

LESSON ELEVEN

● BENEFITS OF NOT USING DRUGS

GOALS

1. To review and reinforce negative consequences of using drugs, particularly cigarettes, marijuana, inhalants and alcohol
2. To motivate and reinforce resistance by reminding students of the benefits of nonuse
3. To reinforce resistance by eliciting a written commitment

SUMMARY OF ACTIVITIES

1. Introduce Lesson (2 min.)
2. Play the *Information Review Game* (15 min.)
3. Show and Discuss Video: *Saying “No” to Drugs* (8 min.)
4. Write and Discuss Commitments to Choose a Healthy Lifestyle Free From Drugs (15 min.)
5. Wrap-up (5 min.)

DESCRIPTION

Lesson 11 reviews the drug information you taught in Lessons 1 through 10. In Activity 2, you will once again display the graphic posters from those lessons as you review students' answers in the *Information Review Game*. Emphasis is placed on information from the Lesson 2 and 3 posters.

In Activity 3, the video *Saying “No” to Drugs* provides additional modeling of non-drug-use behavior by older teens. After viewing the video, students are asked in Activity 4 to make a written commitment to choose a healthy lifestyle free from drugs. Several of these written statements are read aloud (anonymously). Such public commitments help students express their feelings through writing, increase behavior change, and provide an appropriate closure activity for the curriculum.

PREPARATION

- Review Lesson Plan
- Preview video: *Saying “No” to Drugs*
- Be familiar with *Information Review Game* (Activity 2, and Teacher Reference pages 11.5-11.9)
- Review the following Teacher Reference material:
 - Myths and Facts about Cigarettes* (page 11.10)
 - Myths and Facts about Marijuana* (page 11.11)
 - Myths and Facts about Alcohol* (page 11.12)
 - Alcohol Facts* (pages 11.13-11.14)
 - Smoking Facts* (pages 11.15-11.16)
 - Marijuana Facts* (pages 11.17-11.18)
- To save time, hang posters for Activity 2 in sequence at the beginning of class with a cover (chart paper) over the front until it’s time to display them.
- Collect and prepare materials, as indicated below

MATERIALS NEEDED

Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
- Video player and video: *Saying “No” to Drugs*
- Posters:
 - Poster 1: *Smoking Makes You Less Attractive*
 - Poster 2: *Smoking Is Addicting*
 - Poster 3: *Smoking Affects Your Heart and Lungs*
 - Poster 4: *Marijuana Can Affect You Right Away*
 - Poster 5: *Marijuana Can Damage You in the Long Run*
 - Poster 6: *Alcohol Can Harm You Any Time You Drink*
 - Poster 7: *Alcohol Can Damage You in the Long Run*
 - Poster 11: *Toxic Chemicals Affect Your Body Right Away*

Prepare the following materials:

- Copy *Information Review Game - Answer Sheet* (Student Handout, page 11.19), one set (4 sheets) per group (class is divided in equal groups) - or just have 4 sheets of blank 8 1/2" x 11" paper per group (you can use page 11.19 as an example if you have students draw their own). You can cut the amount of paper needed in half by using both sides.
- *Commitment Certificate* (page 11.20), copied in color for each student

ACTIVITIES

1. Introduce Lesson (2 min.)

- A. Display visual: *Ground Rules: Students.*
- B. Collect the homework from Lesson 9: *Oral Report on Drugs* and *Oral Report on Drugs: Family Response Form.*
- C. Remind students that this is the last lesson of Project ALERT.
- D. Outline the day's activities:
 - 1. *"First we're going to play a game that reviews what we've learned in Project ALERT."*
 - 2. *"Then we'll learn about what some high school students think about using drugs."*
 - 3. *"After that, you'll have a chance to write how you feel about drugs."*

2. Play the *Information Review Game* (15 min.)

- A. *"Now we're going to play the game. The answers come from the earlier lessons and from some of the handouts I've given you. Let's see how much you remember."* (Remind students not to confer with members of other teams or to look at others' answers.)
- B. Introduce the game.
 - 1. *"We will have four (five) teams."*
 - 2. *"I'll ask a question. Each team has to come up with a single answer to each question. The answer has to be written down. If it isn't, the team is disqualified on that round."*
 - 3. *"Teams must work quickly and hold up the answer when I say, 'Time's up.'"*
 - 4. *"Any team that gives a correct answer gets one point."*
 - 5. *"Each team must pick one person to give the answer."*
- C. Divide the class into four or five groups.
- D. Ask each team to select a Recorder. You select a Scorekeeper. Students may alternate being Recorders.
- E. Provide each Recorder with one set (4) of answer sheets.

