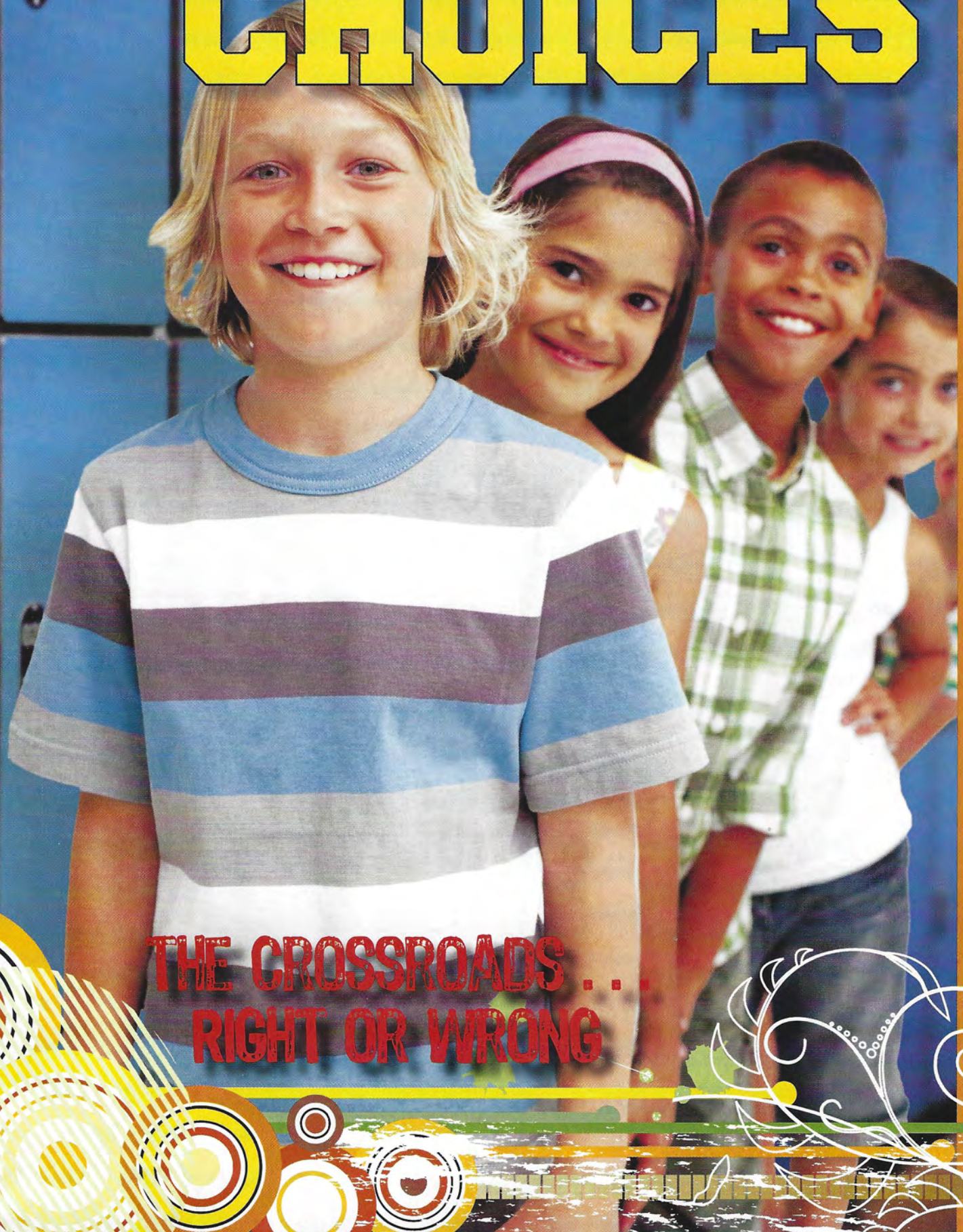


# YOUR LIFE, YOUR . . . **CHOICES**



**THE CROSSROADS . . .  
RIGHT OR WRONG**



**IT'S UP TO ME!**



I CAN

**CHOOSE**

TO SAY NO.

IT'S THE SMART THING TO DO.

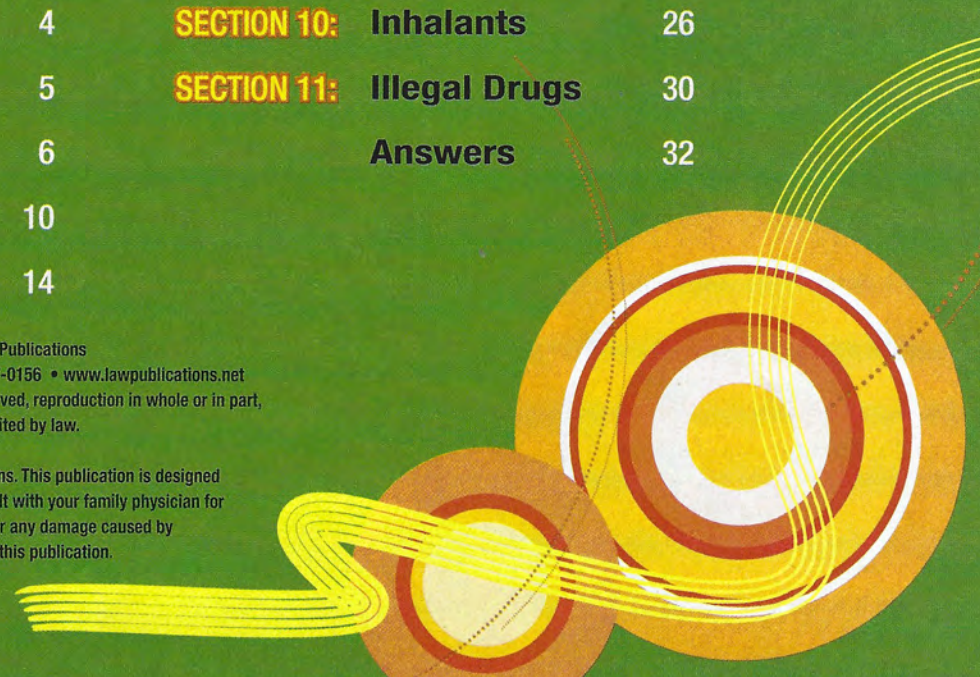


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# WHY ARE CHOICES IMPORTANT?

**Choices are important because by making choices you are creating your future.** Some choices are not very important for your future, but others are extremely important. For example, when you choose between flavors of ice cream, your future probably does not depend much on which flavor you choose.

**On the other hand, the choice to take drugs or not take drugs is a very important choice.** Your future could be very different depending on the decision you make. The kind of life you will live in the future depends on important choices you make now.

2

**As you grow older, you may notice you are making more choices.** This is why it is important for you to learn how to make smart choices. When you are faced with a big decision, stop and think. Ask yourself what the choice you make could mean for your future. If possible, you may want to talk about the decision with someone you trust—like a good friend, a teacher or a parent.

**Information can help you make smart choices.** Reading this book can help give you that information. Smart choices will help you create the kind of future you want.

**One of the best ways to learn how to make smart choices is to observe what happens when other people make choices.**

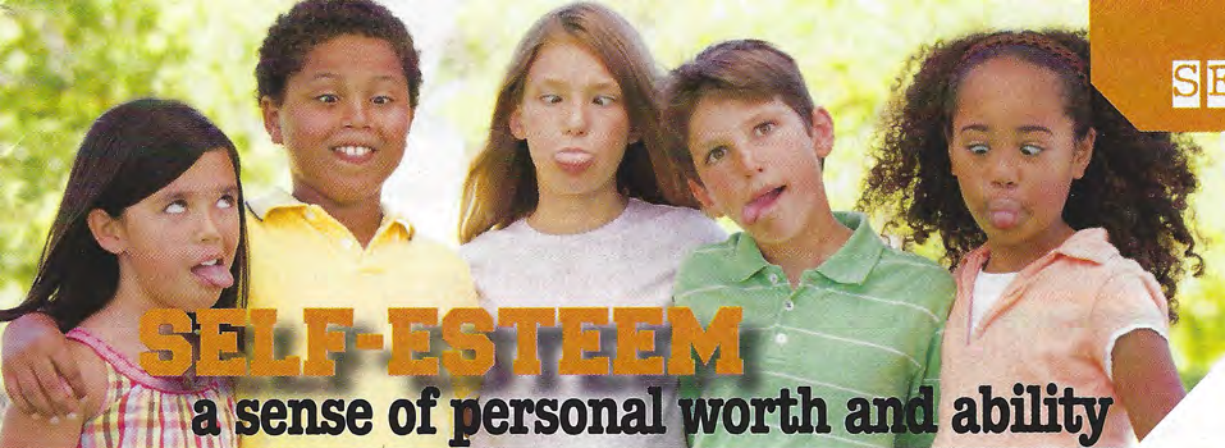
In this book, you will have a chance to evaluate the choices others have made. You will learn interesting facts and scientific knowledge. The stories and exercises are designed to give you the chance to practice making important choices. You will pick up points along the way. Add all the points together at the end of the book to see how you scored at making important choices.

## THE ISSUES YOU WILL BE LEARNING ABOUT ARE:

Self-Esteem  
Assertiveness  
Peer Pressure  
Internet Safety  
Bullying

Tobacco  
Alcohol  
Marijuana  
Inhalants  
Illegal Drugs

*You will be making important choices about these issues throughout your life. In the end, no one can tell you which choices to make. After all, it is your life and you will have to decide for yourself, but understand that you will have to live with the future and the consequences your choices create. So as you go through this book, learn all you can, and have fun!*



# SELF-ESTEEM

**a sense of personal worth and ability**

**Self-esteem is something every human being has.**

**You can choose to have a healthy self-esteem or a low self-esteem.**

Sometimes it is very challenging to view yourself with healthy self-esteem when other people through their words and actions send mean and hurtful messages, but the truth is you have the power to choose to reject those negative messages. Even someone who seems to have it all . . . nice family, nice home, good looks and plenty of talent . . . can still suffer because they choose to view themselves with low self-esteem.

