



This booklet was prepared by
Greater Sudbury Police Service



**Drugs
Are illegal.**

What are drugs?

- alcohol?
- tobacco?
- Prescription drugs?
- Non-prescription drugs?
- Illegal drugs?

By any other name they are still
Drugs!!!!



The definition of drugs:
Anything other than food, that is put into or onto your body that changes the way your body or mind functions and their use can be habit-forming.

DRUG FACTS:

- ◎ DRUGS MAY OR MAY NOT COME FROM DOCTORS OR DRUG STORES.
- ◎ PEOPLE GET SERIOUSLY INJURED OR DIE FROM USING DRUGS.
- ◎ SOME DAMAGE TO YOUR ORGANS FROM USING DRUGS ARE PERMANENT.
- ◎ PERSONAL PROBLEMS ARISE: LOSS OF MOTIVATION OR ADDICTION.
- ◎ ANY DRUGS HAS THE POTENTIAL TO BE ABUSE, INTENTIONALLY OR UNINTENTIONALLY.
- ◎ DRUGS CAN BE LEGAL OR ILLEGAL.



The Art of Decision Making

Learning the steps of decision making will help you make the right decision when it comes to mischief.

There are five steps to decision making. They are:

- 1) Collecting information
- 2) Setting goals
- 3) Brainstorming
- 4) Evaluating
- 5) Taking action

Now let's suppose someone says to you, "Come on. Let's go, we won't get caught". Go through the five steps. Stop and think!

1) Collect information: Where are we going? Why? Who else is involved? What do you want me to do? When?

2) Set Goals: Do you have career goals, personal goals? How will this effect those goals? Will this help you reach your goals? If it won't help you, don't do it.

3) Brainstorm: Consider all the consequences of mischief; legal, personal, financial, relationships, family, effect on employment or school. Consider short-term and long-term consequences.

4) Evaluate: Of all the consequences you have considered, which ones are negative? If you find you have negative consequences, throw the idea of committing mischief out.

5) Taking Action: Once you have evaluated the risks involved, considered the penalties and discovered that the consequences of mischief are too serious, then take the right actions. List 5 things you can say to friends who want you to commit mischief...

Please answer the following questions:

a) What is a drug?

b) List some important reasons why young people begin to experiment with drugs?

c) Name two non-medical drugs you can buy in a store?

d) When does a good drug become a bad drug?

e) Which drugs can be abused?

f) What is the name of the drug found in coffee, tea, colas and chocolate?

g) Once you have a drug addiction there is no way to stop the habit.

True False

h) Who is the person most likely to offer you a bad or harmful drug?

i) Which drug is responsible for the most deaths in Canada per year?

LET'S TALK...

WHAT IS DRUG ABUSE?

- Any use of a drug that causes a problem.
- Taking too much of a drug
- Taking a drug regularly for an extended period of time

-Combining a drug (knowingly or unknowingly) with certain other drugs

-Using a drug that has no legitimate human use, because its dangers are so high

-Sometimes even the use of a drug prescribed by a medical professional can cause problems and lead to abuse

WHAT CAN DRUG ABUSE RESULT IN?

-Health Problems

-Personal problems

-Social Problems

-Legal problems

What is dependency/addiction?

-Consuming a drug in an excessive manner can develop a psychological /physical dependence. People continue to consume this drug despite serious problems that it causes.

-A drug can be legal, or illegal, sold on the street or in the pharmacy, made in a laboratory or in an old garage.

Psychoactive drugs

Invisible Psychoactive drugs:

Psychoactive drugs are substances that specifically affect the senses and the mind, some commonly used substances are actually psychoactive drugs—such as

