

Alcohol, Drugs and Smoking



YOU MAY WANT TO INCLUDE....



- Alcohol facts



- Drug facts



- Smoking facts



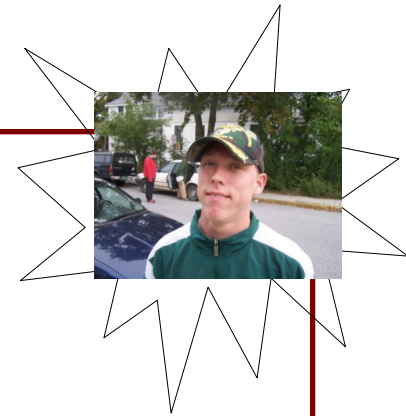
- Prescription medication side effects and warnings



- Resources if you, a friend or family member have a problem

Alcohol, Drugs and Smoking

Drinking Responsibly by Greg Hudson



I went to Montpelier High School.

I didn't drink in high school. I was all about keeping healthy.

Before I turned 21, I thought drinking was bad because it messed me up. One time I did drink with an older peer. I threw up and I didn't feel good. I thought I was going to pass out.

I learned I need to drink responsibly. Don't over do. Know my limits.

I just turned 21. People say, "Would you like a drink?" Sometimes I say yes and sometimes I say no.

The other day three kids asked me to buy beer for them. I said, "No." That's hard, but I don't want to get thrown in jail.

My tips for younger students are:

- 1. Don't drink in high school**
- 2. Know your limits**
- 3. Don't buy for underage kids**
- 4. Don't drink before 21. It is not worth it! You could go to jail or have to pay a fine \$\$\$.**



Alcohol, Drugs and Smoking

**It's Your
Choice!**

There's a lot of "information" out there about drugs, alcohol and smoking. The movies, music and news don't always tell you about the risks involved. Sometimes what you see on TV makes it look glamorous or cool to smoke, drink or use drugs.

With all the **hype** around drugs, you may not realize the facts that:

**most high school students
choose not to do drugs**

There are a lot of reasons why people try or use drugs.

- Some people do it to change the way they feel.

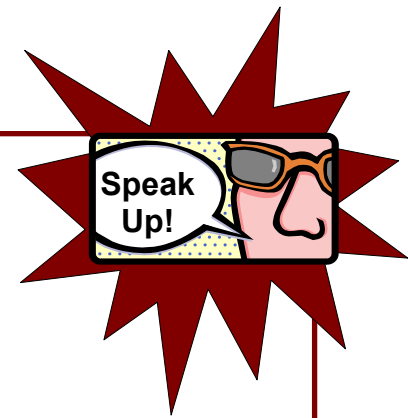
- Some people use drugs to have fun.
- Some people use them to forget something bad.
- Some people use drugs to fit in with a group.

Some users say that drugs ended up making them feel more alone.

Remember no one "plans" to become a drug addict, and every one of the millions of people hooked on drugs started out thinking they had it "under control."



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Check out the drug facts. Get informed and decide for yourself.

Let your team know you want to know more about:

- Smoking cigarettes
- Other drugs
- Marijuana
- Alcohol:
 - ⇒ Can I drink if I'm on medication?
 - ⇒ What are the laws?
- Prescription Drugs:
 - ⇒ What if someone takes mine?
- Getting help with a problem:
 - ⇒ How do I quit smoking?

- Getting help because someone in your life has a problem
- How to stand up to peer pressure. How do I say no?

Who will you talk to?
