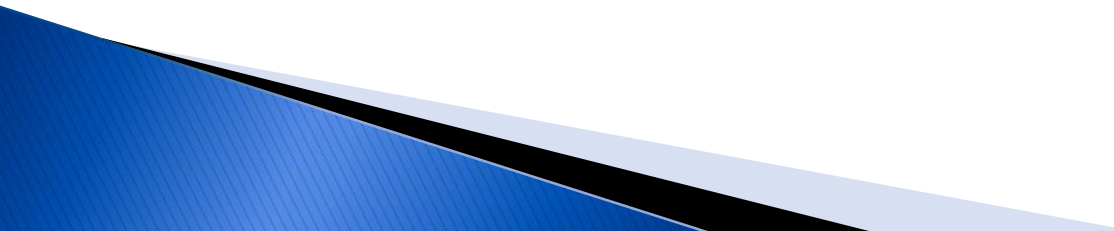


PROJECT ALERT

A DRUG PREVENTION PROGRAM
FOR MIDDLE GRADES

GROUND RULES

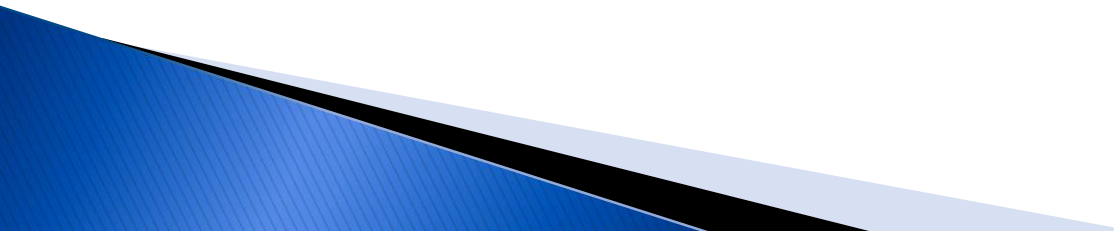
- RESPECT
 - SUPPORT EACH OTHER
 - LISTEN CAREFULLY WHEN SOMEONE IS TALKING
 - TRY TO PARTICIPATE
 - CONFIDENTIALITY
- 