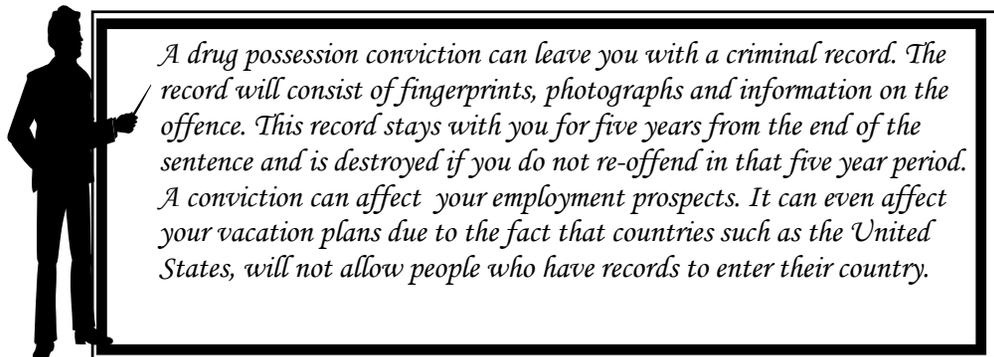
Alcohol—a sedative

Coffee—which contains caffeine, a stimulant

Tobacco—which contains nicotine, also a stimulant

These substances are so common, that often we don't think of them as drugs at all. They are in fact invisible psychoactive drugs among which are most abused.

Aside from caffeine, the **psychoactive drug** most widely used and abused by both young people and adults is **alcohol**. Alcohol is by far the most widespread form of drug abuse in our society, and the most costly and damaging. Nicotine is the second most often used psychoactive drug, followed by cannabis.



Print Word Puzzle to play

Word Puzzle

By Ashley, 11

Burleson, TX

Try to find the words that are hidden in the puzzle.

ANSHDAGSHJRGKSJ

GASFDJDGFHGDHZZFH

SAYJDHRJSGHDGHASKDHGKJ

NOASHGEYASTRGYAGEI

2FHGDFGDFJ

DRUGS JSDGTHEGRTGAWEKRGTAKSDG

DSFJKTFDHJKGHDFGHDFHGAE;I

HJSDFGHDFGKSDDAREVFSGDFGSAHDGH

YOUSAGDHASGDHFSH

2SHDGFHSGADHFGSJKDGFJKSDHFKJS

CAREDFHGHDFJKGHADJFHGJKAFKG

Please answer the following questions (adapted from grade 6 kit, smoke free class of 2000, council for a tobacco-free Ontario, 1994)

What is the drug found naturally in tobacco leaves that makes quitting difficult and your heart work faster?

2. What is the sticky black “glob” that is made of many chemicals, stains teeth and fingers yellow, and makes breathing difficult?

Cigarette smoking is a major cause of emphysema (a form of lung disease).

True False

There are approximately 4000 chemicals in Environmental Tobacco smoke (second-hand smoke).

True False

What are some of the effects of smoking cigarettes?

Being in a smoke-filled room for one hour is the same as smoking one cigarette.

True False

What are some effects of second-hand smoke?

In Ontario, what age do you have to be legally buy or be given cigarettes?

You can smoke on school property if you have the permission of the Principal

True False

Let's Talk...

Drugs affect everyone

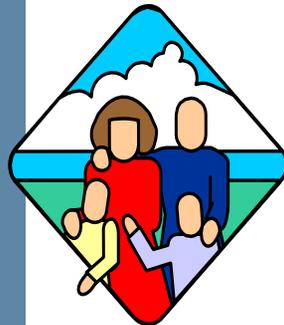


Young girls start smoking sooner than young boys, in a group of 15-19 years of age, there are more girls who smoke than boys (27% versus 23%)

We sacrifice a tree to fabricate 300 cigarettes..

Nearly half the smokers die from an illness related to tobacco use – cancer, heart illness or other health problems caused by tobacco.

In 2000, it was estimated that 900 000 children under the age of 12 were exposed in their homes, to secondary smoke from cigarettes, cigars or pipes.



If a women drinks too often during pregnancy, her baby can have fetal alcohol syndrome.

Drug abuse can lead to losing your job, your friends and even your family.

Drug abuse changes a person’s personality to the point that the people who know them don’t even like the person they have become when abusing drugs.



Drug Abuse can cause people to lose all their money, all their money is spent on purchasing drugs illegal, or legal in order to feed their addiction.

Let's Talk...

The basics of Tobacco

Common Names

Weed, smokes, butts, cancer sticks, coffin nails, chew.

