

10 THINGS
YOUR FRIENDS MAY
NOT KNOW ABOUT
DRUGS



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


NARCISON®
Drug Prevention and Rehabilitation

CAN YOU PASS THIS DRUG TEST?

1. There are good drugs and bad drugs. *True or False?*
2. Most drugs don't hurt your mind. *True or False?*
3. No one knows what causes people to take drugs. *True or False?*
4. Most drugs aren't habit-forming. *True or False?*
5. Alcohol isn't a drug. *True or False?*

6. Marijuana isn't harmful.
True or False?
7. Ecstasy is safer than other drugs. *True or False?*
8. Drugs increase creativity.
True or False?
9. Drugs improve your senses. *True or False?*
10. Drugs stay in the body for only a short time.
True or False?

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 from people who take drugs themselves. Companies that make drugs advertise them on TV 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 that drugs 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 ANY drug. Each has a different amount at which it gives those results.

Caffeine is a drug. So coffee is an example. Two or three cups stimulate. Ten cups would probably put a person to sleep. One hundred cups of coffee, taken fast enough and all at one time, would probably kill a person.



A SMALL AMOUNT OF ANY DRUG ACTS AS A STIMULANT.



A GREATER AMOUNT ACTS AS A SEDATIVE.

AN EVEN GREATER AMOUNT ACTS AS A POISON AND CAN KILL YOU.



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 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.

But drugs blur the pictures. They make the pictures dull and cloudy. This causes “blank spots” in the mind.



When a person tries to get information through all this blurry mess, he can't do it. Drugs make a person seem slower or stupid. This can cause him to have failures in life. And when he fails, what does the person want more of?
DRUGS!

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

Anyone who takes drugs does it to get rid of some pain, or to avoid problems and 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.





He may have
been trying to
calm down.

Maybe she
was unable
to sleep.



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 stronger 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 drugs.

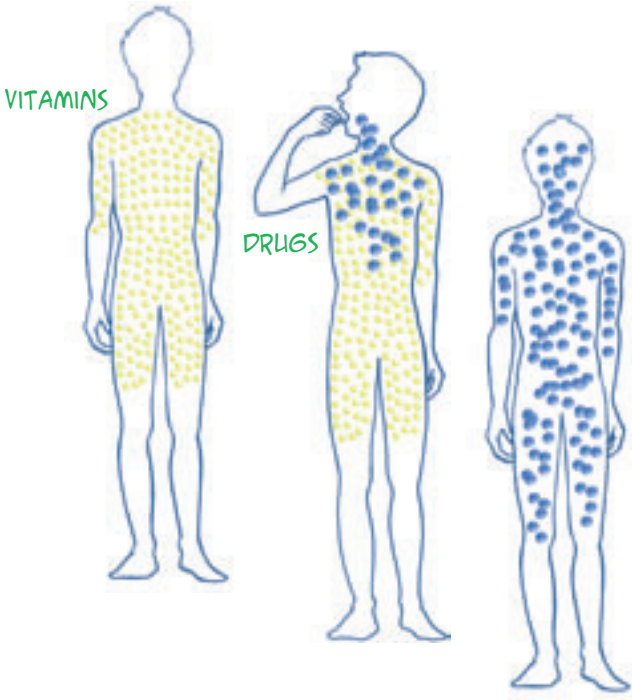


5. ALCOHOL IS ONE OF THE MOST USED DRUGS.

Alcohol is a drug. Like any other drug it is poisonous to the body in a large volume. 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 up too many vitamins, a person’s body can start shaking and sweating. The person can also feel more anxious and tired.

The body needs vitamins to stay alive. If you don’t eat a healthy diet, you may not get the vitamins you need. Not having enough vitamins can make you feel tired, or even make it easier for you to get sick. And, when you get sick, it can take much longer to get well.

Any time you take drugs, they burn up some of your body's vitamins. If you take enough drugs, you may later 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.



VITAMINS ARE
BURNED UP BY
THE DRUGS.

6. MARIJUANA DAMAGES THE LUNGS, NERVES AND BRAIN.

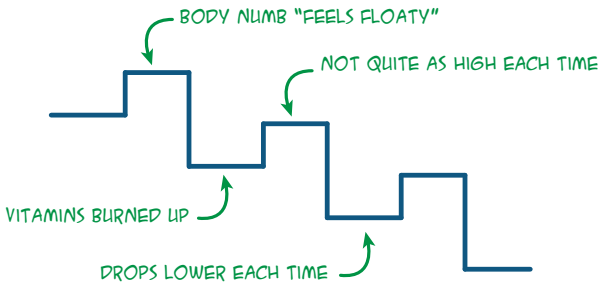
There are 400 chemicals in marijuana smoke and 60 of these have been proven to cause cancer. These chemicals can stay in the body for months or even years. Also, marijuana contains THC, a “neurotoxin” (a poison that damages nerves). Of all the chemicals in marijuana, THC affects the mind the most.



