

Truth and Lies



about

Drugs



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THIS BOOKLET WAS PRODUCED BY
PD DRUG EDUCATION

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Why This Booklet?

You learn about drugs through TV, newspapers, magazines, movies, the internet, the opinions of your friends and from the mouths of drug dealers.

Some of that information is true but a lot of it isn't.

It is very likely that sooner or later you are going to have to make a decision about drugs and that decision can affect the rest of your life.

It is easy to make a bad decision about something or to be talked into doing something you're not sure about if you don't have clear and truthful information about it.

If you have information that isn't true, it can lead to a bad decision.

But you *can* make sensible decisions about how to live your life successfully and happily if you have good information to work with.

It is also hard for those who care about you – your parents, family, friends and teachers – to help you live the happy life you want to live when so much bad information is passed around.

This booklet was designed, produced and published by volunteers who want you to do well in life and want to give you, your parents, teachers and friends a helping hand by giving you some simple basic facts about drugs.

We really hope that it helps and that you will be successful and happy.

If you do find this booklet helpful, please help your friends by showing it to them too.

1 Lie Nobody knows why people
take drugs

Truth People take drugs to get rid
of unwanted feelings



- to change something about their lives
- to escape
- to find excitement
- to fit in
- to feel more comfortable
- to seem grown up
- to rebel
- to feel less shy
- to be liked

Dealers know this

They just want your money and they don't care what happens to you. So they will tell you that drugs will:

- help you out
- help you fit in
- make you cool



They'll tell you *anything* so that you'll buy their drugs.

People hope drugs will fix a problem they are having but drugs can bring on bigger and worse problems on top of the problem they already have.

2

Lie

Drugs can help you deal with life better

Truth

Drugs don't fix problems

It's like using a painkiller to fix a broken leg. When it wears off, the leg is still broken. The drugs can only hide the pain for a while but it is much better to mend the broken leg.

He might be trying to feel more confident.



She might be stressed.

She might be miserable and sad.



People take drugs to feel better than they do but when the drug wears off, the problem is still there.

A problem can usually be solved without drugs . . .

. . . if you find out what was *really* causing it in the first place.

3 Lie Truth

Some drugs can't really hurt you

All drugs are poisons



If you put the wrong fuel in a car, it won't run well.

It might keep going for a while but it will cough and splutter and conk out.

Putting drugs in your body is like putting sugar in a petrol tank. The more you put in, the worse the car will run. In the end, it won't run at all.



Medicines are drugs that are intended to change the body in some way.

Sometimes they are necessary to try to correct something that is wrong with the body.



But they are still drugs.



If you do not use them carefully as they are supposed to be used, they can poison your body just like illegal drugs.

4 Lie

Not all drugs can kill you

Truth

Any drug can kill you if you take too much

This is true of any drug – even caffeine, which is the drug in coffee.



A small amount of caffeine acts as a stimulant.

It speeds up your body's machinery.

A larger amount acts as a sedative – it slows down your body's machinery.



An even larger amount can stop your body working at all.



All drugs act this way. Only the amount you need to get the effect is different between one drug and another.

**People who try to sell you drugs won't tell you this.
They don't care what happens to you.**

5 Lie Drugs can't hurt your mind

Truth Almost all drugs change the way your mind works

To do well in life you have to

- be sharp and on the ball
- think fast
- remember clearly
- make good decisions



When you remember or imagine something, you usually look at pictures in your mind. This is very fast.



But drugs make the pictures fuzzy and can jumble them up - or make blanks where you can't see them.



So thinking and remembering get harder and slower.

The drug user makes more mistakes and bad decisions.

He doesn't react as cleverly to things going on around him.

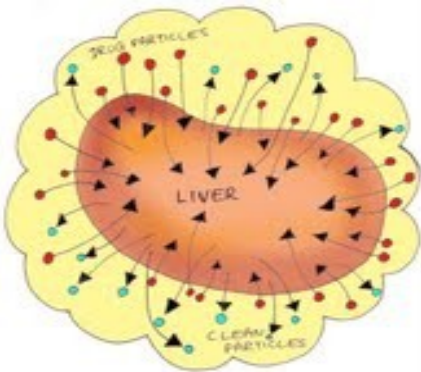
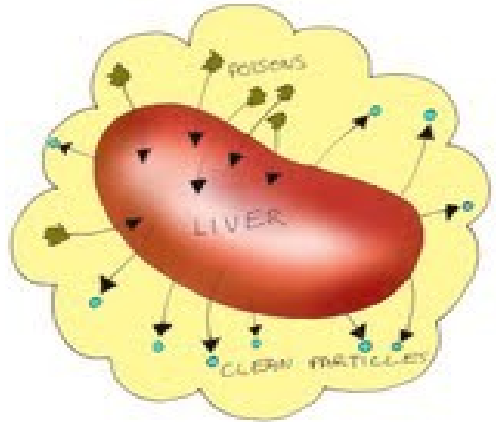


Drugs make your mind work less well.