CONSEQUENCES OF SMOKING CIGARETTES AND MARIJUANA

FIRST TIME

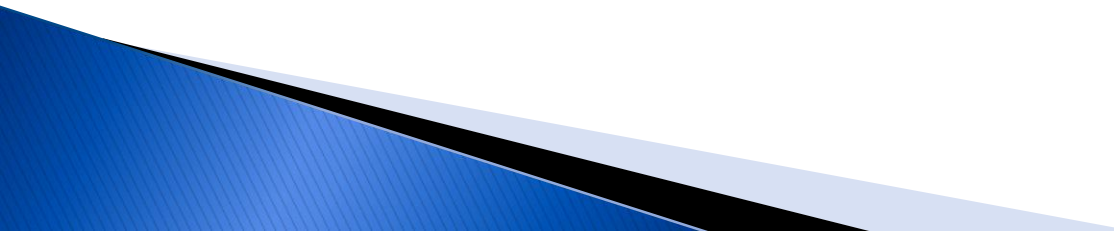
AFTER A WHILE

AFTER A LONG TIME



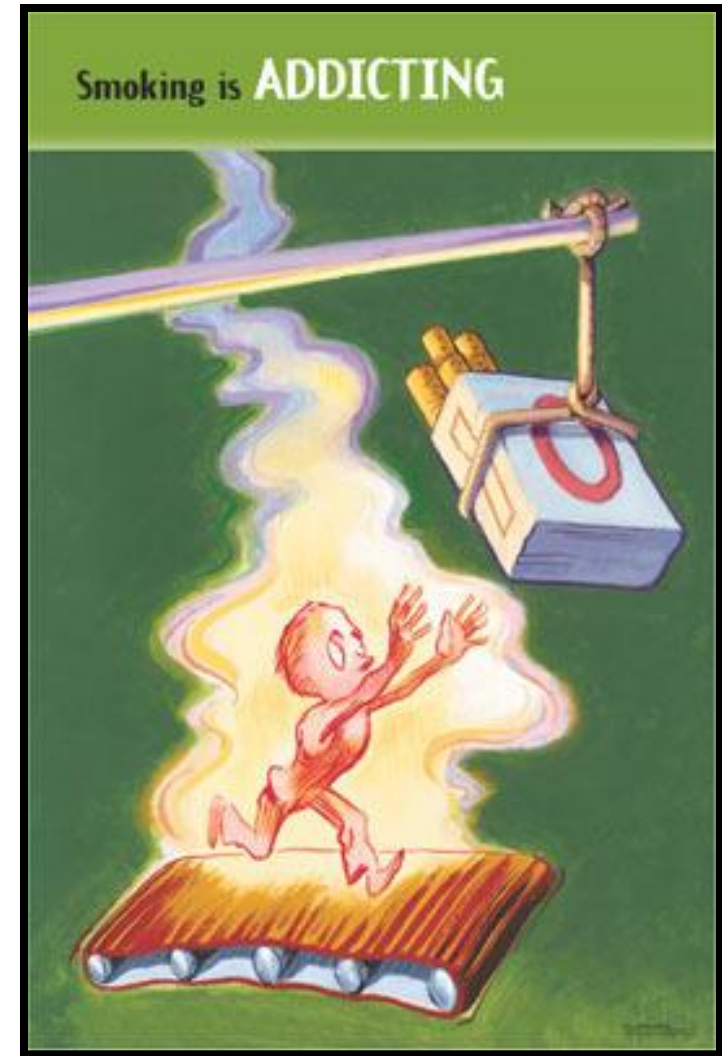
WHAT CAN HAPPEN THE FIRST TIME YOU SMOKE A CIGARETTE?

FIRST TIME

- HEART BEATS FASTER – WORKS HARDER (SAME FOR SMOKELESS)
 - BREATH SMELLS (SAME FOR SMOKELESS)
 - COUGHING
 - DIZZINESS (SAME FOR SMOKELESS)
 - TROUBLE AT HOME OR SCHOOL (SAME FOR SMOKELESS)
- 

AFTER A WHILE

- ADDICTED (SAME FOR SMOKELESS)
- HARDER TO BREATHE
- YELLOW TEETH (SAME FOR SMOKELESS)
- LESS MONEY (SAME FOR SMOKELESS)



AFTER A LONG TIME

- DEATH (**SAME FOR SMOKELESS**)
 - EACH CIGARETTE TAKES 10 MINUTES OFF YOUR LIFE (**10,400 MIN YR – 1 WK**)
- LUNG CANCER, OTHER CANCERS (**SAME FOR SMOKELESS**)
 - MOUTH, LARYNX, ESOPHAGUS, PANCREAS, CERVIX, KIDNEY, BLADDER
- HEART DISEASE (**SAME FOR SMOKELESS**)
 - RISK OF HEART ATTACK TWICE THAT OF NONSMOKERS & MORE LIKELY TO DIE FROM ATTACK WITHIN AN HOUR
- CHRONIC OBSTRUCTIVE PULMONARY LUNG DISEASE (COPD)
 - EMPHYSEMA & CHRONIC BRONCHITIS
 - APPROX. 80-90% OF COPD CAUSED BY SMOKING. SMOKER 10 TIMES MORE LIKELY TO DIE FROM COPD.

