CHAPTER 12 ALCOHOL

What is Alcohol?
Ethanol alcohol is produced by a chemical reaction called fermentation.

___ is a drug that is produced by a chemical reaction in fruits, vegetables, and grains.
1. Alcohol is a _____________.
2. Drugs affect the brain and central nervous system.
3. Drugs can cause changes in ___________________.

Alcohol belongs to a group of drugs known as _________________.

Depressants are drugs that slow down the body’s functions and reactions.
1. _______________ causes mood changes.
2. Alcohol affects the ability to make _________________.
3. Alcohol causes many people to do and say things they regret.

Alcohol Use and Teens
Risks of Alcohol use and teens:
1. Alcohol interferes with long-term and short-term growth.
2. ____________________
3. Alcohol increases the risk of social problems.
4. Increases the risk of depression, suicide & violence.
5. ____________________
6. 1/3 of all teen traffic deaths are related to alcohol.

Reasons Not to Drink Alcohol:
1. You are taking health risks when you drink.
2. ____________________
3. Using alcohol is against the law.
4. ____________________

Teens Who Avoid Alcohol May Want to Explore Alternatives to Drinking.
1. ________________
2. Learning a new skill
3. ____________________
4. Pursuing interests in theatre or the arts.

Examples of Advocacy Groups:
1. SADD
2. TATU Teens Against Tobacco Use
3. Youth for Environmental Sanity
Chapter 12 Lesson 2, “Alcohol Short-term Effects of Alcohol Use”

Alcohol and the Body
1. If there is no food in the stomach, alcohol can reach the brain in under a minute and slow ______________. This is why drinking and driving is deadly.
2. The liver can only process about half an ounce of alcohol per hour. Anything more stays in the blood causing ______________.
3. A ______________ of .02% is enough to make most people light headed. A BAC of .08% is enough to make it dangerous for a person to drive a car.
4. People who are heavily intoxicated are at risk of ______________.

How Alcohol Affects the Individual
1. ______________ Females and smaller people are affected more quickly than males or larger people.
2. ______________ Alcohol mixed with other drugs or medicines can be deadly. Each drug can make the effects of the others stronger.
3. ______________ Food in the stomach slows down alcohol absorption.
4. ______________ Someone who is over tired or sick will be affected by alcohol more quickly.
5. ______________ The faster a person drinks, the more he or she will be affected by alcohol.
6. ______________ Drinking a lot or very quickly overworks the liver and causes intoxication.

Alcohol Use and Violence
2/3 of all domestic violence cases are related to alcohol abuse.
THE EFFECT OF ALCOHOL ON THE BRAIN (SA-5)

Cerebrum
Voluntary actions and control of ability to reason.

Medulla
Controls involuntary actions, such as breathing, digestion, heartbeat, and circulation.

Cerebellum
Coordination, muscular control, balance.

Spinal Cord
Sends messages to and from the brain and body organs.

1 to 2 Drinks (BAC .01 to .05)
Person's systems begin to slow down, relaxed feeling, less inhibited, slight decrease in fine motor skills. Person should wait at least an hour before driving.

3 to 4 Drinks (BAC .05 to .10)
Fine motor skills are decreased, performance and responsiveness are reduced. There is a reduction in judgment as well as reaction time. People may feel more alert and talkative, but, in reality, the systems are slowed.

5 to 7 Drinks (BAC .10 to .18)
The senses are dulled, especially speech, hearing, and vision. Balance is altered and person may stagger. There is a decreased sense of pain.

8 to 12 Drinks (BAC .20 to .33)
The reflex actions are decreased, body temperature drops, blood circulation slows, as does respiration. Unconsciousness may occur. Further drinking may cause coma and eventual death from alcohol overdose.

NOTE: These blood alcohol concentrations (BACs) are based on a 130 lb. person who has consumed the alcohol in a 1- to 2-hour span of time.
5. BRAIN. Alcohol goes to the brain almost as soon as it is consumed. The alcohol keeps passing through the brain until the liver has had a chance to oxidize it (burn it up).

1. MOUTH. Alcohol is consumed and passes down the esophagus.

4. BLOODSTREAM. The heart pumps the blood (and the alcohol) to all parts of the body.

2. STOMACH. A little alcohol goes through the stomach walls and into the bloodstream, but most passes into the small intestines.

