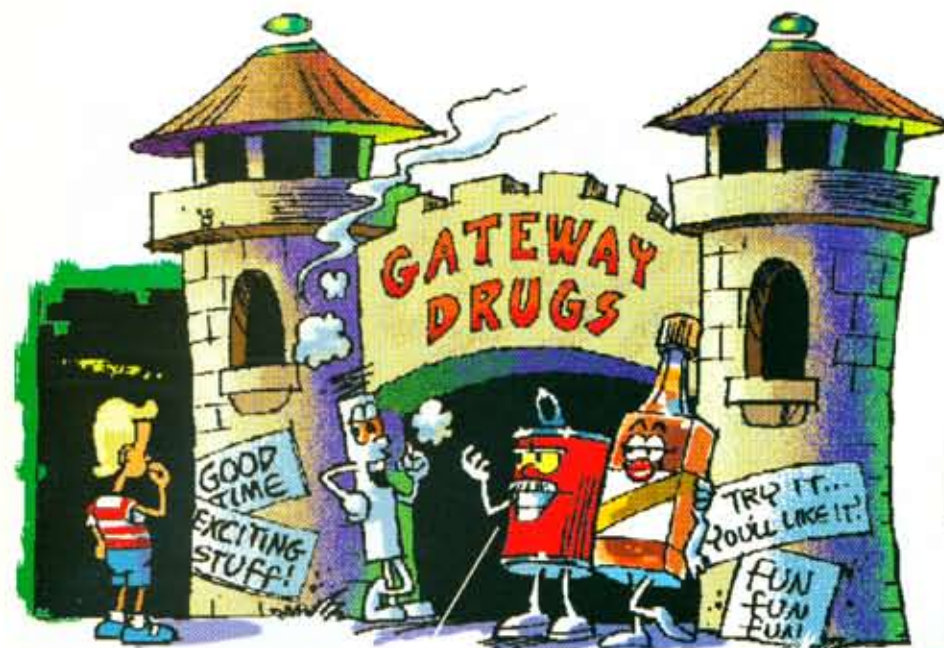


The #1 killer of teenagers before they go to college is alcohol-related highway deaths.



DOES THAT MEAN THAT WE ALREADY HAVE NATURAL DRUGS INSIDE US?

YES... THEY'RE SUPPOSED TO KEEP OUR MINDS AND BODIES WORKING RIGHT!



HEY KID... WANT TO BE A FOOL AND HAVE SOME FUN? I GOT SOME FRIENDS FOR YOU TO MEET...



TOBACCO

STREET NAMES

- Cigs
- Chew
- Dip
- Smokes

HOW DRUG IS TAKEN

- Smoked
- Chewed
- Sniffed

EFFECTS

- Bad Breath
- Smelly Hair
- Heart Disease
- Yellow Teeth
- Wasted Money
- Cancer



ALCOHOL

STREET NAMES

- Booze
- Juice
- Brew
- Hard Stuff
- Coolers

EFFECTS

- Poor decisions
- Loss of Coordination
- Dizziness
- Hangover (Feeling sick afterwards)
- Vomiting
- Liver and brain damage
- Headache

HOW DRUG IS TAKEN

- Swallowed



RIGHT!... MY DAD SAYS THAT STREET DRUGS KNOCK YOUR MIND AND BODY OUT OF WHACK!

EQUIVALENTS: 12 oz.



LIQUOR WINE BEER

STIMULANTS:

UPPERS

METHAMPHETAMINES



STREET NAMES

- Speed
- Crystal
- Crank
- Meth
- Ice
- Tweek

EFFECTS

- Fast Heart Rate
- Extreme Fear
- High Blood Pressure
- Convulsions

HOW DRUG IS TAKEN

- Injected
- Sniffed
- Smoked



COCAINE

STREET NAMES

- Coke
- Blow
- Cane
- Crack/Rock

EFFECTS

- Fast Heart Rate
- Runny Nose
- Bloody Nose
- Heart Failure
- Convulsions

HOW DRUG IS TAKEN

- Sniffed
- Smoked
- Injected



AMPHETAMINES

STREET NAMES

- Bennies
- Whites
- Dexies
- Pep Pills

HOW DRUG IS TAKEN

- Swallowed
- Injected

EFFECTS

- Fast Heart Rate
- High Blood Pressure
- Extreme Fear



DEPRESSANTS:

DOWNERS



HEROIN

STREET NAMES

- Smack
- Junk
- Tar
- "H"
- Black

EFFECTS

- Dull senses
- Stupor
- Mental & physical depression
- Infections from dirty needles
- Convulsions
- Slows body functions

