

10 THINGS YOUR FRIENDS MAY NOT KNOW ABOUT DRUGS




NARCONON[®]
DRUG PREVENTION & REHABILITATION

**FIND OUT THE TRUTH ABOUT DRUGS.
SAVE SOMEONE'S LIFE.**

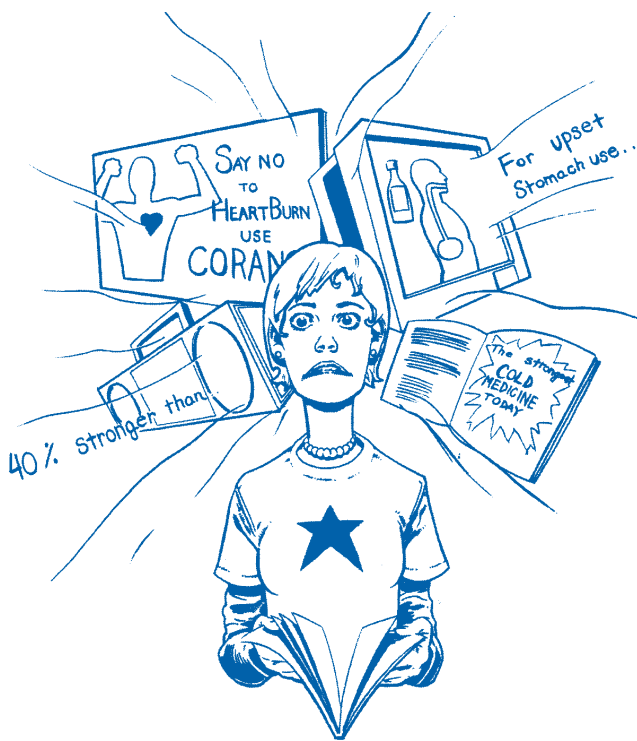
CAN YOU PASS THIS DRUG TEST?

TRUE OR FALSE?

- 1 **THERE ARE GOOD DRUGS AND BAD DRUGS.**
- 2 **MOST DRUGS DON'T HURT YOUR MIND.**
- 3 **NO ONE KNOWS WHAT CAUSES PEOPLE TO TAKE DRUGS.**
- 4 **MOST DRUGS AREN'T HABIT FORMING.**
- 5 **ALCOHOL ISN'T A DRUG.**
- 6 **MARIJUANA ISN'T HARMFUL.**
- 7 **ECSTASY IS SAFER THAN OTHER DRUGS.**
- 8 **DRUGS INCREASE CREATIVITY.**
- 9 **DRUGS IMPROVE YOUR SENSES.**
- 10 **DRUGS STAY IN THE BODY FOR ONLY A SHORT TIME.**

ALL TEN OF THESE STATEMENTS ARE FALSE!

Most of the information people get about drugs isn't true. It comes from people who sell drugs, or people who take drugs themselves. Companies that make alcohol or other drugs advertise them on TV, in magazines and billboards in order to sell them and make money.



People who sell street drugs also give out information about drugs that isn't true. People who take drugs often think they are safe. Sometimes they find out they were wrong, but it's too late. In order to make up your own mind about drugs, you need to know what drugs do.

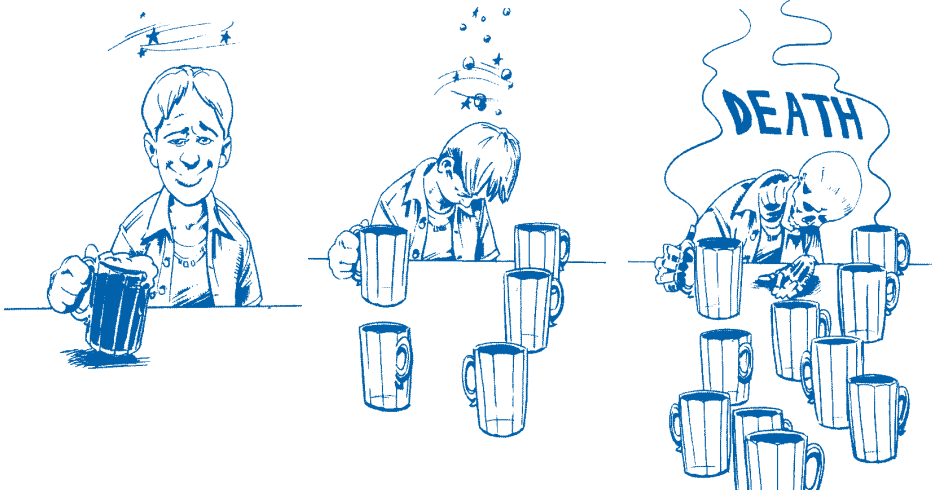
1

DRUGS ARE BASICALLY POISONS

Drugs are basically toxins or, more simply, poisons. The amount that you take controls how the drug affects you. A small amount acts as a stimulant (something that speeds up the activity of the body). A greater amount acts as a sedative (something used to make someone sleepy or calm). A larger amount acts as a poison and can kill you.