When someone smokes *pot*, it makes two things happen: 1) There's an almost immediate burn-up 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. Their bodies can’t take in enough vitamins to make up for what the drugs destroy.

7. ECSTASY IS A DANGEROUS DRUG.

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



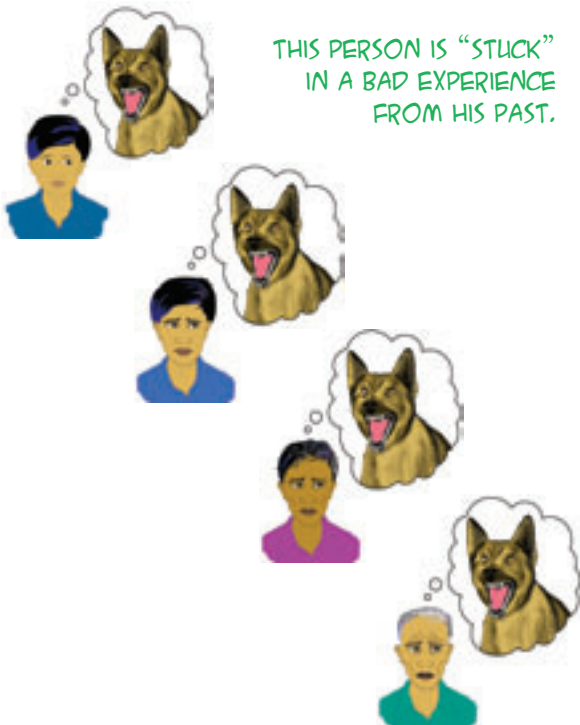
THIS PERSON IS
HALLUCINATING.

Ecstasy is a “hallucinogen” (a drug that acts on the mind to cause people to see or feel things that aren't really there). Hallucinogens are some of the most dangerous drugs.

Hallucinogens cause pictures in the mind to become mixed up. A person can get “thrown into” a scary or sad experience from the past (his attention gets fixed on that experience) and get stuck there without even realizing 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.

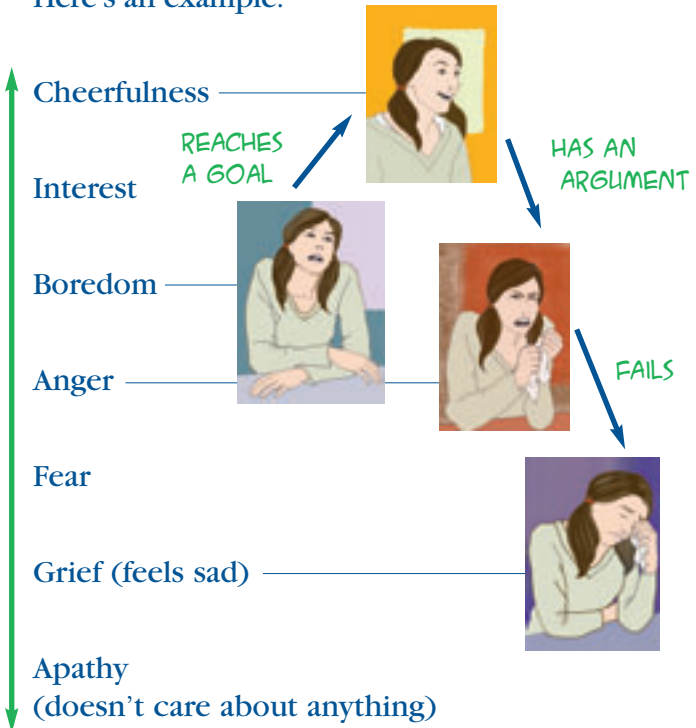
In one survey, 50% to 55% of people who tried ecstasy said they had feelings of losing control, extreme suffering and fear.



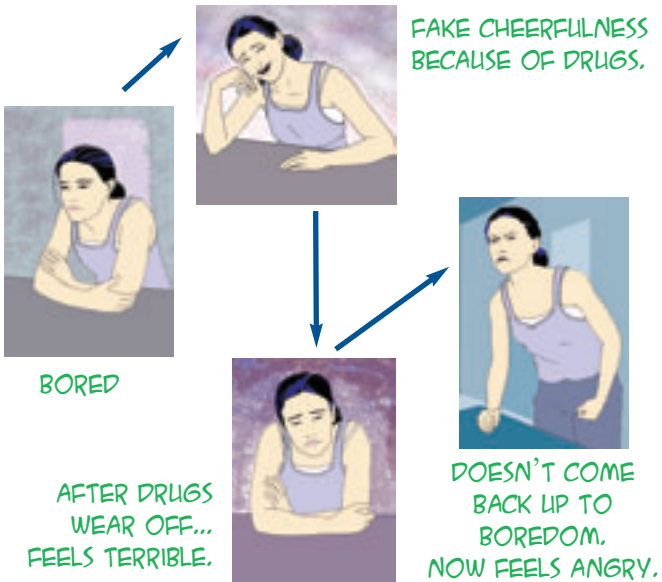
8. DRUGS RUIN CREATIVITY.