HOW DRUG IS TAKEN

- Injected
- Smoked
- Sniffed



BARBITURATES

STREET NAMES

- Reds
- Yellowjackets
- Pink Ladies
- Rainbows
- Downers

EFFECTS

- Slurred speech
- Slowed reactions
- Shallow breathing
- Coma

HOW DRUG IS TAKEN

- Swallowed
- Injected



QUAALUDES

STREET NAMES

- Ludes
- Methaqualone
- Juicers

EFFECTS

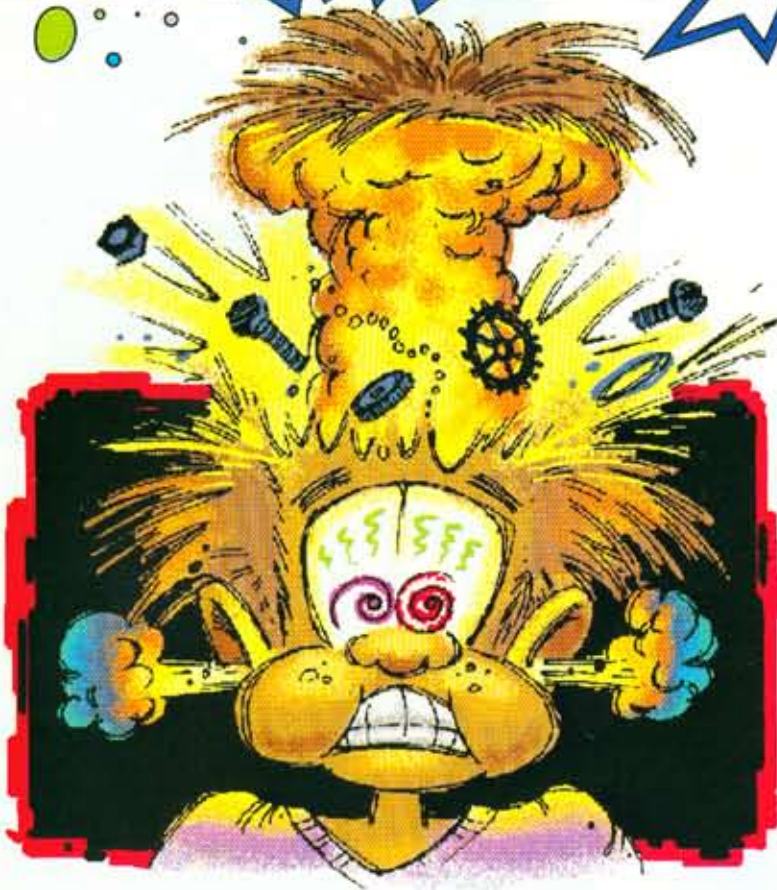
- Depressed heart rate & breathing
- Slowed reactions

HOW DRUG IS TAKEN

- Swallowed



HALLUCINOGENS:



STREET NAMES

- Poppers
- Rush
- Laughing gas

HOW DRUG IS TAKEN

- Inhaled
- Sniffed

PHENCYCLIDINE (PCP)

STREET NAMES

- Angel dust
- Super grass
- Super kools
- Stardust
- Sherms

EFFECTS

- Loss of coordination
- Abnormal blood pressure
- Hallucinations
- Blocks pain
- Loss of sleep
- Loss of control
- Violent behavior

HOW DRUG IS TAKEN

- Swallowed
- Smoked



COMMON HOUSEHOLD ITEMS THAT CREATE FUMES.

INHALANTS

EFFECTS

- Slows heart rate
- Headache
- Blackouts
- Brain damage
- Loss of bodily functions
- Suffocation



MIND ALTERING

DRUGS

LYSERGIC ACID DIETHYLAMIDE (LSD)

STREET NAMES

- Acid
- Scrambler
- Micro-dot
- Blotter acid

EFFECTS

- High blood pressure
- Hallucinations
- Fear
- Confusion
- Loss of control
- Flashbacks

HOW DRUG IS TAKEN

- Swallowed
- Absorbed through skin



MARIJUANA

STREET NAMES

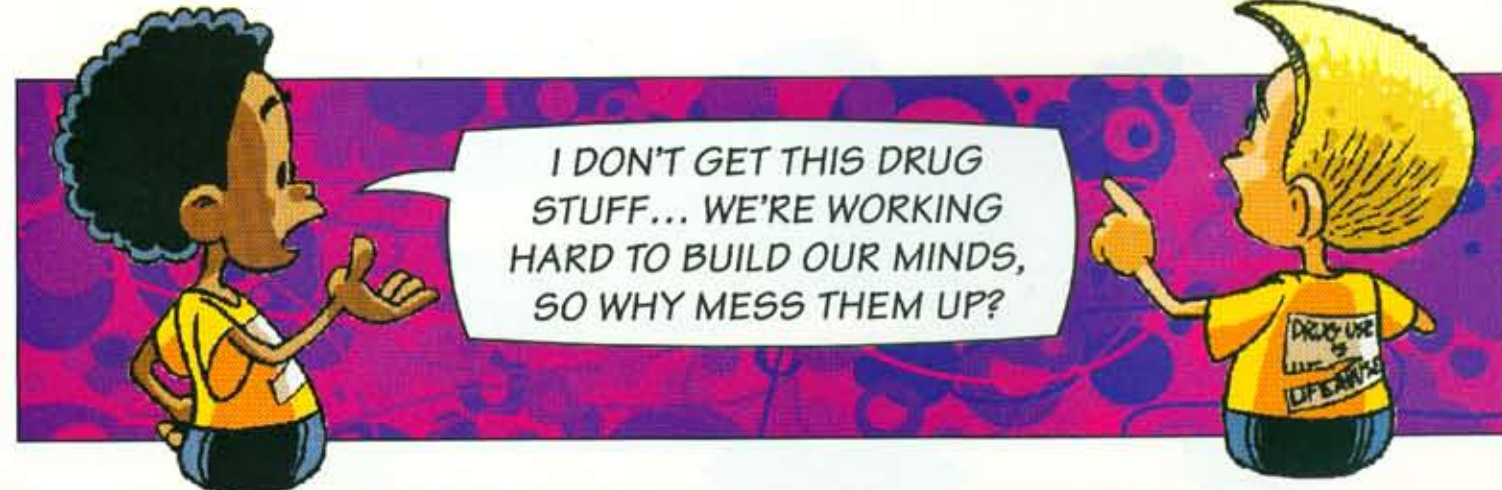
- Grass
- Pot
- Weed
- Reefer
- Joint

EFFECTS

- Memory loss
- Fast heart rate
- Burns lungs
- Cancer
- Brain damage
- Bloodshot eyes

