

MAY
"SOMETHING TO THINK ABOUT"
Junior High



NORTHBROOK CITIZENS FOR DRUG & ALCOHOL AWARENESS

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ATTENTION PARENTS:
THERE'S NO SUCH THING AS AN **OVERDOSE**
ON DRUG EDUCATION.

ALCOHOL:	<ul style="list-style-type: none">- Kills brain cells. Impairs thinking, vision, speech.- Addictive, gateway drug.- Can disrupt some of the biological mechanisms involved in physical growth that occurs during puberty- Takes an adult 7-10 years to become addicted to alcohol; only 6 months for youths.
MARIJUANA:	<ul style="list-style-type: none">- Fat soluble - stored in fatty tissues of body (liver, brain)- Traces can be detected in body for up to 42 days.- Creates birth defects, affects heart, brain.- Addictive; THC content determines potency & creates "high"- 15 years ago THC = .5% - Today THC = 12%, 24 times more THC in today's crops.- Illegal drug for all people; gateway drug for other drug use.- Contains 421 active biological chemicals.
TOBACCO:	<ul style="list-style-type: none">- Contains nicotine, one of most addictive drugs known.- Acts as a stimulant to the central nervous system.- Gateway drug to other use i.e. marijuana, cocaine, heroin.
PRESCRIPTION MEDS (RX) & OVER THE COUNTER (OTC) DRUGS:	<ul style="list-style-type: none">- Taking RX not prescribed for you is illegal & puts you at risk for arrest & prosecution in addition to the physical harm that might occur.- Abusing RX drugs for the first time before age 16 leads to greater dependence in later life.- OTC drugs are dangerous if not taken as prescribed.- OTC drugs & herbal remedies in combination with alcohol can be lethal.- Parents are urged to monitor their medicine cabinets.
INHALANTS:	<ul style="list-style-type: none">- Chemicals found in consumer products such as aerosol & cleaning solvents.- Frequently accompanied by other drug abuse.- Damage can be immediate and is cumulative and irreversible.- Negative effects last 15-45 minutes.
WINE COOLERS:	<ul style="list-style-type: none">- One bottle (12 oz) of cooler has as much - or <u>more</u> - alcohol as one can (12 oz) of beer or one shot (1 1/2 oz) of whiskey, rum or vodka.- Contain 4% - 7% alcohol, the same content as beer.
ANABOLIC STEROIDS:	<ul style="list-style-type: none">- Cause physical & psychological changes.- Used by many athletes to build muscle.