6 Lie Drugs aren't bad for your health

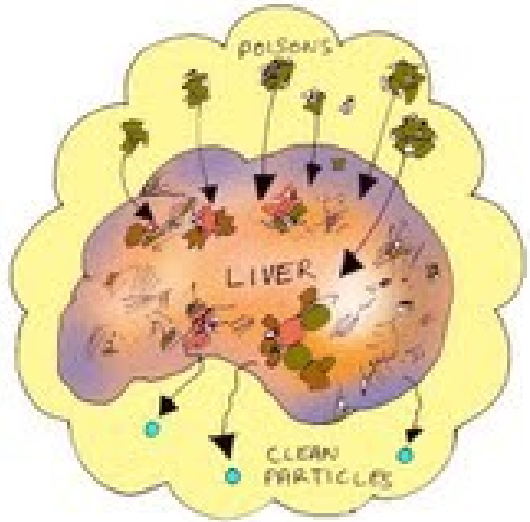
Truth Drugs are poisons that can damage your body

There is a thing in your body called the liver. One of its main jobs is to remove poisons from your body.



When you put drugs in your body, the liver has to work extra hard to remove them again so that your body will be okay.

But it can get overloaded, damaged and worn out so it can't do its job properly.



This is one of the reasons drug users are unhealthy and can have bad hair and skin.

The liver can even stop working completely and then the person can die.

7 Lie Taking drugs now and then
is okay

Truth When a drug wears off, the
person wants more



If you took a drug to hide the pain of a broken leg, when the drug wore off, the pain would come back and you'd need more drugs to hide the pain.

People take drugs to get rid of unwanted feelings they find unpleasant or uncomfortable such as shyness or feeling nervous or stressed out.



But when the drug wears off, the feeling comes back even stronger.



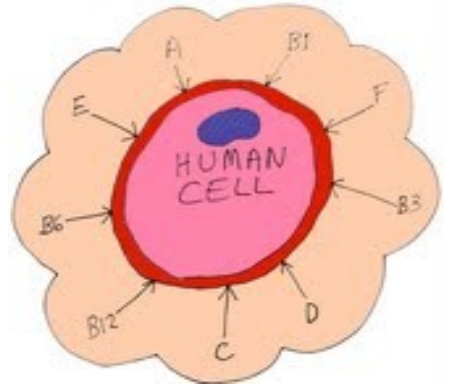
So they need MORE of the drug to make it go away again.

They can wind up unable to do without the drug.

8 Lie Alcohol isn't a drug

Truth Alcohol is a drug just like any other

Your body needs things called vitamins so it can work properly and stay alive.



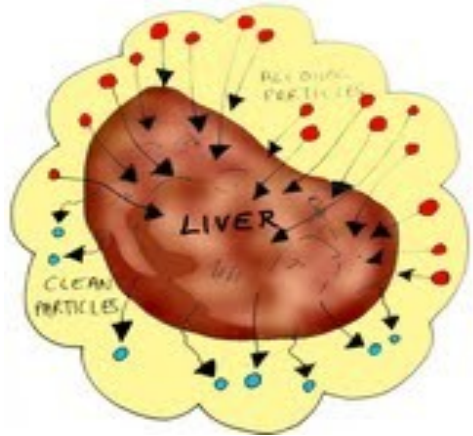
You get vitamins through your food, so you need a healthy diet.



If you don't get enough vitamins you can feel tired or get sick.

Alcohol can use up the vitamins stored in your body so you can feel sick or tired after drinking it. This is what causes a hangover.

Alcohol can also damage your liver.



Like any drug, alcohol is a poison that can damage your body or even kill it.

9

Lie
Truth

Marijuana is harmless

Marijuana damages the nerves and brain



It contains a poison called "THC" that damages the nerves and brain.

It burns up all the vitamins and minerals in the body and changes the nerves so they go numb.

These changes to the nerves make the person feel high. But the drug causes this by doing damage to your body.



Each time a person gets high in this way, they don't feel as high as they did before.

So they need MORE to get the same feeling.



Some of the effects of Marijuana are:

- Memory gets worse
- Doing less well in school
- Less ability to concentrate
- Less ability to solve problems
- The user is less bright.

Marijuana works by damaging the body. The more you take, the more damage is done. The damage adds to the problems the user is trying to escape.