HOW DRUG IS TAKEN

- Smoked



10 STEROIDS:

STREET NAMES

- Roids
- Juice
- Sauce

HOW DRUG IS TAKEN

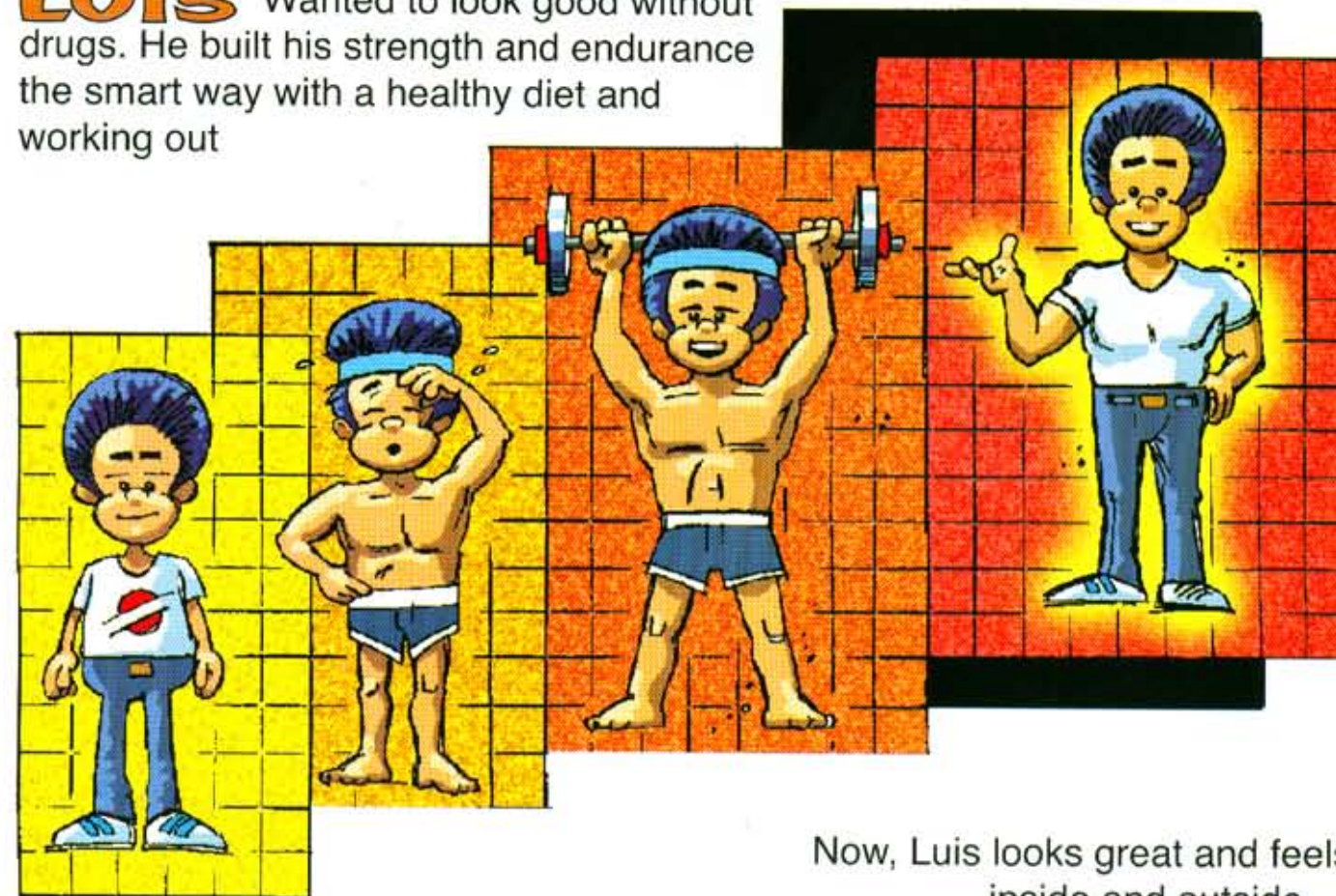
- Swallowed
- Injected



WALTER Wanted a shortcut to looking muscular... so he got buffed on steroids. Now he's feeling lousy inside...

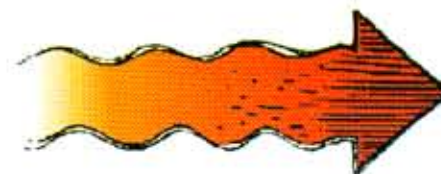


LUIS Wanted to look good without drugs. He built his strength and endurance the smart way with a healthy diet and working out



Now, Luis looks great and feels great ...inside and outside.

