

**HIP
CODE**

411

Reality?

We got
ur #!

DEFINITION

411: *noun*; (slang)
information or
knowledge.

illicit: *adjective*,
forbidden by
law or rules.

DRUGS
AND YOU!



A STRAIGHT SHOT AT THE TRUTH

When prescribed by a doctor and taken as directed, drugs can do amazing things. They save lives. They control high blood pressure, diabetes, asthma and a wide range of other diseases. They improve moods. They take away pain. They help people live longer lives.

But there's a downside. Unlike prescription medicine, illegal drugs, illicit drugs and street drugs don't cure anything or help people live longer. They create problems. They damage bodies. They destroy lives.

Doctors, nurses and pharmacists attend many years of college and go through rigorous training to learn how to administer drugs in the right way. If you don't have that kind of knowledge base and you're messing around with drugs...

YOU COULD BE IN OVER YOUR HEAD.

DISCLAIMER. This book provides general information about drugs and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

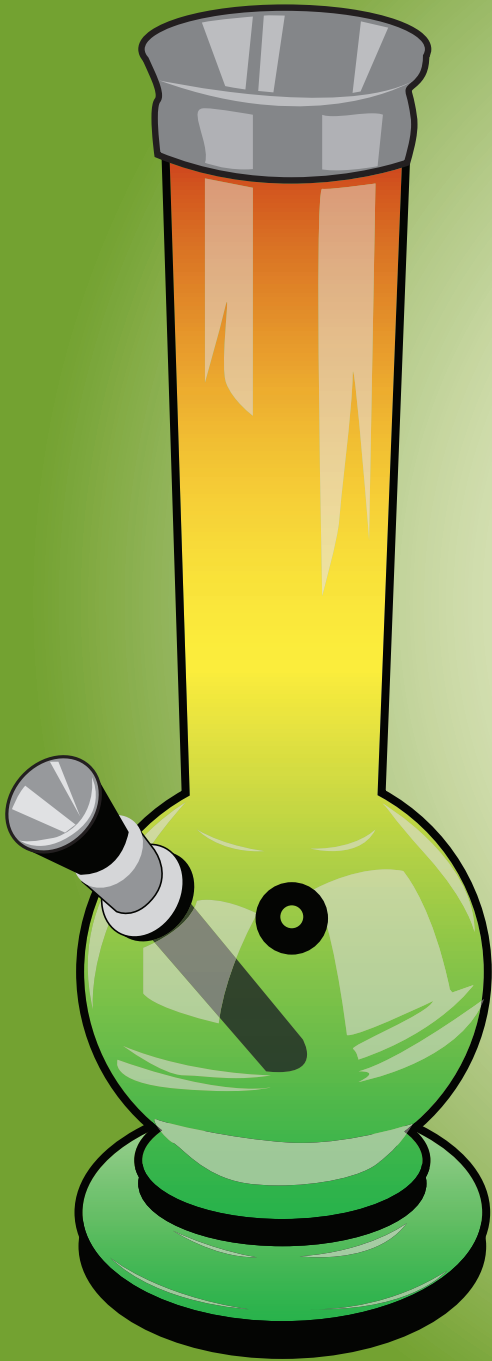




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RESOURCES



KEYWORD: *ILLEGAL*

Defining the word **drug** is no easy task. There's no single, exact definition, since the word has different meanings in health and medicine, drug enforcement, government regulations and street slang.

In the most general sense, a **drug** is:

Any substance that, when absorbed into the body of a living organism, changes how the body thinks, acts or feels.

In medicine, a **drug** is:

A chemical substance used in the treatment, cure, prevention or diagnosis of disease, or used to enhance physical or mental well-being.

In law enforcement, a drug is:

A substance sold illegally and used for its mood-altering, energizing or calming effects.

The last definition is the focus of this book. While drugs have their place and do wonders when prescribed by a health care professional and then taken as directed, illegally obtained and taken drugs do much more harm than good.

ILLEGAL = ILLEGAL



Illicit drugs are those that are illegal to make, sell or use, such as...

CRACK. COCAINE. AMPHETAMINES. METHAMPHETAMINE. MARIJUANA. OPIUM.
HEROIN. ECSTASY. HALLUCINOGENS.

Illicit drugs like these have been around for a long time. They don't just mess up the user. They have a huge impact on society too.

- They make people addicted
- They shorten lives
- They change the way we interact with other people
- They increase health care costs in treating the addicted
- They drive up the cost of law enforcement

Many illicit drugs present serious risks. They can be highly addictive. Using these drugs often starts out of curiosity or as an experiment. Other times, it may begin from using prescription pain medications prescribed to treat an illness or injury.

FACTS AND THE STATS

About one in every 10 Americans over the age of 12 (roughly equal to the population of Texas) are addicted to drugs and alcohol. But only 11 percent of those with an addiction get treatment.

DIALING IT OUT

Addiction: *noun*; the condition of being dependent or hooked on a substance with little or no ability to function without it.

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United Nations Office
on Drugs and Crime:
Information about Drugs
[unodc.org/unodc/en/illicit-
drugs/definitions/](http://unodc.org/unodc/en/illicit-drugs/definitions/)

DRUGS AND HOW THEY GOT THAT WAY

A BRIEF HISTORY

HISTORY IN THE TAKING

Drugs are hardly new. If you thought they were recently discovered or created in a lab during the last decade, you'd be off by about 7,000 years or so.

- ! The Sumerians used opium and had a picture-word for it.
- ! The first recorded use of marijuana as a medicinal drug took place in 2737 B.C. The Chinese emperor Shen Nung noted the drug's ability to treat pain from gout and rheumatism.
- ! The earliest historical evidence of people eating poppy seeds as a way of getting high dates back to the Lake Dwellers of Switzerland in 2500 B.C.
- ! Napoleon brought marijuana from Egypt to France in 1800.
- ! Cocaine was first isolated in its pure form in 1844.

CRITICAL DIGITS

1792

The year in which China first outlawed opium shops. The punishment for shop owners was strangling them.



MEANWHILE, BACK IN THE U.S.

Your great grandparents knew of the effects and dangers of drugs when they were teens. And that was hardly in the last decade.

In 1914, the Harrison Narcotic Act made cocaine use illegal in the United States. Its use went down during the 1940s through the 1960s, but became popular again in the 1970s.

Drugs have always had serious consequences for those who use them, as well as for society as a whole.



AS LONG AS THERE HAVE BEEN DRUGS IN AMERICA,
THERE HAS BEEN A DRUG PROBLEM.



While drugs may seem like a modern-era development, in truth they've been used to deal with pain and play on pleasure centers within the brain throughout known history. Adults can experience this legally with a wide range of drugs like alcohol, caffeine and nicotine. They can do it illegally with an equally wide range of illicit drugs.

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GDG: About Drugs and Addiction:
GDG.gov/pwid/addiction.html

Before getting too deep into this book, what are your honest views on drugs?



Why is it a good thing that certain drugs are illegal and not readily available to everyone?



How would you describe the differences between drugs prescribed by a doctor to treat a medical condition and illegal street drugs?



