

MY ANTI-DRUG

Name: _____

School: _____

My Anti-Drug Is....

It is more important to me than using drugs because...

If I chose to use drugs instead of choosing my anti-drug, I would feel...

CONSEQUENCES OF POSSESSION OF A SUBSTANCE

Students are not allowed to bring any harmful substances to school including (but not limited to):

- Alcohol
- Marijuana
- Prescription medications
- Over the counter medications
- Harmful household products
- Any other dangerous drug

Consequences for possession may include: Assignment to **AEP, JJAEP** -(Juvenile Justice Academy), arrest or ticketing resulting in a court appearance, fines, and probation.

Resources:

www.theantidrug.com

www.family.samhsa.gov

www.health.org

www.drugfree.org

Amy Killgore
Prevention Specialist, CCISD
281.284.0381
akillgor@ccisd.net

Denise Crouch
Prevention Services Coordinator, CCISD
281.284.0382
dcrouch@ccisd.net



An Anti—Drug is:

- Something or someone who means more to you than doing a drug.
 - Something that is a healthy life's choice.
 - Something that gives a person a reason not to do drugs.
 - It is more than just saying "no."
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THE TRUTH ABOUT ALCOHOL

Get the facts...

Alcohol effects your brain.

Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.

Alcohol effects your body.

Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.

Alcohol can kill you.

Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma, or even death. Driving and drinking also can be deadly. In 2002, 29% of drivers age 15 to 20 who died in traffic accidents had been drinking alcohol.

Alcohol can hurt you...even if you are not the one drinking.

If you are around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence.

Aren't beer and wine "safer" than liquor?
NO. One 12-ounce bottle of beer or a 5-ounce glass of wine (about a half-cup) has as much alcohol as a 1.5-ounce shot of liquor. Alcohol can make you drunk and cause you problems no matter what.

THE TRUTH ABOUT MARIJUANA

Get the facts...

Marijuana effects your brain.

THC (the active ingredient in marijuana) affects the nerve cells in the part of the brain where memories are formed.

Marijuana effects your self-control.

Marijuana can seriously affect your sense of time and your coordination, impacting things like driving.

Marijuana effects your lungs. There are more than 400 known chemicals in marijuana. A single joint contains four times as much cancer-causing tar as a filtered cigarette.

Marijuana effects other aspects of your health.

Marijuana can limit your body's ability to fight off infection. Long-term marijuana use can even increase the risk of developing certain mental illnesses.

Can people become addicted to marijuana?

Yes. Research confirms you can become hooked on marijuana. It is both psychologically and physically addictive.

THE TRUTH ABOUT TOBACCO

Get the facts...

Tobacco is addictive

Cigarettes contain nicotine, a very addictive substance. The younger someone begins using tobacco products the more likely they will become strongly addicted.

Tobacco causes cancer.

Tobacco is not only the leading cause of lung cancer but mouth, throat, bladder, pancreas and kidney cancer.

Tobacco is illegal if you are under 18.

It is illegal for anyone under to possess, purchase consume or accept cigarettes or tobacco products.

Penalties for Minor in Possession (MIP)

Class C misdemeanor and is punishable by a fine (not to exceed \$250), 8 hour Tobacco Awareness Class, may be required to complete 8—12 hours of community service, and/or incur 6 month delay or loss of drivers license.