

ACTIVITIES

GAMES

STORIES

MORE

DRUGS: A DEADLY GAME!

CHOOSE TO REFUSE®

~~DRUGS~~

LEO



"I'm into extreme sports big-time, always stretching to the limit to reach my goals. Last year, my uncle and I climbed a mountain! The only thing I'm NOT interested in exploring is drugs and all that. ... Perfecting my kickflip boardslide is a way better rush."

"Iron" Will



"That's the name. My dad calls me that because once I make up my mind, I can't be moved. I want to be an o-lineman in high school ... What do I hate the most? People who push me to do things that aren't right."

GO ONLINE NOW & TEST YOUR KNOWLEDGE

Before reading this booklet, go online and take a pre-quiz at www.scouting.org/drugquiz. If you are under 13 years of age, get permission from an adult first.

Tisha



"I come from a long line of strong women — my name even means 'strong-willed' in Swahili! I'm going to be president one day ... or maybe just run my own company. So why would I want to smoke or drink or something? People, please. I've got better things to do."

DRUG-FREE KIDS,

REPRESENT!

What do all of these achievements have in common?

- * Winning a Little League championship.
- * Completing a group project for the science fair.
- * Reaching the next level in your favorite MMP online game.

The POWER of TEAMWORK!

Staying drug-free works the same way — it's a lot easier with the help of good friends, family and other people who don't use tobacco, alcohol or other drugs.

Working together, we can be a powerful force against drugs. And that way, we all win!

Clarity



"What I don't know, I can find out—with just the click of a mouse. I'm all about seeing the big picture and making sense of the world, whether that's solving a scientific formula or learning a new language. I'm kind of a brainiac, and I don't want anything messing with MY head."

"My name means 'friend' in French. Très cool, huh? It suits me, because my buddies are the biggest thing in my world. I've got their back and they've got mine. When you have friends who support you in staying drug-free and being all you can be, that makes all the difference."

Amy



DRUGS: A DEADLY GAME! CHOOSE TO REFUSE

Campus Report: HOW TO MAKE SURE DRUGS DON'T RULE YOUR SCHOOL.



"We are the protectors."

KEY FACTS: ACCORDING TO SURVEYS IN 2005 AND 2006:

GOOD NEWS:

More than 80% of sixth graders DO NOT have friends who drink beer.

More than 77% of sixth graders DO NOT have friends who smoke cigarettes.

BAD NEWS:

More than 33% of sixth graders say that it is easy to get beer or cigarettes.

Nearly 1/3 of middle schoolers said that drugs are used, kept or sold at their school — and it's on the increase.

Essentially, that means 2.4 million middle schoolers are going to schools where drugs are used, kept or sold.

[Handwritten Signature]
CAMPUS REPORT

RELEASED

Report Number: 00090037-98765-0093

At schools where drugs are used, kept or sold, kids are **THREE** times more likely to try marijuana or abuse alcohol



HAVE A LOOK AT

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SPEAK UP



Problem at school? Are you worried about something huge? We'll do our best to help.

Q

I heard that some stoner kids in my school are using drugs and even selling them between classes! I'm kind of freaked out about what they'd do if they knew I said anything. What should I do?



"You're right to play it a little safe. I wouldn't confront these kids or make a big scene. Instead, go talk to an older person in your family, a teacher you trust or a school counselor. They can handle the problem directly."



Q

This girl on my volleyball team told me she got really drunk at a party last weekend, and sometimes she talks about getting a buzz on to relax after a game. She's just not the same person lately. I really care about her—how can I help?



"A true friend would talk to her. She'll probably try to say it's not a big deal. She might even get mad

at you, but the bottom line is: If she keeps on drinking, it could spell big trouble. If you're nervous about talking with her, you might write a note or send an e-mail — or even get some other friends to help out. But be careful not to gang up on the girl, because that'd make it hard for her to hear what you have to say. More important, let her know that you're not judging her. Tell her you care and just want to help. And if you need more help figuring out the best approach, try talking with your coach, a family doctor, youth minister or a family member first."

Q

I'm pretty sure my school is drug-free. Nobody smokes on campus, and I don't know anybody who drinks or gets high. How can I help keep it this way?