FACE THE FACTS

CONSIDER THE SOURCE

A lot of what you hear about drugs might come from some pretty unreliable sources. You probably hear about drugs on TV shows, on the radio, in books and magazines and on the internet. You might pick up info from your friends in conversation. Some of that information may be true. But there's a good chance a lot of it isn't.

Here are a few realities to keep in mind:



You can't predict what effect a drug will have on you. This is true whether it's your first time taking it or tenth. Everyone's brain and body chemistry are different. Everyone's tolerance for drugs is different. Even a tiny amount or dose is unpredictable.



Using drugs can lead to:

- Damaged relationships
- Money problems
- Problems with the law
- Addiction
- Serious health problems
- Death



Prescription and over-the-counter (OTC) medications can be just as dangerous as illegal drugs.

From where do you think you get most of your information about drugs?





MISUSING DRUGS

UPSIDE-DOWNSIDE

Drugs may be prescribed by a doctor for a limited amount of time. They may be prescribed on a regular basis for long-lasting disorders. Following a doctor's instructions for taking the drug can result in improved health. That's the upside of drugs.

But many people use drugs without a doctor's knowledge. They may believe drugs have a positive effect on their personality, their behavior, their mood or the way in which they see the world. This is called **misusing** drugs. They're chemical substances that affect the central nervous system, such as opioids or hallucinogens. Some drugs can cause addiction. And that's the downside of drugs.

CRITICAL DIGITS

113

Number of people in the U.S. who die as a result of a drug overdose each day.

6,748

Number of people who are treated in emergency rooms
for misusing drugs each day.

Drugs are most often taken:

- By swallowing
- By snorting
- By injecting
- By smoking

Whichever way they're taken, the drugs make their way into the bloodstream. Then they hitch a ride to the brain and other parts of the body. The drugs can intensify or dull the senses, change how alert or tired you feel and sometimes ease pain.

Misusing drugs leads to unhealthy decisions and choices. The inability to think and reason clearly due to drug or alcohol use can result in risky decisions like driving while under the influence or having unprotected sex.



How drugs will affect someone depends on different factors:

- The kind of drug taken
- How much of the drug is taken
- How often the drug is used
- How the drug is taken
- What other drugs are taken at the same time
- What foods, drinks or other substances are taken at the same time
- The user's body size, shape and chemistry

These substances may feel good at first, but the damage to the brain and body can be great. Misusing medications, illegal drugs, alcohol, or smoking all harm the human body.

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Offices of Adolescent Health:
Illicit and Non-illicit Drug Use:
hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/illegal-and-non-drug-use.html

ADDICTION: FEEDING THE NEED

HOOKED

Addiction isn't a weakness or choice. It's a **chronic disease** that causes people to seek reward or relief through substances or other behaviors. Over time, a person may become hooked on the mental or physical effects of the drug being taken. This leads to the user needing more of it to get the same effects. Without help, a person with a drug addiction will oftentimes put their health and safety in danger.

Q & A

Q: *People who use drugs lack morals or willpower and could stop if they just chose to. Right?*

A: Wrong. Drug addiction is a complex disease. Quitting takes more than the will to want to quit. Drugs change the brain and make quitting them hard, even for those who really want to.

THE GOOD NEWS:

Medical experts know more than ever about drugs and their effects on the brain. They've found ways of treating addiction that help people recover from drug addiction so they can lead normal and productive lives.

WHAT IS DRUG ADDICTION?

Even when the user knows the consequences can be harmful, he or she continues to use the drug. That—quite simply—is addiction. While the decision to take drugs in the first place is voluntary, repeated use of the drug leads to brain changes that make it very hard to resist taking them.

DIALING IT OUT

Relapse: *noun*; a setback in someone's state of health or condition after a temporary improvement.

Drug addiction is considered a “relapsing” disease. Those brain changes keep telling the addicted person’s body that he or she needs those drugs. People recovering from drug addictions are at a higher risk of using the drug again even after years of staying away from it.

A relapse doesn’t mean that the treatment didn’t work. Treatment is ongoing. It sometimes has to be adjusted based on how the patient is responding. His or her changing needs often call for changes to the treatment plan.

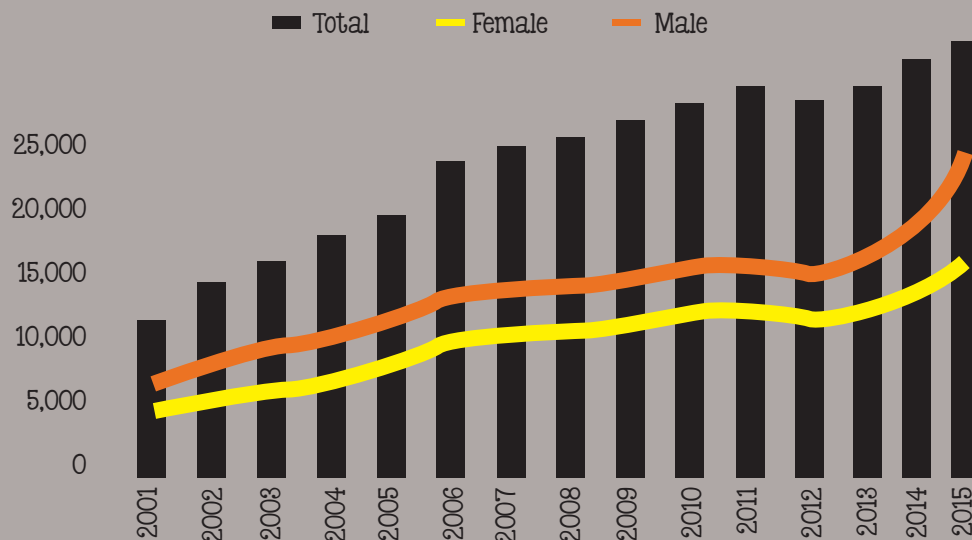
Q & A

Q: *Can I die if I use drugs?*

A: Absolutely. Every day in the United States, about 113 people die as a result of drug overdose.

THE BAD NEWS:

Deaths from drug overdose have been rising steadily over the last decade.



Source: NIH: National Institute on Drug Abuse

THE SIGNS OF DRUG ADDICTION

No matter how the drugs are taken, there are certain behaviors that may point to an addiction. These are the signs to look for if you're concerned your friends or family members are dealing with addiction:

- Unusual, sudden or major changes in energy level
- Aggressive behavior or violent mood swings
- Obsession with getting and using drugs
- Withdrawing from friends and family
- New friendships with other users
- Going to social events where drug use is present
- Chronic health problems or continued use of the drug in spite of physical risks
- Behavior that changes a person's morals or values in order to get the drug
- Being arrested
- Losing a job

THE GOOD NEWS:

Illicit drug addiction can be treated.

BUT...

It can be a hard process, both physically and emotionally. People with addiction often say they are never "cured." They learn to cope with their disease. It's important to develop a strong support system that includes sober people to help with long-term recovery.