6. LIVER. The liver burns up or oxidizes the alcohol at the rate of 1/2 ounce per hour. This process of oxidation is when the liver changes alcohol into water, carbon dioxide, and energy. The body then eliminates the water by sweating and urinating, and the carbon dioxide by breathing. This is why it is possible to smell alcohol on the breath of a person who has been drinking.

3. SMALL INTESTINES. Alcohol is rapidly absorbed through the walls of the small intestines and into the bloodstream.
Chapter 12 Lesson 3, "Long Term Effects of Alcohol Use"

**Long-term Physical Effects of Alcohol Use**

1. Damage to ________________ like the stomach, liver, pancreas and heart.
2. Worsening of existing health problems.
3. Long-lasting ________________ and memory problems.
4. Damage to a person’s emotional health.
5. Physical and ________________ addiction.

**Alcohol and the Mouth**

Studies show that people who drink large amounts of alcohol are ________________ times more likely to develop mouth or throat cancer.

**Alcohol and the Stomach**

1. Alcohol irritates the stomach lining and increases the amount of acid there, which can lead to ________________.
2. Alcohol also weakens the valve that separates the stomach from the esophagus, causing ________________.

**Alcohol and the Liver**

1. ________________ can develop when alcohol is frequently in the blood.
2. **Fatty Liver** is a condition in which fats build up in the liver and cannot be broken down.
3. The increased amount of fat prevents the liver from working normally and from repairing itself.
4. ________________ is a life threatening problem associated with heavy alcohol use.
5. **Cirrhosis** is a disease characterized by scarring and eventual destruction of the liver.
6. Brain damage can result when the damaged liver cannot remove poisons from the blood.

**Alcohol and the Brain**

1. Alcohol disrupts the parts of the brain responsible for ________________ and problem solving.
2. Alcohol can cause ________________ of the brain.
3. Alcohol can ________________ messages that are sent to the brain, causing problems with movement, vision, and hearing.

**Alcohol and the Heart**

1. Alcohol damages the heart muscle, causing the heart to become enlarged.
2. Alcohol leads to ________________ blood pressure.
3. Alcohol increases the amount of ________________ in the blood, putting a strain on blood vessels.
4. All these conditions put a drinker at risk of heart failure or ________________.

**Driving While Intoxicated**

Drunk driving accounts for approximately 39% of all traffic deaths.
**Binge Drinking**

1. Since teens frequently combine high-risk activities with __________ drinking, their potential for death or serious injury is very high.
2. **Binge Drinking** is the consumption of a large quantity of alcohol in a very short period of time.

**Risks of Binge Drinking**

1. __________ due to falls, drowning, or drunk driving.
2. ________________ or contraction of a sexually transmitted disease due to unprotected sex.
4. ________________ from alcohol poisoning.

**Alcohol Use and Teen Pregnancy**

1. Using Alcohol can lower ________________.
2. **Inhibition**: a conscious or unconscious restraint of a person’s own behaviors or actions.
3. One study found that 1/3 of unplanned pregnancies involved alcohol.

**Fetal Alcohol Syndrome**

1. When an unborn baby is exposed to alcohol, it can develop FAS.
2. FAS is a group of alcohol-related birth defects that include both physical and mental problems.
3. Possible Effects of Fetal Alcohol Syndrome
   a. ________________
   b. Lower birth weight
   c. Heart problems
   d. ________________
   e. Learning disabilities
   f. Mental retardation
Chapter 12 Lesson 4  Alcohol  Alcoholism and Alcohol Abuse

Alcohol's Addictive Power
1. Teens 15 and younger are 4 times more likely to develop an ________________ than older individuals.
2. An addiction is a physical or psychological need for a drug.

The Disease of Alcoholism
• People who are addicted to alcohol suffer from ________________, a progressive disease involving a mental and physical need for alcohol.

Five Major Symptoms of Alcoholism
1. Denial
2. Craving
3. Loss of Control
4. ________________ A process in which your body needs more and more of a drug to get the same effect.
5. ________________ A type of addiction in which the body itself feels a direct need for a drug.