- F. Tell the teams to number 1 to 16 in the small box of each quadrant (and to draw the lines if given blank paper). The Recorder should write the team's answer in the square with the same question number.
- G. Ask game questions #1 - 16 (Teacher Reference, pages 11.5-11.7). At the end of each series of questions, display and review the relevant poster, as indicated.
- H. Ask more questions from the list if there is time. At the end of the game, have the Scorekeeper add up the scores. Announce that all teams did a great job.

3. Show and Discuss Video: *Saying "No" to Drugs* (8 min.)

- A. *"Now we'll learn what some high school students have to say about using drugs. Look for reasons they had for resisting."*
- B. Show the video.
- C. Lead a discussion of the video.

Discussion Goals

- 1. To validate students' own concerns about drugs
- 2. To clarify the benefits of nonuse
- 3. To emphasize that nonusers often don't talk about not using

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- 1. *"What did the high school students on the video say that is similar to some of the things you think about drugs?"*
 - 2. *"What are some other things those high school students said about not using drugs?"*
 - 3. *"Have you ever heard older students say things like what was said on the video?"*
 - 4. If students say they have not heard such talk, ask if they have any idea why not.

4. Write and Discuss Commitments to Choose a Healthy Lifestyle Free From Drugs (15 min.)

- A. *"One thing that helps people stick to their decisions is to write them down as commitments. How do you think commitments help you?"* (Some prompts to elicit discussion are *"Is it ever tough sticking to a decision?"* or *"How may a written commitment help you if you're trying to stick to a decision and it gets tough?"*) *"The certificates I will be handing out are a chance for you to write, in your own words, why you have made the decision to choose a healthy lifestyle free from drugs. I want to remind you that tobacco, alcohol, and marijuana are drugs."*

- B. Hand out the blank certificates.
- C. *“Take a few minutes now to write down your own thoughts. Be honest. There are no right or wrong commitments. Your statement may be long or short.”*
- D. Tell students you want to collect the certificates and read some of their statements. No names will be read aloud. Ask, *“How might it help to share our commitments with others?”*
- E. Allow five minutes for students to write. Ask students to raise their hands as they finish. Collect the certificates and quickly skim for content.
- F. Summarize the responses without identifying students.
- G. Praise students generously for their statements.
- H. Keep the certificates with you at the front of the class. Some teachers like to keep certificates until the end of the semester. At that time they distribute them to students as a reminder of their commitment to stay drug-free.

5. Wrap-up (5 min.)

- A. *“I’ve noticed some things about you and saying ‘no.’”*
 1. *“You now know how to resist pressures to use drugs. I hope you will use these skills.”*
 2. *“You can use these skills in other pressure situations (skipping school, dating, cheating on exams).”*
 3. *“It’s not easy to resist these pressures, but it does pay off. It also gets easier the more you do it.”*
 4. *“You can always choose to say ‘no’ when you feel pressured.”*
- B. Reinforce students’ achievements. *“You were great. You really learned a lot. I think you will find it easier to resist all kinds of pressures in the future.”*
- C. *“I hope you remember ways to say ‘no’ and what you learned during Project ALERT. (If you will be handing out certificates now, proceed; otherwise, let them know you’ll be returning the certificate at the end of the semester as a reminder of their commitment.) When your name is called, please come forward. I will return your commitment statement, which is a kind of Project ALERT graduation certificate.”*
- D. Read off each name. Shake hands. Lead applause.
- E. Encourage students to share their certificates with their parents/guardians.

INFORMATION REVIEW GAME

(QUESTIONS AND ANSWERS)

Smoking cigarettes - immediate effects

Q1. *True or False: Teenagers who smoke can't have yellow teeth or smoker's breath because they're too young.*

Answer: False.

Q2. *How does smoking affect your athletic performance?*

Answer: Reduces stamina, shortens breath.

