

ALCOHOL

	SHORT TERM EFFECTS	LONG TERM EFFECTS
MENTAL EMOTIONAL	Impaired decision making Dizziness Change behavior Hard concentrate	Addiction/Withdrawal Depression Loss of memory
PHYSICAL	dehydration ^{slow reaction} smell vomiting Slurred speech nausea loss of balance	DEATH (Potential) Cirrosis ↑ rate Cancers
SOCIAL	"Fun" "Cool" \$ Suspension ^{sexual} relations	Jail time DUI - can't drive Sports school/work

DRUGS

	SHORT TERM EFFECTS	LONG TERM EFFECTS
MENTAL/ Emotional	Impair ability to make decisions/choices Euphoria Mood changes	Psychological Addiction Loss of memory Short term memory problems Flashbacks
PHYSICAL	Loss of motor control Body sores Get high then crash Anxiety Depression Fatigue	Physical addiction Risk of STD's Withdrawal symptoms Death
SOCIAL	Loss of friends Family problems Violent behavior Criminal activity Poor grades/problems at school Problems at work	Loss of control of life Loss of family and friends Crime Hurt self or someone else Struggle to get a job or education

TOBACCO

	SHORT TERM EFFECTS	LONG TERM EFFECTS
MENTAL Emotional	Fearful for health consequences Mood enhancers "Pleasure" "Relieve stress"	Addiction/Withdrawl "On Edge" during withdrawls, anxiety, depression, irritability, headaches, restlessness, impatience, anger, etc.
PHYSICAL	Yellow teeth, bad breath, smell on clothing, eliminates taste buds, coughing, decrease in lung performance, lack of appetite, increased heart rate	Shaky and nervous during withdrawls nasea, vomiting, weight gain, fatigue, headaches, diziness Cancer- Lung, bladder, throat, etc. Emphyzema, Broncitus, etc.
SOCIAL	Some say that they feel "cool" or that they fit in when they smoke cigarettes	Feeling left out/ isolated due to others not wanting to be around second hand smoke

REFUSAL SKILLS

S = Say NO in a firm voice

T = Tell why not

O = Offer another idea

P = Promptly leave

STOP!