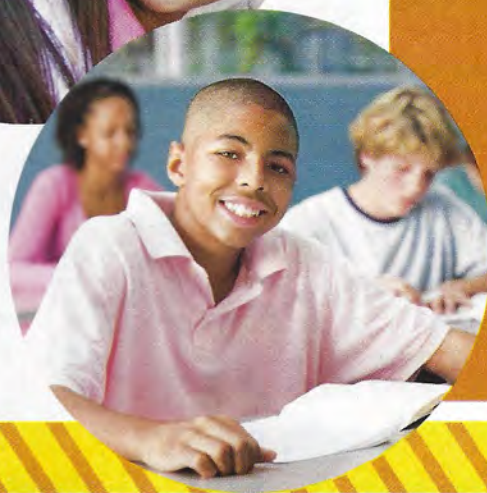
**Why is a healthy self-esteem important?**

Everyone faces adversity and conflicts in life. Everyone has successes to celebrate and everyone makes mistakes. Your level of self-esteem will directly impact your choices when dealing with these challenges and events in your life. When you have a healthy self-esteem, it is easier to say “no” to things that can hurt you or others, like drinking and driving, bullying, stealing, cheating and lying. Having a healthy self-esteem makes it easier to try again when you make a mistake. Many “successful” people try many times to get it right . . . and they finally do!

**You can't change your past, but you can change your future.**

You are unique and valuable. If you don't like who you are right now, change the way you talk to yourself. You need to be your biggest fan, super hero and cheerleader!

3



## Self-esteem Building Self-talk:

- ➡ I am not devastated by criticism. I am able to take it constructively. I can take it in stride and make the changes I need to make.
- ➡ I do not view obstacles and setbacks as a roadblock but rather as another mountain to conquer.
- ➡ I treat everyone as I would like to be treated.
- ➡ I celebrate my strengths and achievements.
- ➡ I will use my energy for positive thoughts.
- ➡ There are many things I do well (list them if you need to).
- ➡ I do not have to strive for perfection to approve of myself.
- ➡ Every mistake I make is an opportunity to learn.
- ➡ I will treat myself as someone special.
- ➡ I have the power to forgive myself for past mistakes.
- ➡ I determine what success means to me.
- ➡ I deserve support and will ask for help when I need it.




# ASSERTIVENESS

**Learning to be assertive is a life skill that will help you better navigate relationships with others.**

Assertiveness is the “healthiest” style of communication. It’s all about letting people know your real thoughts and opinions, recognizing and standing up for your own rights, being clear about what you want to do, while at the same time recognizing and respecting the rights of others.

Sometimes people confuse being assertive with being aggressive. Aggressive communication judges, threatens, lies, breaks confidences, stonewalls and violates other’s boundaries.

Aggressive communication tears relationships apart. Assertive communication helps build relationships.



**Knowing how to defend yourself and respect others is critical when it comes to bullying. Assertive teens talk to others from an “I count my needs, I count your needs” position. They are genuinely confident and sure of themselves and do not need to bully.**

## Becoming Assertive

4

- ➔ Think and talk about yourself POSITIVELY. Get rid of statements like “you’ll probably think I’m crazy, but...” or “I guess”.
- ➔ Practice using the phrase “I choose to...,” instead of “I should”, “I ought to”, “I have to”.

## WHEN TRYING TO RESOLVE A CONFLICT:

- ➔ Face the other person, stand or sit straight, keep your voice calm and quiet, not whiney.
- ➔ Say something to show your understanding of the other person’s feelings.
- ➔ Tell why you need something to change. Use “I feel . . .” statements.
- ➔ Talk about the behavior, not the person.
- ➔ Ask for specific changes in the other person’s behavior.
- ➔ Give the other person time to talk, too.
- ➔ When answering a “yes” or “no” question, it’s OK to just say yes or no. You do not always need to explain why.

People that are assertive care about themselves and others. They are confident enough to make mistakes and learn from them as well as take risks. They are honest and kind friends that keep their word. Wouldn’t that be a great thing for someone to say when describing you?

# PEER PRESSURE

## PEER PRESSURE

**Peer pressure is when people your own age try to get you to do something.** Peer pressure can be both positive and negative. For example, while exercising with a group of friends you encourage one another to keep going, that is an example of positive peer pressure. Negative peer pressure is when you are pressured to do something that is not good for you. For example, while hanging out with a group of friends at a party everyone is encouraging you to drink alcohol or take drugs, that is an example of negative peer pressure.

**Peer pressure is very powerful.** Even if you do not want to do something, you just might do it because you feel pressured by those around you or because “everyone else is doing it.”

**It is important to remember that not everyone your age is smoking, drinking alcohol, or taking illegal drugs.** To avoid negative peer pressure from those who do, it is best to stay away from places where people are smoking, drinking and using drugs.

**If you do feel pressured to do something that you feel is wrong, the best way to respond is to make your own decision to not participate.**

- State your decision clearly and assertively. 5
- You do not have to be aggressive or make a big deal out of it.
- Don't be wishy-washy either.
- Make eye contact and do not make excuses. If the people pressuring you will not take no for an answer, walk away.



**Hanging around people who do not respect your right to decide things for yourself is a waste of time and they aren't really your friends.**



For more information on peer pressure, visit

**[www.thecoolspot.gov](http://www.thecoolspot.gov)**



## WHO INVENTED THE INTERNET?

**You grew up with the Internet, but it actually has not been around very long.** The Internet is a global system of interconnected networks of computers linked together to share information. It consists of millions of private, public, academic, business, and government networks. This global network transmits data in little pieces called packets. If one computer has a lot of information to send, it divides the information into packets. The packets are like puzzle pieces, and the computer that receives them puts them back together.

The World Wide Web (or “Web”) is not the same thing as the Internet. The Internet is the network itself, while the Web is a collection of multimedia documents that are all linked together by the Internet.

The Web made the Internet easy for everyone to use. In 1981, there were only 213 computers on the Internet. Today there are so many that no one can count them! Some have estimated that the number is around 200 million!

6

## WHAT IS CYBERSPACE?

**Cyberspace is the realm on the Internet where online communication is made possible.** It allows anyone using it to interact with others who are also online. E-mail, Myspace, Facebook, gaming sites, and chat rooms are all examples of how Cyberspace allows users to interact with one another. Cyberspace is an amazing place because you can use it to talk to anyone anywhere in the world, however, it can also be very dangerous.

## WHY WORRY ABOUT INTERNET SAFETY?

After all, it is virtual reality, not “real” reality, right? If someone gets mad at you on the Internet, they cannot reach through the screen and grab you. Maybe not, but Internet safety is still a big deal.

It is important to observe some rules of common sense when you are using Cyberspace. Surfing through Cyberspace is just like walking through a strange neighborhood. You come across people you do not know. In fact, safety can be even more important on the Internet, since you cannot actually see the people you meet. It is hard to know whether the people you meet on the Internet really are who they say they are. That is why you should never give out your personal information to strangers you meet online.





# HOW TO STAY SAFE IN CYBERSPACE

- 1 Never give out personal information online about yourself or anyone you know.** Be very suspicious of anyone online who presses you for information. Even information that seems harmless to you, like what school you go to, or what mall you hang out at, can be used by a dangerous person (predator) to find you.
- 2 Never send photographs online to someone you do not know.** Internet predators often try to find out what you like, and then pretend to like the same thing. The goal is to get you talking so they can find out more information about you.
- 3 Never go to meet someone you only know from the Internet!** Tell your parents or guardian. Many kids have been hurt by agreeing to meet people they befriend online. Some people pretend to be kids online, when in reality, they are adult criminals.
- 4 Never "FLAME" someone online.** Some people think that when they can't see you face to face they can say whatever they want. That is not cool. Whenever you chat with or E-mail someone, do not say anything that you would not want someone saying to you face to face.
- 5 DO NOT RESPOND to inappropriate online communication from someone, such as angry, threatening, or sexual chat or E-mail.** Immediately tell a parent, teacher, or other adult you trust.
- 6 DO NOT RESPOND to Cyber-bullying.** If someone is harassing you by E-mail, responding usually makes the problem worse. Talk to a trusted adult about what is happening. If the harassment does not stop, place the person on your blocked sender list.

## REAL WORLD

One of every five kids who use Internet chat rooms has come into contact with a child predator, according to [www.protectkids.com](http://www.protectkids.com).



## Test Your Knowledge

Below are some true/false questions about the Internet and Internet safety. Give yourself two points for each correct answer. Good luck!

- Internet safety is not all that important since someone cannot hurt you through a computer.  
 True  False
- E-mail and chat rooms are examples of Cyberspace.  
 True  False
- Computers on the Internet send information in little pieces called packets.  
 True  False
- The Internet and the World Wide Web are the same thing. **7**  
 True  False
- Giving out personal information on the Internet is always safe.  
 True  False
- Agreeing to meet someone you know only from the Internet is okay as long as it is in a public place.  
 True  False
- If someone "flames" you, responding with another flame will probably make the situation worse.  
 True  False
- You should not respond to sexual chat or E-mails.  
 True  False

Go to page 32 to check your answers. Enter your score for Section 5: Internet Safety, "Test Your Knowledge".

## What Would You Do?

Choices that you make now determine what happens to you in the future. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!

# A "CHANCE" MEETING ON THE INTERNET

Bryan was bored. He'd finished all of his homework, but he wasn't tired enough to go to sleep yet. He didn't feel like television either.

"Oh well," he thought, "might as well surf the Internet for a while."

Bryan logged on to the Internet. His instant messaging software popped up and made a pinging sound. His best buddy from school, Trey, was online. Bryan decided to say hello.

BryanzBack: *hey. what RU up to?*

TreyD: *a little late nite surfing. how bout U?*

BryanzBack: *I'm BORED.*

TreyD: *LOL. U should check out this new site I found. <<Link>>. It's run by a store over near Lake Evanston.*

Water skiing was Bryan's favorite hobby. He and Trey had skied every lake within 100 miles. Trey's family had a speedboat.

BryanzBack: *cool. haven't seen that one yet.*

TreyD: *9 CUL8R!*

Bryan knew from the 9 Trey typed that Trey's parents must have come into the room. He clicked on the link Trey had given him. It was a chat room for water skiing enthusiasts. Bryan decided to check it out.

