

Who cares if I do or I don't?

We Care...

Each one of us at some time needs special help. Today might be the right time to act on your life situation. Do please realize how shallow it is to believe "No one cares" whether you can reject a destructive habit. We care. We can help you to meet all personal and career goals.

Not one person doesn't face social pressures because pursued by doubts and haunted by fears while trying to live up to society's expectations. At these times, if a person doesn't quickly find the caring human response that everyone craves, it's tempting to find a chemical substitute. What everyone needs is experienced human assistance.

This school has a program that provides a caring contact when you are ready. This brief survey of addictive substances is meant to encourage you to seek this contact, before it's too late to ask for it.

Why The Drug Problem?

More high school and college age students in America are involved with alcohol or illicit drugs than students in any other country in the world. Studies have shown that even where our youth possesses more than those in other parts of the world, something is still missing.

What's missing frequently has no direct connection to alcohol or drugs. But just to have someone CARE about you - someone for you to talk with and to listen carefully - can often be your best deterrent of a chemical dependency. Drugs can never take the place of someone who will really care about you.

Myths

'One Time Can't Hurt You'

The precise effects, or quality or even composition of the drugs that you might obtain are necessarily unpredictable. Because what dealers package as marijuana, heroin, cocaine or crack and other synthetic drugs take effect in minutes if not seconds, rarely can you "see what it's like" before the drug gets hold. You'll know too late. Extreme bodily harm, even death can be the result.

'The Most Dangerous Drugs Have Been Outlawed'

Hundreds of new and little understood synthetic drugs are coming onto the street for sale. US News & World Reports notes, "These drugs haven't been tested. No one is even sure about the toxic effects. But people are still lining up to buy them. The public is taking the role of guinea pigs."

'You Won't Become Addicted With Casual Use'

This is a very dangerous myth. Over 2 million cocaine addicts could tell you different. And you may also learn that, "Once you start using crack, you can't stop." Most of the drugs cause intense dependency and addiction within a short period of experiment.

'You Have To Drink For Years To Become An Alcoholic'

Even a short history of drinking can cause dependency and initial bodily damage, the true harm not appearing at once.

Costs

Your personal expense for having a drug habit can be from \$200 to \$3,000 per week. This is just the beginning, and on the dollar value. The costs are to your future family, family, lifestyle and career prospects as well as your physical well-being and self respect.

The costs will mount. Your physical and mental state will diminish. As tolerance develops with your continued use, the drugs can cause recurrent depression, paranoia, irritability and other problems that you and others will not mistake. Sometimes the consequences are fatal.

All this cost can be controlled - can be prevented. You can dedicate yourself to your well-being and your career success. Say Yes to your future development instead of to addiction.

Warning Signs

- * Wanting to be intoxicated while sober
- * Worrying about 'Where to get more'
- * Deep Depression
- * Loss of energy and appetite
- * Lack of sleep
- * Sexual indifference
- * Shifting feelings about oneself

We're all in a process of change, all the time. But you'll be alarmed if you see these cravings and obsessions and deterioration entering your life. Don't just ignore the signs. Find someone who cares and won't condemn, but helps!

Facts About Drugs

Marijuana

The most commonly-used current drug, this mind altering active agent is obtained from the marijuana (ganja, sensemilla) plant and more than 400 chemical combinations. In minutes the heart rate can be speeded up by up to 50 percent. A sense of euphoria, of heightened mood, can result but as easily, acute anxiety with mood swings can surprise the user. Long-range psychological and physical damage is a risk of beginning causal use.

Cocaine

A white crystalline powder extracted from the leaves of the coca plant, in its pure form. The drug is universally mixed with other substances by dealers to increase bulk and profits. These additives are often irresponsible, including even toxins that have the right look and taste. Always risky in use, frequency heightens the danger. Smoking it affects the brain in seconds and even small amounts can result in heart or respiratory failure.

Crack

Also called 'rock' it's a purified version of cocaine that is 'smoked' by inhaling the fumes while heating the drug. Dealers sell small chunks for burning with tobacco or marijuana. Crack gives an intense high within seconds that lasts 5 to 7 minutes. Deep depression is chemically the next stage, encouraging repeated resort to the drug. It can cause intense dependency in a short time.

Amphetamines

The chemist's magic may place a tempting selection before you. These are amphetamines, dextroamphetamines and methamphetamines - speed white crosses, uppers, dexies, bennies, and crystal, most in tablet or capsule form. They increase heart and breathing rates, raise blood pressure, often cause blurred vision, dizziness, loss of sleep and anxiety. The temporary 'high' upsets the body chemistry, leads to long term damage.

Alcohol

May provide a feeling of confidence and being in control. Those likely to be addicted may have an enzyme deficiency which allows them a high rate of consumption without drunkenness, encouraging a belief that since one doesn't get obviously drunk, no harm is done. The tolerance is only on the surface. Liver, brain, heart and stomach destruction goes on even without apparent symptoms. Over time, beer, wine, wine coolers as well as hard alcohol, often cause dependency and may be fatal.

Just Say Yes

To your own health and success. You are important!

Yes - to career preparation and you are on the right track. With your teachers' and school staff's concern and help you can be ready soon to set up the lifestyle you want and deserve.

Yes - to a life clear of drug-induced, artificial highs. A good life in itself a natural high.

Yes - to continuing education and training, keeping you current with the needs of the marketplace.

Yes - Say it with someone at this school ready to meet with you! Check with our office: Just ask, "Who Cares?"

***YOU CAN SAY NO TO CHEMICAL ADDICTION AND
THOSE HOPING TO PROFIT FROM YOUR LOSS.***

This institution, in keeping with all local, state and Federal laws, prohibits the possession, use or distribution of drugs and alcohol by students, faculty or staff while on school property or when involved in a school sponsored activity. (PL-101-690)