

GET THE FACTS ABOUT

DRUGS AND ALCOHOL

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WHAT IS A DRUG?

A drug is any substance that changes the way your brain and body works.

ALCOHOL

Alcohol is used recreationally and is considered a drug and people of a certain age can use it legally.



PRESCRIPTION DRUGS

Prescription drug use, like painkillers, antidepressants, and stimulants, are only legal when they are prescribed by a doctor. It is illegal to use prescription drugs when they are prescribed for someone else.



OTHER DRUGS

Other drugs like cocaine and heroin are highly addictive and always against the law. Marijuana can sometimes be used recreationally or as medicine. Its legality varies by state.



WHAT'S THE BIG DEAL?

Being under the influence of drugs can make it hard for you to stick to your personal rules like not having sex until you're older or using a condom every time you have sex. Not only can drugs and alcohol affect your judgment, but they can also make it more difficult to say "NO" or get out of a risky situation.

EFFECTS OF DRUGS

Besides making it harder to stick to your personal rules, there are lots of other consequences that can happen from using drugs or alcohol...

PHYSICAL | HOW IT AFFECTS YOUR BODY AND HEALTH

- Unwanted, unplanned, and unprotected sexual activity
- Inability to play sports and participate in youth related activities
- Lack of good sleep and rest
- Brain damage (difficulty concentrating, difficulty learning, memory loss)
- Liver, stomach, kidney, and intestinal damage
- Cancer

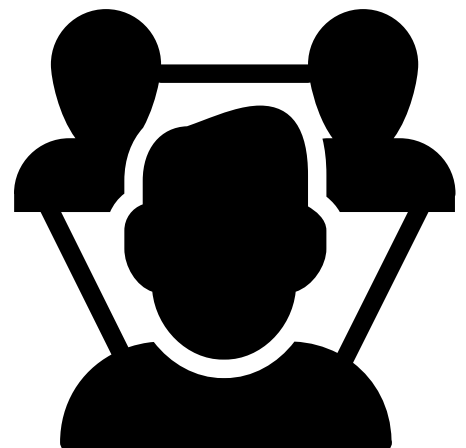


MENTAL | HOW IT AFFECTS YOUR MIND

- School problems: poor grades, failing classes, missed school, inability to focus in class and assignments, drop out of school
- Feelings of isolation, helplessness, shame, anxiety and depression
- Change in personality

SOCIAL | HOW IT AFFECTS YOUR RELATIONSHIPS

- Loss of trust and respect from parents and other family members
- Arguments, fighting, and violence
- Loss of friends and isolation from peers



WHAT'S THE HARM?

What's the harm in just trying it?

Having "just a drink" or trying drugs "just once" can lead to much more:

- Youth who begin drinking before the age of 15 are more likely to become dependent or abuse alcohol later in life
- Teens who abuse alcohol are more likely to abuse illegal drugs too

What are signs that someone has had too much to drink?

Signs include:

- Problems putting words together to make a sentence
- Acting strangely and doing things they wouldn't normally do.
- Throwing up
- A glassy look in their eyes
- Inability to walk straight and bumping into people and objects
- Passing out

DANGERS OF BINGE DRINKING

Binge drinking = drinking a lot of alcohol in a short amount of time. Playing drinking games, taking multiple shots, chugging or funneling are all considered binge drinking.

BINGE DRINKING can lead to vomiting, losing memory, blacking out, and in extreme cases, alcohol poisoning. Alcohol poisoning is when the body can't filter out alcohol in the bloodstream. Alcohol poisoning is deadly, so it's important to recognize the signs:

- extreme confusion
- low body temperature
- seizures
- unconsciousness
- slow or irregular breathing
- vomiting
- blue tinted or pale skin



HOW TO HELP

IF YOU THINK SOMEONE HAS ALCOHOL POISONING:

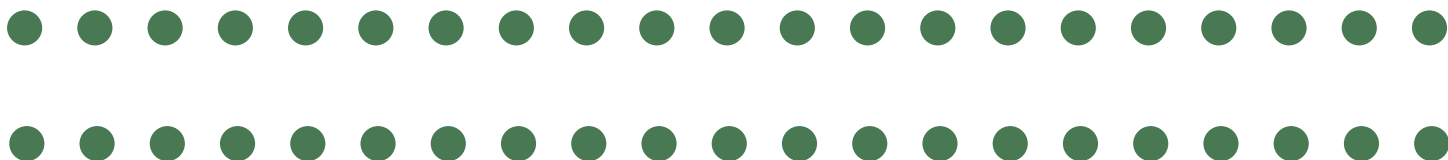
- Try to wake the person
- Put the person on their side
- Check their breathing, skin color, and temperature
- Stay with the person
- Call 911



WHAT CAN I DO?

Helping someone stop drinking or using drugs is hard—especially if they don't want to stop. The decision for them to get help is ultimately their responsibility. If you decide to try and help, here are some things you can do as a good friend:

- Calmly tell them that you're worried about them
- Think of things you can do together instead of drinking or using drugs
- Talk to a trusted adult like a family member, teacher, or youth worker
- You may be able to help them by encouraging them to get help from an adult, doctor, or counselor



RESOURCES

www.iknowmine.org

www.wernative.org

www.healthynativeyouth.org

www.abovetheinfluence.org

www.projectknow.com