BryanzBack: *just joined Water Ski Chat!*

SkiFreak: *Hey there!*

BryanzBack: *RU into water skiing?*

SkiFreak: *No, I actually like cake decorating. LOL. Of course I'm into skiing, that's what this site is about. How about you? Got ur own boat?*

BryanzBack: *1 day. I'm in 6th grade.*

SkiFreak: *Where do u go to school?*

BryanzBack: *privileged info*

SkiFreak: *No problem. I was just wondering what lakes you were near. I'm actually in 7th grade at Evanston Middle.*

BryanzBack: *I've skied Lake Evanston.*

SkiFreak: *I'm there all the time in the summer! My dad bought a new boat last year. U should see it! Hey, we need to hook up sometime. Do you live around Evanston?*

Bryan's parents had told him never to give out personal information or agree to meet in person with anyone he met on the Internet, but this could be a great opportunity. If he got to know someone else with a boat, his skiing opportunities would double! To play it safe, he could agree to meet SkiFreak in a public place, like the mall. He could even bring Trey with him.

## WHAT DO YOU THINK BRYAN SHOULD DO?

**Option 1** Do not agree to meet SkiFreak. Do not give him any personal information.

**Option 2** Agree to meet SkiFreak, but only in a public place. Bring along Trey to make sure it is safe.



# THE CONSEQUENCES

## Option 1

Bryan logged off the computer and went to bed. The next morning at breakfast he mentioned to his parents what happened on the water skiing site. They were very upset. His father lectured him on Internet safety and his mother wondered aloud if maybe his computer should be moved into the living room.

“Hey, come on!” Bryan said. “Why should I get punished? I did the right thing. Plus I told you about it.” After Bryan’s parents calmed down, they had to admit that he was right. They agreed Bryan was showing real maturity and apologized for their initial reaction.

**Anytime someone asks you for personal information online, you should be suspicious. The person may not be who they say they are. Bryan made the right call cutting off his chat with SkiFreak. Plus he got the satisfaction of showing his parents how mature he’d become. 10 points**

## Option 2

Bryan agreed to meet SkiFreak at the mall the following Saturday. SkiFreak said his real name was Vince. Bryan wouldn’t give SkiFreak any more information, he was playing it safe. He didn’t tell his folks about the meeting, though. They would’ve flipped, and not let him go.

On Saturday, Bryan and Trey met outside the mall. They went in to the food court and sat at a table near Jack’s Spuds. That’s where he’d told Vince to meet them, but Vince didn’t show. Bryan and Trey waited and waited, and finally decided that Vince was a no show. They walked to the bike rack and Trey unlocked his bike.

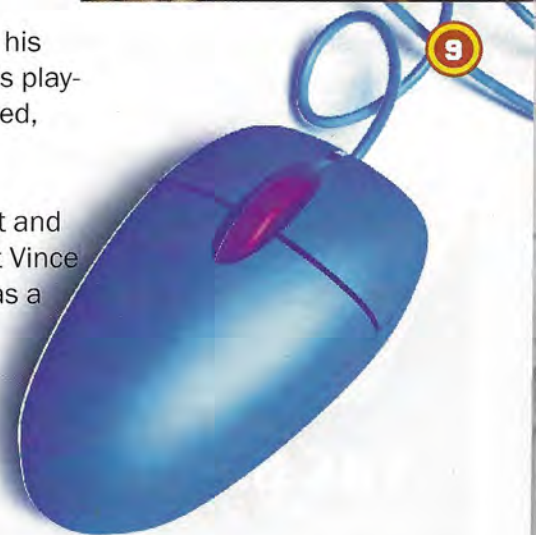
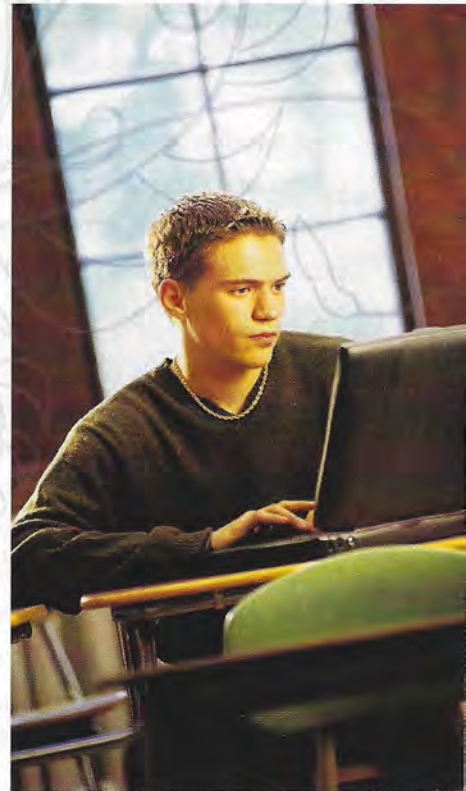
“Hey,” Bryan said. “You wanna go shoot some hoops at the school?”

“No, I’ve gotta go home,” Trey said. “I have to mow the grass this afternoon.”

“Okay, see ya later,” said Bryan as Trey left.

Bryan walked to his bike and unfastened the lock. He heard an engine and saw a large shadow sliding across the brick wall of the shopping mall. He turned around and looked. A van had stopped right in front of the bike rack. A man got out and left the engine running. He came over to Bryan. He looked old, even older than Bryan’s Dad. “Hey, do you wanna go water skiing?” the man said.

**Bryan thought he was playing it safe by meeting SkiFreak in a mall and bringing Trey along. Unfortunately, he was wrong. Anyone you meet online is a stranger. Don’t meet them in person without talking to your parents or guardian about it first. It is very easy for people on the Internet to pretend to be something they’re not. 0 points**



**Go to page 32  
and enter your  
score for  
Section 5:  
Internet Safety,  
“The Consequences”.**

## WHAT IS BULLYING?

*This sounds like a dumb question, right?* Bullying by definition is the use of force or coercion to abuse or intimidate others. After all, anyone who has ever been picked on knows about bullying. Even though that statement is true, being able to recognize something is easier than being able to explain what it is. In the case of bullying, we are talking about the physical or mental abuse of someone by another person or group of people. Bullying can take many forms. It can be hitting, shoving, name calling and verbal threats. Sometimes, bullying can be silent, in the case of social exclusion. It can also happen in Cyberspace, with mean or threatening E-mails and Internet messaging. No matter how it happens, bullying hurts. Ultimately, bullying is not about the victim it is about the bully. They intimidate others to gain power over their victims and to make themselves feel better. That is why bullying hurts not only the victim but the bully.

10

## THE RESULTS OF BULLYING ...

- ➔ *Bullying behavior is often ongoing and affects everyone involved.*
- ➔ *People who witness bullying are affected by it as well. Many witnesses feel fear and stress as a result of seeing bullying episodes.*
- ➔ *Victims of bullying and many witnesses are likely to be anxious, depressed and have physical problems like headaches and stomach problems.*
- ➔ *People who bully are more likely to have problems with self-esteem, relationships, resentment, jealousy, aggression and grades. When they are adults, bullies are likely to get into trouble with the law.*

### THE REAL WORLD

People used to think bullying was just a part of growing up. Now people understand that it causes major problems for bullies, victims and witnesses. Schools like West Frederick Middle School in Maryland are beginning to do more about bullying. They enacted an anti-bullying program which includes a box where bullying incidents can be reported anonymously. The program gets students and teachers involved in stopping bullying.

To learn more about bullying, check out

[www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

# THINGS TO DO

Here are some things to do if you are involved in a bullying situation. Remember that all three categories below might apply to you at different times. In fact, a lot of bullies are themselves the victims of other bullies.

## IF YOU ARE BEING BULLIED:

**Do not doubt yourself.** The problem is with the bully, not you. You are not alone. In a survey, one of every four kids reported being bullied in the past three months.

**Try to remain calm in a bullying situation.** Bullies enjoy making people upset and if they cannot do this, they may stop. Make it clear to the bully that you do not like what they are doing.

**Tell your friends.** Do not keep it a secret. They may be able to help you with the problem. Keeping a problem to yourself will make you feel worse.

**Tell an adult.** This can be hard, but it is the best way to stop ongoing bullying. Bullies love secrecy, so do not play along! Parents, teachers and counselors are there to help, and they know how to handle the situation without embarrassing you.

## IF SOMEONE IS BEING BULLIED:

**As a bystander, you can help a victim by standing up to their bully.** Let the bully know their behavior is not funny and does not earn the respect of others. Tell a teacher or another adult about what is happening. It can be hard for someone being bullied to do this, and you are in a position to help them.

## IF YOU ARE A BULLY:

**Realize that bullying is not healthy behavior.** Bad consequences await bullies later in life. Sixty percent of bullies have at least one criminal conviction by age 24.

**Think about how it would feel to be bullied.**

**Figure out why you bully others.** A parent, teacher or counselor can help you understand this. Talk to them.

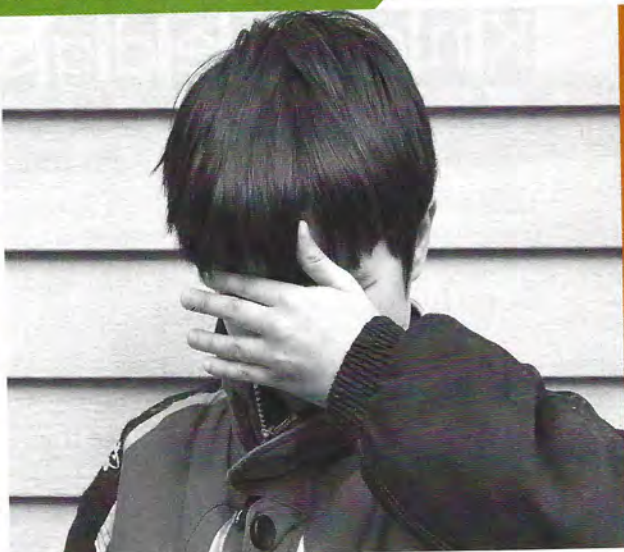
# Test Your Knowledge

Below are some clues to help you solve word scrambles. Give yourself two points for each correct answer. Good luck!