Tobacco:

is one of the most addictive substances known.

- ⇒ high risk of lung cancer, heart disease, respiratory disorders
- ⇒ Presents a real danger to those around the user.
- ⇒ Made up of thousands of different chemicals, with the three main ones being **Nicotine, Tar, Carbon monoxide**

Nicotine:

is mood altering, highly addictive substance that quickly enters the brain in 10 seconds following the first puff of cigarette.

- Affects the functioning of the brain
- Can be just as difficult to quit as it would be to quit heroin.
- Is extremely toxic, **.30 mg** can be fatal. The average cigarette contains **15-20 mg** of nicotine but only a fraction of that is absorbed into the body (0.1—1.2 mg per cigarette)

Tar:

- Is a combination of hundreds of different chemicals.
- Has several cancer causing agents in it.
- Stains fingers and teeth yellow, and stains lung tissues black.
- Is a black sticky substance that carries numerous toxic elements to the lungs
- Is a primary cause of throat and lung cancer

Carbon monoxide:

- Deprives the heart of much needed oxygen thereby damaging it
- Is not acceptable at any level
- In smoke replaces oxygen in the red blood cells

ALCOHOL

Complete the "alcohol quiz"

True False

1. Alcohol is a drug
2. Teenagers can get "drunk" on far smaller amounts of alcohol than adults
3. The quickest way to sober up is to drink black coffee or take a cold shower
4. Alcohol slows down the body
5. Impaired driving is a criminal offence
6. In Ontario, 18 is the legal age to buy or possess alcohol

List four possible consequences of abusing alcohol.

What could influence a young person to start drinking?

Choose from one of the following and complete the sentence in the “The Dangers of drugs” crossword puzzle, on the previous page.

PRIDE	HARD	CRACK	DRUGS	ESCAPE	ABUSE
UNCON-SCIOUS	HASH	STOP	ADDICT	DIE	PEER
RELAX	NO	SAD	COURT	COOL	CONSEQUENCES
HEAD	ALCOHOL	GLUE	DEPRESSANT	DEAL	STIMULANT

Answer the following

True False

-
1. The most damaging chemical in Marijuana is THC
 2. In addition to the 421 dangerous chemicals marijuana smoke contains extremely harmful tars.
 3. Marijuana does not affect the reproductive system
 4. using marijuana during pregnancy can cause birth defects
 5. You can not be charged with impaired driving after Smoking marijuana
 6. Smoking marijuana cures cancer
 7. smoking marijuana is the most commonly used drug

Let's Talk...

What is second hand smoke?

The smoke exhaled (breathed out) by the smoker and the smoke that is released by the lit cigarette.

Why is it dangerous?

It contains the same chemical substances that the smoke inhaled by the smoker.
 Once the cigarette is lit, the secondary smoke remains in the environment (your clothes, hair, air) and remains toxic.
 There does not exist any safe level of exposure to second hand smoke, and second hand smoke causes nearly 1000 deaths per year in Canada.

Consequences

The law does not prescribe a minimal age to smoke in Ontario.
 However, in Ontario it is illegal to sell or provide tobacco to a person under the age of 19.
 It is strictly forbidden to smoke at school (fines can reach \$1000 after the first conviction)

What is Alcohol?

- A chemical called ethanol that is made from fruit and grains
- A depressant
- Addictive and causes confusion and mood swings
- Causes permanent liver, heart and brain damage
- Reduces co-ordination and judgment
- Slows the brain and changes its chemistry
- Causes liver cancer
- Causes high blood pressure
- Cause alcoholism—strong addiction
- Causes vomiting, headaches, feeling sick
- Destroys families, friends and futures

What is a standard drink?

It is the amount of alcohol you drink, not the type of drink that affects you. It's always good to know the alcohol content of whatever you are drinking.

Alcohol affects some people more or less strongly than others, and can affect the same person differently at different times. This depends on body weight, metabolism, tolerance from prior use, food in the stomach, and other factors such as medication being taken, illness, tiredness.