11 RISKS AND EFFECTS OF STEROIDS

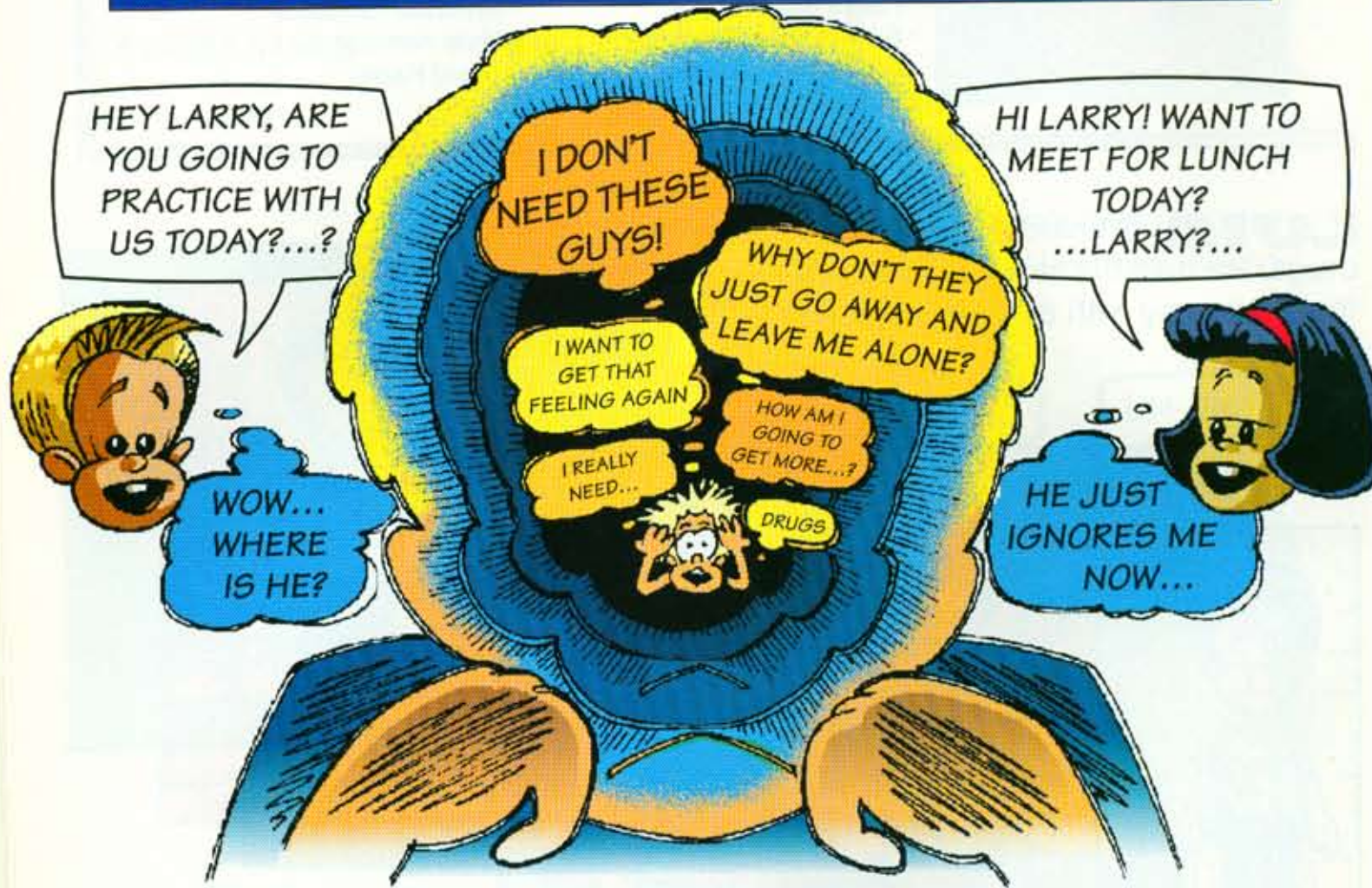


- Stunts growth
- Causes balding
- Heart disease
- Facial hair for girls
- Severe mood changes
- Aggressive, combative behavior (Roid Rage)
- Possible breast development in boys
- Acne
- High Cholesterol
- Cancer
- Shrunken testicles
- Liver damage



DO YOU KNOW?

THE SIGNS OF DRUG ABUSE



Larry's drug abuse is pulling him further and further from reality, from his family and from his friends. He is being drawn deeper into an empty and lonely inner world. He now lies, cheats, and steals. He can't remember things. He doesn't care for anyone or anything... but drugs.



REMEMBER



A DRUG ABUSER CAN BE ANYONE!

DRUG ABUSE Q&A

- QUESTION** What is alcohol & other drug abuse?
ANSWER It's the misuse of any drug.
- QUESTION** What is drug addiction?
ANSWER It's the physical or mental need to take a drug despite the negative consequences.
- QUESTION** What happens when people abuse drugs?
ANSWER They can experience trouble with their family, friends, school and the law. They can lose their health, self-control and freedom.

DO YOU KNOW THE LAWS THAT PROTECT YOU FROM DRUG ABUSE?

Laws prevent people from misusing harmful drugs. In Most States:

- It is illegal for a person under 18 years of age to purchase or to use tobacco.
- It is illegal for anyone under 21 years of age to use, possess or buy an alcoholic beverage. This includes beer, wine and wine coolers.
- When young people under 18 years of age are found possessing, or under the influence of drugs, including alcohol, they can have their driver's license suspended for one year.
- If under 16 years old, they are prohibited from getting their license until they are 17.
- It is unlawful to possess any amount of marijuana, cocaine or heroin.
- Your parents must pay for any damages or injury you cause to other people.





MEDIA PRESSURE

Media pressure is the pressure from advertising to buy and use products like alcohol or tobacco.



MYTH: People who use alcohol are energetic and alert.

FACT: Alcohol slows down all body functions.

