

THE TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS

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THE TOP TEN MYTHS ABOUT ALCOHOL AND DRUGS

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TEACHER'S RESOURCE BOOK

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Young people don't know as much as they think they do about alcohol and drugs. No matter how much information students learn in their classes, they also learn from their peers—and what they hear from their friends about drugs is often little more than rumor or myth. What teens don't know *can* hurt them. When young people mistakenly believe a myth about alcohol or other drugs, they put themselves at risk for a host of consequences—from legal trouble to addiction to overdoses. It is imperative that teens learn to separate the facts about drug and alcohol abuse from the harmful but persistent myths.

“Everybody’s Doing It” is one of the most widely believed fallacies when it comes to drugs. Teens may succumb to peer pressure thinking that they must use drugs or drink to fit in, but the truth is that the majority of teens do not use drugs. The 2005 Monitoring the Future study found that only 19.8 percent of 12th graders reported using marijuana in the past month and 30.2 percent reported having been drunk; that means the overwhelming majority of 12th graders neither drank alcohol nor smoked marijuana. The numbers are even smaller for other drugs.

“I Can Stop Anytime I Want” is another myth about drug use or drinking. The truth is that teens are especially vulnerable to addiction. While not everyone who uses a substance will develop a dependence upon it, teens do become addicted much more quickly than adults and face greater physical, mental and psychological harm from drug use.

“Beer Isn’t as Bad as Hard Liquor” is a myth that can lead to binge drinking, addiction and even alcohol poisoning. The truth is that a bottle of beer, a glass of wine or a shot of liquor all contain the same amount of alcohol. Drinking a lot of beer is just as dangerous as drinking any other type of alcohol. Teens need to know that alcohol kills more young people than cocaine, heroin and every other illegal drug combined.

“I Can Drink or Get High and Be in Control of Myself” is another lingering myth. Not only do people often embarrass themselves by acting foolishly when they are drunk or high, abusing drugs significantly increases a teen’s risk of being involved in more dangerous activities. The chances that teens will make unwise decisions like having unprotected sex, acting aggressively or damaging property skyrocket when they drink or use drugs. Drinking and drugs also make car accidents or date rape more likely.

“It’s Okay to Drive if You’re a Little High or Have Had a Few Drinks” is another harmful myth. A disturbing number of teens report having driven under the influence of alcohol or marijuana even though such substances impair coordination, visual perception and motor skills. Drunk or impaired driving causes thousands of crashes each year.

“Marijuana Isn’t Really Harmful” is a myth that blinds some young people to the real risks of marijuana use. Marijuana contains some of the same carcinogens as cigarettes. Further, it impairs coordination, memory and perception, affects academic and athletic performance, and can be addictive.

“Prescription and Over-the-Counter Drugs are Legal, So They Can’t Be Harmful” is a related myth. Some teens turn to these “safe” drugs to fit in, have fun, lose weight or study more effectively. Among youth today, abuse of OxyContin and sedatives is on the rise. However, these drugs can cause many physical problems, addiction and even death—which is why taking any prescription drug without a doctor’s consent is illegal.

“Drugs Relieve Stress. They Help Deal with Problems” is another popular belief among young people. While alcohol or drugs can seem to provide temporary relief from stress, the reality is that a person’s problems are still there when the drug wears off. In fact, drugs and alcohol actually hurt a teen’s ability to deal with problems by affecting emotions and cognition. What’s more, the teen’s drug use quickly becomes a new problem in itself.

“Drugs and Alcohol Don’t Permanently Affect Your Brain” is a particularly dangerous myth. The truth is that drugs and alcohol can cause lasting harm. Certain drugs like cocaine, heroin or methamphetamine can cause permanent brain damage. Many neurologists also believe that addiction itself is a brain disease. Abusing drugs may physically change an addict’s brain to the point where it is impossible for him or her to quit without help.

“Steroids Don’t Damage the Body” is one more mistaken belief that teens may assume is true. Steroids can cause a wide variety of harm to the body—boys may grow breasts or their testicles may shrink, while girls may experience menstrual irregularities, shrinking breasts, deepened voice and growth of body hair. Both sexes can develop baldness and severe acne. Steroids also may cause emotional instability and aggression.

The Top 10 Myths about Alcohol and Drugs reveals the truth behind today’s most persistent myths. Once armed with the scientific facts that debunk drug fiction, viewers will be better equipped to avoid the dangers posed by alcohol and other drugs.

After watching the video *The Top 10 Myths about Alcohol and Drugs* and participating in the class activities included in this Teacher's Resource Book, your students will be able to:

- debunk many common drug and alcohol myths with solid facts
- analyze the development and acceptance of myths
- explain the health risks of substance abuse
- understand how drugs and alcohol increase risk for involvement in accidents, sexual assaults and property damage
- comprehend how the threat of addiction uniquely affects teens
- explain the danger of driving under the influence of alcohol or drugs
- recognize the risks of readily available substances, such as prescription and over-the-counter drugs
- list the legal ramifications of substance abuse
- know what to do in case of alcohol poisoning or overdose
- understand that using alcohol and drugs carries a risk of permanent brain changes
- explain how steroids uniquely affect the body

The Top 10 Myths about Alcohol and Drugs opens with a chorus of young voices repeating a list of common drug- and alcohol-related myths. The host tells viewers, “There is a lot of misinformation about drugs out there, and these myths don’t just materialize out of nowhere. They exist because people believe them and pass them on to others.” He explains that the program will address such myths and reveal the truth behind them.

The first myth presented is “Everybody’s Doing It.” The host says, “We all know that not everyone is doing drugs, but many of us think that most people are.” But when he asks students to guess the percentage of teens who reported drinking in the month before a survey was taken, the truth is revealed: only 18 percent did. Findings are similar for other drugs; the host reports the low statistics for marijuana and methamphetamine use among teens. The news isn’t all good, however. The host also notes that although only a minority of teens are currently users of sedatives and prescription drugs like OxyContin, the abuse of these drugs among young people is on the rise.

The next myth is “I Can Stop Anytime I Want.” The host explains that while the decision to use drugs is voluntary at first, users quickly put themselves at risk for physical dependency. Over time, the user’s body is compelled to continue using drugs. One addict puts it this way: Doing drugs is “not something you do to enjoy anymore. It’s something your body needs.” Another recovering addict admits, “The first thing I had to do is admit I’m powerless over it, because when I tried to beat it myself, I couldn’t do it.” Dr. Barbara Sullivan of the Utah Addiction Center talks about addiction. Several recovering addicts describe their experiences with drug dependency. The host adds that not every drug user will become an addict, but that it’s impossible to predict who will develop a dependency on drugs.