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 and less creative as time goes on.

9. DRUGS DULL ALL YOUR SENSES.

Because drugs numb the nervous system, they are a way to temporarily get rid of unwanted feelings like sadness, boredom or fear.

Sometimes, such as in an emergency or when there has been an accident, drugs are needed so that an operation can be performed. Drugs are used to 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. 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.

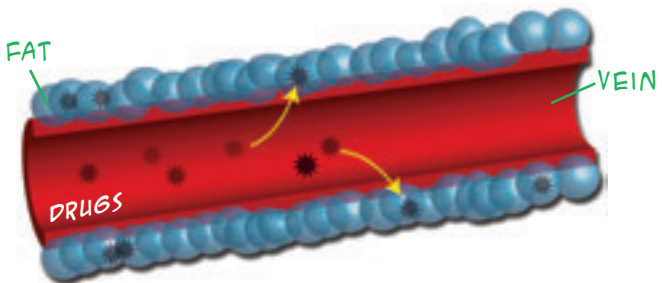
Often the person isn't aware of this change in himself, even though other people may notice it and try to point it out to him.



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

Most drugs 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. As nearly all cells in the body contain some fat, drugs become “attracted to” and accumulate in various parts of the body, especially key organs such as the brain, lungs, kidneys and liver. In the below representation, you can see how drugs can be pulled into the fat.



This is a problem because later, when the person is working, 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. The person gets a tiny “taste” of that drug.



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

WHAT YOU CAN DO ABOUT IT.

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

Most schools, youth groups and community groups have anti-drug programs or 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 in your community.

If you know someone who is taking drugs and can't seem to stop, your nearest Narconon center can help. Visit Narconon.org and use the "Worldwide Centers" button to find the nearest center.

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.

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 and know what its side effects are, and that you follow the instructions carefully. Any drug can be toxic or poisonous; a person should know everything about it before putting it in his or her body.

COMMON DRUGS QUICK FACTS.

MARIJUANA:

Street Names:

Blunt, Grass, Herb, Pot, Reefer, Sinsemilla, Smoke, Weed, Mary Jane, Skunk, Boom, Gangster, Kif, Chronic, Ganja.

Long-term Effects:

Long-term use is more likely to produce psychotic symptoms on an ongoing basis. Long-lasting harm to the lungs and to the heart. Increased symptoms of bronchitis. Coughing and wheezing. Repeated use can lead to addiction. Use of marijuana weakens the immune system, and use by pregnant mothers can result in lower IQ for the child.

ECSTASY:

Street Names:

E, XTC, X, Adam, Hug, Beans, Clarity, Lover's Speed, Love Drug. Chemical abbreviation is MDMA.

Long-term Effects:

Long-lasting brain damage affecting thought and memory. Use of ecstasy is documented to cause severe depression, and can result in lasting feelings of anxiety and hostility.

COCAINE AND CRACK COCAINE:

Street Names:

Coke, Crack, Flake, Rocks, Snow.

Long-term Effects:

Irritability, mood disturbances, restlessness, paranoia, hearing things that are not real. Tolerance to the drug develops; more of it is needed to produce the same "high." It can also lead to heart attacks, chest pain, respiratory (breathing system) failure, strokes, seizures,

headaches, abdominal pain and nausea.

CRYSTAL METH:

Street Names:

Speed, Meth, Crystal, Crank, Tweak, Go-fast, Ice, Glass.

Long-term Effects:

Can cause irreversible damage. Increased heart rate and blood pressure. Can damage blood vessels in the brain, which can cause strokes or irregular heartbeat, which in turn can cause heart failure and death. Can cause liver, kidney and lung damage. Users can also suffer brain damage, memory gaps and extreme mood swings.

STEROIDS:

Street Names:

Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice.

Long-term Effects:

The drug is addictive and withdrawal symptoms can include mood

swings, suicidal thoughts and/or attempts, fatigue, loss of appetite and sleeplessness. Steroid abuse has been associated with heart disease, including heart attack and stroke.

ALCOHOL:

Street Names:

Booze, Sauce, Brews, Brewskis, Hooch, Hard Stuff, Juice.

Long-term Effects:

Can cause liver damage and increased risk for heart disease. Pregnant women may have babies with physical birth defects and brain damage. Withdrawal symptoms range from jumpiness, sleeplessness, sweating and poor appetite to convulsions and sometimes death. Alcohol abuse can lead to violence or a deterioration of personal relationships.

If you know someone who has a
problem with drugs or alcohol call:
(800) 468-6933

Or visit us on the web at:
www.narconon.org

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