CRITICAL DIGITS
\$11 BILLION

Amount spent each year in the U.S. for health care treatment from the use of illicit drugs.

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National Institute on Drug Abuse: Understanding Drug Use and Addiction:
drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction



THE TIGER BEHIND THE DOOR

SAFE DECISION-MAKING



TIGER TALES

In the famous short story, "The Lady, or the Tiger," by Frank R. Stockton, men accused of a crime are brought into a room and given a choice of two doors. Behind one of the doors is a lady whom they will marry. Behind the other is a tiger that will devour them. One blind choice leads to bliss, the other to destruction.

Life is a series of choices. Making the right choices can put you on a path to success. Making bad choices can put you face to face with man-eating tigers of fate. How will you choose?

THREE C'S OF HEALTHY DECISION MAKING

You face dozens, maybe hundreds, of decisions each day. Maybe you don't even realize it. It may be while you're waiting at the bus stop. It may be while looking over the menu at your favorite fast food hangout. You make decisions all the time. But are you making them the right way?

The best way to make decisions is to:

First: Identify the problem (What am I in the mood to eat?)

Second: Think about the choices you have (Hamburger? Salad? Sandwich? Pasta? Chicken?)

Third: Then you think about what might happen based on your choice (Pasta would be most satisfying today, but the salad would be good for me.)

You've just discovered the **THREE C's of DECISION MAKING!**

CHALLENGE: The problem or situation at hand

CHOICE: The options available to you

CONSEQUENCES: What might happen based on your choice

No decision should ever be made lightly, whether it's what shoes to wear to school or whether to try the drugs your friend is offering.

Here's how the Three G's work:

CHALLENGE

You're at your friend's house for the night and her older brother has his buddies over. One of the brother's friends has a bag full of pills and offers you one. "They're really great," he says. "Nothing bad will happen."

CHOICES

Do you give in and take the pill? Do you see if your friend will take it? Do you say no? Do you leave and go home? Do you tell your parents or your friend's parents about what happened?

CONSEQUENCES

If I take this pill, will I like it? Will it make me feel strange? Will it make me feel good? Will it make me sick? Will I be put in an unsafe situation? Will I get caught? Will I get in trouble? How much trouble? Will I get arrested if the cops show up? Will I lose my friend if I don't try it? Will my friend think I'm totally uncool if I say no? Will I be able to find something else to do if I leave?

Any decision can be made easier if you just stop and think. When a challenge comes up, use the Three G's to help you decide. Decisions rushed into without stopping to think about them often end in poor judgment and regret.

SO, TO RECAP...

STEP 1: CHALLENGE

Name the problem. Stop and look at the challenge you're facing. What decision do you have to make?

STEP 2: CHOICES

Think about the choices you have in dealing with the challenge. List them all.

STEP 3: CONSEQUENCES

Ask yourself what the consequences will be for each choice. Think about what will happen and list the pros and the cons.

YOUR BRAIN. USE IT OR LOSE IT.

Did you know that the brain keeps on developing until its owner is in his or her mid-20s or so? Sometimes we're forced to make grownup decisions without fully matured brains. A teen may make riskier decisions than someone who's 27 partly because of a lack of experience, but mostly because of a brain that isn't fully developed.

Use the Three C's of decision making and get a head start on smart choices.

SPOILER ALERT: Choosing drugs gets you the tiger behind the door every time.



Write about a time when you made a healthy "Choice" that prevented some pretty serious "Consequences."



YOUR BRAIN ON DRUGS

HIGH-MINDED

The brain has a type of “reward circuit.” This reward circuit enables the body to feel pleasure. Drugs flood the reward circuit with dopamine, a chemical messenger. Overstimulating the reward circuit with a drug can lead to the super-pleasurable “high” that makes a person want to take the drug again and again. The drug tricks the brain into a false sense of pleasure.

Keep using these drugs and your brain will adjust to the extra dopamine by making less of it or causing the cells in the reward circuit to not be able to respond. This cuts down on the high felt when you first took the drug. The effect is known as **tolerance**. So you might take more of the drug to try to get that same high you first felt.

BRAIN CHANGE

Long-term use of the drug causes changes in other brain chemical circuits and systems. These changes affect functions such as:

- Learning
- Judgment
- Decision-making
- Ability to manage stress
- Memory
- Behavior

DIALING IT OUT

Dopamine (DOE-puh-meen): *noun*; a compound formed in the brain that transmits signals to nerve cells and plays a major role in reward-motivated behavior.



DRUG USER TO DRUG ADDICT

Even when you know about the harmful risks, you might still keep using the drugs. That's the nature of addiction.

A person who misuses drugs will start to feel flat, lifeless and depressed, unable to enjoy the things that once were pleasurable. He or she needs to keep taking the drugs over and over to try to bring the dopamine function back to normal. And that only makes matters worse. It's a vicious cycle of brain abuse.

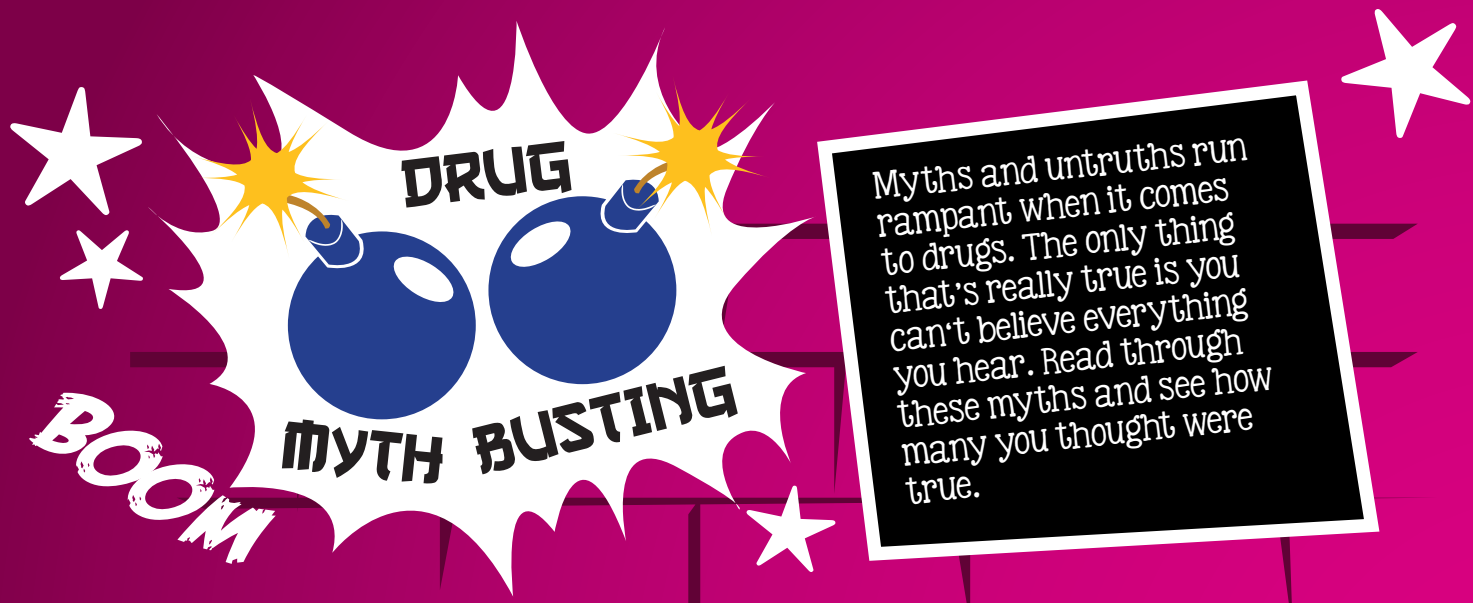
Using the drug over time changes the brain in both basic and long-lasting ways. The long-lasting changes are a large part of the addiction itself. Picture a sort of light switch in your brain. At some point during drug use, this switch gets flipped on. The result of this flip is a drug user becoming a drug addict.