This is true of almost any drug. Each has a different amount. Alcohol is a drug. So alcohol is an example. One or two drinks stimulate. Five drinks would slow a person down and probably put a them to sleep. Ten drinks in a short amount of time would probably kill a person.



2

ALMOST ALL DRUGS AFFECT THE MIND.

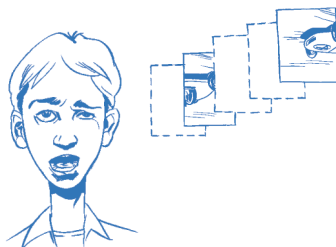
When a person thinks of something, he gets a picture of it in his mind. These “mental pictures” are very easy to see for yourself. If you close your eyes for a few seconds and think of a cat, you will get a picture of a cat. The mind records these pictures and uses them to solve problems in life.



Normally, when a person remembers something, the mind is very fast, and information comes to him very quickly from the pictures in his mind.

A person who takes drugs, can become stupid, blank, forgetful and irresponsible. He can believe things that are false. He may become more

“wooden”, unfeeling and unable to do things. This person is definitely not someone who can be trusted.

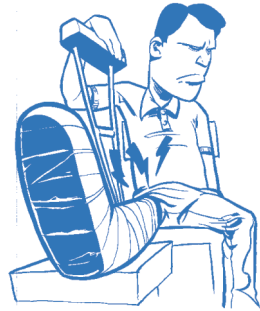


3

PEOPLE TAKE DRUGS TO GET RID OF UNWANTED SITUATIONS OR FEELINGS.

Anyone who takes drugs does it to avoid problems or get rid of some pain or unwanted feelings, including boredom. To understand why someone takes drugs now, you need to know what was wrong before he or she took them.

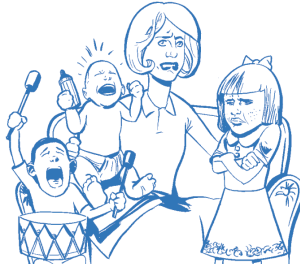
He may have had some physical problem which was causing him pain.



Maybe he was unable to sleep.



She may have been trying to calm down.



She may have wanted to feel happier.



Or maybe he was just bored.



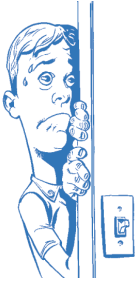
The drugs were a temporary solution to the unwanted feelings. To get a real solution, the person would have to fix what was causing the problem in the first place.

4

WHEN A DRUG WEARS OFF, THE PERSON WANTS MORE.

When any drug wears off, the pain or other feeling that went away comes back harder than before.

If someone had a problem that made him want to take drugs, like feeling “too nervous” to talk to anyone at a party,



he might take a drug to help him relax.



When the drug wears off, the feeling of nervousness is worse than before and he wants MORE drugs to calm himself.



This person’s problem talking to people won’t go away until he does something about his shyness and finds out he CAN talk to people without using drugs.