The third myth addressed is “Beer Isn’t as Bad as Hard Liquor.” The host explains that a bottle of beer, a glass of wine and a shot of liquor all contain the same amount of alcohol. It is the concentration of alcohol in a person’s blood—not the type of alcohol—that determines a person’s level of intoxication. He adds that “alcohol—primarily beer—is linked to the top three causes of teen death. In fact, alcohol kills more young people than cocaine, heroin and every other illegal drug combined.”

Next, the program turns to the myth “I Can Drink or Get High and Be in Control of Myself.” The host points out the truth: “Alcohol and drugs impair your judgment, and when your judgment is impaired, you’re no longer in control.” The host explains that drinking increases a person’s risk of having unprotected sex or engaging in dangerous behavior. Dr. Sullivan reminds viewers that the only true way to sober up is time. “It doesn’t matter if you take a cold shower, if you jog a mile, if you drink a ton of coffee... None of those things work,” she says. “You may have a more alert drunk, but there is still the physical impairment, and the individual is still drunk.”

The fifth myth is “It’s Okay to Drive if You’re a Little High or Have Had a Few Drinks.” Viewers learn that alcohol is involved in half of all fatal car accidents. Other drugs like methamphetamine, opiates, cocaine and marijuana are increasingly playing a role in fatal

crashes. The host adds that marijuana is the most prevalent illegal drug detected in impaired drivers, fatally injured drivers and motor vehicle crash victims. The host tells viewers, “And 12.7 percent of high school seniors reported driving under the influence of marijuana.”

Next, the program presents myth six: “Marijuana Isn’t Really Harmful.” The host lists some of the short-term effects of marijuana: memory and learning impairment and distorted perception. These effects are harmful in many ways—academically, physically and socially. Two former pot users describe their problems with memory and academics. One says, “My memory today ... I’ve smoked so much weed that—for being 21 years-old—simple little tasks I forget. Somebody can tell me something and ten minutes later I won’t remember it.”

Smoking pot also hurts a teen’s athletic performance by adversely affecting coordination, reaction time and perception. Long-term effects include many of the same respiratory ailments that plague cigarette smokers. Experts know that marijuana smoke contains many of the same carcinogens found in cigarettes. Sullivan notes, “People will say, ‘I may smoke a joint, but at least I’m not smoking cigarettes.’ Actually they are causing the same kind of impact on their lungs and their throat as someone who is smoking cigarettes.” Next, several recovering users talk about being addicted to marijuana. One young woman admits, “They say that you can’t be addicted to it; but I’ve had some days that like I just needed marijuana for me to function.”

The program moves on to the seventh myth, “Prescription and Over-the-Counter Drugs are Legal, So They Can’t Be Harmful.” The host tells viewers that teen abuse of drugs like Vicodin, OxyContin and cough medicine is rising. “One in five teens has tried Vicodin, a prescription pain killer,” he says. “One in ten has tried OxyContin. One in eleven has gotten high on an over-the-counter cough medicine.” Viewers hear a recovering addict’s story of addiction: “I knew I was dependent on OxyContin and Vicodin. My day consisted of pretty much of finding it, selling it, keeping it. What I really wanted was just to feel that high.”

Next, Sullivan explains, “People can become addicted to a pain killer that they received from their dentist just as easily as if they bought that drug on the street.” The host then lists additional hazards of prescription drug abuse: severe withdrawal symptoms, life-threatening overdoses and dangerous interactions with alcohol or other drugs.

Myth eight is “Drugs Relieve Stress. They Help Deal with Problems.” The host debunks the myth, saying, “All the recovering addicts interviewed for this program have at least one thing in common. They all agree that in the long-term, drugs made their lives more stressful and that with repeated drug use, their problems only got worse.” Several recovering addicts echo this truth by describing their own difficulties with drugs. One young woman tells viewers, “What started off as something that I thought would help me feel better... turned into a life of turmoil. I’ve been to state prison. It’s completely destroyed my family life, my self, my integrity, my morals, my values.”

Next, the program presents myth nine: “Drugs and Alcohol Don’t Permanently Affect Your Brain.” The host explains that recent scientific discoveries strongly suggest that drugs like cocaine, heroin and methamphetamine can cause permanent brain damage. As neuroscientist Dr. Stephen Dewey of Brookhaven National Laboratory explains, “In many cases we see changes in the brains of addicts that are far greater than the changes we see in schizophrenic patients or Alzheimer’s patients, which are classically defined diseases. So I absolutely believe that addiction is a brain disease.”

Viewers learn that recovery from addiction is possible, but very difficult. Recovering addicts talk about their struggles to overcome cravings. One young man says, “Recovery is an ongoing process. I’ve been told that recovery is over and you’re cured when you’re dead. So the day I die is the day I’m recovered—but until then it’s a constant process of recovery.” The host then adds that a teenager’s brain is especially vulnerable to damage. “Data strongly supports the notion that adolescent drug exposure alters the way the brain develops and alters the way the brain responds to both the environment and to other drugs,” says Dr. Dewey.

Finally, the program addresses the tenth myth: “Steroids Don’t Damage the Body.” The truth is that steroids do improve strength and endurance but also cause many dangerous side effects. The host explains that steroids can make a boy develop breasts, go bald or experience shrinkage of the testicles; a girl’s breasts can shrink, her voice can deepen, her period can become abnormal, and she can develop facial hair. Both sexes risk severe acne, tendon or joint injuries, blood clots and strokes. Several teen athletes then talk about their decisions not to use steroids.

To wrap up, the host reminds viewers that there are many more myths about alcohol and drugs floating around. He finishes with, “Sorting out what is myth and what is real requires being skeptical about the rumors and being diligent about searching out the truth.”

STUDENT ACTIVITIES

Name: _____

Pre/Post Test

Decide whether the following statements are true or false.

1. TRUE or FALSE: Use of tobacco and marijuana by teenagers is on the rise. _____
2. TRUE or FALSE: Drug users can become dependent on drugs because their brains physically adapt to the drug's presence. _____
3. TRUE or FALSE: Alcohol kills more young people than cocaine, heroin and every other illegal drug combined. _____
4. TRUE or FALSE: Drunk people can regain control of themselves by drinking coffee or taking a cold shower. _____
5. TRUE or FALSE: There is no evidence that marijuana impairs a person's driving abilities. _____
6. TRUE or FALSE: Marijuana contains some of the same cancer-causing chemicals as tobacco. _____
7. TRUE or FALSE: Doctors never prescribe drugs that can be addictive. _____
8. TRUE or FALSE: Some people think abusing drugs—including alcohol—will help them cope with problems.. _____
9. TRUE or FALSE: Evidence suggests that drugs like alcohol kill brain cells. _____
10. TRUE or FALSE: Steroids can cause a user's body to take on characteristics of the opposite sex. _____

Answers to this test appear on the next page.