Have you ever seen someone who was high on drugs? How did they act? How did seeing them make you feel?



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**BrainFacts:
The Chemistry of
Addiction:**
[brainfacts.org/
diseases-and-
disorders/addiction/](http://brainfacts.org/diseases-and-disorders/addiction/)



MYTH	BUSTED !
Drug addiction is a choice.	<i>Using</i> drugs is a choice. Over time, they can change your body and brain chemistry. That's when the user seems to have no choice. And that's when the misuse becomes addiction.
It's safer to get high on legal drugs than illegal ones.	New Psychoactive Substances (NPS), commonly known as 'legal highs' or 'synthetics' are not safer than other drugs. Negative side effects are common when using these. Just because you can buy them in a shop doesn't mean they won't mess you up.
Marijuana's effects are different depending on how you take it.	It takes longer to absorb into the blood when eaten than it does when smoked. Because of this you might think it's not working and take more. When it all kicks in, it's too late to do anything about the negative effects.
Prescription drugs are safer than other drugs.	It depends on how you take them. Prescription drugs can help with symptoms when taken as ordered by a doctor. But they can cause harm when not taken as prescribed, and create a dependency.

MYTH	BUSTED !
"Natural" drugs are safer than synthetic ones.	Not by a long shot. Just because something grows in the ground doesn't make it "natural." Or safe. Marijuana, mushrooms and other "natural" highs still alter the brain and create harmful side effects. They may grow in the ground but they know how to hurt you.
The heroin trend is over.	So wrong. Drug trends don't just go away. Some drugs like heroin become more popular and available and then seem to go away over time. But that drug is always the same threat.
Marijuana isn't addictive.	Untrue. Marijuana can be addictive. Many teens who start marijuana get addicted when they reach adulthood or even sooner. Marijuana can cause health problems like anxiety, memory loss and trouble thinking and sleeping, to name a few.
Addicts are evil people.	Addicts shouldn't be seen as "bad" people trying to get "good." They're sick people trying to get well. They come in all shapes, sizes, ages, colors and social standing. And they all struggle with drug dependence daily. Drug addiction doesn't discriminate. The good news is, neither does recovery.

Share a "myth" that you thought was true about drugs. What made you stop believing the myth?



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National Institute on
Drug Abuse: Drugs:
Shatter the Myths:
[drugabuse.gov/sites/
default/files/nida.
shatterthemyths.508.
final.pdf](http://drugabuse.gov/sites/default/files/nida-shatterthemyths.508-final.pdf)

MARIJUANA

THE BLUNT TRUTH

FACTS AND THE STATS

In 2013, more high school seniors regularly used marijuana than cigarettes.

FACT SHEET

DRUG	Marijuana (mair-uh-WAHN-uh)
STREET NAMES	Blunt, dope, ganja, grass, hash, herb, joint, Mary Jane, pot, reefer, sinsemilla, skunk, spliff, weed
SCIENTIFIC NAME	Cannabis
HOW IT'S TAKEN	Smoked, swallowed, vaped
HOW IT'S MADE	Made from the ground up leaves, stems, flowers and seeds of the cannabis or hemp plant.
WHAT YOU SHOULD KNOW	The most commonly used illegal drug in the U.S., marijuana has an active ingredient called THC. It also contains more than 400 other chemicals. The drug is usually brown, green or grayish in color.
USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • Changes in the senses (seeing, hearing or feeling things differently) • Dizziness • Trouble walking/standing • Laughing and finding everything funny • Red eyes • Slow thinking • Slow reflexes • Slow speech • Dry mouth and thirst • Increased appetite • Anxiety and paranoia
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Memory and learning problems • Difficulty thinking • Faster heart rate • Possible higher risk of cancer • Higher risk of pneumonia • Coughing, wheezing and breathing problems • Higher risk of colds and infection

DIALING IT OUT

Paranoid: *adjective*; suspicious, distrustful or afraid of other people.

CRITICAL DIGITS

33

Percent of teens living in states with medical marijuana laws who get their pot from other people's prescriptions.

BURNING QUESTIONS

Q: *Isn't marijuana legal in some places?*

A: While a few states have made marijuana use legal, and medical marijuana is more accepted, it's important to know that police and the legal system take its misuse very seriously. The consequences of getting caught having it, growing it, selling it and using it can be very harsh throughout most of the country.

Q: *What about the "high" that marijuana provides?*

A: Marijuana affects people in much the same way that alcohol does. It clouds good judgment, slows down reflexes and can affect vision. The "high" can be so impairing that it's against the law to drive a car while under the influence of pot, just like alcohol.

Q: *Can marijuana use affect my future?*

A: The drug can steal your energy and ambition. The more you're on it, the less drive you'll have to succeed in life. Research has shown a higher school dropout rate among marijuana users, compared to those who don't use it.

FACTS AND THE STATS

Studies and police records have shown that teens who use marijuana are nine times more likely to use other drugs, five times more likely to steal and four times more likely to become violent.

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National Institute on
Drug Abuse: DrugFacts:
Marijuana
[drugabuse.gov/
publications/drugfacts/
marijuana](http://drugabuse.gov/publications/drugfacts/marijuana)



AMPHETAMINES

FACTS AND THE STATS

Using amphetamines can cause serious addiction. Using it just once creates a high risk for drug misuse.

FACT SHEET	
DRUG	Amphetamine (am-FET-uh-meen)
STREET NAMES	Speed, Billy, whiz, phet
SCIENTIFIC NAME	Alpha methylphenethylamine
HOW IT'S TAKEN	Swallowed, snorted
HOW IT'S MADE	Made under laboratory conditions
WHAT YOU SHOULD KNOW	The drug makes users feel energized and pumped up. Because it suppresses the appetite, some people use it for dieting.
USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • Mood swings • Difficulty sleeping • Tiredness • Low energy
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Addiction • Depression • Paranoia • Anxiety

DIALING IT OUT

Overdose: *noun*; a reaction from taking an excessive and dangerous amount of a drug. *Verb*; to take an excessive amount of a drug so as to put one's health and life at risk.



KNOW THIS

Amphetamines are still thought of as useful medically for treating certain illnesses, such as ADHD. But because of the dangers from using this drug regularly, amphetamines can only be used legally through very restricted prescriptions from doctors.