Stages of Alcoholism
1. Stage One: A person is surprised by ____________ they can drink.
2. Stage Two: The person has short-term memory loss and ________________.
3. Stage Three: The person loses control & can't predict what will happen.
4. Stage Four: The person ____________ to drink and can go on all day.

Costs to the Family
______________ often make excuses or lie on behalf of the alcoholic.

Alcohol Abuse
• There is a difference between alcoholism and ________________.
• Alcohol Abuse is a pattern of drinking that results in one or more well-defined behaviors in a twelve-month period.

Four Symptoms of Alcohol Abuse:
1. Failure to fulfill major work or home ________________.
2. Drinking in situations that are physically ________________.
3. Having ongoing alcohol-related ________________.
4. Continuing to drink even when ________________, have been negatively affected by the person's use.
Chapter 14 Drug Notes
Lesson 1 – Drug Misuse and Abuse

I. ___________ – Substances other than food that change the function of the body or mind.

A. ___________ – drug used to prevent, or treat illness; maintain health; or pain relief.
   All ___________ are drugs, but not all ___________ are medicines
   
   • ________________ – medicines that require a Dr. order with specific
     instructions including: How much, how often, how long.
   • Over-the-Counter – (______) – medicines safe enough to
     purchased without the Dr. order at any drug store, or discount store w/o a pharmacy.

B. _________________ – taking a drug in a way that is not intended

What is drug misuse?

Using a drug without following the instructions on the label

Using a drug not prescribed for you

Allowing someone else to use a drug prescribed for you

Taking more of the drug than the doctor prescribed

Using the drug longer than advised by the doctor

C. _________________ – an unintended reaction to a medicine

<table>
<thead>
<tr>
<th>Common Side Effects</th>
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</thead>
<tbody>
<tr>
<td>Stomach upset</td>
</tr>
<tr>
<td>Drowsiness</td>
</tr>
<tr>
<td>Sleeplessness</td>
</tr>
<tr>
<td>Headache</td>
</tr>
</tbody>
</table>
D. _______________ – A condition in which a person’s body becomes used to the effect of a medicine and needs greater and greater amounts of it in order for it to be effective.

E. _______________ – using drugs in an unhealthy or illegal way.

What is Drug Abuse?
- Using illegal drugs
- Using legal drugs for non-medical reasons (to get high)
- Using a medication for something other than its intended use

Drug use and addiction affects all three sides of your health triangle:

Health
- Sleepiness
- Irritability
- Heart failure
- Stroke

Health
- Depression
- Anxiety
- Brain functions - Low
- Concentration - Low

Health
- Withdrawing from family & friends
- Loss of interests
- Risk behaviors

F. _______________ – physically or mentally craving a drug to feel “normal” in their daily life.

Addiction Chain:

Regular Drug Use \[\rightarrow\] Tolerance \[\rightarrow\] Addiction

Drug Addiction, like alcoholism, is a _______________.
Lesson 2 – Marijuana and Other Illegal “Street” Drugs

II. - illegal everywhere, can only be purchased from drug dealers

A. ___________ – Dried leaves and flowers of the hemp plant, called cannabis sativa (most commonly used street drug – mild hallucinogen)

- Marijuana is an illegal drug that is usually smoked.
- ___________ – (tetrahydrocannabinol) main active chemical
- Street Names – __________, __________, __________, joint, dope, ganja

<table>
<thead>
<tr>
<th>Short Term Effects of Marijuana:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced reaction time</td>
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<tr>
<td>Reduced coordination</td>
</tr>
<tr>
<td>Impaired judgment</td>
</tr>
<tr>
<td>Increased heart rate</td>
</tr>
<tr>
<td>Increased appetite</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Panic attacks</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Long-term Effects of Marijuana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung diseases, including cancer</td>
</tr>
<tr>
<td>Changes to the region of the brain that processes information</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Anxiety</td>
</tr>
<tr>
<td>Personality disturbances</td>
</tr>
<tr>
<td>Loss of motivation, causing the user to fall behind in school</td>
</tr>
<tr>
<td>Problems with friends and family members</td>
</tr>
</tbody>
</table>
# Safety Risks While Using Marijuana

