

What about Alcohol?

Drugs aren't the only serious thing.

No, not that kind of alcohol! You may think that drinking is fine, but it is anything but. Here are some reasons on why you shouldn't drink alcohol. (and if you are drinking, for the love of orange juice, please stop.)

1 Brain Damage

Alcohol can mess up the brain's communication pathways and thus can alter your mood and how you behave and act around other people.

2 Increased Risk

Drinking can not only increase the risk of stroke, but it can also do many other nasty things, like delay puberty, cause numbness, and lead to diabetes. If that's not enough, you can also get diarrhea and a whole lot more. Gross.

3 And a whole lot more!

These symptoms listed above are not comprehensive. These are all the body parts impacted by drinking: Brain, Intestines, Heart, Immune System, Liver (hugely impacted), Lungs, Muscles, and Pancreas. Drinking can also spiral down to cancer. Point being, don't drink! (and don't forget: don't smoke!)

Don't deal drugs

Just, don't. It can get you in a lot of trouble.

USED WEBSITES

<https://www.niaaa.nih.gov/alcohol-s-effects-health/alcohols-effects-body>

<https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>
<https://health.choc.org/why-are-youths-resorting-to-substance-and-drug-use/>
<https://www.gatewayfoundation.org/blog/substance-addiction-change-personality/>



Drugs + Alcohol = Trouble

A guide to drug and alcohol prevention and what to do.

Don't you dare!



Why shouldn't I do drugs?

The reasons why you don't want to do this.



- **Can't stop**

Once you start doing drugs, it's too late to stop. Doing so can get you very ill and become more hungry



- **Cunningness**

When you start, over time, you'd feel urges for the drug that wipe any other thought, and this can go as far as spending money you don't have all the way to thievery!



- **Noticing a difference**

If you or your friends notice these symptoms in you or someone else, be alarmed; school problems, bloodshot eyes, absence, behavior changes, and money issues.



- **How many?**

2.08 million 12-17 year-olds participate in using drugs in the U.S. That is a major problem, and cannot be ignored. And that doesn't even count the adults! So spread the word and help reduce that gigantic number. You can do it!



Symptoms

Using drugs can cause side effects that affect emotions, body structure, and health issues. Listed here are some of the symptoms caused by using drugs. This isn't it, though! There are a lot more symptoms than those listed here.

- **Lying and Aggression**

- **Decievement**

- **Daring and carefree**

- **Forgetfulness**

- **Depression, paranoia, and anxiety**



Why do kids deal and use illegal drugs?

For kids, the cause might be from their friends; peer pressure. Other causes are; conflict; rebelling against parents; trauma; school performance; and body structure.

What about grown-ups?

Glorification, peer pressure, self medication(?), grief after death, chipping away stress, for the fun of it, and boredom. A couple of these are the causes for children to deal drugs, but, as you can see, the causes here are much worse.