DANGER AHEAD

Misusing amphetamines may cause heart attacks. One of the reasons this drug is popular with college students and truck drivers is because it helps them stay awake, due to its stimulant effects. Amphetamine causes the heart rate and blood pressure to go up. It also causes artery spasms and lessens the flow of blood to the heart. The result can be a greater risk of heart attacks.

FACTS AND THE STATS

Because amphetamines are being prescribed more and more for ADHD and other conditions, more of the pills are ending up on the streets being misused illegally.

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Amphetamines.com:
Amphetamine Addiction
[amphetamines.com/
amphetamine-abuse/
addiction/](http://amphetamines.com/amphetamine-abuse/addiction/)



FACT SHEET	
DRUG	Mushrooms
STREET NAMES	'Shrooms, magic mushrooms, purple passion
SCIENTIFIC NAME	Psilocybin mushrooms
HOW IT'S TAKEN	Swallowed (eaten, brewed as tea or added to other foods)
HOW IT'S MADE	These naturally found fungi that are grown in South America, Mexico and the U.S. contain the psychedelic substances psilocybin and psilocin.
WHAT YOU SHOULD KNOW	When eaten, the mushroom is broken down and makes psilocin, which creates hallucinogenic effects.
USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • Visions and revelations • Hallucinations • Altered view of time • Panic • Muscle relaxation or weakness • Movement problems • Enlarged pupils • Nausea and vomiting • Drowsiness
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Depression • Paranoia • Anxiety • Risk of flashback and memory problems • Risk of poisoning

CRITICAL DIGITS

180+

Number of mushroom species throughout the world that contain the psychoactive ingredient psilocybin.

‘SHROOM FOR ONE MORE

Magic mushrooms contain compounds classified as psychedelics. They cause a similar effect as an LSD “trip.” Hallucinations-seeing and hearing things that aren’t there-are common effects from taking ‘shrooms. A “bad trip” contains severe anxiety and paranoia.

FACTS AND THE STATS

Researchers have recently experimented with psilocybin, the hallucinogenic ingredient in magic mushrooms, as a potential treatment for depression, anxiety and other mental conditions. The research is difficult to pursue because psilocybin is classified by the Drug Enforcement Administration (DEA) as having no accepted medical use and a high likelihood for abuse.

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Narconon: Magic Mushroom Information
narconon.org/drug-information/magic-mushroom.html

COCAINE

DEADLY WHITE POWDER

FACTS AND THE STATS

Despite the many dangers of cocaine, its use continues to go up. This is most likely because users have such a hard time trying to escape from what can quickly become an addiction.

FACT SHEET	
DRUG	Cocaine (co-GANE)
STREET NAMES	Goke, G, nose candy, blow, toot
SCIENTIFIC NAME	Cocaine
HOW IT'S TAKEN	Usually snorted through the nose, but it can be eaten or rubbed on the gums or injected
HOW IT'S MADE	Extracted from the leaves of the coca plant grown in South America and processed into a powder
WHAT YOU SHOULD KNOW	Cocaine is highly addictive because of its reward pathway to the brain. After just a short time period, a user may become dependent on the feelings the drug supplies.
USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • Rapid heartbeat • Sweating • Loss of contact with reality • Strong feeling of happiness • Agitation • Enlarged pupils
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Death from respiratory failure • Stroke • Brain hemorrhage • Heart attack • Blood infections • Addiction

In its powder form, it's called **cocaine**. In its crystal form, it is called **crack cocaine**.

FACTS AND THE STATS

The cocaine manufacturing process happens in secluded jungle labs. The raw product undergoes a series of chemical transformations. It's then packaged and shipped illegally through Mexico and into the United States.

Q & A

Q: *What does cocaine look like?*

A: Cocaine is a white powder. It's often diluted with other substances such as sugars and talcum powder to stretch out the amount of powder so the dealers earn more money. Crack cocaine looks like little chunks or rocks of solid white material.

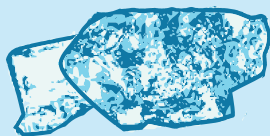
CRITICAL DIGITS

90

Approximate percentage of cocaine in the U.S.
that is produced in Colombia.

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National Institute on Drug Abuse: DrugFacts: What is cocaine?
drugabuse.gov/publications/drugfacts/cocaine



FACTS AND THE STATS

Meth can take the form of a white powder or pill. Crystal meth looks like pieces of glass or shiny blue-white “rocks” of different sizes.



METHAMPHETAMINE CRYSTAL CLEAR DANGER

FACT SHEET

DRUG	Methamphetamine (meth am-FET-uh-meen)	
STREET NAMES	Crank, chalk, crystal, fire, glass, go fast, ice, meth	
SCIENTIFIC NAME	Methamphetamine	
HOW IT'S TAKEN	Swallowed, snorted, smoked, injected	
HOW IT'S MADE	Created in labs using a variety of chemicals	
WHAT YOU SHOULD KNOW	Meth is an extremely addictive stimulant drug. It works on the central nervous system.	
USERS MAY EXPERIENCE	<ul style="list-style-type: none">• Alertness• Increased physical activity• Decreased appetite• Higher heart rate, temperature and blood pressure	
SERIOUS HEALTH RISKS	<ul style="list-style-type: none">• Addiction and paranoia• Anxiety• Mood problems• Hallucinations	<ul style="list-style-type: none">• Weight loss• Severe dental problems• Intense itching and skin sores from scratching

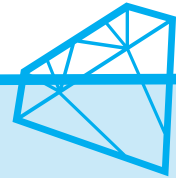
BUT WAIT...IT GETS WORSE

Women who use meth while pregnant may experience:

- Premature delivery
- Separation of the placenta from the uterus
- Babies with low birth weight
- Babies who are sluggish and lethargic
- Babies with heart and brain problems



The risk of HIV, hepatitis and other infectious diseases from shared needles is a reality for meth users.



CRITICAL DIGITS

1893

Year in which methamphetamine was discovered.



There are no approved medications to treat meth addiction.



**MORE
411!**

National Institute on Drug Abuse: DrugFacts:
Methamphetamine
drugabuse.gov/publications/drugfacts/methamphetamine

HEROIN

NEXT STOP, ADDICTION CITY



FACTS AND THE STATS

Heroin is an opioid often linked to prescription pain killers. In studies, almost half of young people who inject heroin report abusing prescription opioids before starting to use heroin. Some reported switching to heroin because it's cheaper and easier to get than prescription opioids. Overdosing on heroin is a major risk because street heroin is mixed with other substances. Users who overdose can fall into a coma or even death.

DIALING IT OUT

Withdrawal: *noun*; The painful and unsettling physical feelings experienced when one stops using a drug of addiction. Withdrawal symptoms can feel like the flu, with sweating, shaking and vomiting.

Opioid: *noun*; An opium-based substance prescribed to treat pain.