<table>
<thead>
<tr>
<th>Risk of getting arrested</th>
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</thead>
<tbody>
<tr>
<td>Users may say or do things that could get them into trouble</td>
</tr>
<tr>
<td>Impaired reaction time and coordination make driving dangerous</td>
</tr>
<tr>
<td>Impaired judgment can lead to risky behaviors</td>
</tr>
<tr>
<td>• Drinking alcohol</td>
</tr>
<tr>
<td>• Engaging in sexual activity, leading to a risk of sexually transmitted diseases and unplanned pregnancy</td>
</tr>
</tbody>
</table>

## III. Club Drugs

Club Drugs – get their names from the dance clubs or raves where they are used

The Harmful Effects Club Drugs Produce:

1. Hallucinations
2. Paranoia
3. **Amnesia** - partial or total loss of memory – common effect of club drugs

• When club drugs are mixed with alcohol, the effects of both substances are increased.

### Examples of Club Drugs

**A. Ecstasy** – (also called MDMA) – a synthetic illegally created chemical that makes the user feel alert or “hyper”

• Makers of the drug often add other substances to ecstasy, such as caffeine or amphetamines. The ecstasy user may not know what other drugs are being ingested.
### Effects of Taking Ecstasy

<table>
<thead>
<tr>
<th>Increased heart rate</th>
<th>Chills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea</td>
<td>Sweating</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Increased sense of confidence</td>
</tr>
<tr>
<td>Elevated blood pressure</td>
<td>Feelings of well-being</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Loss of appetite</td>
</tr>
</tbody>
</table>

**Date Rape Drugs** – Club drugs that suppress the central nervous system. Victims are unaware of what is happening, unable to resist an attack, and have amnesia so they can’t identify attackers.

**B. Rohypnol** – called “roofie” has no odor, color, taste – can’t be detected in drinks.

**C. GHB** – another depressant 1st used by body builders – also linked to sexual assault and is found in liquid form.

**D. Ketamine** called “Special K” is an anesthetic in surgeries. Causes memory loss, hallucinations

### IV. Anabolic Steroids

- Synthetic substances used illegally to enhance athletic ability by adding muscle mass, increasing strength and endurance.
  - Steroids are most often abused by people who want to enhance their athletic abilities.

<table>
<thead>
<tr>
<th>Major Side Effects</th>
<th>Side Effects in Males Include:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver tumors</td>
<td>Shrinking of Testicles</td>
</tr>
<tr>
<td>Cancer</td>
<td>Breast Development</td>
</tr>
<tr>
<td>Jaundice</td>
<td>Higher Voice</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Side Effects in Females Include:</td>
</tr>
<tr>
<td>Kidney tumors</td>
<td>Growth of Facial Hair</td>
</tr>
<tr>
<td>Severe acne</td>
<td>Menstrual Cycle Changes</td>
</tr>
<tr>
<td>Trembling</td>
<td>Deepened Voice</td>
</tr>
</tbody>
</table>
Lesson 3 Narcotics, Stimulants, and Depressants

I. Narcotics - Specific drugs that are obtainable only by prescription and are used to relieve pain
   - Extremely regulated, strong, addicted depressants

How Narcotics Work

- Narcotics produce **euphoria** because they affect the areas of the brain that perceive pleasure.
- **Euphoria** – a feeling of elation and happiness because of stimulation of the brain’s pleasure sensors when pain is blocked.

Narcotics and Addiction

- **Withdrawal symptoms** – Symptoms that occur after chronic use of a drug is reduced or stopped

<table>
<thead>
<tr>
<th>Withdrawal Symptoms</th>
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<tbody>
<tr>
<td>Pain in muscles</td>
</tr>
<tr>
<td>Pain in bones</td>
</tr>
<tr>
<td>Sleeplessness</td>
</tr>
<tr>
<td>Diarrhea</td>
</tr>
<tr>
<td>Agitation</td>
</tr>
<tr>
<td>Vomiting</td>
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</tbody>
</table>

- Withdrawal from narcotics usually requires detoxification in a **hospital**.
- People who suffer from long-term addictions may **never** be able to withdrawal completely, because withdrawal is so severe it can leave lasting

Examples of Narcotics
A. **Heroin** – Illegal Narcotic (even to Doctors.) Users become easily addicted.
   - Inhaled, smoked, or injected intravenously.

