

# **Drug Busters**

## **Facts - Grade 7**

### **Week 1**

#### **Day 1**

1. Inhalant abuse is the deliberate inhaling or sniffing of common household products to obtain a "high." These products are not drugs.
2. The majority of inhalant users are preteens in the 7th and 8th grades.
3. In Texas, 19 percent of 7th and 8th graders in 2002 reported ever using inhalants.
4. Sudden Sniffing Death Syndrome can occur even in first time use. If you observe someone having a severe reaction from inhalant use, dial "911."
5. For 7th graders, inhalants were the third most commonly used substance, after alcohol and tobacco.

#### **Day 2**

1. Inhalants are poisons which are readily absorbed into vital organs where they cause long lasting damage.
2. Inhalants cause damage to lung tissue and they can depress the central nervous system so much that breathing slows down or stops.
3. Inhalant use is toxic to brain cells; permanent damage can result.
4. Inhalant use can cause permanent damage in the liver (cirrhosis and hepatitis).
5. In the heart, inhalants cause rapid and irregular heartbeats and even heart failure. Inhalants impair the kidneys, blood, and bone marrow, resulting in damage to the immune system.

#### **Day 3**

1. Parents can help by becoming informed, talking to their children about the dangers of inhalant abuse, and by keeping household chemicals out of the reach of children.
2. Texas lawmakers passed a law that prohibits a minor purchasing spray paint, a common inhalant.
3. Parents need to teach their children to read the labels on products and follow the directions carefully to protect our environment and ourselves from harm.
4. If someone is "huffing," do not excite or upset him or her. Do not leave them alone or increase activity or stimulation. Ventilate the room, give CPR if needed, check for products, and call the poison control.

#### **Day 4**

1. Substance abuse is the misuse of any substance until it causes physical, mental, or emotional damage. Abused substances can be legal or illegal. People may abuse substances such as alcohol, diet pills, herbal drugs, paint, cough syrups, etc.
2. As far back as 2240 B.C, governments attempted to regulate drug use. Nearly every culture has in its historical record laws controlling the use of drugs.
3. Drug use is more widespread today than in any previous age. On any day you can read in the newspaper articles related to illegal drug manufacturing, distribution, or use.

4. One of the best ways to prevent drug abuse is for parents to talk to their children and set family standards. Most drug use occurs at night and on weekends. In 2002, Texas - students were more likely to use alcohol, cocaine, and ecstasy than their peers nationally. The five most widely used substances in Texas were alcohol, tobacco, marijuana, inhalants and ecstasy.
5. Ecstasy use among secondary students increased dramatically over the past two years especially among 7th and 8th graders. A growing body of scientific evidence has shown that use of ecstasy can permanently damage the parts of the brain necessary for memory, motor skills, and critical thinking.

### **Day 5**

1. When parents and friends talk about drugs, use is significantly lower.
2. Parents need to show love and support for their children by being involved. "Being involved" means knowing their friends and their friends' parents, knowing what they are doing and where they are at all times.
3. Communication is essential to protect children. This means listening (even when it is painful) as well as teaching the facts about drug and alcohol use.
4. Drug abuse and violence destroys the lives of individuals and families, and tears the fabric of our communities and schools. Replace denial with communication and education, turn anger into actions, and transform despair into determination!
5. A recent survey showed parent involvement at student's school may prevent substance use by their children. Drug use among students who are aware of their parents disapproval of alcohol and drug use lowers the risk of students trying alcohol and drugs.

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