Display posters and review answers:

Smoking Makes You Less Attractive

Smoking Affects Your Heart and Lungs

Marijuana - immediate effects

Q3. *An emotion is a feeling people have inside, like happiness or sadness. Name two emotions or feelings teenagers may have when they have a bad "high" on marijuana.*

Answer: Fear, anxiety, stress, terror.

Q4. *If you go to school "high," there is a good possibility you will forget which of the following: (a) your birth date, or (b) the answers to a history test.*

Answer: Choice (b) is correct. Marijuana impairs short-term memory.

Display poster:

Marijuana Can Affect You Right Away

Alcohol effects - any time you drink

Q5. *When you drink, what is affected? Your judgment, your coordination, or both?*

Answer: Both.

Q6. *How many drinks can you have and still drive safely?*

Answer: None. Even one drink can put you at risk for an accident.

Display poster:

Alcohol Can Harm You Any Time You Drink

Smoking cigarettes - physical effects

Q7. *What does smoking do to your lungs each time you smoke?*

Answer: Destroys lung tissue and diminishes lung capacity.

Q8. *True or False: It takes at least a year or two after you start smoking to become addicted to cigarettes.*

Answer: False. If you smoke a few cigarettes a day for four or five days in a row, you can become addicted.

Display poster:

Smoking Is Addicting

Marijuana - long-term effects

Q9. *Name one consequence of smoking marijuana for a long time.*

Answer: Addiction, dependence, loss of interest in activities except drug use, possible damage to lungs, immune system and reproductive system.

Q10. *True or False: People can become addicted to marijuana.*

Answer: True. When a user begins to feel that he or she needs to take the drug to cope with everyday life, that person is said to be dependent on the drug. Addicted users are physically, as well as mentally, dependent on marijuana, which means that they need more marijuana to experience the same effects they used to feel with less marijuana or that they have withdrawal symptoms (sleeping problems, agitation) if they stop using suddenly.

Display poster:

Marijuana Can Damage You in the Long Run

Alcohol - long-term effects

Q11. *If you're an alcoholic, whom do you hurt (two examples)?*

Answer: Yourself, your family, people at work or at school, friends.

Q12. *List two ways that alcohol can hurt you in the long run.*

Answer: Liver damage, nerve/brain damage, heart damage, stomach damage, and death.

Display poster:

Alcohol Can Damage You in the Long Run

General drug questions

Q13. *What are the most commonly abused drugs in the United States?*

Answer: Alcohol and cigarettes - more people die from using these drugs than from all the others combined.

Q14. *True or False: Breathing in toxic chemicals pollutes the body by reducing the amount of hydrogen in the bloodstream.*

Answer: False.

Q15. *Name two ways the body is harmed when toxic chemicals are inhaled.*

Answer: Heart stops, suffocation, liver damage, permanent brain damage.

Q16. *True or False: Even if it is the first time you try them, it is possible to die from sniffing inhalants.*

Answer: True.

Display poster:

Toxic Chemicals Can Affect Your Body Right Away

Q17. *Name two reasons why people use drugs.*

Answers: Peer pressure
Belonging/acceptance
Escape problems
Pleasure
Relaxation
Medical need
Curiosity/experimentation
Rebellion
Parents do it
Addiction

Q18. *Can you die from cocaine or crack?*

Answer: Yes. Cocaine or crack can cause heart attack, seizure, and stroke.

Q19. *Name two ways that hallucinogens like LSD and shrooms (psychedelic mushrooms) can hurt you.*

Answer: Make you do dangerous things; cause flashbacks; make you see and hear things that aren't there.

Q20. *Name three sources of pressure to smoke or drink.*

Answer: Parents, friends or peers, siblings, media, yourself.

Q21. *How can you be sure a street drug is pure?*

Answer: You can't. Street drugs are often mixed with other substances.

Q22. *True or False: Ecstasy slows you down.*

Answer: False. Ecstasy is a stimulant. People who use it to get more energy for dancing can get seriously overheated, need emergency treatment and, if they are not treated in time, may die.

Q23. *True or False: Regular use of marijuana can delay the onset of puberty in males and disrupt the menstrual cycle in women.*

Answer: True. Regular use can reduce sperm production in males and inhibit ovulation in women.

Q24. *In every state you must be how old to drink legally?*

Answer: Twenty-one years.