B. **OxyContin** - is a legal narcotic. Prescription pain reliever for cancer, back pain or arthritis

II. **Stimulants** – drugs that speed up activity in the brain and spinal cord.
   - Increase heart rate, blood pressure, and metabolism.
   - Cause user to **move** and **speak** more quickly than usual, act excited and anxious
   - Legal in mild form such as **caffeine** found in coffee, tea, soft drinks, and chocolate.

**Examples of Stimulants**

A. **Amphetamines** – stimulates the central nervous system.
   - Also known as speed
   - Are highly addictive and result in aggressive behavior
   - Lead to extreme weight loss and loss of physical strength

B. **Cocaine** – illegal stimulant that causes violent and unpredictable behavior
   - Also known as coke, snow toot, blow, and lady
   - Cocaine effects the user almost immediately, and the effects can last up to a few hours.
   - **Binge** - When a drug is taken repeatedly and at increasingly high doses

C. **Crack** – a form of cocaine that is more addictive than cocaine and dangerous— usually smoked.
   - Crack is created when cocaine is heated and processed with baking soda and water
   - Crack gets its name from the cracking sound that occurs when the mixture is smoked
D. Methamphetamine – illegal stimulant made in meth labs everywhere in USA

<table>
<thead>
<tr>
<th>Effects of Methamphetamine</th>
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<tbody>
<tr>
<td>Initial feelings of confidence and energy</td>
</tr>
<tr>
<td>Tendency on the part of users to binge</td>
</tr>
<tr>
<td>Users may go days without food or sleep</td>
</tr>
<tr>
<td>Users find it impossible to feel any pleasure without the drug</td>
</tr>
<tr>
<td>Unpredictable behavior</td>
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</table>

III. Central Nervous System (CNS) **Depressants** – substances that slow down body functions also called sedatives or tranquilizers.

**Harmful Effects of Depressants**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Harmful Effects</th>
</tr>
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<tbody>
<tr>
<td><strong>Tranquilizer</strong></td>
<td>Anxiety; reduced coordination and attention span. Withdrawal can cause tremors and lead to coma or death.</td>
</tr>
<tr>
<td><strong>Barbiturate</strong></td>
<td>Causes mood changes and excessive sleep. Can lead to coma.</td>
</tr>
<tr>
<td><strong>Hypnotic</strong></td>
<td>Impaired coordination and judgment. High doses may cause internal bleeding, coma, or death.</td>
</tr>
</tbody>
</table>
Chapter 14 - Lesson 4 – Hallucinogens and Inhalants

I. **Hallucinogens** – drugs that distort moods, thoughts, & senses.

- **Hallucinate** – has visions with distorted time, colors, motion, and sounds. Can’t tell real from not real.

**How Do Hallucinogens Affect The User?**

- Hallucinogens affect how a user perceives the passage of time, sees **colors**, senses motion, or hears sound.
- Hallucinogens interfere with a person’s thought process and ability to communicate.
- Users can no longer distinguish between what is real and what is not.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Harmful Effects</th>
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</thead>
</table>
| **PCP** (fenacyclidine) angel dust, super grass, killer weed, rocket fuel | • Most deadly – synthetic drug  
• Loss of coordination  
• Increase heart rate, blood pressure, and body temperature  
• Convulsions; heart and lung failure; broken blood vessels  
• Bizarre or violent behavior; temporary psychosis; thinks they can fly  
• False feeling of having super powers  
• Can’t sense pain |
| **LSD** (lysergic acid diethylamide) acid, blotter, microdot, white lightning | • Most powerful  
• Increased blood pressure, heart rate, and body temperature  
• Chills, nausea, tremors, and sleeplessness  
• **Unpredictable behavior**  
• **Flash-backs**; (similar to traumatic stress)  
• False feeling of having super powers. |
II. **Inhalants** – substances not meant to be put into the body whose fumes are sniffed/inhaled to produce mind-altering high

- Using inhalants is at times called huffing

**Regular household products can become inhalants such as:**
- Air **Fresheners**
- **Lighter** Fluid
- Markers and **Pens**
- Hairsprays
- Vegetable Cooking Spray
- Correction Fluid
- Paint

**Dangers of Inhalant Use:**
- Damages **myelin** - brain cell protective coating
- Permanent effects can include an impaired walking, talking, **thinking**
- Even a first-time experiment with inhalants can result in death from choking, **suffocation**, or **heart attack**.