Name: _____

Answer Key

- | | | |
|-----|---|-------|
| 1. | TRUE or FALSE: Use of tobacco and marijuana by teenagers is on the rise. | FALSE |
| 2. | TRUE or FALSE: Drug users can become dependent on drugs because their brains physically adapt to the drug's presence. | TRUE |
| 3. | TRUE or FALSE: Alcohol kills more young people than cocaine, heroin and every other illegal drug combined. | TRUE |
| 4. | TRUE or FALSE: Drunk people can regain control of themselves by drinking coffee or taking a cold shower. | FALSE |
| 5. | TRUE or FALSE: There is no evidence that marijuana impairs a person's driving abilities. | FALSE |
| 6. | TRUE or FALSE: Marijuana contains some of the same cancer-causing chemicals as tobacco. | TRUE |
| 7. | TRUE or FALSE: Doctors never prescribe drugs that can be addictive. | FALSE |
| 8. | TRUE or FALSE: Some people think abusing drugs—including alcohol—will help them cope with problems. | FALSE |
| 9. | TRUE or FALSE: Evidence suggests that drugs like alcohol kill brain cells. | TRUE |
| 10. | TRUE or FALSE: Steroids can cause a user's body to take on characteristics of the opposite sex. | TRUE |

Name: _____

Reflect on what you learned in the video by answering the following questions. Use the back of this page if you need more room to answer the questions.

1. Did you believe any of the myths before you watched the video? Which ones?

2. Why do you think you believed the myth(s)? What evidence had you heard—from friends, the internet or other sources—that convinced you?

3. Did the video change your mind about any of the myths? Why or why not?

4. In your opinion, which myths are most widely accepted as true? Why do you think this is so?

5. Are there other drug-related myths that you have heard which were not covered in the video? If so, list them below and explain if you think these myths are true or not.

Name: _____

You already know that a myth is a story or a presumed “fact” that isn’t true, even though many people believe it. But have you ever wondered why there are so many myths floating around about so many topics? What makes some fictional stories catch on while others are quickly forgotten? In this activity, you’ll analyze a popular myth to find out how an untruth becomes an accepted myth.

First, read the sample analysis below of a widely-believed myth about an American hero:

THE MYTH: George Washington chopped down his father’s cherry tree when he was a boy. When his father asked if George had done it, George replied, “Yes, Father, I cannot tell a lie.”

ORIGIN OF THE MYTH: The writer Mason Locke Weems included this story in a biography of Washington published after the president’s death. Little was known about Washington’s life, so Weems made up stories to humanize him for readers.

WHY DID IT CATCH ON? Honesty was highly valued in 18th- and 19th-century America. George Washington was a hero, so citizens liked to think he was a virtuous man. Later biographers debunked Weems’s story about the cherry tree, but most people clung to the myth because they wanted to think of their beloved Washington as honest.

HOW DID IT SPREAD? People told the story to each other, books repeated it, and paintings were commissioned that depicted the scene. Even today, many American children hear the tale as truth in school.

Now it’s your turn. Choose a myth you’d like to analyze. Your myth can be about anything you like, *except* drugs or alcohol—for instance, you may choose a myth related to history, medicine, food, extra-terrestrials or urban legends. Your task is to research the real story behind the myth in books, journals or on reputable websites. Be sure to identify your sources. (NOTE: if your research leads you to discover that your myth is actually true, you’ll have to pick another myth!)

On a separate sheet of paper, write out an analysis similar to the sample above. Include a summary of the myth, the origins of the myth, and answers to the questions “Why did it catch on?” and “How did it spread?” Your analysis should also include an answer to this question: “Why do you think this myth is still around today?”

Name: _____

You learned about different alcohol and drug myths in the video, but there are lots more out there—you’ve probably heard many others. What is the truth behind those stories? Find out by investigating two alcohol- or drug-related myths.

PART ONE

Pick one modern story or “fact” you’ve heard about alcohol or drugs to research—maybe something you heard from friends, saw on TV or read on the Internet. Next, find out whether your myth is true, false or partially true, using books, journals, and reputable websites. If you get stuck, try interviewing a local doctor or counselor at a substance abuse center near you.

Sample myths:

- *Putting a penny under your tongue will fool a Breathalyzer into a lower blood alcohol reading.*
- *If you get pulled over after you’ve been drinking, you can refuse to take the Breathalyzer test.*
- *All legal performance-enhancing supplements are safe.*

PART TWO

Interview an adult, such as one of your parents, a teacher or a coach, about any drug- or alcohol-related myths they remember from their adolescence. Choose two or more and research just as you did for your modern myth.

PART THREE

Write a brief summary of your findings. Make sure to include a bibliography of your sources. After the summary, answer these questions:

1. Did the truth behind your chosen myths surprise you? Why or why not?
2. Had you ever heard of any of the myths that the adult you interviewed remembered? Did they seem plausible to you at first?
3. What differences did you notice between the myths your interviewee remembered and the ones you hear today?

One of the most serious risks of experimenting with drugs or alcohol is the possibility of addiction—the compulsive, nearly uncontrollable craving for a substance of abuse. It once was thought that addicts were weak people who would not stop using their drugs of choice even in the face of serious consequences to their health, relationships and quality of life—but research has shown that addiction actually changes the way the brain functions, making it almost impossible for addicts to quit without help. Find out more about what addiction is and how it can be treated.

Using books, magazine or newspaper articles, journals and trustworthy Internet sources, delve deeper into the topic of addiction. Keep track of all your sources with the *Resource Tracker*. Use your findings to write a brief research paper.

Address these questions in your paper:

ADDICTION

- What is the definition of addiction?
- What is tolerance? What is dependence?
- How does the brain of a drug addict change?
- Why do some users become addicted when others do not? Who is more likely to become addicted?
- What drugs have a high risk for addiction? Why?

TREATMENT

- What different kinds of treatment exist for addiction? Are there different methods for different drugs?
- How successful is each type of treatment?
- What physical changes do recovering addicts experience in rehab? What behavioral changes do they experience?
- What is a relapse? Why are relapses common?