FACT SHEET

DRUG	Heroin
STREET NAMES	Smack, junk, H, brown, gear, skag
SCIENTIFIC NAME	Heroin
HOW IT'S TAKEN	Smoked, injected, snorted
HOW IT'S MADE	Like opium and morphine, heroin is made from poppy plants and refined into heroin.
WHAT YOU SHOULD KNOW	Heroin is highly addictive. Millions of addicts around the world are unable to kick the urge to keep using the drug daily. They know that if they stop, they'll face the pain and horror of withdrawal.

USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • Less physical and emotional pain • A warm, drowsy feeling • Constipation • Sickness for first time users
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Addiction • Overdosing • Withdrawal symptoms • Death

HEROIN = HEALTH RISKS

Before anyone smokes, injects or snorts heroin, they should know the serious health risks that go along with this illegal drug. Overdose is one of the major risks that goes along with heroin. But it's not the only one.

Heroin use damages:

- Heart
- Lungs
- Brain
- Intestines
- Kidneys

THE SIGNS OF HEROIN USE

- Sleepiness
- Periods of joy and activity followed suddenly by severe tiredness
- Confusion, disorientation
- Failing in work or school responsibilities
- Covering up with long sleeves and pants when it's not cold out
- Lying

- Thefts, criminal activity, missing money
- Odd sleeping patterns
- Weight loss
- Scabs and sores from picking at skin
- Runny or itchy nose
- Slurred speech



Heroin drug gear can include syringes, spoons, small plastic bags or wrappers and water pipes.



National Institute on Drug Abuse: DrugFacts: Heroin
drugabuse.gov/publications/drugfacts/heroin

LSD

LETHAL. SERIOUS.
DANGEROUS.



FACT SHEET	
DRUG	LSD
STREET NAMES	Acid, tabs, trips
SCIENTIFIC NAME	Lysergic acid diethylamide
HOW IT'S TAKEN	Swallowed
HOW IT'S MADE	Made in crystal form in illegal labs. The crystals are changed into a liquid and applied to paper.
WHAT YOU SHOULD KNOW	LSD is often sold as small squares of paper with cartoon designs. The squares are swallowed and the user experiences a drug trip that can last up to 12 hours.
USERS MAY EXPERIENCE	<ul style="list-style-type: none"> • A disconnect from reality • A change in the way things are seen and heard • Heightened self-awareness • Hallucinations • Sweating and chills • Change in body temperature, blood pressure, heart rate
SERIOUS HEALTH RISKS	<ul style="list-style-type: none"> • Anxiety • Risk of accidents • Inability to sleep • Tremors • Severe depression • Psychotic episodes

DIALING IT OUT

Synthesize: verb; to make a drug by mixing chemicals.

CRITICAL DIGITS

1938

The year LSD was first synthesized in a lab.

1967

The year LSD was officially banned by the U.S. government as an illegal drug.

ACID TEST

LSD is a hallucinogen, a drug that distorts reality and causes users to see and hear things that aren't there. Its effects are totally unpredictable. They can be a wild, high-speed, distorted trip or an extreme paranoid low. The amount of LSD taken, the user's mood and personality and the surroundings all affect the outcome.

As if bad trips weren't bad enough, some LSD users have flashbacks—recurrences of the trip—long after the drug was taken. The drug builds up in the system. Each time they take LSD, they need more and more to feel the high. Psychotic states of mind and severe depression are also products of LSD use.

**MORE
411!**

National Institute on Drug Abuse: DrugFacts: Hallucinogens
drugabuse.gov/publications/drugfacts/hallucinogens

OTHER DRUG DANGERS

PRESCRIPTION MEDS



FACTS AND THE STATS

More teens die from prescription drugs than heroin and cocaine combined.

The most commonly misused substances by Americans age 14 and older:

1. Alcohol
2. Marijuana
3. Tobacco/e-cigs
4. Prescription drugs

Prescription drug misuse means taking a medication that was prescribed for someone else or taking a prescription in a way not directed by one's doctor.

Prescription meds are a growing problem for teens. They take them to get high, to stop pain or because they think it'll help them with school work.

CRITICAL
DIGITS

60

Percent of teens misusing prescription drugs who get them free from friends and relatives, sometimes without them knowing.

Q & A

Q: Aren't prescription drugs safe?

A: There's a reason why prescription drugs need to be prescribed by a doctor: they're powerful and can be harmful if not taken in the right way. When they're misused, they can be just as dangerous as illegal street drugs.

Q: *Can a person get addicted to prescription medicine?*

A: Yes. Medicine that is used as a pain killer, stimulant or depressant can affect the brain and may cause dependence that can become addiction.

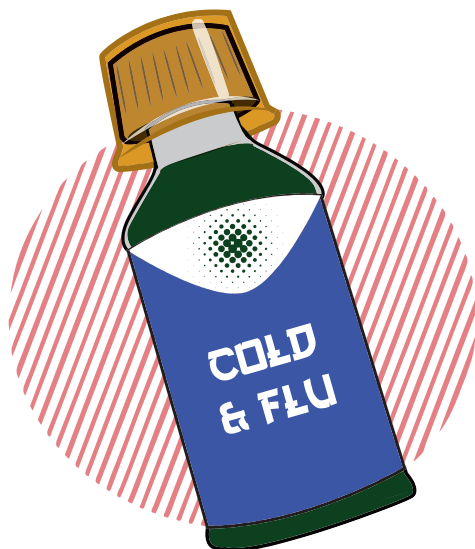
Q: *Can you die from misusing prescription drugs?*

A: Yes. Here's a scary stat: More than half of drug overdoses in the U.S. each year are due to prescription drugs being misused. That number has gone up significantly in the last 10 years.

**CRITICAL
DIGITS** **1,700+**

Number of young people in the U.S. who died of a prescription drug overdose in 2014 alone.

OVER-THE-COUNTER MEDS



Over-the-counter (OTC) medications are those that can be bought without a prescription. These off-the-store-shelf drugs are typically safe when taken at the dosage recommended on the label. They commonly treat pain, cold and flu symptoms, coughs, motion sickness and other minor conditions.

AND YET...

Misusing OTC drugs can cause health issues, such as:

- Loss of memory
- Hallucinations
- Kidney failure
- Heart problems
- Death

OTC = Over-the-Counter: medicines that can be purchased off the shelf without a doctor's prescription.

HUFFING/INHALANTS



Chemicals found in household products like aerosol sprays, cleaning fluids, glue, paint, paint thinner, nail polish remover and lighter fuel are considered **inhalants**. They're inhaled-breathed in or sniffed-to achieve a kind of high. This act of inhaling these dangerous vapors is called **huffing**.

DIALING IT OUT

Toxic: adjective; poisonous.

These inhalants act on the brain when breathed in through the mouth or nose. They can do permanent mental and physical damage. They starve the body of oxygen and make the heart beat out of rhythm. The results of huffing can be:

- Loss of sense of smell
- Nausea and vomiting
- Nosebleeds
- Liver, lung and kidney trouble
- Less muscle mass and strength
- Inability to walk, talk and think normally
- Sudden sniffing
- Death



Inhalants can be deadly! Heart attacks or suffocation can result, as the toxic fumes are breathed in, reducing the amount of oxygen in the lungs.