Q25. *True or False. Crack is a form of cocaine that is smoked. It is very easy to get addicted to crack.*

Answer: True.

Q26. *True or False. Alcohol is not as dangerous as marijuana.*

Answer: False.

Q27. *What is the problem with teenagers always using drugs to cover emotions?*

Answer: They don't learn how to cope with the emotions without drugs.

Q28. *True or False: Smoking a cigar is not as harmful as smoking a cigarette.*

Answer: False. As with cigarette smoking, cigar smoking can cause cancer of the lungs, esophagus, oral cavity and larynx. Cigars are also addictive.

Q29. *How long can marijuana stay in the body after being smoked?*

Answer: Up to a month.

Q30. *Name one health problem associated with tobacco chewing.*

Answer: Cancer of the mouth, gums, esophagus.

Q31. *What can cigarettes do to your heart if you smoke for a long time?*

Answer: Heart disease, heart attack, irregular heart rhythm.

Q32. *What can cigarettes do to your lungs if you smoke for a long time?*

Answer: Emphysema, lung cancer, respiratory diseases, chronic bronchitis.

Q33. *Is there any health risk for pregnant women and their babies if the mother smokes?*

Answer: Yes. Pregnant women who smoke have a higher rate of spontaneous abortion (miscarriage) and babies weighing below average at birth. Because low birth weight increases the risk of disease or death, more of their babies die soon after birth than do those of nonsmoking mothers.

Q34. *What are secondhand smoke and passive smoking?*

Answer: Secondhand smoke is smoke from other people's cigarettes, pipes or cigars. Passive smoking is inhaling smoke from other people's cigarettes, pipes or cigars.

Q35. *Are secondhand smoke and passive smoking hazardous?*

Answer: Yes. The Surgeon General has concluded that involuntary smoking, or second-hand smoking, is a significant health danger. It can cause cancer and respiratory illnesses.

Q36. *True or False: Giving up cigarettes reduces the risk of dying early.*

Answer: True.

MYTHS AND FACTS ABOUT CIGARETTES

1. **Myth:** Cigarettes help you think clearly.

Fact: It may seem like you are thinking more clearly, but smoking has no effect on the reasoning process. Nicotine is the substance in tobacco that is highly addictive. It is both a stimulant and a sedative to the central nervous system. The initial nicotine "kick," which stimulates the central nervous system and causes a sudden release of glucose, is followed by depression and fatigue, leading the smoker to seek more nicotine.

2. **Myth:** Cigarettes calm you down.

Fact: Many people believe this, but they really feel better only because they are addicted to nicotine. As with other addictive drugs, you begin to feel jittery if the level of nicotine in your body drops. If you are not addicted, cigarettes actually make you feel nervous.

3. **Myth:** Smoking keeps you thin.

Fact: Smoking stimulates the central nervous system, which can suppress appetite, but it doesn't change eating habits. Overall, this is not an effective way to lose weight.

4. **Myth:** It's easy to quit later.

Fact: Only 3% of daily smokers in high school think they will be smoking in 5 years. But over 60% are still regular smokers up to 9 years later. Usually people make three or more attempts before finally being able to quit.

MYTHS AND FACTS ABOUT MARIJUANA

1. **Myth:** Marijuana makes uncomfortable feelings go away (fear, anger, depression).

Fact: You may feel less scared, angry, or depressed because marijuana temporarily covers up feelings; it doesn't make them go away. Some people actually get more depressed or anxious when they have used marijuana.

2. **Myth:** Marijuana makes you creative.

Fact: Sometimes marijuana makes a person feel creative while high, but actual performance is not better and is often worse. Marijuana can't make you become something you aren't. After the marijuana wears off, people often say that what seemed creative when they were high no longer makes sense.

3. **Myth:** Marijuana makes your problems go away (trouble with parents, school, or friends).

Fact: You may feel you have escaped your problems by getting high, but when the marijuana wears off, the problems are still there.

4. **Myth:** You can't get addicted to marijuana.

Fact: Increasingly, research is showing that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of cocaine, heroin and alcohol. Chronic users can experience "withdrawal" symptoms (agitation, sleep problems) after stopping heavy use suddenly, as well as "tolerance" (needing larger doses of a drug to get the same desired effects once produced by smaller amounts).

5. **Myth:** Marijuana makes you a better dancer, talker.