10 Lie Ecstasy is safer than other drugs

Truth Drugs like Ecstasy cause you to see and feel things that aren't really there.

Such drugs are called **hallucinogens** and they are some of the most dangerous drugs.



They cause the pictures in your mind to become mixed up causing you to see or experience things that can seem quite real.

And they can often be unpleasant.

They are hard to control and you can even get stuck in them without realising it, leaving you with permanent unwanted feelings.

Some of the effects of Ecstasy are:

- 👤 Feeling depressed
- 👤 Feeling nervous or fearful
- 👤 Feeling sick
- 👤 Chills
- 👤 Permanent brain damage
- 👤 Loss of ability to think clearly



Young people who have taken too much Ecstasy have died from:

- **Dehydration**
- **Exhaustion**
- **And even heart attacks.**

11 **Lie** Drugs improve your senses

Truth Drugs make you dull

Some drugs are needed in an emergency such as an accident or an operation.

Drugs block off pain or other unwanted feelings.



But they can block off all feelings, including the ones you *do* want.

So all kinds of feelings become harder to experience.





The person feels
less alive and
slower.

So he makes
mistakes, has
accidents and
gets into trouble
more easily.



**He can't see the change in himself
but other people sure can.**

12 **Lie** Drugs make you more creative **Truth** Drugs ruin creativity



Whatever you want to do in life, it will be up to you to create it. The more creative you can be, the more likely you will be to succeed.

Being creative depends on being alert and on the ball, confident, cheerful and enthusiastic.





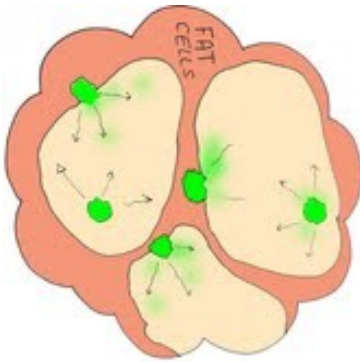
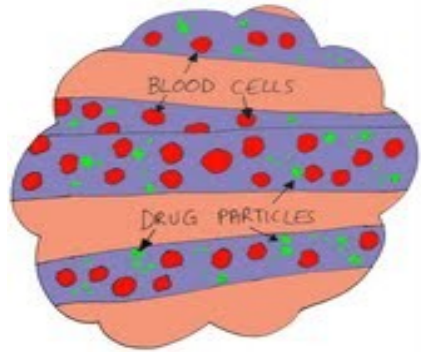
When you do drugs, you get duller and duller, more moody, less in control, less confident and less creative.

Drugs blunt and ruin the creativity you need to make a success of your own life.

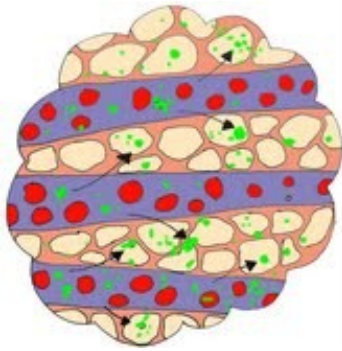
13 Lie Drugs don't stay in the body for long

Truth Drugs can stay in your body long after you take them

When you take a drug, it gets into your blood and is carried around your body through your veins.



Drugs dissolve easily in your body's fat, which is like stored fuel that lies close to the veins so that it can easily get into your blood when you need it.



As drugs go through your veins, small amounts get drawn into the fat and stored there.

Later, when the fat is released into your blood, along with it come the small amounts of drug that are stored in the fat.



Long after taking a drug, it can seem like you just took it again.

14 Lie What you do makes no difference

Truth You can help other people beat drugs

You can probably think of lots of ideas for things you can do to help but here are some suggestions:

Most importantly, learn the truth about drugs yourself so you can always make the right decision not to use them.



Share with others what you have learned.

Hold poster and poetry competitions or fundraising events such as sponsored walks for anti-drug charities.



Get with your friends and family and start a club in your school or area.

Ask your teacher or parents. They may be glad to help you do something so helpful.

The way to help yourself and your friends succeed in life and be happy is to live free of drugs.

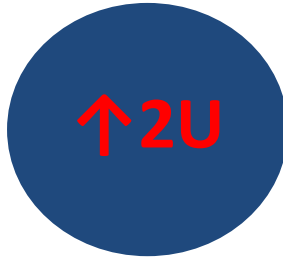


Life can be fun and a real adventure if you:

- Choose your own goals.
- Study, practice and learn whatever you need to be good at so you can achieve your own goals.



**And always remember it's:
up to you!**



Pass it on!

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