Name: _____

ACTIVITY 5B
RESOURCE TRACKER

Title of book or article:	Title of book or article:
Author(s):	Author(s):
Published by / URL:	Published by / URL:
Copyright date:	Copyright date:
Subject covered:	Subject covered:
Quote(s):	Quote(s):
Notes:	Notes:

Name: _____

On top of all the physical, emotional and social consequences of drug use, users also have to worry about the law. Criminal penalties vary, depending on certain factors like your state, your age and whether or not it is your first offense. Investigate the legal side of drug abuse by filling in the charts below.

PART ONE

The government classifies drugs into five different “schedules” established by the Controlled Substances Act. Each schedule has a specific definition. You can find the definitions and examples of drugs in each schedule on the Drug Enforcement Administration’s website: www.dea.gov.

	DEFINITION	EXAMPLES
Schedule I drugs		
Schedule II drugs		
Schedule III drugs		
Schedule IV drugs		
Schedule V drugs		

This activity is continued on the next page.

Name: _____

PART TWO

What happens if you are caught using an illegal drug? What punishments will you face? There is no one answer to these questions because penalties vary according to where you live. Find out what punishments might await you if you were convicted of the crimes in the chart below, according to your state, county and/or town. Assume it is your first offense.

Note: Some crimes may have several different penalties in your state; if that is the case, write down the range of punishments. Example: Fines range from \$1,500 to over \$250,000 and jail time ranges from 30 days to five years.

CRIME	PENALTIES
Possession of marijuana (any amount)	
Possession of cocaine (less than five grams)	
Underage drinking	
Driving under the influence (if you are under 21)	
Driving under the influence (if you are 21 or older)	
Trafficking/dealing marijuana	
Trafficking/dealing methamphetamine	

Name: _____

PART ONE






	DEFINITION	EXAMPLES
Schedule I drugs	<ul style="list-style-type: none"> • high potential for abuse • no currently accepted medical use in the U.S. • lack of accepted safety for use of drug under medical supervision 	<p>Ecstasy Heroin GHB Marijuana Mescaline Peyote</p>
Schedule II drugs	<ul style="list-style-type: none"> • high potential for abuse • has a currently accepted medical use in the U.S. • abuse may lead to severe psychological or physical dependence 	<p>Amphetamines Cocaine Methamphetamine Opium</p>
Schedule III drugs	<ul style="list-style-type: none"> • has a potential for abuse less than the drugs in schedules I & II • has a currently accepted medical use in the U.S. • abuse may lead to moderate/low physical dependence or high psychological dependence 	<p>Anabolic steroids Ketamine Pentobarbital Secobarbital</p>
Schedule IV drugs	<ul style="list-style-type: none"> • has low potential for abuse relative to drugs in schedule III • has a currently accepted medical use in the U.S. • abuse may lead to limited physical/psychological dependence relative to drugs in schedule III 	<p>Xanax Valium Rohypnol Phenobarbital</p>
Schedule V drugs	<ul style="list-style-type: none"> • has low potential for abuse relative to drugs in schedule IV • has a currently accepted medical use in the U.S. • abuse may lead to limited physical/psychological dependence relative to drugs in schedule IV 	<p>Robitussin A-C</p>

PART TWO answers will vary according to location.

Sources: Drug Enforcement Administration website;
www.dea.gov/pubs/csa/812.htm#a,
www.dea.gov/pubs/scheduling.html

Name: _____

Imagine that the negative consequences of drug and alcohol use are actually *crimes*—and it is your job as a gumshoe detective to investigate the following incidents. First, look over all your suspects in the police lineup below. The bad guys have been caught; your job is to match each suspect with the crime it committed by following the clues each victim gives you.

Suspect 1 ALCOHOL	Suspect 2 TOBACCO	Suspect 3 MARIJUANA	Suspect 4 STEROIDS	Suspect 5 PRESCRIPTION DRUGS
				

CASE 1: HEART ATTACK

From his hospital bed as he recovers from a terrible heart attack, Steve tells you these clues about the criminal who caused it:

- The suspect has also been known to attack others using cancer, chronic obstructive pulmonary disease, stroke and aneurysm.
- Fraternizing with this dangerous suspect is legal for citizens of a certain age.
- Even the suspect's parents (the companies that manufacture it) acknowledge the health risks it poses.

WHO DID IT? _____

CASE 2: ABNORMAL DEVELOPMENT

After contact with this suspect, Marisa has developed facial hair, her voice has deepened, and her period has stopped. She remembers these clues about what caused it:

- The suspect is also wanted for questioning about damaging kidneys and livers.
- The suspect attacks males and females differently.
- The suspect has a prior criminal record for involvement in causing severe acne, mood swings and paranoia.

WHO DID IT? _____

This activity is continued on the next page.

Name: _____

CASE 3: CAR CRASH

As Bryan lies in traction, recuperating from a devastating car crash, he gives you these clues about the criminal who forced him to drive into a tree:

- Fraternizing with this dangerous suspect is legal for those of a certain age.
- The suspect has also been questioned about its involvement in a string of accidents, sexual assaults, drownings and property-damaging incidents.
- The suspect has also been known to attack the livers of its victims.

WHO DID IT? _____

CASE 4: MEMORY AND LEARNING PROBLEMS

Contact with this suspect has left June struggling to remember new information in school. She remembers this much about the source of her troubles:

- It is the most widely abused illicit substance in the United States.
- The suspect is also wanted for questioning about causing cancer.
- Contact with the suspect can be addictive.

WHO DID IT? _____

CASE 5: ADDICTION

Ever since Trevor got hooked on this suspect, his life has been falling apart. He tells you these clues about what caused his addiction:

- Fraternizing with this suspect is restricted, but legal.
- People turn to this suspect for many reasons, including to have fun, lose weight, and study more effectively.
- Incidents of contact with the suspect have been rising among young people.

WHO DID IT? _____

Name: _____

If your only knowledge about drugs and alcohol came from the media, you would have a very different perspective on substance abuse. Many times scenes in movies and TV portray drug and alcohol use very unrealistically—for example, they often exaggerate the positive effects of drug use and ignore the consequences. It's time to set the record straight.

Choose one scene from a movie or TV show that depicts alcohol or drug use. Write a one-paragraph summary of the scene. Then, analyze your scene: According to what you have learned about drugs and alcohol, is it realistic? You may need to do some additional research to find out how close the scene is to reality. Present your summary and analysis to the class; spend a few minutes discussing each scene. You may also pick a scene in which you feel drug use is portrayed accurately—just make sure to explain why you think so in your analysis.