Fact: Marijuana can create this illusion, which has been termed "magical thinking," but it can't make you be anything you aren't. If anything, you become less competent because marijuana interferes with memory, perception and coordination.

6. **Myth:** It is safe to drive after using marijuana.

Fact: Marijuana use makes driving more dangerous. It affects important skills needed for safe driving. The ability to concentrate diminishes and reflexes slow down, making it hard to respond to sudden, unexpected events. It also impairs coordination and the ability to judge distances and react to signals and sounds.

7. **Myth:** Since marijuana is "natural," it is much safer than other drugs.

Fact: Many "natural" substances also have toxic properties (poisonous mushrooms, mistletoe, tobacco). Heavy use of marijuana can adversely affect hormones in both males and females. Young men can have delayed puberty and young women can find that the drug disturbs their monthly cycle (ovulation and menstrual period). It can also damage the immune system causing greater risk of disease.

MYTHS AND FACTS ABOUT ALCOHOL

1. **Myth:** A can of beer will not have as much effect as a mixed drink (or a shot of liquor).

Fact: A can of beer, a glass of wine, a mixed drink, and a shot of liquor all have about the same amount of alcohol and will have about the same effect.

2. **Myth:** Alcohol is not a drug.

Fact: Alcohol is a drug that affects the brain. It slows down the brain area that controls judgment, thought, and muscular coordination.

3. **Myth:** Alcohol is not as dangerous as other drugs.

Fact: Alcohol can be deadly. Drinking a quart of vodka in one sitting can kill you. Even one drink can affect your judgment and cause you to lose control. Auto crashes are the leading cause of death among teenagers, and of these fatalities, over one third are alcohol-related.

4. **Myth:** Black coffee and a cold shower can sober you up quickly.

Fact: Only time sobers you. The liver needs one hour to burn up one ounce of pure alcohol (the amount contained in a can of beer, glass of wine, or mixed drink). Coffee and cold water may make a person less sleepy, but neither improves judgment or coordination.

5. **Myth:** Drinking makes your problems disappear.

Fact: You may feel you have escaped your problems by drinking, but when you get sober, the problems are still there.

6. **Myth:** Drinking makes uncomfortable feelings go away (anger, shyness, loneliness, frustration).

Fact: Alcohol may cover up uncomfortable feelings for a while, but they come back when you are sober again. Drinking isn't always a reprieve from uncomfortable feelings. The fact is that alcohol just as often has the opposite effect and intensifies feelings with sometimes catastrophic results: sadness (poor choices, crying jags, suicide) or anger (domestic violence, rage).

ALCOHOL FACTS

ALCOHOL IS ADDICTIVE AND DAMAGING

- Alcohol abuse contributes to 100,000 deaths annually, making it the third leading cause of preventable death after tobacco and diet/activity patterns in the United States.
- Alcohol is addictive. Alcoholics are psychologically and physically addicted to alcohol, cannot control their drinking, and depend on alcohol to function.
- If you use alcohol before the age of 15, you are more likely to have problems with heavy alcohol and other drug use later in life than someone who doesn't.
- Many people (about one-third of the population) won't drink at all. About 10% of the people who drink will become alcoholics. Another 10% will become alcohol abusers whose health or social relationships suffer because of drinking.
- Alcohol is lethal. It can permanently harm and eventually kill brain cells.
- It is against the law in all fifty states to purchase alcohol for use by persons under age twenty-one.

ALCOHOL AFFECTS YOUR BRAIN AND BODY RIGHT AWAY

- Alcohol use can be more dangerous for teenagers than for adults because a teenager's body and brain are still growing and developing.
- Alcohol is absorbed directly into the bloodstream and is carried throughout the body, affecting body systems immediately. It is not digested by the body, as food and non-alcoholic beverages are.
- When alcohol first reaches the brain, it begins to depress brain cell activity. The drinker tends to feel relaxed and uninhibited.
- As more alcohol reaches the brain, brain cell function is altered further. The drinker exhibits clumsiness, slurred speech, numbness, blurred vision, dizziness, and lack of motor control. The result may be loss of balance and coordination.
- Heavy drinking may bring loss of memory – a blackout about what happened the night before.
- When alcohol is consumed in heavy doses, it can cause unconsciousness and even death.