LEAN, PURPLE STUFF



The effects of “lean”:

- Constricted pupils
- Rough and raspy voice
- Slow and slurred speech
- Uncontrolled eye movement
- Droopy eyes
- Slowed heart rate
- Drowsiness
- Loss of balance
- Loss of coordination
- Paleness
- Constipation
- Urinary tract infection
- Dental problems
- Addiction

This is a mixture of prescription cough syrup with codeine and promethazine with extra ingredients like soda and a piece of hard candy thrown in for flavor and added sweetness. Sometimes alcohol is added. The dyes in the cough syrup give the concoction a purple color.

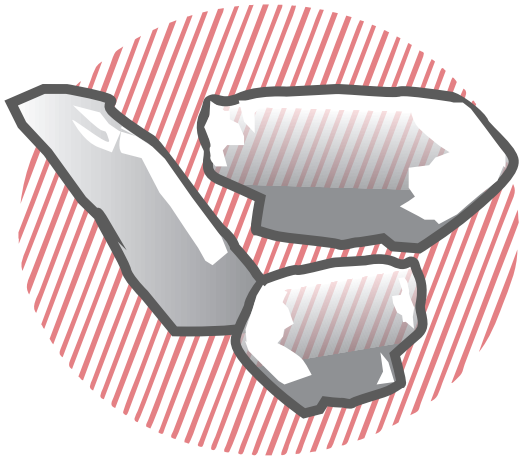
The amount of cough syrup used is often up to 25 times the recommended dosage.

FACTS AND THE STATS

Some rappers and some pro football players have been arrested and have died as a result of using this drink.

The addictive nature of this drink means that trying to quit can bring on withdrawal symptoms. The feeling has been described as “death in your stomach when you stop.”

BATH SALTS




Bath salts aren't salt and have no purpose in a bathtub.

Street names for bath salts include Bloom, Cloud Nine, Flakka, Vanilla Sky, White Lightning and Scarface.




It's usually a white or brown crystal-like powder. It's sold in small plastic or foil packages marked "Not for Human Consumption." Sometimes labeled as plant food, jewelry cleaner or phone screen cleaner, it's sold online and in drug product stores. The names have nothing to do with the actual product inside. The drug makers do this too so they're not caught by the Drug Enforcement Administration or local police.

The results of taking bath salts can be:

- Higher blood pressure
- Chest pains
- Faster heart rate
- Agitation
- Hallucinations
- Kidney pain
- Higher body temperature or chills
- Muscle tension
- Nausea
- Confusion
- Less need for food or sleep
- Paranoia
- Suicidal ideas



While there are too many illegal drugs to discuss in this book, it's important to know that they're out there. Understanding the dangers can help you steer clear of these toxic substances.



**MORE
411!**

DrugAbuse.com: Drugs A-Z
drugabuse.com/library/drugs-a-z



MIXING DRUGS WITH ALCOHOL



ROUND 1: DEPRESSANT VS. STIMULANT

Alcohol is a depressant. Drugs like cocaine are stimulants. Mix them and the two substances compete with each other. The depressant drug tries to slow down the brain and central nervous system. The stimulant tries to speed it up. It all puts your brain and nervous system under great pressure.

ROUND 2: DEPRESSANT VS. DEPRESSANT

Mix alcohol with another depressant drug like heroin and the effect they each have of slowing your central nervous system will be multiplied. You risk your body shutting down altogether.

DIALING IT OUT

Depressant: *noun*; a substance that acts to slow down or sedate one or more of the body's systems.

Stimulant: *noun*; a substance that acts to awaken, energize or speed up one or more of the body's systems.



FACTS AND THE STATS

Mixing alcohol and cocaine can be fatal up to 12 hours after you've taken them.



DOUBLE THE DANGER

Alcohol kills more teenagers than all other drugs combined. It plays a part in the three leading causes of death among 15- to 24-year-olds: accidents, homicides and suicides. Mix the effects of alcohol with those of illegal drugs and the danger factor explodes.

MIXTURE	RISKS
Alcohol and marijuana	<ul style="list-style-type: none">• Dizziness• Nausea and vomiting• Panic• Anxiety or paranoia
Alcohol and cocaine	<ul style="list-style-type: none">• Heart attack• Liver damage• Sudden death
Alcohol and amphetamines	<ul style="list-style-type: none">• Higher body temperature• Dehydration• Added stress on the heart• Intensified emotions• Aggression• Anxiety and paranoia
Alcohol and heroin	<ul style="list-style-type: none">• Higher risk of overdose• Decreased heart and breathing rates• Death
Alcohol and bath salts	<ul style="list-style-type: none">• Nausea and vomiting• Coma• Death

Methamphetamine, mushrooms, LSD, ecstasy, PCP and **caffeine** are also dangerous to mix with alcohol.



National Institute on Drug Abuse: Alcohol
drugabuse.gov/drugs-abuse/alcohol

THE CONSEQUENCES OF DRUGS

BEYOND THE BODY DAMAGE

We've already mentioned some of the serious harm illegal drugs can do to your body. Cemeteries are filled with the remains of people—both famous and not—who lost their lives as a result of these substances. But there are other consequences.

CRITICAL
DIGITS

200 BILLION

Approximate cost in dollars to U.S. society from illegal drugs.

THE RESULTS ARE IN

Losing your job, being kicked out of school, having to be homeless, catching and/or spreading an infectious disease, committing crimes, causing traffic accidents and serving jail time are all results of the misuse of drugs.

KNOW THIS

No study, statistic or survey accurately reflects the suffering and heartbreak that happens when a loved one sinks into addiction.

**MORE
411!**

America's Drug Use Profile: Consequences of Illegal Drug Use
ncjrs.gov/ondcppubs/publications/policy/99ndcs/ii-b.html

ILLEGAL DRUGS AND THE LAW



LAYING DOWN THE LAWS

National and state laws make it illegal to possess, make, grow or sell certain controlled substances. This includes drugs like marijuana, meth, LSD, cocaine, heroin and others. People convicted on possession charges face a wide range of punishments when sentenced in a court of law. These sentences can be different from state to state. In one state, a simple possession conviction might result in a \$100 fine and a few days in jail. In another state, the sentence might be a fine in the thousands of dollars and several years in prison.

Sentences for selling and making illegal drugs are more severe than simple possession. That doesn't make having and using these drugs OK, it just shows how serious selling and making are.

The most serious illegal drug crimes are:

- Making drugs
- Selling, distributing or "trafficking" in drugs
- Possessing drugs with the intent to sell them

Most minimum sentences of prison time range from **one year to three years** for first-time offenders. The minimum sentence for repeat offenders is **three to twelve years** in prison.

Q & A

Q: Will I go to prison for doing drugs?

A: Whether you'll do prison time and how much depends on the type of drug, the amount, your state or the federal laws and if you have a previous criminal record. For people under the age of 18, juvenile detention may be a consequence.

MORE
411!