Questions to Consider:

1. How realistic is the scene? Why?
2. What elements of the scene are inaccurate? Why?
3. What elements are accurate? Why?
4. What would you change about the scene to make it more realistic?
5. If the scene is unrealistic, do later scenes in the movie or TV show more accurately depict drug and alcohol use?
6. Do you think most media portrayals of substance abuse are realistic or unrealistic? Why do you think this is so?

Name: _____

It's not easy to figure out the best way to handle a situation when you're right in the middle of it. When it comes to decisions about friends and drugs or alcohol, you might wish you had a chance to practice. Try practicing the following role plays with a partner. While you may not ever be faced with exactly the same situations, working through them may help you navigate your own tough choices in the future.

Read the following scenarios with your partner. Pick two scenarios and role play what happens next. If you have time, you and your partner can switch roles in each scene and make up a new way to approach the situation.

1. Lia has been obsessing about her weight lately. She never worried about it when she was in middle school, but since she's come to high school, she feels like all the other girls are much skinnier than she is. Her mom tells her that she's healthy, but Lia is more and more self-conscious about her appearance. Lia is especially envious of her new friend Maggie, who Lia thinks looks perfect. One night Lia mentions her worries to Maggie, and Maggie replies, "Don't worry, I'll show you the easy way to lose weight." She hands Lia some of her pills and says, "These will totally kill your appetite." Lia must look skeptical because Maggie quickly says, "I use them all the time; they're fine. Besides, my mom got them from her doctor."
2. Carl has been stressed out since he started his new after-school job. Not only does he have to deal with the pressure of learning new job responsibilities, but he's struggling to balance school with work. Hanging out with his friends helps Carl relax. He especially enjoys spending time with Brad—a really popular, friendly senior. One Friday night at a party, Brad pulls some pills out of his pocket and offers some to Carl. "Isn't that stuff dangerous?" Carl asks him. "Nah, it's cool. It'll help you relax," Brad says.

This activity is continued on the next page.

Name: _____

3. Emma's older sister, Brenna, doesn't usually have much time for Emma—she's too busy hanging out with her own friends or talking on the phone. The two of them used to be really close, but they have different crowds now and Brenna doesn't seem to want to be seen with Emma anymore. One Saturday night Brenna and two of her friends are up in her room while their parents are watching a movie. Emma walks in to borrow something and stumbles on them drinking rum and Cokes. But instead of yelling at her, Brenna laughs and says, "Shh! Shut the door and have a drink with us!" Emma has never had alcohol before, but she's ecstatic that Brenna is paying attention to her again.

4. Nate has never been into drugs, but some of his friends are trying alcohol and marijuana. Hanging out with them is getting more and more awkward because all they seem to want to do is smoke up. Nate usually just says no or leaves and it's no big deal, but one afternoon his friends pressure him a lot more. "What's your problem? A little pot won't hurt you," Clark says. "It's much safer than cigarettes."

5. Jon is a great football player. His dream is to play football in college, so he has been increasing his weight lifting and training to try to take his game to the next level. He's improving, but he's still not satisfied. At a summer football camp, Jon meets the assistant coach from the school of his dreams. The coach takes Jon aside one morning and says, "You have potential, and we're considering recruiting you, but you need to bulk up. We've got some of our players on this pill—why don't you try it? Bigger muscles will really improve your game."

Name: _____

Binge drinking—having five or more drinks in a row if you’re a boy, four or more in a row if you’re a girl—is a practice that has its own set of myths. Some young people think that drinking a lot at a party or with friends is no big deal, but in reality, binge drinking is risky business. Read the *Alcohol Poisoning* fact sheet and then clear up some common binge drinking myths below. First, write down a few examples of what could happen if you believed the myth and acted on it. Second, rewrite the myth so that it is true.

MYTH 1: “When someone is really drunk, just let him sleep it off.”

What could happen?:

Rewrite: “When someone is really drunk...”

MYTH 2: “If you’re feeling sick, vomiting will get rid of the alcohol in your body.”

What could happen?:

Rewrite: “If you’re feeling sick, vomiting...”

MYTH 3: “Being able to drink a lot and ‘hold your liquor’ is a sign of maturity.”

What could happen?:

Rewrite: “Being able to drink a lot and ‘hold your liquor’ is...”

This activity is continued on the next page.

Name: _____

MYTH 4: “If someone is really sick from drinking, calling an ambulance will only get her into trouble with the law.”

What could happen?:

Rewrite: “If someone is really sick from drinking, calling an ambulance...”

MYTH 5: “Drinking games, keg stands and chugging beers are fun at parties.”

What could happen?:

Rewrite: “Drinking games, keg stands and chugging beers...”

MYTH 6: “The worst that can happen is a hangover.”

What could happen?:

Rewrite: “The worst that can happen is...”

Name: _____

A drug's effect on the brain is not always a temporary high. In reality, many drugs can cause long-lasting or even permanent changes in a user's brain. As a drug user progresses from taking a drug for the first time to recovering from addiction, his or her brain is constantly adapting to the environment created by the drug. Do you know how the brain changes as a user moves from experimentation to addiction to recovery? Number the following "stages" in chronological order (1 = first stage, 5 = last stage).

- _____ Some users become addicted. An addict can't control his or her drug use any longer and will neglect everything else in life—like family or even eating—in order to take the drug. An addict's brain has been so changed by the drug that it takes over his or her life.

- _____ The user's brain adjusts to the drug. Alcohol, methamphetamine and Ecstasy kill brain cells, while cocaine reduces the user's ability to process pleasure-inducing chemicals—either way, it becomes harder for the drug user to get high, so he or she has to take more and more of the drug to get the original effect.

- _____ Rehabilitation centers and therapy groups can help an addict learn to control his or her strong urges for the drug. Over time, the damage the drug did to the brain may heal, though evidence suggests that teenage brains do not recover as fully as adult brains do.

- _____ Drugs make the user feel great by causing a rush of pleasure-inducing chemicals in the brain. Some drugs, like cocaine or methamphetamine, keep the chemicals active in the brain for an unusually long time, causing an extended high.

- _____ The brain cannot physically function without the drug. The brain has been so damaged that it becomes very hard for the user to feel pleasure from things he or she used to enjoy. The user doesn't take the drug to feel good anymore; he or she takes it just to feel normal.

The Answer Key for this activity appears on the next page.