DRINKING AND DRIVING IS DANGEROUS

- Drinking impairs judgment and slows your reflexes. If you drink and drive, you are at risk of getting into a car crash.

- Alcohol related car crashes are the number one killer of teens. Alcohol use is also associated with homicides, suicides and drownings – the next three leading causes of death among youth.
- About 3 in 10 Americans will be in an alcohol-related car crash at some time during their lifetime.

DRINKING MAY DAMAGE YOUR BODY OVER TIME

- Too much drinking may do irreversible damage to the brain, the central nervous system, the heart, lungs, pancreas, and liver.
- Too much drinking may lead to malnutrition, lowered resistance to infections, and the increased risk of cancers of the mouth, throat, and liver.
- Moderate drinking for adults is defined as no more than one drink per day for women and no more than two drinks per day for men.
- About one quarter of all persons admitted to general hospitals have alcohol problems or are undiagnosed alcoholics being treated for the consequences of their drinking.
- Although there has been some research into the possibility that drinking a glass of red wine a day decreases risk of heart attack for adults, doctors do not generally advise adult patients to drink wine for this purpose, and red wine does nothing to reduce the risk of heart attack for youth. Teenagers rarely have heart attacks that are not induced by inhalants or cocaine. And even for adults, more than one ounce of alcohol daily – wine, beer, or distilled liquor – raises blood pressure and can produce arrhythmias (irregular heart beat), leading to stroke and heart attack.

ALCOHOL ABUSE IS ONE OF OUR MOST SERIOUS SOCIAL AND HEALTH PROBLEMS

- The cost of alcohol abuse to the nation is estimated at over \$175 billion a year.
- The total cost of alcohol use by youth – including traffic crashes, violent crimes, burns, drownings, suicide attempts, fetal alcohol syndrome, alcohol poisonings, and treatment – is more than \$52 billion per year.
- Use of alcohol at an early age is an indicator of future alcohol or drug problems.
- When a pregnant woman drinks, her fetus drinks, too. Many babies born to mothers who drink frequently or heavily have lower birth weights. Fetal alcohol syndrome (FAS) is one of the top three causes of birth defects and a major cause of mental retardation.
- Children in families with alcoholic parents are three to five times more likely to become alcoholics themselves.

SMOKING FACTS

SMOKING IS ADDICTIVE AND DAMAGING

- More than a third of all kids who ever try smoking a cigarette will become regular, daily smokers before leaving high school.
- While only 3% of daily smokers in high school think that they will be smoking at all in 5 years, over 60% are still regular daily smokers 7-9 years later.
- Symptoms of addiction – such as having strong urges to smoke, feeling anxious or irritable, having unsuccessfully tried not to smoke – can appear in young kids within weeks or only days after occasional smoking first begins, and well before daily smoking has even started.
- Cigarette smoke is a collection of over 4,000 chemicals, including fingernail polish remover, cyanide (a poisonous gas), formaldehyde (a chemical preservative), 400 poisons, and at least 60 distinct cancer causing chemicals. It also contains tar, a conglomeration of solid particles that combine to form a sticky brown substance that can stain teeth and clog lungs.

SMOKERS DIE YOUNGER

- Smoking is the single most important preventable cause of premature death in the United States.
- Smoking is responsible for one out of every five deaths in the United States.
- On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

SMOKERS DIE FROM CANCER, HEART ATTACK, AND RESPIRATORY DISEASES

- About 87% of lung cancers are caused by smoking.
- Tobacco is the single biggest cause of cancer and accounts for more than half of all cancer deaths in smokers.
- Smoking is the main cause of chronic bronchitis and emphysema.
- Smoking is also associated with cancers of the mouth, pharynx, larynx, esophagus, pancreas, uterus, cervix, kidney and bladder.

SMOKING HAS IMMEDIATE EFFECTS ON YOUR BODY

- It increases your pulse rate and makes your blood pressure rise.
- It lowers your skin temperature.
- It lowers your physical endurance.

SMOKERS' BABIES WEIGH LESS AND MORE OF THEM DIE

- Smoking during pregnancy accounts for an estimated 20-30% of low-birth weight babies, up to 14% of pre-term deliveries, and 10% of all infant deaths.
- Even apparently healthy, full-term babies of smokers have been found to be born with narrowed airways and decreased lung function.