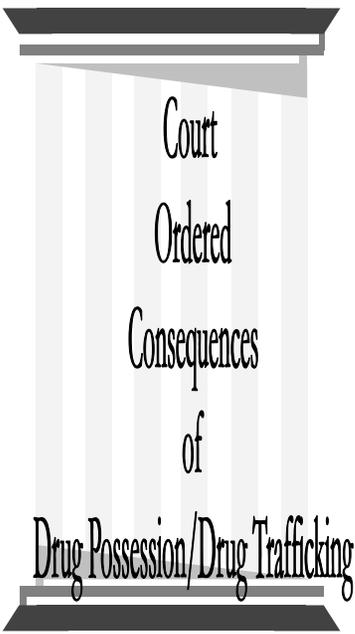
There isn't really a standard dose of alcohol. Know your own limits and pace yourself. A standard drink is metabolized out of your system in approximately 1.5 hours.

What are the effects of drinking alcohol?

- ⇒ Low to moderate amounts can produce feelings of relaxation, lowered inhibitions, and increased sociability
- ⇒ Larger amounts can cause dizziness, nausea, slurred speech, slower reflexes, sleepiness, bad judgment, dehydration and a hangover the next day
- ⇒ Overdoses can cause loss of motor control, black-outs, temporary coma (passing out) and in extreme cases, death.

THE DANGERS OF DRUGS

1. _____ is made from cocaine.
2. Beer, wine and whiskey are all forms of _____.
3. Exercise your right to say _____ to drugs.
4. Prescribed medication, marijuana and cocaine are all _____.
5. Use your _____, don't drink and drive.
6. People who use drugs are often trying to _____ reality.
7. Take _____ yourself, stay away from drugs.
8. The caffeine in coffee, tea, chocolate and soft drinks is a _____ which can produce increase heart beat and high blood pressure.
9. Using alcohol and drugs is not a very good way to _____ with your problems.
10. If you use drugs, your parents will be very _____.
11. Once you get hooked on drugs or alcohol it is _____ to quit.
12. Some people use drugs to try to be _____.
13. Alcohol is a _____ which causes drowsiness.
14. One of the main reasons why many young people begin using drugs is _____ pressure.
15. Addiction, illness and death are possible _____ of using drugs.
16. If you are caught with illegal drugs you will probably have to go to _____.
17. _____ is a substance extracted from the marijuana leaf
18. People who overdose on drugs often _____.
19. Some common household products can cause an individual to become _____.
20. If you use drugs on a regular basis you may be a drug _____.
21. Many people improperly use drugs/alcohol to _____.
22. Once you start using drugs, it can be difficult to _____.
23. Using drugs for a purpose other than they were intended is called drug _____.



Possession of a substance:
A fine of \$1,000.00—first time offence

Guilty of an indictable offence and liable to imprisonment for a term not exceeding seven years

Trafficking a substance:
-guilty of an indictable offence and liable to imprisonment for life
-trafficking amphetamines guilty of an indictable offence and liable to imprisonment for a term not exceeding 10 years or guilty of an offence punishable on summary conviction and liable to imprisonment for a term not exceeding 18 months

Court ordered counseling or treatment:

Probation for up to 24 months. Probation usually includes some conditions. Possible conditions you may face are; reporting to a probation officer, an order to live at a certain place, a curfew, an order not to associate with certain people or an order to keep the peace, or to enter a drug rehabilitation program. If you fail to meet any of these conditions, you may be charged with failing to comply with the conditions of your probation.

You may be ordered to serve a period of custody:

There are two types. Open custody and secure custody. Open custody is a group home setting. The doors are not locked and you still go to school, but there are very strict rules about what you can do, where you can go and who you can hang out with. You must live there for a set amount of time. Secure custody involves locked doors, on site schooling and prison-like-security. For a first time offence, you can spend up to **6 months** in custody.

What are prescription drugs?

- ⇒ Medication prescribed to someone by a doctor for a specific medical condition the person has
- ⇒ Ritalin, sleeping pills, pain killers, antidepressants, steroids

Prescription drugs can bring relief to people with medical conditions, however, if not taken correctly or abused, they can cause serious harm.