FindLaw®: State Drug Possession Laws
statelaws.findlaw.com/criminal-laws/drug-possession.html

HOW TO SAY NO TO DRUGS

"Drugs aren't right for me."

"Drugs are for losers."

"I already feel fine. And I don't want to mess that up."

"I really like you. I just don't like drugs."

"It's not worth the risk."

"My body's too important to poison it with drugs."

"Can't you think of anything more original to do?"

"Drugs aren't cool."

"I know someone who got totally sick on that stuff. Why would I want that?"

"I don't need that kind of trouble."

"No thanks. I need all the brains I've got."

"Nope. I would look terrible in a prison jumpsuit."

"If my parents found out that'd be the end of my social life."

"I'm just not into illegal stuff."

"Believe me, my life's complicated enough without that added hassle!"

"I tried it once and threw up all over. It wasn't pretty."

What are some ways you would say no if offered drugs?



5

FINDING HELP

Help is there if you need it! If you don't feel comfortable talking with a parent or relative, seek out a trusted teacher, a coach or a family friend. Drug addiction is serious business.

IN CASE OF CRISIS...

If you, a friend, a brother or sister are in crisis and need to speak with someone now, please call:

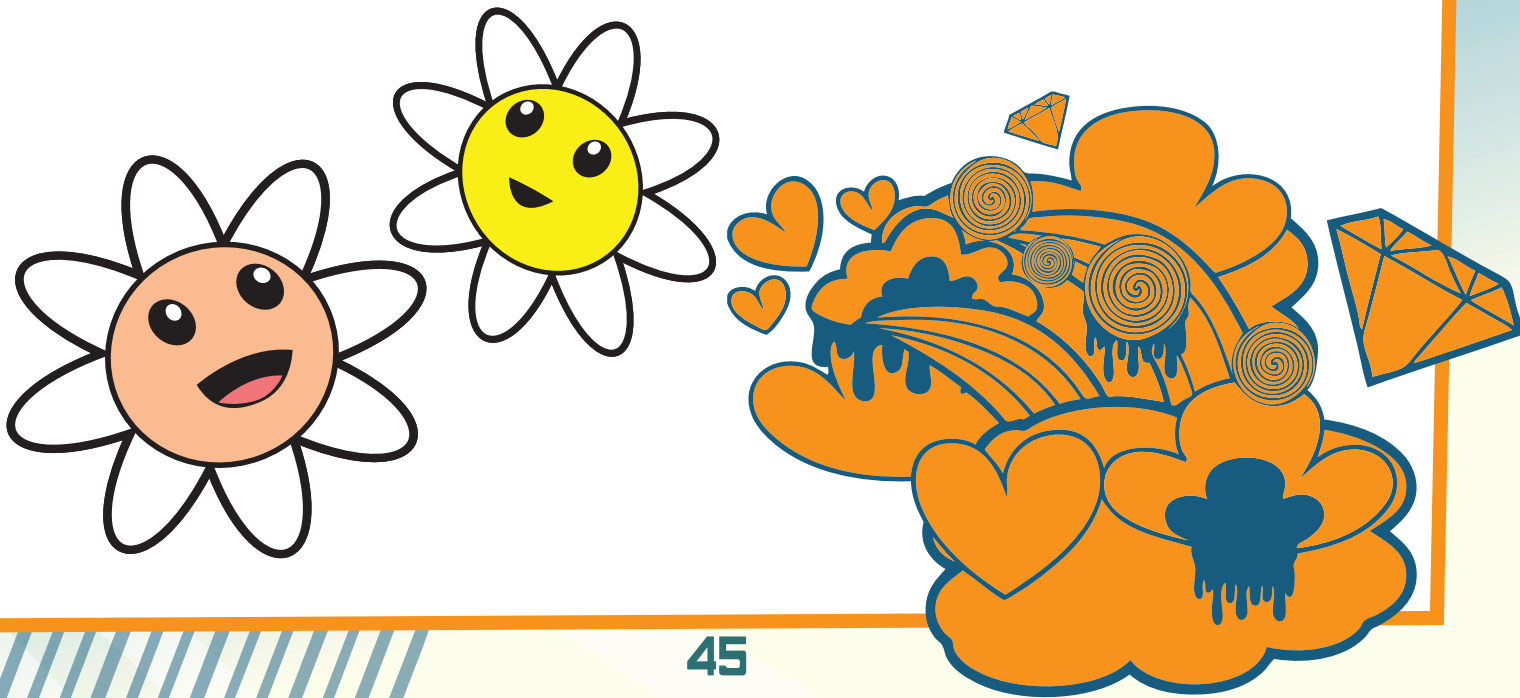
National Suicide Prevention Lifeline at 1-800-273-TALK

They don't just talk about suicide. They cover a lot of issues and will help put you in touch with someone close by.

If you need information on treatment and where you can find it, you can call:

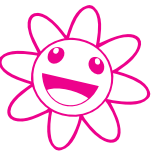
Substance Abuse Treatment Facility Locator at 1-800-662-HELP or visit findtreatment.samhsa.gov.

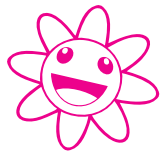
DON'T LET DRUGS DEFINE WHO YOU ARE.





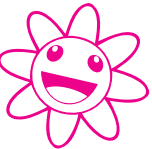
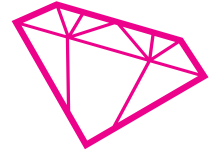
my QUESTIONS



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery.



my JOURNAL



RESOURCES

NCADA: The place to turn
ncada-stl.org

Partnership™ for Drug-Free Kids
drugfree.org

CDC: About Drugs and Addiction:
CDC.gov/pwld/addiction.html

**National Suicide Prevention
Lifeline**
1-800-273-TALK

**Substance Abuse Treatment
Facility Locator**
1-800-662-HELP
findtreatment.samhsa.gov

Addiction Education
addictioneducationsociety.org

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As long as there have been drugs in America,
there has been a drug problem.

ACID ANGEL DUST BENNIES BLACK BEAUTIES
BLACK STUFF BLOCK BLOOM BLOTTER BLOW
BLUE HEAVEN BLUNT BOOM BROWN SUGAR BUMP CANDY
CHARLIE CHINA WHITE CRANK CROSSES CUBES DOOBIE
DOPE FIRE FLAKE GANGSTER GANJA GLASS GO FAST
GREEN GUM H HASH HEMP HOP HORSE ICE JUNK LADY
MAGIC MUSHROOMS MARY JANE METH MICRODOT POPPERS
POT POWDER PURPLE PASSION REEFER ROCK SHROOMS
SKUNK SMACK SNAPPERS SNOW SPEED TOOT TREES
UPPERS VANILLA SKY WEED WHIPPETS WHITE HORSE
WHITE RABBIT YELLOW SUNSHINE ZIP

These drugs go by a number of different names. But they all
have one thing in common: they're illegal.

Use this book to learn about illegal drugs, how they're
misused, what they can do to your body and how
they can ruin your life.

Knowledge is power. And the power to say no
is the strongest force there is.



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