SMOKERS BECOME DISABLED MORE OFTEN

- Smokers become ill more often and lose more days from work than do nonsmokers.
- Smokers are more apt than nonsmokers to suffer from chronic conditions that limit their activity.

THE TOBACCO INDUSTRY SPENDS BILLIONS TO GET YOU TO SMOKE

- The Campaign for Tobacco-Free Kids reports that annual tobacco industry spending on marketing its products nationwide has reached \$15.4 billion or over \$42 million each day.
- Additionally, annual tobacco industry contributions to federal candidates, political parties and PACs total over \$3 million with another \$20 million spent annually to lobby Congress.

SMOKERS WHO QUIT GET IMMEDIATE HEALTH BENEFITS

- The carbon monoxide level in the bloodstream declines within twelve hours.
- Headaches and stomach aches caused by smoking disappear.
- Stamina and vigor improve. Food tastes and smells better.

SMOKERS WHO QUIT GET LONG-TERM HEALTH BENEFITS

- Giving up cigarettes reduces the excess risk of dying prematurely.
- Twenty years after stopping, the ex-smoker's risk of dying prematurely from lung cancer is close to that of someone who has never smoked.
- Three years after quitting, the risk of death from heart attack is about the same as someone who has never smoked.
- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having low birthweight babies to that of women who never smoked.

MARIJUANA FACTS

MARIJUANA USE AFFECTS YOUR BEHAVIOR

Right away

- It interferes with your ability to drive safely.
- Driving under the influence of marijuana is especially dangerous. Marijuana impairs driving skills for at least four to six hours after smoking a single cigarette. When marijuana is used in combination with alcohol, driving skills become even more impaired.
- It interferes with your performance in sports (affects coordination, timing, and heart function).
- It slows down your reaction time.
- It impairs tracking ability (ability to follow a moving stimulus), which is important for driving, bike-riding, and flying.
- It impairs muscle coordination (decreases hand steadiness, increases body sway, and inhibits accuracy when executing movements).

Over time

- Regular use of marijuana may lead to lower achievement, increased tolerance of deviance, more deviant behavior, and greater rebelliousness.
- When people withdraw from heavy marijuana smoking, they may experience sleep problems, irritability, and anxiety that may verge on panic.

MARIJUANA USE AFFECTS YOUR MIND

Right away

- It makes it hard to concentrate and to remember (impairs short-term memory).
- It makes learning more difficult (impairs logical thinking, reading comprehension, and verbal and math skills).
- It interferes with communication. People who are high on marijuana often do not remember what they said a few minutes ago.
- It causes some users to panic and feel paranoid and other users to feel euphoric.
- It distorts the sense of time, making it seem to slow down.
- It reduces alertness (so that a person pays less attention and has a slower reaction time).

Over time

- People may become psychologically dependent upon marijuana.
- Heavy marijuana use may lead to a loss of interest in all activities except drug use. Heavy users may become unmotivated, slow moving, and apathetic.

MARIJUANA USE AFFECTS YOUR BODY

Right away

- It increases the heart rate by as much as 50%. Making the heart work harder is a threat to individuals with high blood pressure, coronary vessel disease, and cerebrovascular disease.
- It causes a feeling of hunger and stimulates the appetite, especially for sweets.
- It causes a decrease in peak exercise performance.
- It causes reddening of the eyes. (This is not an effect of the smoke.)

Over time

- Heavy marijuana smoking can cause addiction or create physical dependence (increased tolerance, withdrawal symptoms if use stops suddenly).
- Heavy marijuana smoking - like heavy tobacco smoking - harms the lungs and respiratory system. Smoking three to four marijuana cigarettes a day is associated with the same type of bronchitis and cell damage to the lungs as smoking twenty tobacco cigarettes.
- Regular marijuana use can obstruct both the large and small airways in the lungs.
- Its use by pregnant females may result in smaller and lower weight babies.
- In males, its use contributes to a decline in sperm concentration, count, and movement, and to lower testosterone levels (male sex hormone).
- In females, its use can lead to decreased hormone levels, which can disrupt the monthly ovulatory and menstrual cycle. However, these effects cannot be considered reliable birth control methods.

**Why I have made the decision to choose
a healthy lifestyle free from drugs:**

Name

Date

Period

PROJECTALERT