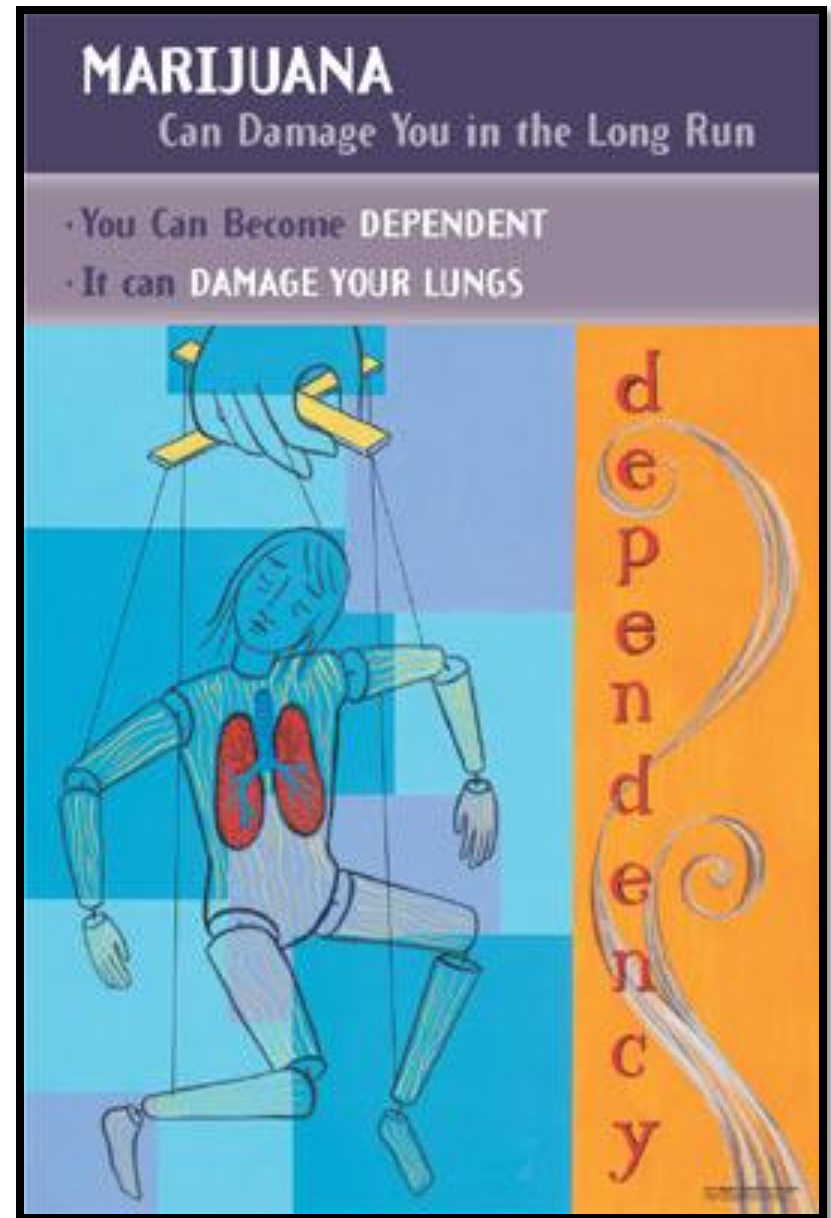
WHAT CAN HAPPEN THE FIRST TIME YOU SMOKE MARIJUANA?

FIRST TIME

- CAN'T CONCENTRATE, THINK
- CAN'T REMEMBER (*LOSS OF SHORT-TERM MEMORY*)
- SLOW DOWN
- CAN'T DRIVE SAFELY (*AS DANGEROUS AS ALCOHOL*)
- DO SOMETHING YOU MIGHT REGRET
- FEEL ANXIOUS OR PANICKED
- HARD TO COMMUNICATE
- FEEL OUT OF CONTROL
- SICK, DIZZY
- GET IN TROUBLE WITH PARENTS, LAW
- APPETITE INCREASES
- RED EYES

AFTER A WHILE

- **DEPENDENCE**
- **DON'T EXPERIENCE EMOTIONS**
- **DON'T SOLVE PROBLEMS**
- **TROUBLE AT SCHOOL**
- **TROUBLE WITH PARENTS**



AFTER A LONG TIME

- LOSS OF INTEREST IN ACTIVITIES, EXCEPT DRUG USE
 - SEVERE DEPENDENCE & ADDICTION
 - POSSIBLE DAMAGE TO REPRODUCTIVE HEALTH (*DELAY ONSET OF PUBERTY, LOWER SPERM PRODUCTION, DISRUPT MENSTRUAL CYCLE & AFFECT OVULATION*)
 - DAMAGE TO THE IMMUNE SYSTEM (*CELLS THAT PROTECT FROM DISEASE*)
 - POSSIBLE LUNG DAMAGE (*MARIJUANA HAS THE SAME LUNG DAMAGING SUBSTANCES AS CIGARETTES*)
- 