



## Exactly what IS a drug?

A drug is a chemical substance that changes how the body and/or mind works. Drugs can help the body fight disease (example: penicillin), maintain health (example: vitamins), prevent disease (example: calcium to prevent bone disease), and relieve pain (example: aspirin). Mood-altering drugs affect feelings by changing messages sent to the brain. These types of drugs are the ones most often abused.

## Kinds of Mood-Altering Drugs

### Depressants (“Downers”)



These drugs slow down or interrupt messages to and from the brain. Alcohol, barbiturates (sleeping pills), opiates, inhalants, and tranquilizers are all “downers.”

### Stimulants (“Uppers”)



These drugs speed up messages to and from the brain. Examples include nicotine (in tobacco), amphetamines (pep pills), crack and cocaine, caffeine (in coffee, tea,

### Hallucinogens



These drugs confuse messages to the brain. LSD (“acid”), PCP (“angel dust”), Ketamine (Special K), peyote, and psilocybin mushrooms are a few examples.

### Cannabis



This includes marijuana, hashish, and hash oil. The drug in the cannabis sativa plant is THC (Delta 9 Tetrahydrocannabinol). This drug can act like a stimulant, a depressant, or a hallucinogen.



## What do you think about THESE suggestions?

### THINK POSITIVELY!

— Tell yourself —

- \* I am special
- \* I can take care of myself.
- \* Mistakes really are opportunities for me to learn and grow.
- \* I do better work when I start things on time instead of at the last minute.
- \* I know I can figure out a better way to deal with this situation.
- \* I’m not the cause of other people’s problems.
- \* I can love my parents without taking sides.
- \* I can talk to friends, teachers, and counselors ..... even ask for help if I need it.

Always remember:

**YOU** are in control! You can handle it!  
You **CAN** manage your own stress!

### LEARN TO RELAX!

Relaxing is healthy, and there are lots of ways to do it!  
Here are a few suggestions:

- Take a warm bath.
- Rent a funny movie and laugh a lot!
- Be creative. Try something new — cooking, sketching, gardening, dancing.
- Read..... or listen to your favorite music.
- Find a private place to go and dream!
- Do anything safe and healthy that makes you feel relaxed!



## When You Want To Say “No!!!”

- **Stand or sit up straight**  
When you slouch, people are less likely to take you seriously.
- **Before saying anything, take a deep breath and let the air out slowly**  
This gives you time to calm down and think about what you really want to say.
- **Look directly at the other person**  
This helps them know you mean business.
- **Talk in a normal voice**  
You don’t need to shout in order to get your point across. When You Want To Say “No!!”
- **Say “NO” nicely, but firmly**  
Be respectful. Using put downs or sarcasm just makes the other person angrier.
- **Don’t ask lots of questions**  
Questions raise people’s hopes and give them the idea that if they give you the right answers, you just might say, “Yes.” Then when you finally get up the courage to say no, they’re even MORE disappointed and upset.
- **Be honest and direct**  
It isn’t necessary to get into a long discussion. You don’t even have to give an explanation. The only person you really need to answer to is yourself. YOU are the only one responsible for your actions.

You deserve to be proud of the decisions you make. If others make it hard for you to make good ones, perhaps they aren’t really your friends.

