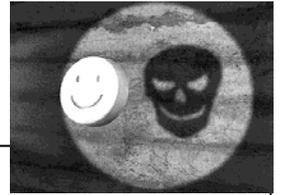




# Drug and Alcohol Awareness

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## Marijuana

**Most** widely abused illegal drug in the world.

**Marijuana** can cause impaired memory function, lack of initiative and drive, impaired concentration and attention, and lack of coordination. Can cause increased heart rate, bloodshot eyes and dry mouth. Long-term usage can cause psychological addiction, paranoia, persistent anxiety, impaired learning skills and memory difficulties.

**Associated** with marijuana use is the increased risk of chronic cough, bronchitis; increased risk of cancer of the head, neck, mouth and lungs; decreased testosterone levels and decreased fertility.

**Studies** show that 6 to 11 percent of fatal accident victims test positive for THC (the active chemical in marijuana). Moderate doses of marijuana have been shown to impair driver judgment. Low doses of marijuana combined with alcohol were markedly greater than for either drug alone.

## Ecstasy

**Marketed** as a "feel-good" drug.

**Highly** abused by high school and college-aged population.

**Ecstasy** causes increased heart rate, blood pressure and body temperature; jaw-clenching/muscle tensions, dehydration, nausea, chills and/or sweating, blurred vision, dizziness, confusion, insomnia, and paranoia.

**Long-term** usage can cause depression, sleep disorders, drug craving, persistent elevation of anxiety, liver and brain damage, and paralysis.

**Large** doses can cause muscle breakdown, kidney failure and cardiovascular system failure.

**Tablets** sold as Ecstasy are not always Ecstasy. Fakes can be deadly- with one dose causing death.

**Combined** with other substances, the physical and psychological effects can be dangerous and unpredictable at best, and deadly at worst.

## Steroids

**Anabolic** steroid use has become a national concern. Recent reports estimate that 5 to 12 percent of male high school students and 1 percent of female students have used steroids by the time they are seniors.

**A** steroid is considered any drug or hormonal substance chemically related to testosterone that promotes muscle growth.

**Some** health consequences associated with steroid use in males include reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, acne and irreversible breast enlargement. Consequences of use in females include development of more masculine characteristics such as decreased body fat and breast size, deepening of the voice, excessive growth of body hair and loss of scalp hair.

**Some** of these effects are not reversible with discontinued usage.

**Potentially** fatal liver cysts and liver cancer, as well as blood-clotting can occur.



## **Methamphetamine and Crystal Methamphetamine**

Today, methamphetamine is second only to alcohol and marijuana as the drug used most frequently in many Western and Midwestern states.

**Methamphetamine** is a highly addictive drug with potent central nervous system stimulant properties.

**I**t can be injected, smoked or snorted.

**I**n all its forms, methamphetamine is highly addictive and toxic.

**S**ome effects of methamphetamine are:

Agitation, increased body temperature, hallucinations, convulsions, jaw-clenching, rotting teeth and **death** are all possible with its use.

**S**ome common street names are: "Ice" (the crystallized form), Crystal Meth, krank, tweak, Batu, and Shabu.



## **Alcohol Abuse**

**O**f all the substances, alcohol is the most widely abused. Underage drinking costs the United States \$58 billion dollars a year. Alcohol kills 6 ½ more teenagers a year than all other illicit drugs combined.

**A**lcohol abuse accounts for the leading cause of death among teens, contributing substantially to fatal motor vehicle accidents, other traumatic injuries, date rape, suicide, and family and school problems.

**C**hildren who drink by the 7<sup>th</sup> grade are more likely to report substance abuse, school problems and delinquent behavior in middle and high school. Early alcohol abuse is associated with employment problems, other substance abuse, and criminal and anti-social behavior.

**M**ore than 5 million high-schoolers admit to binge drinking at least once a month.

**T**he leading cause of death among 15 – 24 year olds is car crashes, homicide and suicide – with alcohol being a factor in all three.

**Y**our parents can and will be held responsible if you have an underage party with alcohol present. This also includes if you are consuming alcohol while underage with your parent's permission. Penalties can include jail time, community service and a substantial fine.

**A**lcohol interferes with coordination, causes blurry vision and the slurring of speech.

**A**lcohol impairs your ability to make sound decisions. It can prevent you from protecting yourself. Alcohol can be a factor in sexual assaults, robberies and other crimes that may be committed against you while intoxicated. It lowers inhibitions.

**A**lcohol possession or consumption by a person under 17 will result in the license postponement or suspension for a period of six months. It will also result in a fine of not less than \$500.00.

**L**icense suspension 30-90 days

**C**ommunity service 15-30 days

**New Jersey has "Zero Tolerance" for underage drinking!!**

**DWI/DUI** - 1<sup>st</sup> Offense: 6 – 12 month license suspension/up to 30-day imprisonment

2<sup>nd</sup> Offense: 2 yr license suspension/minimum 48-hour imprisonment and maximum 90 days imprisonment.

3<sup>rd</sup> Offense: 10 yr license suspension/180 day's imprisonment

**PLUS FINES and COMMUNITY SERVICE and Intoxicated Driver Resource Center classes**