Answer Key

- 4 Some users become addicted. An addict can't control his or her drug use any longer and will neglect everything else in life—like family or even eating—in order to take the drug. An addict's brain has been so changed by the drug that it takes over his or her life.
- 2 The user's brain adjusts to the drug. Alcohol, methamphetamine and Ecstasy kill brain cells, while cocaine reduces the user's ability to process pleasure-inducing chemicals—either way, it becomes harder for the drug user to get high, so he or she has to take more and more of the drug to get the original effect.
- 5 Rehabilitation centers and therapy groups can help an addict learn to control his or her strong urges for the drug. Over time, the damage the drug did to the brain may heal, though evidence suggests that teenage brains do not recover as fully as adult brains do.
- 1 Drugs make the user feel great by causing a rush of pleasure-inducing chemicals in the brain. Some drugs, like cocaine or methamphetamine, keep the chemicals active in the brain for an unusually long time, causing an extended high.
- 3 The brain cannot physically function without the drug. The brain has been so damaged that it becomes very hard for the user to feel pleasure from things he or she used to enjoy. The user doesn't take the drug to feel good anymore; he or she takes it just to feel normal.

Name: _____

ACTIVITY 12
WARPED PRIORITIES

Choosing to use steroids can be very harmful. Sometimes people think that one health benefit may be worth the other health risks. Where do your priorities lie? Would you accept certain risks just to gain some benefit? Think about it.

For each of the following choices, put a check mark next to “yes” or “no” to indicate if you think the trade-off is worthwhile for you.

To get this benefit...	...would you accept this?	Yes	No
larger muscles	smaller testicles (males) - or - facial hair (females)		
more endurance	squeaky voice (males) - or - deeper voice (females)		
lower weight	permanent kidney damage		
burst of energy	a heart attack		
more oxygen	a stroke		
more energy	nervousness and insomnia		
more flexibility	torn ligaments		
increased stamina	dizziness and nausea		
more endurance	high blood pressure		

How many times did you answer “Yes” to the choices above? What does this tell you about your priorities concerning your health?

FACT SHEETS

Name: _____

1. Everybody's Doing It

In reality, the majority of teenagers are NOT using drugs. Only 23.1 percent of 12th graders reported using an illicit drug in the past month in the 2005 Monitoring the Future study; the numbers were even smaller for younger teens. Though the numbers for alcohol use are higher, they still point to a minority of teens drinking; 47 percent of 12th graders reported drinking alcohol in the past month.

2. I Can Stop Anytime I Want

Nobody starts using drugs with the intention of getting hooked, but addiction is a very real threat. Addiction is very unpredictable; while some users develop a compulsive, destructive need for a drug, others do not. No one can tell who will become an addict and who won't. The risk is even greater for young people: Teens become addicted more quickly than adults and face greater physical, mental and psychological damage.

3. Beer Isn't as Bad as Hard Liquor

A bottle of beer, a glass of wine and a shot of hard liquor have the same amount of alcohol. The risks of drinking are the same no matter which is chosen—alcohol kills more young people than all other illegal drugs combined.

4. I Can Drink or Get High and Be in Control of Myself

Drugs and alcohol impair judgment and lower inhibitions, making it more likely for young people to do something embarrassing, risky or dangerous. Drinking and drugs increase the risk of being involved in property damage, sexual assault, fights and accidents.

5. It's Okay to Drive If You're a Little High or Have Had a Few Drinks

Alcohol impairs coordination and perception, and it is NEVER safe to drive after drinking. In 2004, there were 16,694 alcohol-related traffic deaths. Recent studies have also shown that other drugs, including marijuana, are also hazards on the road. Bottom line: Driving under the influence is a crime.

6. Marijuana Isn't Really Harmful

Marijuana contains the same cancer-causing substances as cigarettes, impairs coordination, memory, and perception, hurts athletic and academic performance, and can be addictive.

This fact sheet is continued on the next page.

Name: _____

7. Prescription and Over-the-Counter Drugs Are Legal, So They Can't Be Harmful
Even drugs that are available with a prescription are illegal to take without one. Abuse of drugs like OxyContin and sedatives is rising, and with it the risk of a slew of physical consequences and addiction.

8. Drugs Relieve Stress. They Help Deal with Problems
Alcohol and certain drugs may relax the body temporarily, but when they wear off, the problems are still there. Not only that, but turning to drugs for stress relief often backfires—they impair a person's emotional and cognitive ability to cope with challenges. Plus, reliance on drugs or alcohol as a way to relax can become a serious problem in itself.

9. Drugs and Alcohol Don't Permanently Affect Your Brain
The truth is that drugs like alcohol, cocaine, heroin and methamphetamine kill brain cells and can cause permanent brain damage. In addition, a teen who uses any type of drug is putting his or her future at risk—during the critical high school and college years, drug abuse can derail future success in relationships, work and life.

10. Steroids Don't Damage the Body
Steroids have a host of serious side effects, including liver or kidney tumors, jaundice, high blood pressure and heightened levels of harmful HDL cholesterol. The drug also leads to abnormal development of secondary sex characteristics; boys face the risk of shrinking testicles, infertility, growth of breasts and baldness, while girls may grow facial hair, go bald or experience a deepened voice and menstrual irregularities. Other side effects include severe acne, prematurely halted growth and mood swings.

Name: _____

PREVALENCE OF DRUG USE

Do you really know how many of your peers are using drugs or alcohol? Chances are you overestimate the number of actual users. Check out the results of the 2005 Monitoring the Future study to see the real statistics.

Percentage of students reporting use in the last 30 days

	12th graders	10th graders	8th graders
Marijuana	19.8%	15.2%	6.6%
Inhalants	2.0%	2.2%	4.2%
MDMA/Ecstasy	1.0%	1.0%	0.6%
Cocaine	2.3%	1.5%	1.0%
Amphetamines	3.9%	3.7%	2.3%
Methamphetamine	0.9%	1.1%	0.7%
Sedatives (Barbiturates)	3.3%	---	---
Tranquilizers	2.9%	2.3%	1.3%
Alcohol (any use)	47%	33.2%	17.1%
Been Drunk	30.2%	17.6%	6%
Cigarettes	23.2%	14.9%	9.3%
Smokeless tobacco	7.6%	5.6%	3.3%
Steroids	0.9%	0.6%	0.5%

Percentage of students reporting use at least once

	12th graders	10th graders	8th graders
Marijuana	44.8%	34.1%	16.5%
Inhalants	11.4%	13.1%	17.1%
MDMA/Ecstasy	5.4%	4.0%	2.8%
Cocaine	8.0%	5.2%	3.7%
Amphetamines	13.1%	11.1%	7.4%
Methamphetamine	4.5%	4.1%	3.1%
Sedatives (Barbiturates)	10.5%	---	---
Tranquilizers	9.9%	7.1%	4.1%
Alcohol (any use)	75.1%	63.2%	41.0%
Been Drunk	57.5%	42.1%	19.5%
Cigarettes	50.0%	38.9%	25.9%
Smokeless tobacco	17.5%	14.5%	10.1%
Steroids	2.6%	2.0%	1.7%

*Source: 2005 Monitoring the Future study
Institute for Social Research, University of Michigan*

Name: _____

Drugs and alcohol can hurt your body in all kinds of ways. Do you know all the risks?