Signs of Addiction

- Addicts will generally go to a number of doctors and pharmacies to obtain drugs.
- Incorrectly follow doctor's instructions for taking the medication
- Mixing medications
- Refusing to ask for help
- Sharing prescription

Borrowing drugs that are prescribed for someone else is extremely dangerous. The drug can act very differently in a brain that does not need it medically. The drug may have the opposite effect it is intended to do.

Physical Effects

- feeling tired and or lethargic (don't feel like doing anything)

Non-Prescription Drugs

- Are over the counter medication
- Gravol, aspirin, diet pills, sleeping pills, inhalants (glues, solvents, sprays), cough syrup, caffeine tablets

Same risks as prescription medications.

Inhalants

- Glues, solvents, gasoline, sprays
- Causes a type of drunkenness, aggression, violence and passing out
- Death can result from overuse
- Long-term brain damage is possible
- Withdrawal—depression, anxiety, feelings of social isolation

What are illegal drugs?

- ⇒ Drugs that can not be legally sold
- ⇒ Drugs that are made by persons breaking laws
- ⇒ Drugs that are sold on the street

List of Illegal Drugs

Marijuana	LSD (Acid)	PCP (Angel Dust)
Amphetamines and Methamphetamines	Cocaine	
Crack	Heroin	Morphine
Tranquilizers	Steroids	

Marijuana Facts

- ⇒ Pot, grass, weed, reefer, joint are common names
- ⇒ Disorientation, relaxation, intoxicated behavior, impaired memory, slowed thoughts are effects
- ⇒ Long term use severely damages the lungs and harms reproductive cell development
- ⇒ Not fatal however very addictive
- ⇒ Insomnia, fatigue, mood swings, depression are withdrawal effects

Cocaine Facts

- ⇒ coke, snow, lady, Charlie are common names
- ⇒ Increased feeling of energy followed by feeling of worry and fear are causes
- ⇒ Overdose=death
- ⇒ Physical and psychological addiction
- ⇒ Crack is cocaine in a much more powerful form (chemically altered so it can be smoked)
- ⇒ Can be addictive after just one session

Ecstasy Facts

- ⇒ Mood enhancing drug
- ⇒ Chronic depression, memory loss, damage to brain function are long term effects
- ⇒ Drug is manufactured in labs in homes, garages and sold to youth at RAVE parties
- ⇒ Canadian police seized more than 712, 000 tablets in 2000, a street value of \$17.8—28.5 million dollars

Depressants facts

- ⇒ Downers, barbs, goofballs, roofies are common names
- ⇒ Causes symptoms similar to alcohol intoxication
- ⇒ Users soon feel they cannot function without the drug
- ⇒ When combined with other drugs it can be deadly
- ⇒ Withdrawal can be fatal if not medically supervised

Methamphetamines Facts

- ⇒ Serves as a stimulant
- ⇒ Euphoria, feeling of strength, insomnia, loss of appetite, intensified emotions are caused by usage
- ⇒ Psychological dependency is high
- ⇒ Confusion, memory loss, delusions may remain up to a year after use is discontinued

Heroin/Morphine Facts

- ⇒ Blocks pain, short-lived feeling of pleasure, euphoria, calm and freedom from worry
- ⇒ Injected via needles adds risk of hepatitis and AIDS
- ⇒ Death from overdose is common, hard to determine fatal amount
- ⇒ Powerfully addictive, withdrawal—fever, headaches, cramps, sweats, seizures

PCP (Angel Dust) Facts

- ⇒ very unpredictable
- ⇒ Causes visual and hearing hallucinations, panic, confusion, anxiety, paranoia, depression and violence
- ⇒ Long-term use results in impaired memory and speaking which may last months
- ⇒ High dosage may trigger extreme violence, depression and suicide

LSD (Acid) Facts

- ⇒ Acid, blotter, window pane are common names
- ⇒ Not fatal however very unpredictable (trip)
- ⇒ Effects include hallucinations, delusions, distortion of time and space, euphoria, possible panic reactions
- ⇒ Any desire for repeated use is strictly psychological