- 1 Pushing, kicking, name calling, and mean E-mails are all examples of this. (INBGLYUL)  
\_\_\_\_\_
- 2 Never let a bullying situation remain this. (ECTSRE)  
\_\_\_\_\_
- 3 Just witnessing bullying can cause this. (RSTSES)  
\_\_\_\_\_
- 4 Teachers need help from these to stop bullying. (TTSUDNES)  
\_\_\_\_\_
- 5 This percentage of kids who are bullies end up with criminal convictions by age 24. (IXYST)  
\_\_\_\_\_
- 6 This is a form of 'silent' bullying. (UXNSEIOCL)  
\_\_\_\_\_
- 7 These can play a major role in stopping bullying. (NTAEYSDRSB)  
\_\_\_\_\_

Go to page 32 to check your answers. Enter your score for Section 6: Bullying, "Test Your Knowledge".





## WHAT WOULD YOU DO?

Choices that you make now determine what happens to you later. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!

## BULLYING AND "THE DILEMMA"

12

Middle school started out really well for Clay. He was very quiet in elementary school and never took much interest in classes back then. Now he is fascinated with science and making great grades. He even started speaking up in class . . . until Raymond came along.

Raymond joined the class a week into the semester. He should have been in seventh grade, but he had to retake sixth grade science. Since Clay was good at science, Raymond did not like him and he began to torment him.

Most days Raymond would catch up to Clay after class when there weren't any teachers around. He would knock

Clay's books out of his hands, push him and call him names. Clay was barely half Raymond's size, which made it difficult to fight back. Once, you told Raymond to lay off Clay, but he just laughed and told you to keep your mouth shut.

Now, Clay is turning back into his old self. He's stopped talking in class, and seems nervous and depressed. He even made a C on the last science quiz. The teacher, Mrs. Spangler, asked him why he seemed to be losing interest, but Clay didn't tell her anything.

Finally, Clay asks for your help. He's sick of being tormented, but he's not

sure what to do. He thinks maybe he can find an older, bigger kid he can pay to beat up Raymond. You think this could get Clay in trouble, and it would probably further convince Raymond that force and intimidation get things done. Raymond needs to change his thinking or he could seriously injure someone and eventually get in big trouble.

Clay realizes your point, but he can't think of anything else to do. You think he should let his parents and Mrs. Spangler know what's happening. Clay apparently has not considered this.

## SHOULD YOU MENTION THIS TO CLAY?

### Option 1

Let Clay figure out what to do by himself. It's his problem, he needs to learn to look out for himself.

### Option 2

Encourage Clay to let his parents and Mrs. Spangler know about Raymond and the bullying.



## THE CONSEQUENCES

**Option 1** The only advice you give Clay is to try to stay calm and tell Raymond to leave him alone. Clay tries this, but he gets very nervous and scared when Raymond is around. Raymond senses this, and it encourages him to keep bullying Clay.

Before long Clay hardly talks to anyone, including you. He does everything he can to avoid Raymond. He even pretends to be sick to stay home from school. Clay could have been really good at Science, but his grades have really gone down because of Raymond.

**Your advice, or lack of it, didn't help Clay much. 0 points**

**Option 2** You tell Clay that he needs to let his parents and Mrs. Spangler know what is happening. Clay is mortified by this advice because he doesn't want to be a snitch. You tell him that getting help to keep his grades up is not being a snitch. Clay agreed with your reasoning, and he decided to tell his parents and Mrs. Spangler about Raymond. Mrs. Spangler talked to Raymond after class the very next day.

The next couple of days Raymond left Clay alone. Then one day you and Clay were in class early. Mrs. Spangler was usually in class by then, but she didn't seem to be around. Then Raymond walked in. He went straight up to Clay and swatted his books off the desk. Raymond started to say something, but suddenly Mrs. Spangler walked in and shouted his name. She told Raymond to pick up the books, gather his things and come with her.

Raymond avoids Clay now because he got in big trouble. The principal of your school takes bullying, especially repeated bullying, very seriously. Raymond was suspended for two days and was moved into a different science class. Clay is glad to have Raymond off his back, and he's glad he took the steps to make it happen. If a situation like that occurs again, Clay has the confidence to know he can handle it.

**You gave excellent advice to Clay. Some problems are too hard to handle by yourself. Clay's whole life could be different because of your advice. Good Job. 10 points**

Go to page 32 and enter your score for Section 6: Bullying, "The Consequences".



## WHAT IS TOBACCO?

Tobacco is a plant that usually grows between 3 and 10 feet tall. The leaves of the plant are used to make cigarettes and cigars for smoking. They are also ground up into “smokeless” forms for chewing, dipping or snorting through the nose. The word for the plant comes from an American Indian word, tobacco, which was their word for the tube that they used for smoking the plant.

## SMOKING & YOUR LUNGS

Smoking is the most common way of using tobacco. A person who smokes breathes the smoke from the burning tobacco plant into their lungs. Smoke can be good for some things. Wood smoke has long been used as a way to cook and preserve cuts of meat and fish. Your lungs, however, are hurt by smoke in a number of ways. When you breathe, your lungs act like air filters. Cilia in the mucus membranes of the lungs trap particles, so that only clean air gets all the way in. Every time a person has a cigarette, the smoke goes into their lungs, filling the passages. Let’s pay a visit to the dissection lab to see what tobacco smoke can do to a human lung. If you have a squeamish stomach, you may want to skip the next section altogether.

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DISSECTION LAB

**Here is a healthy pair of lungs.** In the body, they sit side by side in the chest cavity. If you could touch the lungs, you would realize that they are spongy and elastic. They are this way because they have to expand when you breathe in air. They return to normal size when you exhale.



The passageways in the lungs are called bronchial tubes. The air you breathe goes through them. By the way, did you know that people who live in the city have darker lungs than people who live in the country? The reason is that there are more impurities in the air they breathe. Inhaled air finally ends up in the alveoli, the innermost parts of the lungs. From there, oxygen is passed into the bloodstream and carried to the rest of your body. The alveoli also take carbon dioxide from the blood. The carbon dioxide is let back out through the lungs when you exhale. This is how healthy lungs work.

**Now let us take a look at lungs that are not so healthy.**

**Here are smoker’s lungs. Looks pretty bad, huh?**

The first thing you will notice is the color. It is a lot darker than healthy lungs. You have probably seen things that have been near a fire. The smoke turns them black. Why should lungs be any different? Tar from cigarette smoke forms a sticky goo that builds up in a smoker’s lungs. The smoke also makes the cilia stop working. Cilia are tiny hairs that sweep foreign objects out of the lungs. When they do not do their job, mucus collects and causes heavy smokers to cough a lot. The built up mucus can also cause infections. An even bigger problem that can be caused by smoking is emphysema. This is when the lungs lose their ability to expand. This causes the airways to collapse when a person tries to exhale. Stale air gets trapped in the lungs. A normal person uses five percent of their energy to breathe. People with emphysema have to use as much as 80 percent of their energy to breathe. This is a serious disease that can be fatal. Smoking can also cause lung cancer. Lung cancer causes more deaths than any other kind of cancer. And most cases of lung cancer are caused by smoking.






## REAL WORLD

**Patrick Reynolds'** grandfather was R.J. Reynolds, the founder of a huge cigarette making company. Cigarettes made the Reynolds family a lot of money. After seeing his father and brother die from smoking-related illnesses, Patrick dedicated his life to telling young people how unhealthy smoking is, and helping people quit smoking.




Find out more about Patrick Reynolds' organization TobaccoFree at [www.tobaccofree.org](http://www.tobaccofree.org).

## WHAT IS "USED" SMOKE?




Have you ever been around smokers, and noticed later that your clothes and even hair smelled like smoke. This is called secondhand smoke. It is partly smoke from other people's burning cigarettes, and partly the 'used' smoke they have blown back out into the air. Either way, it can cause non-smokers to have some of the same health problems that smokers get, especially if they are around smoke a lot. That is why many buildings do not allow smoking inside.

## WHAT IS NICOTINE?




Nicotine is one of the substances in the tobacco plant. It is used as a main ingredient in many insecticides and is the addictive ingredient in tobacco. Nicotine is the reason why it is so hard to stop smoking once someone starts.

## WHAT ARE BIDIS?



Bidis (pronounced 'beedees') are hand rolled cigarettes that come in flavors like orange and chocolate. They are originally from India. Bidis are made with poor quality tobacco by low paid workers. That is why they are usually cheaper than regular cigarettes. Flavoring is added to them. Some people smoke Bidis because they think they are less harmful than regular cigarettes. This is not true. They cause the same problems as regular cigarettes. And since Bidis have no filter, they can be even more dangerous than regular cigarettes.

## WHAT ABOUT SMOKELESS?



Smokeless tobaccos include chewing tobacco, dip and snuff. Some people think that using tobacco in these forms is safe. It is not. Smokeless tobacco is just as addictive as cigarettes. It can cause cancer of the mouth, tongue, throat and stomach. Mouth cancers can be especially bad. Sometimes large parts of the face must be surgically removed, and the victim is left permanently disfigured.

# Test Your Knowledge

Below is a report on tobacco. Fill in the missing words. Give yourself two points for each correct answer. Good luck!

- 1 The leaves and stems of the \_\_\_\_\_ plant are the main ingredient in cigarettes.
- 2 The ingredient that makes cigarettes addictive is called \_\_\_\_\_.
- 3 Cigarette smoke is breathed into a person's \_\_\_\_\_, where a lot of damage is caused.
- 4 Mucus can build up in a smoker's lungs because the \_\_\_\_\_ stop working.
- 5 People who do not smoke may develop health problems also. This is because of \_\_\_\_\_ smoke. 15
- 6 \_\_\_\_\_ are cheap, flavored cigarettes.
- 7 Chewing, or \_\_\_\_\_ tobacco is also dangerous. They can cause cancer of the mouth and tongue.

Go to page 32 to check your answers. Enter your score for Section 7: Tobacco, "Test Your Knowledge".

### Some of the health problems that have been linked to smoking are:

- Various kinds of cancers
- Heart attack
- High blood pressure
- Ulcers

### Smoking Quick Facts

- Among kids 12-17, girls were slightly more likely to smoke than boys.
- Most adult smokers started by age 18. The older a person gets without smoking, the less likely it is they'll ever start.
- In a survey, 6% of American 8th graders reported smoking in the past month.