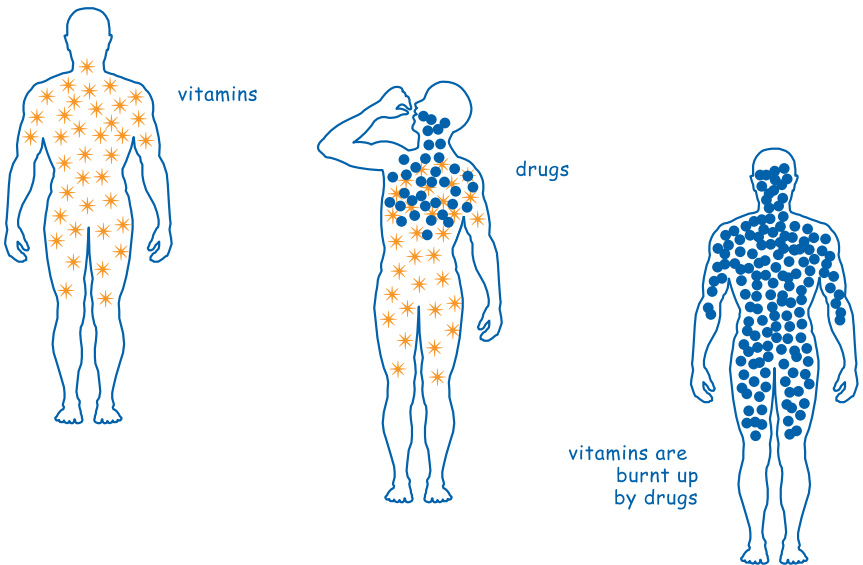


5 ALCOHOL IS ONE OF THE MOST USED DRUGS OF ALL.

Alcohol is a drug. Like any other drug it is poisonous to the body in large amounts. Like other drugs, alcohol uses up vitamins in your body so you feel tired or sick after drinking it. This is what causes a “hangover.” If alcohol uses too many vitamins, a person’s body can start shaking and sweating. The person can feel worried and see things that are not there.

The body needs vitamins to stay alive. Not having enough vitamins can make it easier to get sick. Then if you get sick, it takes longer to get better.

Any time you take drugs, they burn up some of your body’s vitamins. If you take enough drugs, later you may feel bad or get sick. What happens if you keep taking drugs to feel better, but each time the drugs burn up your vitamins? The problem gets WORSE.



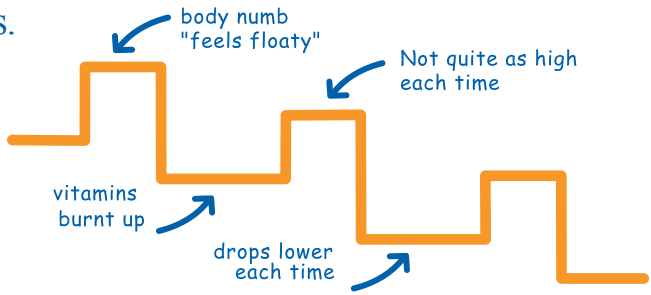
6 MARIJUANA DAMAGES THE LUNGS, NERVES, AND BRAIN.

There are 400 chemicals in marijuana smoke. 60 of these have been proven to cause cancer. These chemicals can stay in the body for months or even years. Also, marijuana contains THC, a “neurotoxin” (a poison that damages nerves.)

When someone smokes pot, it makes two things happen: 1) There’s almost an immediate burnup of vitamins and minerals in the body. 2) The nervous system changes and the nerves in the body go numb.



Each time someone gets “high”, they don’t feel quite as high as they did before, and each time they feel a little worse afterwards.



Eventually, pot smokers don’t want the drug...they NEED the drug to get rid of the unwanted conditions the drugs created in their bodies, such as pain and discomfort from vitamin deficiencies.

ECSTASY IS A DANGEROUS DRUG.

Ecstasy can cause a dangerous increase in body temperature that can make a person's heart stop working. Ecstasy can damage cells in the brain. Also, ecstasy users can have problems with their memory.

Besides this, ecstasy is a "hallucinogen" (a drug that acts on the mind to cause people to see or feel things that aren't really there). These are some of the most dangerous drugs.



Hallucinogens cause the mind to record things that are both real experiences and those that are not real. This can mix up of a person's memory. A person can start thinking about a

scary or sad experience from the past and not be able to stop thinking about it. This can result in permanent feelings of fear, sadness or other feelings that have nothing to do with what's happening in the person's present life.

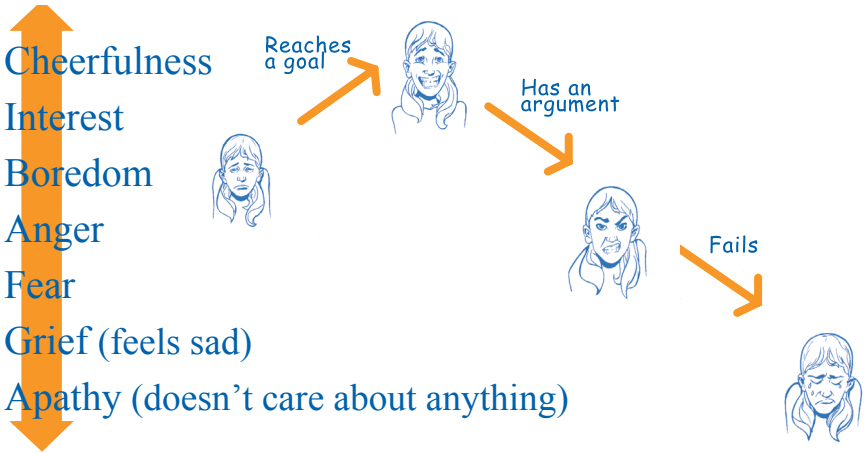
In one survey, 50% to 55% of people who tried ecstasy said they had feelings of losing control, extreme suffering and fear.