MYTH: People who use tobacco or alcohol are always happy and in control of their lives.

FACT: Tobacco and alcohol are addictive. Addictive drugs control and depress the user.

MYTH: Alcohol use increases your athletic ability.

FACT: Alcohol use causes loss of coordination and lack of judgement.

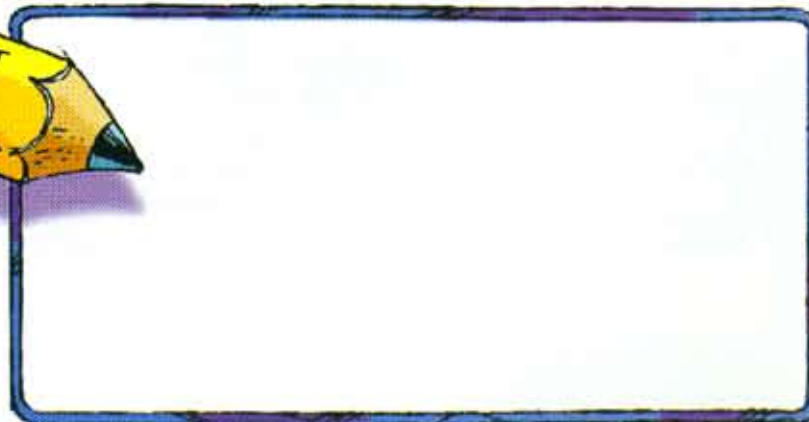
MYTH: People who use tobacco are thin, beautiful and healthy.

FACT: Tobacco use causes wrinkles, bad breath, yellow teeth and a variety of cancers.



With a parent or other adult, look for other myths in magazine ads or TV commercials for alcohol or tobacco.

Why do you think some advertisers don't show the true facts about their products?



PEER PRESSURE



Peer pressure is the pressure you feel from others your own age, who act or think a certain way.

Here's how to handle it;

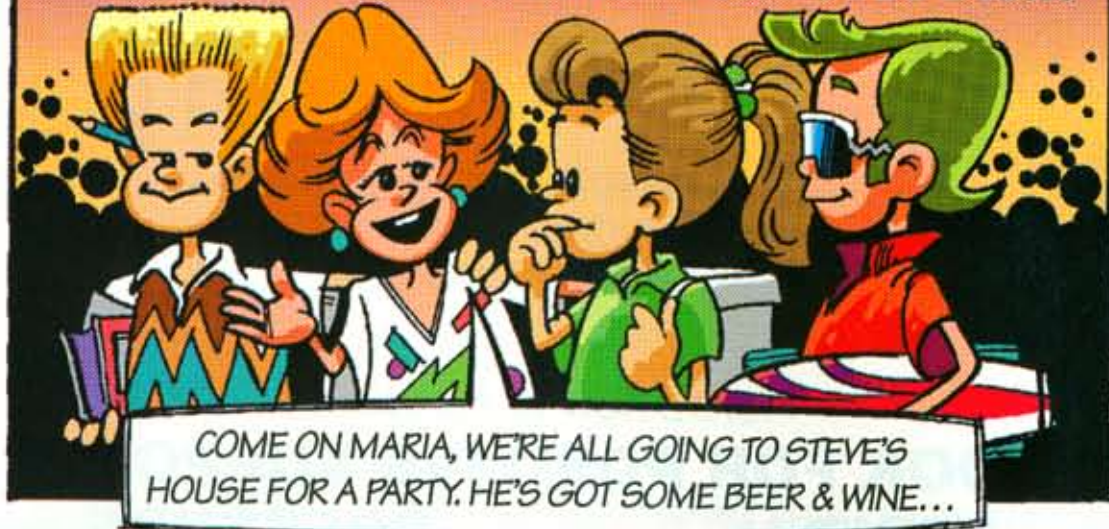
LOOK FOR POSITIVE SUPPORT AVOID NEGATIVE PRESSURE



TRUE FRIENDS NEVER PRESSURE YOU TO DO THINGS THAT ARE WRONG OR BAD FOR YOU.



WHEN YOU'RE FACED WITH A PRESSURE SITUATION...



HERE'S A F.A.S.T. WAY TO SAY NO!!

Find out more about the situation.



WHAT'S GOING ON THERE?
WHO'S GOING TO BE THERE?
WHAT'S THE PARTY FOR?
WHERE'S IT GOING TO BE?

Ask yourself what the right choice is for you.



I CAN GET IN TROUBLE, GET SICK OR BE PUT IN A POSITION I CAN'T HANDLE. I'D HAVE MORE FUN PLAYING BALL WITH MY OTHER FRIENDS.

State your decision and the reason for it.



I'M PLAYING VOLLEYBALL AT HOME WITH MY OTHER FRIENDS. WE PICK TEAMS AND HAVE A BLAST.

Tell the other person about a positive alternative.



WHY DON'T YOU ASK YOUR MOM IF YOU CAN COME OVER AND YOU CAN BE ON MY TEAM?



F.A.S.T. PRACTICE

With a friend, think of a situation in which you might feel pressured to make a bad choice. Put Maria in that situation and help her say no to the pressure.

F _____

A _____

S _____

T _____

DO IT FAST AND FIND A FRIEND TO SUPPORT YOU!!

Adults feel pressure too. They need money for food, clothing and housing. They need jobs to take care of their families. They may also have friends who smoke, drink, and take other drugs.

Talk to an adult you trust about how he or she handles negative peer pressure in his or her life. You may be surprised!