## WHAT WOULD YOU DO?

Choices that you make now determine what happens to you later. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!

## SMOKING AND A "SUMMER OFF"

Julie was so happy she felt like she was floating. The letter had been waiting in the mailbox when she got home from school that afternoon. She'd been accepted into Harvard an Ivy League College. It was something she had worked toward for years. It seemed like all her hard work was finally paying off. She was going to be class Valedictorian, and she was going to Harvard.

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No one could say she didn't earn it. For the entire four years of high school, she'd always made it a point to figure out who was studying the most, then she'd study just a little more. In the summer, when a lot of her classmates were taking it easy, she was taking prep courses for college entrance exams and participating in extracurricular activities that she knew would look good on her college applications.

Julie felt a sense of accomplishment and relief that was better than she ever could have expected. It was like a weight being lifted off her shoulders.

Of course, it would come back in the fall, when she got to college. But that was a long way off, and until then, she decided she was going to do nothing but enjoy herself. This summer, she wouldn't work, or open a school book of any kind. This was going to be her summer off - a three month present to herself for all the years of hard work.

Julie started getting in the swing of heavy-duty relaxation when prom rolled around in May. It was the best time she'd ever had. After the dance ended, she found herself on Lookout Road with a few other kids from her class. Lookout Road curved along the side of the highest hill in town. They all parked and walked over to the edge of the hill. They could see the lights of the whole town spread out below them.

Julie sat down on a small boulder near her friend Suzy. Suzy reached in her purse and pulled out a cigarette. She lit it, took a puff and looked at the lights below.

"Hey, you want one?" Suzy offered.

"What, a cigarette?" Said Julie, "No thanks. Why'd you start smoking anyway? You know it's bad for you."

"Yeah, but that's if you do it for a long time," said Suzy. "I'm gonna quit when I get to college. You should try it. It's really relaxing."

"I don't wanna get hooked on something that's gonna make me sick." Julie hesitated.

"Oh, come on," encouraged Suzy. "One summer won't hurt you. And if I can quit, I know you can. You can do anything. You've got more willpower than anyone I know."

Julie thought about it. She imagined she would be able to quit. And a little smoking during her summer off wouldn't hurt — at least not permanently. It might be a good idea after all.



## WHAT DO YOU THINK JULIE SHOULD DO?

**Option 1**

Julie should try smoking. She can quit after the summer, before any permanent damage is done

**Option 2**

Julie should turn down Suzy's offer.

# THE CONSEQUENCES

## Option 1

"Okay," Julie said. "Light one up for me." Suzy lit a cigarette and gave it to her. Julie put it to her lips awkwardly and breathed in.

"Inhale," Suzy said. Julie did and was seized by a fit of coughing.

"Ahhh, that's awful," she said. "What does anybody see in this stuff? I don't think I'm gonna do this."

"Trust me, it gets better," Suzy said. "Don't inhale so much at first."

Julie tried again. Before long she was able to inhale without coughing. By the end of the night, she decided smoking was not so bad. A few days later, she was actually enjoying it. Julie's summer went pretty well. The smoking didn't help her relax, though. It actually gave her some stress because she had to keep her Dad from finding out.

When fall rolled around Julie enrolled at Harvard. She made good on her plan to quit smoking even though the nicotine in cigarettes is addictive. It was a lot harder to quit than she expected, but her famous self-discipline triumphed.

Unfortunately, Suzy wasn't so strong. She tried to quit but couldn't. Julie met Suzy over Thanksgiving break at a cafe with some friends. When they were leaving, Suzy pulled out a cigarette and lit up.

"Would you mind not doing that in front of me?" Julie asked her. "And I don't appreciate you introducing me to smoking."

"What are you so upset about?" Suzy said. "You were able to quit. I'm the one who's still hooked."

"Yeah, I did quit," said Julie, "And I'm never gonna smoke again. But there's something I hadn't planned on. Every time I'm feeling stressed out, or if I just pass by people who are smoking, my mouth starts watering for a cigarette. I talked to one of my professors about it — one who used to smoke. She said she still sometimes wants a cigarette really bad and she hasn't smoked in twenty years! College is tough enough. I hate dealing with fighting an urge to smoke on top of everything else."

Suzy shrugged, and put her cigarette back in the box.

**After a life filled with smart decisions, Julie made one that wasn't so smart. Even though she was able to stop smoking in the fall, she will have to continue fighting the desire to go back to smoking. That's the effect of nicotine. If you've never had it, you don't want it. But once your body and mind get addicted to it, it's hard to go without. 0 points**

## Option 2

"No thanks," Julie said. "I'm planning on having a great summer. I don't think smoking would help me with that."

"Yeah," Suzy said. "You're probably right. I wish I'd never started. It's gonna be hard to quit."

**Julie made the right choice. If she wants to have a fun summer and do well at college in the fall, getting hooked on cigarettes is not the way to go. 10 points**

Go to page 32. Enter your score for Section 7: Tobacco, "The Consequences".



# WHAT IS ALCOHOL?

Alcohol is an ingredient in beer, wine, and spirits that is created through a process called fermentation. Fermentation happens when yeast breaks down sugar into alcohol and carbon dioxide. Alcoholic drinks have been a part of social, religious and celebrated occasions throughout time. Alcohol is considered to be a drug and can be abused, which is why laws are

in place to regulate the sale and consumption of alcohol.

A person addicted to alcohol is suffering from alcoholism. An alcoholic feels a strong need to drink. They may drink so much that they cannot hold a job or maintain family relationships. It is extremely difficult for a person with alcoholism to stop drinking. They may need

professional help to overcome the addiction. Some people drink alcohol regularly but never develop alcoholism. It is difficult to know who will develop it and who will not. One thing is known:

Those who begin drinking alcohol before age 15 are four times more likely to develop alcoholism at some point in their life.

## UNDERAGE DRINKING IS NOT GLAMOROUS! IT IS ...

### bad for your body

Alcohol slows down your movements and makes you clumsy. Heavy drinking can damage your body and make you pass into unconsciousness. This is a very dangerous situation and can sometimes lead to death.

### bad for your mind

Alcohol slows down your thinking. It hurts your ability to solve problems. Kids who use alcohol remember less of what they learn in school than kids who do not drink. They are far more likely to become drop-outs. Alcohol also affects your judgment. You may do something under the influence of alcohol that you wouldn't do if you could think clearly. Drinking large amounts of alcohol over a long period of time can permanently damage your brain.

### illegal

In all 50 states, the minimum legal drinking age is 21.

### dangerous

About 5,000 people under the age of 21 die as a result of drinking every year. Kids who drink are more likely to become victims of crimes such as robbery. They are more likely to be involved in car crashes. They are more likely to commit suicide. Even if you do not drink, simply being around alcohol can be dangerous. Many of the people killed in drunk-driving accidents are persons other than the drunk driver.



# ALCOHOL: A TRIP THROUGH THE HUMAN BODY

**THE STOMACH** is the first stop for alcohol. Unlike food, alcohol does not contain nutrients to build up the body. It acts like an outsider in the body, an invader. Eventually the body will get rid of the alcohol, but not until some interesting things happen. First, the stomach starts producing more acid. This may make the person throw up, especially if they are not used to drinking. Next the alcohol is absorbed by the walls of the stomach and it passes into the bloodstream.

**THE BLOODSTREAM** is like a superhighway system. By hitching a ride with the blood, the alcohol can go just about anywhere. Alcohol is carried by the bloodstream and pushed into tissues and organs. Alcohol can even get inside of cells. The amount of alcohol in a person's bloodstream is a good way to measure how drunk they are. If a person's blood is .08 percent alcohol or more, they are considered legally drunk.

**THE HEART** has to work harder to pump blood because alcohol makes the heart slow down. People who drink heavily for long periods of time may get chronic high blood pressure. It also means there will be a higher risk of heart attack. Hopping back into the bloodstream, alcohol is carried quickly to the brain. In fact, the first drink of alcohol will reach the brain in about thirty seconds.

**THE BRAIN** is the control center for the rest of the body. Alcohol acts like a tranquilizer. It slows down the signals the brain sends to other parts of the body. This causes a person with large amounts of alcohol in their brain to move and talk slowly. Their vision may be blurry as well. The parts of the brain that control a person's judgment are also affected by alcohol. With all of this going on, it's no wonder that driving a car while drunk is incredibly dangerous. Alcohol can make a person act differently. A quiet person may become talkative. A talkative person may become quiet. A nice person may become angry and mean.

**THE LIVER** absorbs the alcohol from the bloodstream like a sponge. But unlike the other organs, the liver can break alcohol down into harmless substances. It uses something called enzymes to convert the alcohol into water and carbon dioxide. This process takes time. While this is happening the person may experience a "hangover." A typical hangover will include a headache and an upset stomach. This is the end of the line for alcohol in the body, but it is not the end of the story. Breaking down alcohol is very hard on the liver. People who drink large amounts of alcohol may get scars on their liver. This is a disease called Cirrhosis, and can lead to death.



For more information on alcohol and alcoholism, go to

[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

# Test Your Knowledge

Below is a doctor's emergency room report. The doctor does not write very clearly so some of the words are not readable and have been left out. Can you help by filling in the blanks? A list of possible answers is at the top of the report. You will not need them all. Give yourself two points for each correct answer. Good luck!

|         |               |                |
|---------|---------------|----------------|
| alcohol | brain         | carbon dioxide |
| faster  | 5             | 5000           |
| oxygen  | peer-pressure | slower         |
| 3       | 21            | 22             |
|         |               | water          |

A 12 year old boy was admitted to the emergency room. He was brought in by his mother. His symptoms were vomiting and difficulty walking. I smelled \_\_\_\_\_ so I asked if he'd been drinking. He said he had. He hadn't wanted to but some kids from his school had talked him into it. It was a case of \_\_\_\_\_. I took his pulse. His heart was beating \_\_\_\_\_ than normal, which happens when you drink alcohol. Since he was moving and speaking very slowly I knew he still had alcohol in his \_\_\_\_\_. I told his mother that he'd be okay in a few hours. His \_\_\_\_\_ needed time to convert the alcohol into \_\_\_\_\_ and Carbon Dioxide.

