

Living a Drug Free Life

Just Think Twice....

Drug Use

- A fact about drug use while you are a teen (and even into your early 20's) is that you are still growing and developing and drug use during these years can have a lasting impact. The brain is much more vulnerable to drugs and addiction during these years. 90% of those with substance abuse problems started smoking, drinking or using other drugs before the age of 18.

Don't start and you can't be addicted!

E-cigarettes



- Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products. Nicotine can harm the developing brain. **The brain keeps developing until about age 25.** Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the stomach can process more substances than the lungs. There have been many deaths from e-cigarettes and currently many states are banning it's sale.

<https://youtu.be/tpfbBm7IofQ>

Opioids

- Because of their effect on the brain, prescription painkillers can be highly addictive when used for non-medical purposes. Even patients who are prescribed painkillers for a long time can develop a “physical dependence,” meaning that the body becomes accustomed to having the drug. Stopping the drug abruptly can cause severe withdrawal symptoms. **In recent years, the abuse of prescription painkillers has resulted in more deaths than cocaine and heroin combined.**

<https://youtu.be/VGKGnLQDMBM>

Marijuana

- Marijuana has the potential to cause problems in your daily life, or make existing problems worse. It limits your brain's effectiveness, slows down thinking, and impairs coordination and judgment. And while you're young and still maturing, marijuana could have a long-lasting, negative impact on your developing brain and your life.

Alcohol

- Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood. Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move) and coordination. **According to research, young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.**

Physical Effects

- Weight Loss or Gain
- Excessive Sweating
- Red, watery eyes, dilated pupils, blank stare
- Distorted vision
- Skin problems
- Reduced immunity/ prone to infection
- Smell of substance on breath, body or clothes
- <http://www.scholastic.com/drugs-and-your-body/index.htm>



Consequences

- Family
- Grades
- Legal
- Social/Sports
- **Your Future!**
- <https://www.youtube.com/6CXE>



Red Ribbon Week

October 21-25



Monday

I'm RED-Y to say NO to Drugs: Wear **Red**

Tuesday

Be  Resist peer pressure: Wear a Super Hero Shirt

Wednesday

Team Up Against Drugs: Wear a Team Shirt or Jersey



Thursday

Drugs are BAD, Plaid is RAD: Wear



Friday

Be BRAVE against Drugs: Wear spirit shirt



All students must adhere to the GISD dress code guidelines. All students **not** participating in theme days will follow standardized dress code.

References

- justthinktwice.gov
- <http://www.scholastic.com/drugs-and-your-body/heart.htm>