

**Drug Busters**  
**Week 3**  
**Facts**

**Day 1:** Alcohol is the drug associated with the most teen deaths.  
Alcohol is illegal for people under 21 years of age.  
An average of 300 people die each day from alcohol-related causes.  
2 out of 5 Americans will be in an alcohol-related crash in their lifetime.  
An accident caused by a drunk driver is the most frequent violent crime in the U.S.  
Any amount of alcohol in your blood leads to impairment in driving.  
An alcohol-related family problem strikes 1 in every 4 homes.  
Drinking coffee will not sober you after drinking – only time can cleanse the chemicals from your bloodstream.  
Women are more likely to be adversely affected by alcohol than men.

**Day2:** 1 out of 10 drinkers will become an alcoholic.  
When alcohol wears off, uncomfortable feelings are still there.  
The alcohol industry alone spends \$1 billion annually on advertising.  
More than 70% of teen suicides involve frequent use of alcohol or drugs.  
If a pregnant woman drinks, her unborn baby is drinking, too.  
Fetal Alcohol Syndrome (caused by a woman drinking while pregnant) is one of the top 3 known causes of birth defects and the only preventable cause (do not drink alcohol when pregnant).  
If someone is very angry and drinks to relax, a likely outcome will be increased anger (not improved mood).  
A can of beer = a glass of wine = a shot of liquor – a mixed drink.  
Alcohol is more dangerous for young people than it is for adults because adolescent brains and bodies are still growing and therefore are more vulnerable to the toxic effects of alcohol.

**Day 3:** Many people who abuse drugs have an underlying mental illness.  
Drugs are sometimes used to compensate for a lack of self-confidence.  
The impurities in drugs and the ingredients that are added may cause death.  
Marijuana is more potent, comes in greater variety, and is gaining in popularity; for years its usage steadily declined but in the last 3 years there have been increases in its use.  
In terms of cancer-causing agents, one joint (marijuana) can cause as much damage to the lungs as 5 tobacco cigarettes.  
Marijuana users have difficulty remembering what they have learned and difficulty learning when they are “high.”  
Smoking marijuana today is more dangerous than in the 1960’s because the principle psychoactive ingredient found in marijuana is 20 times higher today.  
The brain, the reproductive system, the immune system and the lungs are all weakened and adversely affected by marijuana.  
It may take several months for the body to rid itself of the chemicals in marijuana; during all this time the chemical is being slowly released into the body.

For someone who never smoked or drank, the risk of moving on to marijuana is 65 times higher than that for a person who never smoked or drank.

Day 4: Heroin is making a deadly comeback in the nation; it is cheaper, up to 5 times more potent, and is often inhaled instead of injected.

Chiva is heroin. Most of the heroin related deaths in Collin County have been attributed to this new form; it is a dangerous substance.

Babies born addicted to heroin (from pregnant mom using heroin) must undergo withdrawal after birth.

Cocaine is a drug that produces a craving so powerful that laboratory animals will self-administer it continuously until they die.

As late as the 1980's people did not believe cocaine was addictive; now we know it is highly addictive.

A single dose of cocaine can be fatal.

Rave parties are a current trend that involve large numbers of teens and introduces kids to the drug subculture.

“Designer drugs” such as “Ecstasy” are made in labs and are very dangerous because they are produced by anyone and unregulated.

LSD does not enhance creativity and causes flashbacks weeks and even years after the drug is used.

Day 5: Students who serve at least one hour in the community and perceive that adults value youth will develop good internal assets which help to prevent drug abuse.

Families and schools need to provide clear rules and consequences and monitor a young person's whereabouts.

Providing high levels of love and support, receiving support from 3 or more non-parent adults, and experiencing caring neighbors help to develop good self-esteem.

Having a religious affiliation and spending time at home (not just always hanging out with friends) are protective factors for drug abuse.

Spending 3 or more hours a week in sports, clubs. Or organizations at school or in the community will strengthen the character development necessary for the child to withstand negative pressure.

Drugs and Society by Hanson and Venturelli

Young Alcoholics by Mumey

Keeping Kids Drug Free by Levant

Preventing Drug Use Among Children and Adolescents National Institute on Drug Abuse

“What Is Your Drug IQ?” Greater Dallas Council on Alcohol and Drug Abuse

“Facts on Alcohol and Other Drug Use in America” American Counseling for Drug Education