I also told her that he needs to stop drinking at least until he reaches the legal drinking age of \_\_\_\_\_. Underage drinking kills about \_\_\_\_\_ people a year. Underage drinkers are \_\_\_\_\_ times more likely to become alcoholics. Alcoholism is a serious problem that can cause death. She promised to tell him this. I discharged the patient.

Go to page 32 to check your answers. Enter your score for Section 8: Alcohol, "Test Your Knowledge".

## WHAT WOULD YOU DO?

Choices that you make now determine what happens to you in the future. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!

### ALCOHOL AND "THE PARTY"

Cindy was at a party at her friend's house. The school year had finally ended and she was looking forward to a fun and relaxing summer. The party was a perfect way to start it off. Everything was going great until she went into the back yard and heard voices coming from the side of the house. She decided to check it out.

Rounding the corner of the house, Cindy saw a group of boys and girls sitting on the grass, hanging out. The kids were drinking from plastic cups just like the one Cindy was drinking her Coke from. Cindy noticed that one of the boys was pouring something from a bottle into the other kids' cups. It looked like whiskey.

One of the girls sitting on the grass was Laurel, who Cindy knew from Spanish class. "Hey Cindy!" she said. "Have a seat. This is where the real party is! Mike, give Cindy some." The boy took the top off of his bottle and moved to pour some into Cindy's cup.

### HOW SHOULD CINDY REACT?

- 1 "Um, I guess not. I've got practice tomorrow morning and I need to have a clear head. I better stick to Coke."
- 2 "No thanks, alcohol's not my thing."
- 3 "No way, that stuff is illegal and dangerous, and I'm going to call the police and tell them that you've all been breaking the law."
- 4 "No way, don't you know that alcohol can damage the frontal lobes of your brain! And it can also cause cirrhosis of the liver. And drinking before the legal age makes it four times more likely you'll become an alcoholic and go nowhere in life."



## WHAT IS MARIJUANA?

Marijuana is a plant that can grow up to twenty feet high. Its scientific name is *Cannabis sativa*, and can be referred to by hundreds of slang terms such as “hemp,” “pot,” “weed” and “hash.” Marijuana contains a chemical, THC, which is the main psychoactive ingredient in the plant.

Wild marijuana plants contain far less THC than marijuana plants grown for drug usage.

The most common way to use marijuana is to cut up the leaves, flowers and stems of the plant and smoke them in a cigarette called a “joint.”

The amount of THC in an average joint is much higher today than in the 1960s, when marijuana use first became common in the United States. Marijuana can also be smoked in cigars called “blunts,” water-filled pipes called “bongs,” and even cooked into food and eaten.

## WHAT ARE THE EFFECTS OF MARIJUANA ON YOUR BODY?

Your brain contains chemicals called neurotransmitters that allow the neurons to communicate with one another. Some neurons have thousands of receptors that are specific to neurotransmitters that help control memory, sense pain, and function in general. Your brain uses these receptors every day.

Foreign chemicals, like the THC in marijuana, can mimic or block the actions of neurotransmitters and interfere with their function. This interference makes a marijuana user experience things differently than they normally do. THC can also have an effect on several of the users’ mental and physical activities.



### Common Effects of Marijuana

- ➡ Problems with memory and learning
- ➡ Distorted perception
- ➡ Dry mouth, red, bloodshot eyes
- ➡ Loss of coordination
- ➡ Time seems to pass very slowly
- ➡ Increased heart rate
- ➡ “The Munchies” (strong hunger)

The effects of marijuana peak within one to two hours but usually wear off between hours three and four. Then the person may become sleepy.

Marijuana use can be detected in urine tests for four days after a single smoking session. It can be detected in regular users for four weeks after they have stopped.

**WARNING: Marijuana is often mixed with chemicals and illegal drugs, without the user even knowing, until it's too late!!!**

# WHAT DOES MARIJUANA DO TO YOUR LIFE . . .

Smoking marijuana causes many of the same health problems that tobacco smokers experience. It has been linked to cancer and lung diseases, and it suppresses the body's ability to fight infection.

Marijuana affects memory and learning ability. It can make performing well in school tougher than it should be. Adults who use marijuana regularly may have difficulty completing tasks at work.

Regular marijuana use can cause you to lose interest in school and activities. According to studies, people who regularly smoke marijuana are more likely to begin using other illegal drugs.

## FACT OR MYTH?

**Just about everyone is trying pot.**

**FACT:** In a 2012 study, 80% of eighth graders have never tried marijuana. 15% of eighth graders use marijuana once a month.

**EVERYONE IS NOT TRYING POT!**

# MARIJUANA AS A MEDICINE?

You may have heard that marijuana can be used as a medicine for sick people. Actually, marijuana is classified as a Schedule I controlled substance. That means smoking marijuana has no currently accepted medical use. The active ingredient in marijuana, THC, is another story. It is available in a pill form by prescription. It is sometimes given to people undergoing cancer treatment to keep them from getting sick to their stomach.

Research is being conducted to determine if there are other medical uses for the marijuana plant.



# Test Your Knowledge

Below are some true/false questions on marijuana. Give yourself two points for each correct answer. Good luck!

- 1 Wild marijuana is more powerful than the marijuana grown for drug use.  
 True  False
- 2 Cigars filled with marijuana are called bongos.  
 True  False
- 3 Marijuana can make you run faster.  
 True  False
- 4 A person high on marijuana may think time is passing slowly.  
 True  False
- 5 Marijuana makes it easy to remember things.  
 True  False
- 6 Marijuana smoke is good for your lungs.  
 True  False
- 7 Marijuana can be mixed with other drugs without the user knowing.  
 True  False
- 8 THC is sometimes used as a medicine.  
 True  False
- 9 A urine test can detect marijuana four days after a single use.  
 True  False

Go to page 32 to check your answers. Enter your score for Section 9: Marijuana, "Test Your Knowledge".



## WHAT WOULD YOU DO?

Choices that you make now determine what happens to you in the future. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!



# MARIJUANA AND "THE FIRST STEP"

Stacy and Maria had been close friends since first grade. Now they were in middle school, enjoying one of the best summers ever. Even on rainy days they had fun playing ping pong in Stacy's basement. Recently though, the basement had been taken over by Stacy's brother Stewart who was home from college. He had been around last summer too, before he left for college. Back then he was always out playing golf or doing something with his friends.

This summer, Stewart seemed different. He spent most of his time in the basement watching TV. Stacy and Maria didn't go down there much when he was there. He acted weird a lot of the time. It always smelled funny and the air was sometimes hazy.

It wasn't until July that Maria found out why Stewart was hanging out in the basement so much. Stacy told her that he was smoking pot down there. The girls didn't think much about Stewart or his new hobby, until one day in August when it rained.

"Let's play ping pong," Stacy said. "We've hardly played all summer. Let's not let Stewart scare us off.

Besides, he doesn't talk to me much anymore. I'm kinda curious to find out about what he's doing."

"I don't know if that's a good idea," said Maria.

"Come on," Stacy said. "Don't you want to know what smoking marijuana is like? We can find out from Stewart. It'll be like a scientific investigation."

The girls went down to the basement. It smelled funny as usual. Stewart was sitting on an old couch watching T.V. He looked over at the girls. He wasn't smoking anything, but Maria thought his eyes looked kind of strange and red.

"Came to play ping pong, did you? Don't let me stop you. I'm just watching a little T.V.," Stewart yawned. Stacy and Maria picked up paddles and started hitting the ball.

"Look Stewart," Stacy said. "I know what you've been doing down here and I don't mean watching TV. I mean smoking pot. Don't worry, I'm not gonna tell Mom and Dad. Maria and I were just wondering what it's like. We talked about it in school."

"Oh. Okay, I'll tell you," said Stewart as he settled back. "But just keep your mouth shut to Mom and Dad. What do you wanna know?"

"Like, aren't you afraid you'll become a drug addict and ruin your life? They told us in school that it messes up your thinking. And I know your grades went down a lot last semester," said Maria.

"Give me a break," Stewart shrugged, "smoking a little marijuana is no big deal. It helps you relax, and it has nothing to do with my grades. Look, I'll be honest with you. Some of the kids at college got into serious drugs. They really messed themselves up. But I chose pot, and everything's fine. It doesn't make you sick like other drugs do."

"Here, there's only one way to prove it. Try some," Stewart offered. "You know you're curious. So was I. That's why I started. I figured it would satisfy my curiosity and then I wouldn't have to try dangerous drugs like crack or meth."

"Maybe we should try it, Maria," said Stacy. "Once won't hurt, and we're too smart to get hooked on drugs."

# WHAT DO YOU THINK MARIA SHOULD DO?

## Option 1

*Maria should try smoking marijuana with Stacy. It will satisfy her and Stacy's curiosity without exposing them to other more dangerous drugs.*

## Option 2

*Maria should turn down Stewart's offer, and tell Stacy that she should do the same.*

## THE CONSEQUENCES

### Option 1

*"Okay, let's do it," Maria said. "Just this once."*

*Maria and Stacy shared a "joint" with Stewart. It made Maria feel kind of sleepy and confused. After awhile she felt normal again. She couldn't understand why Stewart thought it was so great. Stacy seemed to enjoy it a little more than Maria, she kept giggling for no reason.*

*Maria really was too smart to get hooked. She didn't smoke marijuana after that day. Unfortunately, the same couldn't be said for Stacy. As the summer continued, Maria realized Stacy was spending more time down in the basement with Stewart.*

*Even though Maria knew Stacy was spending more time with Stewart, it didn't prepare her for what came in the fall. One day in school Maria overheard Stacy in the hallway, telling someone what it felt like to try meth. The choice Maria made was bad for herself and worse for Stacy. Trying pot led Stacy to try stronger drugs. They didn't seem like such a big deal to her after the marijuana. After all, she had already been high, she had taken the first step. **0 points***

### Option 2

*"No way, Stacy. If you want to try pot, you'll have to do it without me," said Maria. "The rain's stopped. I'm going back outside. Are you coming?"*

*"Okay, okay," said Stacy. "We'll leave Stewart to his disgusting habit."*

*Stewart shook his head as the girls headed back up the stairs.*

*Experimenting with any kind of illegal drug is dangerous, even if you think you're too smart to get hooked on it. Maria made a good decision. **10 points***

*Go to page 32 and enter your score for Section 9: Marijuana, "The Consequences".*





## WHAT ARE INHALANTS?

Illegal drugs are not usually easy to find. First you have to find someone who sells them. These people do not place ads on television or in newspapers, and they usually charge a lot of money for their "product." Inhalants are a different matter. Everyday products can be used as an inhalant. Inhalants are usually

cheap and easy to find or buy. They produce vapors which can be breathed to achieve a "high." This high is really your body's reaction to poison. Using inhalants, even once, is extremely dangerous.