NOT AGAIN!

DAVID, YOU KNOW YOU SHOULDN'T DRINK!!

HEY, GIVE ME A BREAK! IT'S JUST A BEER AND MOM DOESN'T HAVE TO KNOW.



2

THANKS A LOT PETE, YOU'RE A GREAT BROTHER

I HATE DOING THIS. IT'S HIS PROBLEM ANYWAY. I'D RATHER BE WITH MY FRIENDS.



3

TWO DAYS LATER:

I'M NOT GOING TO CLEAN UP OUR ROOM FOR YOU AGAIN! I'LL BE LATE FOR MY GAME!!

COME ON PETE, JUST THIS ONCE... I WON'T ASK YOU AGAIN.



4

WHY ARE YOU SO LATE PETE?

NEVER MIND...



5

WE ALMOST HAD TO FORFEIT BECAUSE YOU WERE LATE! WHAT'S WRONG? WAS IT YOUR BROTHER AGAIN?

YES... BUT HE SAID THIS WOULD BE THE LAST TIME.



6

DON'T LET DAVID CON YOU ANYMORE. BY CLEANING UP FOR HIM YOU'RE MAKING THE PROBLEM WORSE.

HE'S MY BROTHER. WHAT AM I SUPPOSED TO DO?



7

WHAT DOES YOUR MOM THINK?

I HAVEN'T TOLD HER. I DON'T THINK SHE KNOWS.



8

I THINK YOU SHOULD TELL HER RIGHT AWAY! DAVID NEEDS HELP!



9

WHAT HAPPENED HERE? WHERE DID ALL THESE CANS COME FROM?

MOM, THEY'RE NOT MINE! THEY'RE DAVE'S. HE DRINKS ALL THE TIME!



10

THAT'S IT! I'VE HAD IT WITH DAVID! THIS IS SERIOUS PETER... WHY DIDN'T YOU TELL ME ABOUT THIS SOONER?

I WAS WORRIED MOM. I DIDN'T KNOW WHAT TO DO...



NOW I KNOW, DAVID'S SICK. HE HAS A PROBLEM. IS THERE SOMEONE WHO CAN HELP?

YES THERE IS... YOU WERE RIGHT PETER. I'M PROUD OF YOU FOR TELLING ME. LET'S CALL AND GET SOME HELP?



IF YOU NEED HELP WITH ALCOHOL, OTHER DRUG PROBLEMS OR PEER PRESSURE, SEE YOU SCHOOL COUNSELOR, CLERGY, FRIENDS, PARENTS OR THE RESOURCES ON PAGE 27

FAMILIES & ADDICTION

A FAMILY IS MORE THAN JUST A BUNCH OF PEOPLE.



A little incident that happened on our family's hike thru life...

A family is a support system that helps each person win. It's like being on a team. Each person who has a success lifts the the whole family. When someone in the family has a drug problem, it hurts the whole team... it affects each member in some way.

DRUG PROBLEMS CAN CAUSE:

- Money problems
- Communication breakdowns
- Anger and guilt
- Fights and physical abuse
- Stress and embarrassment
- Divorce and family breakup

You are an important member of your family team. What you do makes a difference. You affect others and they affect you.



Whether you see it or not, people count on you too.



WHAT YOU CAN DO

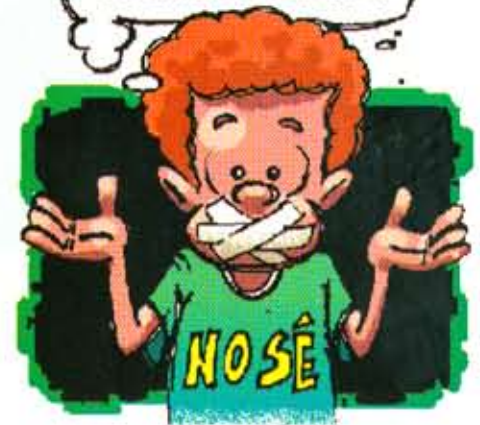
Even when you care for someone, you can't control them or make their decisions. It's not your fault if they have a drug problem. Each person has to make their own decisions.



You'll be better off if you choose friends who choose good behavior. If someone's behavior isn't good, tell them. If they don't choose good behavior, find friends who do. Remember: choose friends wisely, they can bring you up or bring you down.