This person is "stuck" in a bad experience from the past.

8 DRUGS RUIN CREATIVITY.

There is a series of emotions that people move up and down on as they go through life. Here's an example:



Let's say someone is bored. She smokes pot which causes the nervous system to go numb and "lifts" her into a fake cheerfulness. It's fake because what happens when the drug wears off? She feels terrible and doesn't care about anything. When she comes back up the scale, she feels a little lower than before she took the drug.



The person goes lower and lower, feels less and less cheerful and less creative as time goes on.

9

DRUGS DULL ALL YOUR SENSES.

Because drugs numb the nervous system, they are a way for a person to temporarily get rid of unwanted feelings like sadness, boredom, or fear. They do block off pain and other unwanted feelings. But there is a whole group of *wanted* feelings, and drugs block off *all* feelings.

Eventually any kind of feeling becomes harder to experience. That includes sexual feelings also. The person feels less alive, and he may act like he doesn't care about anything or anyone around him.

After a while, drugs will make a person less aware of what is going on around him. He will become slower, not as quick to think or move or react. So he can get into accidents and other dangerous situations more easily when he has used drugs.

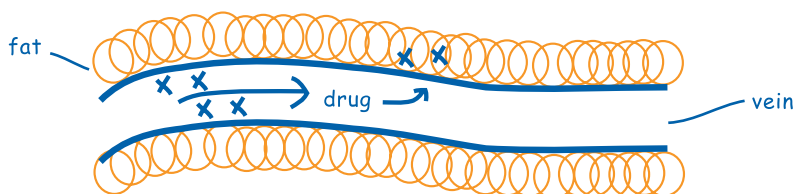
Often, the person isn't aware of this change in himself even though other people may notice it and try to point it out to him.



DRUGS CAN STAY IN THE BODY FOR A LONG TIME AFTER YOU TAKE THEM.

Many can get stored in fat within the body and can stay there for a long time. Here is how that happens.

Drugs easily mix with fat in the body. In this picture, you can see that fat is close to the vein. When drugs come through the vein, the fat draws that drug into it like a magnet.



This is a problem because later, when the person is working, or exercising at the gym, or hiking, the fat burns up and a tiny amount of the drug can go back into the vein. This can make a person feel some of the effects of the drug again. This person also gets a tiny “taste” of that drug again



What happens when you get a tiny taste of sugar? You want MORE. What happens to the guy getting a tiny taste of that drug? He wants MORE. So he may still want drugs even years after he's stopped taking drugs.

WHAT YOU CAN DO ABOUT IT.

By learning and knowing the truth about drugs, you yourself can make the right decision to not use them. You can also help friends and family by sharing what you now know and helping them lead a drug-free life.

Most schools, youth and community groups have anti-drug programs or they belong to a group of people and organizations working together to make their community drug-free. You can do your part by contacting these groups and working with them. You can also contact a Narconon center near you for help starting a drug prevention and education program near you.

If you know someone who is taking drugs and can't seem to stop, your nearest Narconon center can help.

The Narconon program is based on the research and discoveries of author and humanitarian L. Ron Hubbard. Narconon centers are open to people of any race, color, belief or religion.

If you would like a Narconon drug education program or presentation in your school or group, call 323-962-2404

QUESTIONS ABOUT DRUGS.

Q. Just because a person takes drugs, does that mean he or she has a drug problem?

A. Anyone who takes drugs takes them as a solution to a problem he already has. It might be unhappiness at school or at work or at home, shyness, loneliness or boredom, or a medical condition that may require the use of a drug for a certain time. The drug itself can become a problem when a person cannot stop using it, even though it is harming his body and mind. But there is ALWAYS a problem before the drugs, and there is most often a solution available without them.

Q. Aren't prescription drugs okay to take?

A. Sometimes a person is required to take a drug for a known medical condition. If this is the case, then it is very important to know what you are taking, what its side effects are, and to follow the instructions carefully. Any drug can be toxic or poisonous, and a person should know everything about it before putting it in his body.

For more information about drugs and their effects, please visit: www.narconon.org

**IF YOU KNOW SOMEONE WITH A
PROBLEM WITH DRUGS OR ALCOHOL CALL:**

323-962-2404



VISIT US ON THE WEB AT.

www.narconon.org

**THE NARCONON® PROGRAM WORKS.
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