**Warning Signs of Inhalant Use:**
- Eyes that are red or runny.
- Breath that smells strange or like **chemicals**.
- Sores or spots near the mouth.
- Holding a marker or pen near the nose.
I. Getting Help for Drug Use

- The first step in getting help for drug abuse is for the user to admit that he or she has a drug ________________.
- Most users and families are in denial.
- Although some effects of drug abuse are ________________, drug addiction is ________________.

### Recognizing When Someone Needs Help

<p>| | |</p>
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<tbody>
<tr>
<td><strong>Loss of</strong></td>
<td>A person takes more drugs than he or she meant to, or uses drugs at a time or place he or she had not planned.</td>
</tr>
<tr>
<td><strong>Dependence or Withdrawal Symptoms</strong></td>
<td>When drug use is stopped, a person may experience withdrawal symptoms from a physical need for the substance.</td>
</tr>
</tbody>
</table>
Drug Treatment Options:

• **Inpatient treatment:**
  - This type of treatment is provided in special units of hospitals or medical clinics and offers both detoxification and rehabilitation services.

• **Residential programs:**
  - This type of treatment provides a living environment with treatment services. Treatment can last from a month to a year or more.

• **Partial hospitalization or day treatment:**
  - This program may be provided in hospitals or free standing clinics. In these programs, the person attends treatment for 4 to 8 hours per day but lives at home.

• **Outpatient and intensive outpatient programs:**
  - This type of program provides treatment at a program site. Many meet in the evenings and on weekends so participants can go to school or work. Some programs require daily attendance while others meet only one to three times per week.

• **Outpatient treatment:**
  - This type of program requires a person to attend 9 to 20 hours of treatment activities per week. These programs last from about 2 months to 1 year.

• **Detoxification** – physical process of removing the addictive substance from the body

Help For Drug Abuse

• **Counseling** - provides an opportunity to openly share thoughts and feelings with a trained expert.
  - Counseling can help addicts deal with their psychological dependency on drugs.
  - Counseling may involve only the addict, or it may involve the entire family.

• **NA (Narcotics Anonymous)** - is a group of people who work together to help one another stay drug free.
  - Narcotics Anonymous
Chapter 14 Lesson 6 – Staying Drug Free

I. ____________________ – choosing to not use illegal drugs

- Choosing to be drug free is not easy due to negative ____________________ – which is negative pressure to do the wrong thing.
- It is easier to resist peer pressure than it is to stop drug use!

**The Benefits of Staying Drug Free**

<table>
<thead>
<tr>
<th>You will not be breaking the ________</th>
<th>You will have better ________ of your feelings and actions.</th>
</tr>
</thead>
<tbody>
<tr>
<td>You are able to ________ better in school.</td>
<td>You will not regret foolish actions caused by impaired judgment.</td>
</tr>
<tr>
<td>You will have more natural ________</td>
<td>You will not waste ________ on drugs.</td>
</tr>
<tr>
<td>Positive effects on your physical, mental, and social health.</td>
<td>Able to enjoy other interests with family and friends.</td>
</tr>
<tr>
<td>You will look ________</td>
<td>You will respect yourself for taking care of your body and mind.</td>
</tr>
</tbody>
</table>

**Refusing Drugs**

Use the S.T.O.P. strategy when you are approached by someone pressuring you to use drugs.

- **S**ay _____ in a firm voice.
- **T**ell why not.
- **O**ffer alternative ideas or activities.
- **P**romptly leave.
Refusing Drugs

Choose friends who are also drug free.

Avoid places where you know drugs will be present.

Always look for healthful ______________ to deal with problems you are facing.

Positive Alternatives to Drug Use

Begin a regular _______ fitness routine.

_______ to help someone in your school or community.

Join a school _______ or organize a new one.

Take part in a ___________ event.

Write down your thoughts, or express yourself through _______.

Balance enough physical activity with enough _______.

Form friendships with people who are _________ free.