Inhalant users are often very young. Some are even elementary age children.

Many kids who use inhalants may not understand that they are dangerous poisons and even first time users can die.

Breathing fumes from inhalants is often called "huffing" or "sniffing."

### Types Of Inhalants

A variety of readily available products found in the home and in the workplace contain substances that can be inhaled. Inhalants fall into the following categories.

#### Volatile Solvents

These are liquids that vaporize at room temperature. These products contain a wide range of chemicals.

#### Aerosols

These are sprays that contain propellants and solvents.

#### Gases

These are products that contain gases.

#### Nitrites

These are a special class of inhalants that act primarily as enhancers.

## WHAT DO INHALANTS DO?

Volatile substances vaporize (turn into gas) at room temperature. Water, for example, must be boiled to vaporize. It is not volatile. Inhalants are volatile. They vaporize even when they are not being heated. The vapor is what inhalant users breathe.

Inhalants take effect quickly. Most produce a feeling like being drunk on alcohol. The user might feel excited. They may become confused and have difficulty moving and talking. Some users may even have hallucinations, or think they see things that are not really there.

The effects of inhalants wear off quickly, often in just a few minutes. This causes some users to keep inhaling to hold on to the high. When the high does end, the user may get a headache and feel sick to their stomach.

Long term use of inhalants causes many health problems including permanent brain damage. Scientists believe that some inhalants dissolve the covering around nerve cells in the brain. The result could be permanent learning disabilities, memory problems and uncontrollable shaking.

# REAL WORLD

Amy is from South Dakota. She remembers the first time she used inhalants. She was 11 . . .

"I was with some older kids. We were inhaling and it burned my throat," she said, "and I started to feel dizzy and light headed. Then I started hallucinating. I heard voices coming from the trees. I couldn't make out what they were saying. It was really scary." ... Amy had a lot of problems at home. Both of her parents drank heavily. Amy kept inhaling, using it as an escape. Because of her parents' problems, Amy was finally placed in foster care. That is where her problem with inhalants was discovered. She was placed in a treatment program that helped her get off of inhalants... "I never want to huff again," she said.

## HOW DO PEOPLE DIE FROM INHALANTS?

It is possible to die from inhalants. This can even happen to first time users. Inhalants crowd oxygen out of the lungs. Some inhalants coat the lungs with a sticky goo that blocks oxygen. Either way, the user can suffocate. Inhalants can also kill by causing jumps in a person's heartbeat. This is called "Sudden Sniffing Death."

## IF YOU KNOW SOMEONE WHO IS USING INHALANTS . . .

They are poisoning themselves. It is not a lifestyle choice. They need help. Seek advice from a parent or a teacher that you trust. You can learn more at [www.inhalants.org](http://www.inhalants.org). Be careful what you say to a person who is high on inhalants. They may become aggressive or violent.

Normal Brain



Brain of an Inhalant Abuser



# Test Your Knowledge

Below is a word search puzzle. Find and circle the 5 words referred to in the clues. Words may be up, down, diagonal, forward or backward. Give yourself 2 points for each word you find. Answers are on page 32. Good luck!

## CLUES

- 1 Inhalants are \_\_\_\_\_.
- 2 Many inhalant users are \_\_\_\_\_.
- 3 Inhalants can make your eyes \_\_\_\_\_.
- 4 Inhalants can destroy the covering of \_\_\_\_\_ cells.
- 5 Inhalants can block oxygen from the \_\_\_\_\_.

27

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| E | R | E | D | G | Q | F | C |
| X | L | D | X | Z | S | J | D |
| G | K | I | E | W | G | D | K |
| D | B | G | T | J | N | E | L |
| Y | H | S | A | A | U | F | P |
| N | E | R | V | E | L | T | Y |
| H | D | F | H | Y | E | O | R |
| F | Y | O | U | N | G | O | V |

Go to page 32 to check your answers. Enter your score for Section 10: Inhalants, "Test Your Knowledge".



## WHAT WOULD YOU DO?

Choices that you make now determine what happens to you in the future. That's why it's important to make the best choices. For practice, read the following story and make a choice, then go to "The Consequences" to see how the story turns out. Ten points are up for grabs, so choose wisely!

# INHALANTS "THE REAL SCORE"

### FEBRUARY 4

28

*I had a good day at basketball practice - scored 10 points in the scrimmage. Don't know what's up with Adam. He's been out of it for a week. Today he barely moved around the court. Finally, Coach got mad and took him out. I wonder if he's sick? We're supposed to be best friends, but he hardly ever talks to me anymore.*

### FEBRUARY 5

*Found out about Adam. I heard from Chris he's been hanging out in the woods behind the school. He's gotten mixed up in a group called the Hoverton Huffers. I hear they get high breathing anything they can find. They call it huffing and sometimes sniffing. Man, I can't believe Adam's dumb enough to get into that stuff. I'll go see for myself tomorrow after school.*

### FEBRUARY 6

*After school I had to meet with the yearbook committee, and then I headed out to the woods. There's an old trail that goes for a couple hundred yards to a clearing by the creek. That's where I heard the huffers were hanging out. I went down the trail and when I started getting close to the clearing I could hear them laughing and yelling.*

*When I got to the clearing it was bad. They were all laid out like they were drunk. There were a couple of cans and trash bags lying around, too. Then I saw Adam. It made me feel sick. He was leaning back against a tree, with an old rag hanging out of his mouth.*

*He pulled the rag out of his mouth. "Hey man," he said, real slowly. "Whassup?" I could barely understand him. It freaked me out. I probably should have done something, but I was so mad at him I didn't know what to do. I just turned around and walked home.*

*I called his house that night and talked to him. We got into a big argument. I told him he was being stupid and had to quit huffing. He said the only thing he was going to quit was the basketball team. Finally he told me to leave him alone. He said if I told anyone what he was doing I'd be a worthless snitch, so I'd better keep my mouth shut.*

*Now I don't know what to do. I can't make Adam quit sniffing. I think his parents could, but I don't want to be a snitch.*

## WHAT DO YOU THINK JORDAN SHOULD DO?

**Option 1** → *Jordan should go to an adult he trusts, like his parents or coach, and let them know that Adam needs help.*

**Option 2** → *Bringing in adults would just make Jordan a snitch. He shouldn't tell anyone. If he gets the chance, he can try to talk to Adam again and convince him to stop using inhalants.*



# THE CONSEQUENCES

## Option 1

**MARCH 3**

*We won again last night. I scored 16 points. It was probably our best game yet! We got to talking with Coach after the game and decided we're gonna give the game ball to Adam. I talked to him last night, sounds like he's doing well. He'll be finishing his treatment next week. When he went in, man, I thought he'd never speak to me again. But now it's like he's turning back into his old self. It's gonna be great when he gets out and can start playing ball again.*

**Jordan did the right thing getting help for Adam. He may have even saved Adam's life. 10 points**

## Option 2

**MARCH 3**

*We won again last night. I scored 16 points. What a year! I should be happier than I've ever been, but I can't stop thinking about Adam. I don't see him that much anymore. It's been three weeks since he got kicked off the team . . . or quit, depending on who you ask. I passed him in the hall yesterday and he didn't even look at me. Of course, I hardly recognize him anymore, he's so skinny and sick looking.*

*I've given up trying to talk to him. I think pretty much everyone has. I heard he's been talking about running away with one of his huffer friends, because of the arguments he's been getting into with his parents. I don't know where he's going to end up, but it's not anywhere I'd want to be . . . or he'd want to be, if he could still think clearly.*

**Inhalants are extremely dangerous poisons. You should do whatever you can to help a friend who is using them. Getting an adult's help is not snitching. It's like getting an adult's help if your friend is drowning. 0 points**

Go to page 32 and enter your score for Section 10: Inhalants, "The Consequences".



# ILLEGAL DRUGS

## Illegal Drugs are Dangerous!

Here are some dangerous drugs and their side effects:

### Opiates: morphine, codeine, heroin

*Drowsiness, nausea, convulsions, coma, possible death*

### Depressants: tranquilizers, sleeping pills, rohypnol

*Disorientation, coma, weak pulse, possible death*

### Stimulants: cocaine, amphetamines, methamphetamine

*Insomnia, hallucinations, convulsions, possible death*

### Hallucinogens: LSD, Microdots, Mushrooms, Ecstasy, Designer Drugs

*Hallucinations, psychosis, possible death*  
*Inhalants – permanent brain damage, possible death*

30



# ILLEGAL DRUGS ARE ILLEGAL FOR A REASON!

Illegal drugs are UNPREDICTABLE. That means you can't always tell how your body and brain are going to react to them. Most illegal drugs are not tested for strength and purity like medicines have been. For example, drugs like marijuana and cocaine come from plants found in nature. Different plants and different processing methods can produce drugs that look the same, but are very different in strength and effect. Even prescription drugs can be unpredictable, and illegal, if they are sold or given to someone who doesn't have a proper doctor's prescription. **If a painkiller like Vicodin is prescribed for a 300 pound man, but a 100 pound girl takes it instead, the results can be deadly.**

## WHAT IS ADDICTION?

Some people laugh about being addicted to caffeine, a drug that is a mild stimulant. They get headaches or don't feel wide awake until they have that first cup of coffee or first drink of cola. What they are really describing are some symptoms of mild drug dependency. Their body has adjusted to the need for caffeine to feel good. Without it they suffer mild withdrawal symptoms like feeling sluggish and having headaches.