Brain

- Amphetamines, methamphetamine, ecstasy, alcohol and inhalants all can cause permanent brain damage.
- Tobacco, amphetamines, methamphetamine and cocaine increase the risk of a stroke.
- Ecstasy, tranquilizers and GHB can lead to seizures.

Heart

- Tobacco and alcohol greatly increase the risk of heart disease.
- Marijuana increases risk of heart attack.
- Cocaine and ecstasy can cause cardiac failure.
- Tranquilizers and sedatives can lead to a dangerously slowed heart rate.

Blood Vessels

- Tobacco makes hypertension and deep vein thrombosis much more likely.
- Amphetamines and methamphetamine can lead to damaged blood vessels.
- Steroids can cause high blood pressure and increased levels of harmful cholesterol.

Lungs

- Tobacco and marijuana increase the risk of lung cancer and respiratory illnesses like chronic obstructive pulmonary disease.
- Cocaine, ecstasy, alcohol, inhalants, tranquilizers, sedatives and GHB all can cause respiratory failure.

Head

- Tobacco greatly increases risk for cancer of the mouth, lip, pharynx and larynx.
- Marijuana is linked to increased risk of cancer of the head and neck.

Stomach

- Tobacco ups the risk of stomach cancer.

Liver

- Alcohol contributes to liver disease.
- Steroids can lead to liver tumors or cancer.

This fact sheet is continued on the next page.

Name: _____

Kidneys

- Steroids are linked to kidney tumors.
- Ecstasy can lead to kidney failure.

Pancreas

- Alcohol increases risk for pancreatitis.

Reproductive System

- Tobacco causes cervical cancer and erectile dysfunction and increases the risk of having a low birth weight baby.
- Steroids can lead to breast growth, low sperm count, shrinking testicles, and increased risk of prostate cancer in males. Females may experience menstrual abnormalities.

Name: _____

Not only can drugs and alcohol wreak havoc on your health, they can also hurt your life in many other ways. Consider these facts:

1. On average, young people who drink alcohol have lower grades and a higher risk of dropping out of school. Students who drink are also five times more likely to fail a grade.
2. About two-thirds of all young people who get arrested were drinking alcohol at the time of their arrest.
3. Teens who have used marijuana are four times more likely to have been pregnant or have gotten someone pregnant than teens who have never used it.
4. More than one-third of sexually active teens report that alcohol or drug use has influenced a decision to do something sexual.
5. Research shows that teenagers who drink are more likely to:
 - attempt and complete suicide
 - be physically or sexually abused
 - be perpetrators of violence as well as victims of violence
 - be killed in car crashes
 - become infected with sexually transmitted infections, including HIV
 - cause unwanted pregnancies
 - die in accidents such as drownings or falls
 - be harmed doing foolish stunts
 - have problems in school, including social and academic problems
 - have problems with family and friends

Name: _____

- Drunk driving is the nation's most frequently committed violent crime.
- In 2004, there were 16,694 alcohol-related traffic fatalities—that means 39 percent of total traffic fatalities for that year.
- An estimated 248,000 people were injured in alcohol-related traffic accidents in 2004.
- In 2003, 36 percent of traffic deaths among 15-20 year olds were alcohol-related.
- 30 percent of all weekday fatal crashes are alcohol-related; that number jumps to 51 percent on the weekends.
- Men are four times more likely than women to drive drunk.
- Every night, from 10 pm to 1 am, one in every 13 drivers is legally drunk.
- Every night, between 1 a.m. and 6 a.m., one in every seven drivers is legally drunk.
- A driver with a BAC (Blood Alcohol Content) of 0.15 percent is more than 300 times more likely to be involved in a fatal crash.
- Marijuana affects concentration, perception, coordination and reaction time—all crucial driving skills—and its effects can linger up to 24 hours.
- Smoking even a small amount of marijuana can double your chances of suffering a car accident; smoking a large amount can triple them.
- In 2001, 38,000 high school seniors crashed under the influence of marijuana. That year, 46,000 seniors crashed under the influence of alcohol.
- In 2005, 60 percent of survey respondents said they had driven under the influence or close to under the influence of alcohol.
- 16 percent of teens reported driving under the influence of alcohol; 15 percent reported driving under the influence of marijuana.

What is Alcohol Poisoning?

Alcohol poisoning is another name for an alcohol overdose—drinking so much that the blood alcohol content (BAC) reaches a level that the body cannot process quickly enough. A BAC level of 0.26 percent to 0.40 percent is potentially lethal to anyone—minors, adults and even heavy drinkers. The body simply cannot manage such excessive amounts of alcohol.

Rapid drinking on a bet or a dare is especially dangerous because the victim is drinking so quickly that he or she can get a fatal dose into his or her stomach before falling unconscious. Vomiting is the body's way of trying to cope with the excessive toxins in alcohol. Even if the victim throws up, a great deal of alcohol continues to circulate in the bloodstream.

Stages of Alcohol Poisoning

Alcohol is a depressant, which means that it slows down, or depresses, the central nervous system. When a person begins to drink, she feels relaxed and her inhibitions are lowered. As she continues to drink, her balance, coordination and reaction time become impaired. Vision, judgment and speech are also affected.

As the dose increases, a drinker's behavior and speech are even more affected. She enters a confused or dazed state; all her physical and mental abilities are severely impaired. The victim may fall unconscious, but alcohol in her stomach will continue to enter the bloodstream and circulate.

At this point, the victim may suffer from hypothermia or a slowed respiration rate that leads to a lack of oxygen. Breathing and pulse rate grow slower, become irregular and may stop. Brain damage, coma and death may occur.

How Alcohol Poisoning Kills

If a victim is not treated promptly, death is a very real possibility. Fatal risks include:

- Hypothermia leading to cardiac arrest
- Choking on his or her own vomit and death by asphyxiation
- Breathing slows down, becomes irregular and finally stops
- Heartbeat becomes irregular and finally stops
- Even if the victim survives, all of the above can result in irreversible brain damage

This fact sheet is continued on the next page.