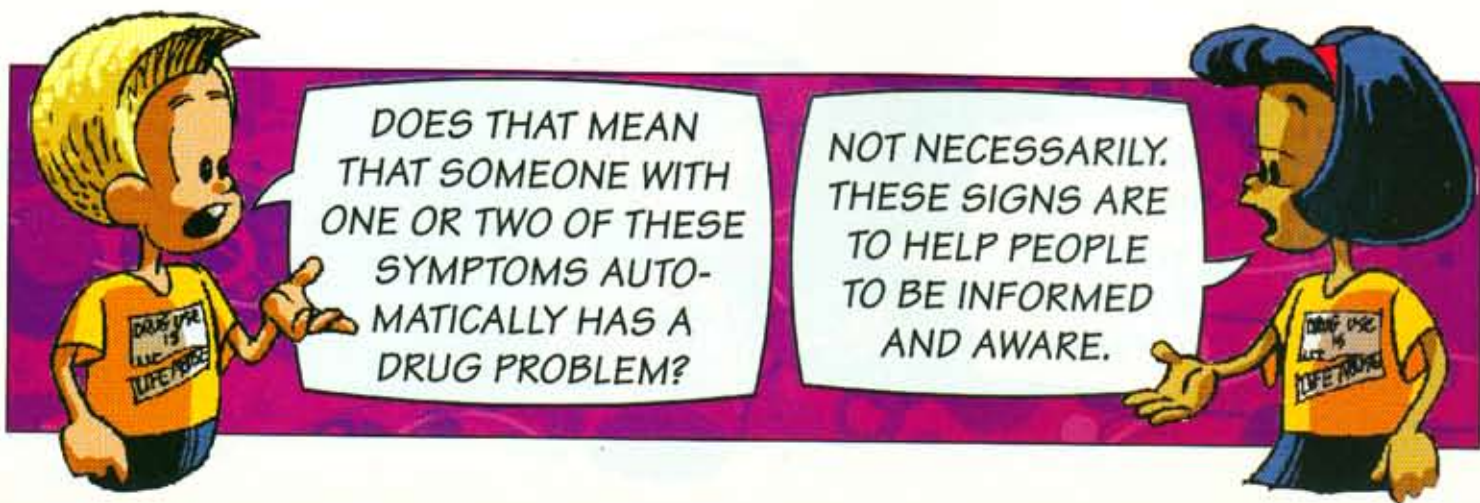
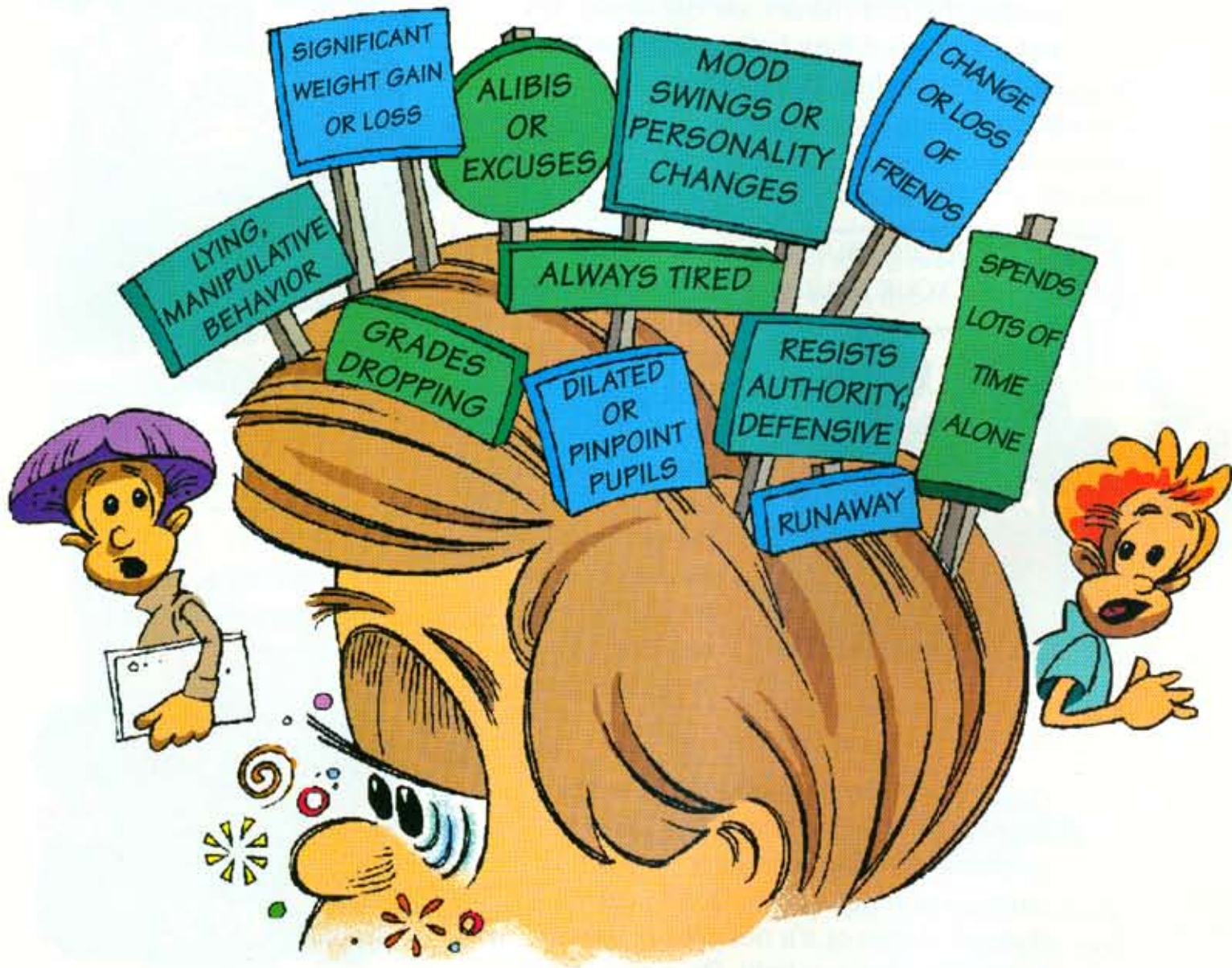
IF I TELL, LARRY WILL REALLY BE STEAMED AT ME!



If someone you care about has a drug problem, it doesn't help if you keep it a secret. That only allows the problem to continue and get worse. Don't pretend it doesn't matter or it's not your business. Tell someone who can help. Be a real friend.



WARNING SIGNS OF DRUG PROBLEMS



CALLING ALL DRUG BUSTERS!