### **An addiction to more powerful and dangerous drugs can happen in much the same way.**

- ➔ When the user first takes the drug, they may feel short-term intense pleasure and a false sense of well-being.
- ➔ Next they may get a craving for the drug because they want to relive the false sense of pleasure they experienced the first time they used.
- ➔ As they keep using, more and more of the drug may be needed to get the same pleasant feeling. This means a tolerance for the drug has developed.
- ➔ The user's brain and the central nervous system adjust to the drug and now they need the drug to function, this is called drug dependency. If the drug use stops, the user becomes sick and has withdrawal symptoms. The user is now addicted to the drug.
- ➔ An addicted drug user is no longer able to care about their family, friends or job. They can't think about anything but using the drug. Even the most basic needs for food, clothing and shelter don't matter to the user.

No one starts out saying, "Oh, I can't wait to be an addict!" But still, it happens to young people and adults every day when they choose to take dangerous risks with alcohol and drugs. The scary thing about alcohol and drug addiction is that many people reach the final stage of addiction the very first time they try a drug. Drugs are UNPREDICTABLE and DANGEROUS.

# PAINKILLER POPULARITY

Paul thought his week was going pretty well, all things considered. Sure, he'd had his wisdom teeth pulled, but it hadn't been that bad. Especially with the meds they gave him. There was hardly any pain, and by the time he went back to school, the week was practically over.

**"So, did you save 'em?"** Chip asked Paul after science class.

**"My teeth? Oh, yeah. Got 'em safe in a jar at home. My Mom said she's gonna put them in our family scrap book."**

**"Creepy,"** Chip said. **"When I had my tonsils out . . ."**

Chip was interrupted by another boy, Mike, **"Hey Paul. What's up?"**

**"Hey Mike,"** Paul said. Chip was looking at Mike like he couldn't believe he was really speaking to them.

**"So, I heard you got your wisdom teeth pulled,"** Mike said. **"I had mine out last year. It was kinda bad for a couple days. So, uh, did you save anything?"**

Paul laughed. **"Yeah, we were just talking about that. See, my Mom has this scrapbook, and she's gonna put the teeth in there."**

**"What? No man, I don't mean the teeth. They gave you some stuff, right? For the pain? Do you still have some?"**

**"Oh, I got some pills. Oxy something. I only used half of them. Why?"**

**"Look, that's Oxycontin. That stuff's gold. Your timing's perfect. My parents will be gone all weekend. Everyone's hanging out at my house tomorrow night. A lot of people are going that you should meet. Bring the pills and I'll introduce you to everybody. Later, guys."** Mike walked off.

**"Do you know who that is?"** Chip asked, still in a daze. **"Mike Collins, Captain of football, soccer and swim teams, the most popular guy in the school. How do you even know him? He's in eighth grade."**

Paul shrugged, **"I know him from soccer camp last year. He's never talked to me in school before, though."**

**"Well apparently that's changed,"** said Chip. **"Do you have any idea how huge this is? You're invited to a party at Mike's house. This is your 'in!' You're gonna be the coolest guy in the seventh grade!"**

**"I don't know about going to Mike's house,"** Paul said uneasily. **"It sounds like one of those pharming things, where people share meds and get high on them."**

**"Don't tell me you're thinking about not going?"** Chip said in disbelief. **"You gotta go! Our popularity depends on it!"**

## Test Your Knowledge

Below is a word search puzzle. Find and circle the 5 words referred to in the clues. Words may be up, down, diagonal, forward or backward. Give yourself 2 points for each word you find. Good luck! Answers are on page 32.

### CLUES

- 1 The group that regulates medicine in the United States.  
\_\_\_\_\_.
- 2 Medicines are used to cure and treat \_\_\_\_\_.
- 3 Inventing and testing just one medicine can take \_\_\_\_\_ years.
- 4 Always make sure medicines are kept in a \_\_\_\_\_ place.
- 5 Giving your prescription drugs to someone else is \_\_\_\_\_.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| I | T | W | E | L | V | E | I |
| X | L | D | X | Z | S | J | L |
| G | K | L | E | W | G | D | L |
| D | B | G | N | J | N | E | E |
| Y | H | S | A | E | U | F | G |
| F | D | A | V | E | S | T | A |
| H | D | F | H | Y | E | S | L |
| F | Y | E | U | N | G | O | V |

Go to page 32 to check your answers. Enter your score for Section 11: *Illegal Drugs*, "Test Your Knowledge".



# WHAT DO YOU THINK PAUL SHOULD DO?

**Option 1** Paul should go to Mike's party and bring the meds, but not take any. It could make him popular. Paul is a serious student and soccer player. He doesn't want to mess that up by taking drugs.

**Option 2** Paul should NOT go to Mike's party. The drug scene is not where he wants to be.

## THE CONSEQUENCES

**Option 1** Paul arrived at the party. Mike had a beer in one hand. He put his other arm around Paul and walked him inside. "Okay listen up!" Mike yelled. "My main man Paul has Oxycontin here!"

Paul was immediately approached by people. They wanted his pills.

Paul realized that just hanging out didn't work. Kids kept handing him beers. By the time Paul left, he was drunk. He stopped on the way home to throw up. He tried to slip into his room without his Mom hearing him. It didn't work. Paul ended up being grounded for six months.

The party hadn't helped Paul's popularity at all. He could have been in more trouble, underage drinking and giving prescription drugs to others is illegal. Paul could have been arrested.

**It's hard to avoid trouble when you go to a place where it's all around you. Paul's choice cost him a lot. All it will cost you is points. 0 points**

**Option 2** Paul skipped Mike's party. He decided friends that he had to buy weren't really friends.

**Good call not going to Mike's party! Paul avoided a lot of pain. 10 points.**

Enter your score for  
Section 11: Illegal Drugs.

## HOW DID YOU DO?

2 points for each correct answer

160 - 170 **Awesome!**  
150 - 159 **Excellent!**  
140 - 149 **Good!**  
130 - 139 **Not Bad**  
0 - 129 **Need to Review**

32

# THE ANSWERS

## INTERNET Test Your Knowledge, page 7

- 1) false 2) true 3) true 4) false  
5) false 6) false 7) true 8) true

**The Consequences** - Enter points from page 9.

## BULLYING

**Test Your Knowledge, page 11**

- 1) bullying 2) secret 3) stress 4) students  
5) sixty 6) exclusion 7) bystanders

**The Consequences** - Enter points from page 13.

## TOBACCO

**Test Your Knowledge, page 15**

- 1) tobacco 2) nicotine 3) lungs 4) cilia  
5) secondhand 6) bidis 7) smokeless

**The Consequences** - Enter points from page 17.

## ALCOHOL

**Test Your Knowledge, page 20**

- 1) alcohol 2) peer-pressure 3) slower 4) brain  
5) liver 6) water 7) 21 8) 5,000 9) four

**The Consequences** - Enter points from page 21.

## MARIJUANA

**Test Your Knowledge, page 23**

- 1) false 2) false 3) false 4) true 5) false  
6) false 7) true 8) true 9) true

**The Consequences** - Enter points from page 25.

## INHALANTS

**Test Your Knowledge, page 27**

- 1) volatile 2) young 3) red 4) nerve 5) lungs

**The Consequences** - Enter points from page 29.

## ILLEGAL DRUGS

**Test Your Knowledge, page 32**

- 1) FDA 2) illness 3) twelve 4) safe 5) illegal

**The Consequences** - Enter points from page 31.

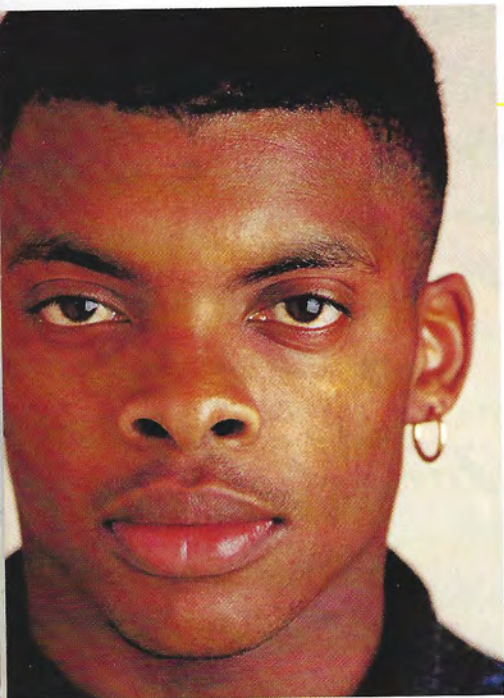
# GRAND TOTAL POINTS \_\_\_\_\_

A group of diverse children, including boys and girls of various ethnicities, are smiling and looking up at the camera. They are arranged in a circle, with their heads tilted upwards. The background is a plain, light color.

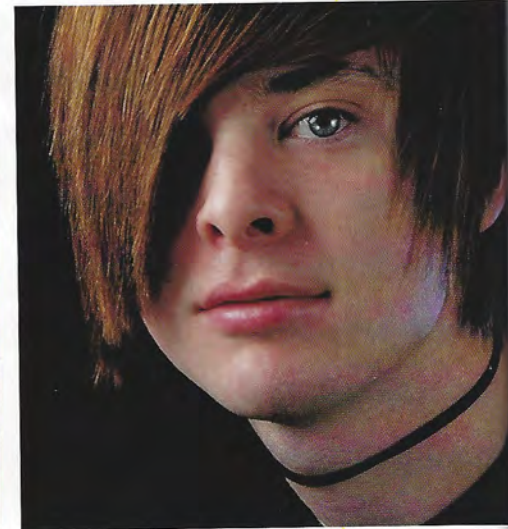
**GOOD CHOICES LEAD TO GOOD THINGS!**

**We are made by the paths we choose,  
not by the powers we are graced with . . .**

**WE ARE OUR CHOICES!**



**I'M  
NOT  
ALONE.**



**I Can Choose to Ask For HELP...  
IT'S THE SMART THING TO DO.**

Your parents, teachers,  
counselors, relatives, law  
enforcement officers, and  
friends are all there to help  
and support you.

**All you have to do is ask.**