Name: _____

Signs of Alcohol Poisoning

Watch out if someone you know:

- Drinks excessively (four or five drinks in one sitting)
- Drinks after using medications or other drugs
- Does not respond to being talked to or shouted at
- Does not respond to being pinched, prodded or poked
- Vomits while sleeping or passed out and doesn't wake up after vomiting
- Cannot stand up or cannot remain standing unless aided by others
- Won't wake up despite repeated attempts
- Has slow or irregular breathing (fewer than six to eight breaths per minute)
- Has bluish or purplish skin, or skin that appears very flushed
- Has clammy skin, or skin that feels cool to the touch
- Has an irregular pulse rate, or if the pulse becomes slower than 40 beats per minute
- Has an irregular heart rhythm, with the heart beating unusually slowly or unusually quickly

What to Do If You Think Someone Has Overdosed on Alcohol

- Don't try to guess at the victim's BAC (Blood Alcohol Content) level.
- Don't be embarrassed to go for help. A person who has passed out may die.
- Call 911 for an ambulance.
- If you are sober and very near a hospital, drive the victim to the hospital.
- Stay with the victim.
- Keep the victim from choking on vomit.
- Tell the medics which symptoms you observed.
- Tell the medics honestly how much the victim drank.

DON'T...

- ... Be afraid to call 911 because you think you or the victim will get in trouble for drinking. If you don't act, the victim could die.
- ... Give the victim food, coffee or a cold shower. None of these will help sober her up.
- ... Tell the victim to sleep it off.
- ... Leave the victim alone.

Name: _____

What Are Steroids?

Steroids are synthetic versions of the male hormone testosterone. The official name, “anabolic-androgenic steroids,” gives an important clue to their nature: “anabolic” means muscle-building and “androgenic” means concerning male characteristics.

What Do Steroids Do?

Steroids promote skeletal muscle growth, enabling a user to bulk up quickly and increase muscle mass. They also reduce recovery time after a workout. However, these positive effects come with a long list of dangerous side effects, including heart attack, stroke, acne, bad breath, sterility and the development of characteristics of the opposite sex.

Do Steroids Have Any Legal Uses?

Yes. Steroids were originally developed to help cancer patients and victims of starvation, and those uses continue today under doctor supervision. Patients with AIDS, cancer or anemia, or males who suffer from conditions related to low testosterone levels may be prescribed steroids as treatment. However, using steroids legally is very different from using them to bulk up; often illegal users will inject or ingest 10 to 100 times the amount a doctor would recommend.

How Are Steroids Taken?

Steroids can be taken orally as a tablet, injected into the muscles with a needle or rubbed into the skin in ointment form. Illegal users have several methods of taking steroids. “Stacking” refers to taking two or more types of steroids at a time, believing that their interaction will have a greater muscle-building effect. “Pyramiding” means taking steroids in six to 12 week cycles, gradually building up the doses, and then reducing them again. The effectiveness of stacking and pyramiding has not been medically proven, and mixing drugs can cause unpredictable and dangerous interactions.

Name: _____

Check out the following websites for more information about drugs, drinking and drug-related myths.

Freevibe website

<www.freevibe.com>

The National Highway Traffic Safety Administration

<www.nhtsa.dot.gov>

The National Institute on Alcohol Abuse and Alcoholism

<www.niaaa.nih.gov>

The Partnership for a Drug-Free America website

<www.drugfree.org>

Students and College Drinking page, College Drinking Prevention website

<www.collegedrinkingprevention.gov/students/>

Students and Young Adults page, National Institute on Drug Abuse

<www.nida.nih.gov/students.html>

U.S. Drug Enforcement Administration website

<www.dea.gov>

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- "Drugs: What You Should Know." Kids Health, The Nemours Foundation.
<http://kidshealth.org/teen/drug_alcohol/drugs/know_about_drugs.html>
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- "NIDA InfoFacts: MDMA (Ecstasy)." National Institute on Drug Abuse.
<www.nida.nih.gov/Infofacts/ecstasy.html>
- "NIDA InfoFacts: Marijuana." National Institute on Drug Abuse.
<www.nida.nih.gov/infofacts/marijuana.html>
- "NIDA InfoFacts: Methamphetamine." National Institute on Drug Abuse.
<www.nida.nih.gov/Infofacts/methamphetamine.html>
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<<http://dsc.discovery.com/fansites/mythbusters/quiz/presidents/presidents.html>>
- “Smoking: The Facts.” Medline Plus. <www.nlm.nih.gov/medlineplus/tutorials/smokingthefacts/htm/lesson.htm>
- “State-By-State Traffic Fatalities.” MADD website. <www.madd.org/stats/10212>
- “Steer Clear of Pot.” Freevibe.com. <www.freevibe.com/Drug_Facts/steerclear.asp>
- “Teen Sex and Drugs.” Freevibe.com. <www.freevibe.com/Drug_Facts/teensex.asp>
- Tobacco Information and Prevention Source. <www.cdc.gov/tobacco>
- “Traffic Safety Facts.” National Highway Traffic Safety Administration. <<http://www-nrd.nhtsa.dot.gov/pdf/nrd-30/NCSA/TSF2004/809905.pdf>>

Name: _____

OTHER DRUG EDUCATION PROGRAMS
FROM HUMAN RELATIONS MEDIA

<i>Uppers and Downers: The Facts about Stimulants & Depressants</i>	Video/print or DVD/print
<i>Natural Highs and the Truth about So-Called "Natural" Drugs</i>	Video/print or DVD/print
<i>Asleep at the Wheel: The Dangers of Drowsy Driving</i>	Video/print or DVD/print
<i>Huffing: The Latest Facts about Inhalant Abuse</i>	Video/print or DVD/print
<i>Rushing, Crashing, Dying: The Meth Epidemic</i>	Video/print or DVD/print
<i>Too Much: The Extreme Dangers of Binge Drinking</i>	Video/print or DVD/print
<i>Focus on Meth pamphlet</i>	Print pamphlet
<i>The Dangers of Meth folding display</i>	Folding display
<i>The Choking Game</i>	Video/print or DVD/print
<i>Athletes, Alcohol and Steroids: What's Wrong with This Picture?</i>	Video/print or DVD/print
<i>"Legal" But Deadly: Abusing Prescription Drugs</i>	Video/print or DVD/print
<i>Abusing Over-the-Counter Drugs</i>	Video/print or DVD/print
<i>New Club Drugs: Designed for Death</i>	Video/print or DVD/print
<i>Addiction and the Human Brain</i>	Video/print or DVD/print
<i>The Marijuana Papers: Research Update</i>	Video/print or DVD/print
<i>Dying High: Teens in the ER</i>	Video/print or DVD/print
<i>Curriculum in a Box 2006: Substance Abuse</i>	Video/print curriculum

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