Reasons why people smoke cigarettes

- Friends (peer pressure)
- Cool, sophisticated
- Rebellion
- Parents, family smoke
- Addiction
- Think clearly
- Curiosity
- Nervous

Reasons NOT to smoke cigarettes

- Hurts your lungs
- Do worse in sports
- Breath, clothes, hair smell bad
- Addicting
- Trouble with family, at school
- Harms others
- Yellow teeth
<table>
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<td>• Escape problems, responsibility</td>
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<td>• Cope with emotions (insecure, angry)</td>
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<td>• Lose control of actions, thoughts</td>
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<td>• Can’t drive safely</td>
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<tr>
<td>• Dependent/addiction</td>
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<tr>
<td>• Paranoid</td>
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<tr>
<td>• Problems remain</td>
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<tr>
<td>• Trouble with family, at school</td>
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<th>What really happens when you smoke?</th>
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<td>The first time-</td>
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<td>• Your heart beats faster &amp; works harder</td>
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<td>• Your breath smells bad</td>
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<tr>
<td>• Likely you will start coughing</td>
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<tr>
<td>• You may feel dizzy</td>
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<td>• You may get in trouble with parents or at school</td>
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</table>
What really happens when you smoke?

**After a while-**
- Addiction
- It is harder to breathe
- You smell bad
- Your teeth start turning yellow
- You have less money

What really happens when you smoke?

**After a long time-**
- Lung cancer and other cancers
- Heart disease
- Lung disease
- Wrinkles
- Death
What really happens when you smoke marijuana?

First time-
• Can’t concentrate, think
• Can’t remember (short-term memory)
• Do things you might regret
• Slow down
• Hard to communicate
• Feel out of control
• Sick, dizzy
• Get in trouble
• Appetite increases

What really happens when you smoke marijuana?

After a while-
• Dependency
• Don’t experience emotions
• Less money
• Trouble at home / school
What really happens when you smoke marijuana?

- Loss of interest in activities
- Addiction
- Lung damage
- Reproductive damage
- Damage to immune system

Where does pressure come from?

- Family
- Friends
- Ads/ Media
- Yourself

How much do you think these ads cost?
What do advertisers want you to believe?

- fun
- Sex
- Success
- Escape
What is this ad trying to make us believe about this product?

How could we rewrite this ad so it says what is really true?

How could we rewrite this ad so it says what is really true?
What teenagers want to know about Alcohol.

**DID YOU KNOW?**
- Alcohol can be deadly. If you drink a quart of vodka at one sitting, it can kill you (drinking games).
- Alcohol is a powerful depressant. It slows breathing and heart rate and lowers blood pressure.
- Once you drink, nothing sobers you up but time, one hour for each ounce of alcohol consumed (whether a mixed drink, a can of beer, or a glass of wine).
- Alcohol-related car crashes are a leading cause of death to teenagers.

**What happens when a person drinks alcohol?**
- The first thing that happens is loss of judgment (this can happen with only one drink).
  - It could mean:
    - Drinking and deciding to drive, or getting into a car with someone who has been drinking.
    - Drinking and deciding to do something you later regret (have sex, do something physically dangerous, steal).
- The next thing that happens when you drink is loss of coordination (this can happen with two or three beers).
  - It could mean:
    - Getting into a car crash and hurting yourself or other people.
    - Losing your balance and falling, or going swimming and drowning.
- If you drink regularly (like partying on weekends), drinking may interfere with your ability to cope with emotions.
  - This means:
    - Drinking every time you feel nervous in social situations (party, date).
    - Result: you don’t learn how to feel less nervous without drinking.
    - Drinking every time you feel angry, depressed, bored, or lonely.
    - Result: you don’t learn how to cope with these feelings without the aid of alcohol.

**What can happen if you drink regularly over time?**
- Addiction. Alcohol is mentally and physically addicting. This means that you need to drink in order to feel okay.
- *Alcoholism* is the word used for addiction to alcohol.
- Liver damage, nerve damage, brain damage.
- Death.
What teenagers want to know about Alcohol.

WHO DRINKS? WHO BECOMES AN ALCOHOLIC?
- Many adults don’t drink alcohol at all.
- Of the adults who drink alcohol, three out of every ten drink regularly and one out of ten will become an alcoholic.
- The more a teenager drinks over time, the more likely it is that he or she will become an alcoholic.
- Even if you are not an alcoholic, heavy drinking can hurt your family, your life at school, and your friendships.
- Teenagers who come from families in which a family member is an alcoholic are twice as likely to become alcoholics themselves.

WHAT ARE SIGNS THAT A TEENAGER COULD BE DEPENDENT ON ALCOHOL?
- Drinking every day.
- Drinking regularly to relieve shyness, anger, fear.
- Drinking in the morning.
- Drinking alone regularly.
- Needing a drink at a certain time every day.
- Having a loss of memory during or after drinking.
- Becoming more moody or irritable after drinking.
- Even if only one of these signs applies to you, you could be in danger of becoming alcohol dependent.

IF A PREGNANT WOMAN DRINKS ALCOHOL, HER BABY MAY BE BORN WITH BIRTH DEFECTS OR NERVE DAMAGE.
- Doctors advise pregnant women not to drink.
- Even women who are planning to become pregnant should not drink. By the time women find out

SMOKING CESSATION
- Why it’s hard to quit
  - Addiction
  - Friends smoke
  - A habit, used to it
  - Peer pressure
  - Something to do in social situations
SMOKING CESSATION

• What gets people to quit?
  – Can’t do well in sports
  – They feel sick
  – They loose friends
  – People they care about stop
  – They don’t like feeling addicted
  – Friend want them to stop

SMOKING CESSATION

• How do people quit?
  – Cold turkey
  – Parents/friends help
  – Friends quit together
  – Treatment
  – Do other things when they feel like smoking
  – Pyramid method
  – Try and try again

SMOKING CESSATION

• What are the good things they get from quitting?
  – Breathe better
  – Better health
  – Better at sports
  – Whiter teeth
  – Don’t smell
  – Don’t loose friends
  – Not nervous
  – Family happy
  – Save money
SMOKING CESSATION

• How can you help a friend or parent who is trying to quit?
  – Moral support or encouragement, show them you care
  – Tell them what it does to their body
  – Tell them about treatment programs
  – Tell them how it is affecting you

Saying “No” Can Make You Feel...

<table>
<thead>
<tr>
<th>Scared/Nervous</th>
<th>Strong (willpower)</th>
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<tbody>
<tr>
<td>Lonely</td>
<td>In Control</td>
</tr>
<tr>
<td>Left Out</td>
<td>True to Yourself</td>
</tr>
<tr>
<td>Afraid of Losing Friends</td>
<td>Independent</td>
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Respected (by others, by yourself)
Good Inside
Relieved

Saying “No”

1. We have to say “no” sometimes if we want to feel good about ourselves.

2. We get good things from saying “no” and from not using drugs.

3. Others often want to say “no,” too.
Benefits of Not Using Drugs

1. School and Sports.
2. Health and Appearance.
3. How You Act or Feel About Yourself.