BEGIN YOUR SEARCH

CAN YOU FIND THESE WORDS?

- Heart disease
- Brain damage
- Marijuana
- Choices
- Anger
- Help
- Peer Pressure
- Yellow teeth
- Baldness
- Gateway drugs
- Cocaine
- Fast
- Abuse
- Laws
- Inhalants
- Steroids
- Alcohol
- Cancer
- Drug
- Tobacco



OK KIDS,
WHO KNOWS
THE ANSWER
TO THIS...



DRUG QUIZ

1. Steroids will build your body strength without causing harmful medical side effects.
True or False
Page 10
2. Alcohol related traffic accidents are the number one cause of teenage deaths.
True or False
Page 4
3. Alcohol may cause:
 - a. Dizziness
 - b. Liver damage
 - c. Loss of coordination
 - d. Increased athletic ability
 - e. a, b, and c
 Page 5
4. You must be at least 18 years old to use or purchase tobacco.
True or False
Page 13
5. Drug abuse affects all family members and friends.
True or False
Page 20

6. A drug is anything you take into your body which changes the way you _____ or _____.
Page 4
7. Cocaine causes the heart to beat fast, which can cause _____ failure.
Page 6
8. Warning signs of drug abuse are:
 - a. Change or loss of friends
 - b. Mood swings
 - c. Drop in school grades
 - d. All of the above
9. Look for the _____ support _____ the _____ pressure.
Page 15
10. Write one way a person can avoid drug abuse. _____

ANSWERS:

1- False; 2- True; 3- e; 4- True; 5- True; 6- act, think, feel; 7- heart; 8- d; 9- positive, avoid, negative

YOU CAN HELP

THINGS ARE GETTING BETTER... AND BETTER... AND BETTER...

WITH DRUG ABUSE PROBLEMS



EVERYBODY HAS PROBLEMS. SOMETIMES PEOPLE JUST DON'T KNOW WHAT TO DO ABOUT THEM.

HOW WOULD YOU REACT TO EVIDENCE OF DRUG ABUSE IN YOUR FAMILY? HERE ARE SOME COMMON BUT INAPPROPRIATE REACTIONS...

<p>DISBELIEF / DENIAL: Because family members either cannot believe or choose to ignore that someone they love would use or abuse a drug, drug use is prolonged and treatment is delayed.</p>	<p>RESCUING: When family members protect the drug user from the consequences of his/her use, it is then easier for drug use to continue.</p>	<p>BLAMING: If family members blame themselves or each other for the drug use, the problem is not solved.</p>
--	---	--

ALTHOUGH THESE ARE COMMON REACTIONS, THEY ONLY MAKE THINGS WORSE. TO MAKE THINGS BETTER, DECIDE TO:

Admit problems when they occur and find support.

Have a clear set of rules, rewards and punishments.

Talk to each other, especially about feelings.

Show your trust, support and love for each other.

WHAT TO DO WHEN THERE IS A PROBLEM IN THE FAMILY



IT DOESN'T WORK TO IDENTIFY THE PERSON AS THE PROBLEM.



WHAT HAPPENS:

Blaming and shaming a person makes them feel hurt, angry and bitter. They doubt their self-worth and ability. They tend to make poorer choices, behave worse, and have more problems.

THIS PERSON IS MORE LIKELY TO TURN TO DRUGS TO ESCAPE THEIR PAINFUL FEELINGS.



IT WORKS WELL TO IDENTIFY THE BEHAVIOR AS THE PROBLEM.



WHAT HAPPENS:

Accepting and supporting the person while rejecting and opposing their bad behavior helps them feel more self-worth and confidence. They tend to make better choices, behave better, and have fewer problems.

THIS PERSON IS LESS LIKELY TO GET INVOLVED OR HAVE ANY INTEREST IN DRUGS.



YOUR FAMILY SEEMS TO GET ALONG WELL AND HAVE A LOT OF FUN. WHAT DO YOU GUYS DO?



OUR FAMILY KIND OF WORKS LIKE A TEAM, WE COUNT ON EACH OTHER.



WE ESTABLISH RULES ABOUT WHAT BEHAVIOR IS OK AND WHAT ISN'T.

WE AGREED ON CERTAIN REWARDS AND PUNISHMENTS FOR KEEPING OR BREAKING THE RULES.



WE MAKE AGREEMENTS ON HOW WE WILL EACH SUPPORT THE FAMILY AND HOW THE FAMILY WILL SUPPORT US.

I LIKE IT... WE KNOW WHAT TO DO AND WHAT TO EXPECT.

WHERE TO GET HELP

1-800-662-HELP (662-4357)
CENTRAL SUBSTANCE ABUSE HOTLINE
OR
IN AN EMERGENCY, DIAL 911

CLEANING UP DRUGS IN OUR COMMUNITY IS A TEAM EFFORT. WE'RE GLAD TO HAVE YOU AND THESE GREAT SPONSORS ON THE TEAM!



**WORKING
TOGETHER**

**DRUG USE
IS
LIFE ABUSE**



**TO MAKE A
DIFFERENCE**

YES, WE SUPPORT A DRUG FREE AMERICA

Student Team Member _____ Date: _____

Parent Team Member _____ Date: _____

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Distributed by the Orange County Sheriff's Department, Orange County, California

If you would like information on how to order this educational material for your community group or school, contact Drug use Is Life Abuse at (800) 664-2647, 8:00 a.m. to 4:00 p.m. Monday-Friday, P.S.T..