"I've got a few ideas: Talk to your student council — maybe you guys can organize a task force or some kind of event to help encourage everybody to choose to refuse. Get to really know a few teachers or a principal you can trust, so you can keep the lines of communication open. And if you see anything that worries you, talk to a grown-up family member or another adult. ASAP."



"There are lots of great resources on the Web that can help. Here's one that's really cool: Go to www.freevibe.com and click on 'Step Up.'"

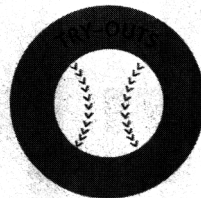
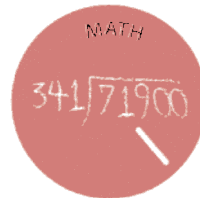
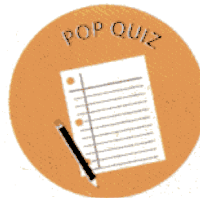


"It's important to talk to your friends, too. Let them know you care about them and want to help them avoid smoking, drinking and doing other drugs. It's also good to get to know kids in a lot of different groups. Sometimes people who feel alone are more likely to do something dumb."

STRESS



WHAT STRESS?



LET'S FACE IT — IT'S ROUGH OUT THERE. HERE'S HOW TO HANDLE THE PRESSURE THE RIGHT WAY.

Maybe you're already worrying about going to high school or sweating the next team tryouts. You might have issues with one of your teachers or family stuff on your mind. Or some kid's hassling you in the hallway at school. Whoever said being a kid was easy?

It doesn't help that the media sends really confusing messages about dealing with stress. Some TV shows, movies and advertisements make it seem as if smoking, drinking or doing drugs will make things better. "Pop a pill and it'll be fine," right? Wrong.

Easing stress is a major reason kids give for smoking, and students talk about using pills to get relief from the pressure they face. But drugs don't solve your problems — they **ADD** to them! When you smoke, drink or get high, you still have the original problem. Plus, now you've got a problem with tobacco, alcohol

ACTIVITY

Make a list of what you do to blow off steam

01. _____
02. _____
03. _____
04. _____
05. _____



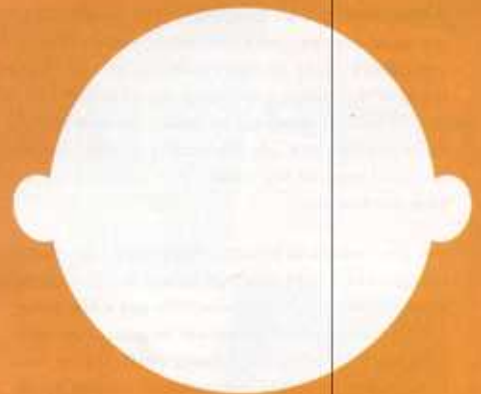
Abusing diet pills will only make things worse — and the problem isn't just for girls. In 2003, Steve Bechler, a prospective pitcher for the Baltimore Orioles, died during training camp. The coroner found that an over-the-counter diet supplement containing ephedrine was partly to blame. He was just 23.

LEO'S TIPS FOR REAL STRESS RELIEF

- * Go camping w/my friends (Bring H₂O and Chow)
- * Listen to Music on Mp3 player
- * Talk things over with my DAD or UNCLES
- * Set a goal and then Make it Happen (I like Scouting Badges)
- * Work Out
- * Sports! (I'm in to Baseball AND Skateboarding)
- * Go to the Movies
- * Do stuff with my Youth Group
- * Read (I like BOYS' LIFE and SPORTS ILLUSTRATED FOR KIDS) ☆



DRAW YOUR FACE WHEN YOU'RE STRESSED OUT.



"Dude, with all my honors classes, baseball practice and study halls, I've got to keep my head clear. Check out my list of great stress-busters."

BAD FADS

BAD
FADS:
DON'T
FALL
FOR
THEM!

Crazy people are always coming up with new ways to get high. Some of the latest dumb fads include ketamine — a drug used by vets on horses — and GHB, which is essentially a floor stripper mixed with drain cleaner! Now that's nuts.

If you haven't heard of a drug or if your "friend" says you can't tell anybody about using it, it's a bad idea. Never inhale anything other than air. And don't swallow anything other than food.

CLEARING

THE AIR ABOUT INHALANT ABUSE

"Huffing"

"Dusting"

"Sniffing"

"Bagging"

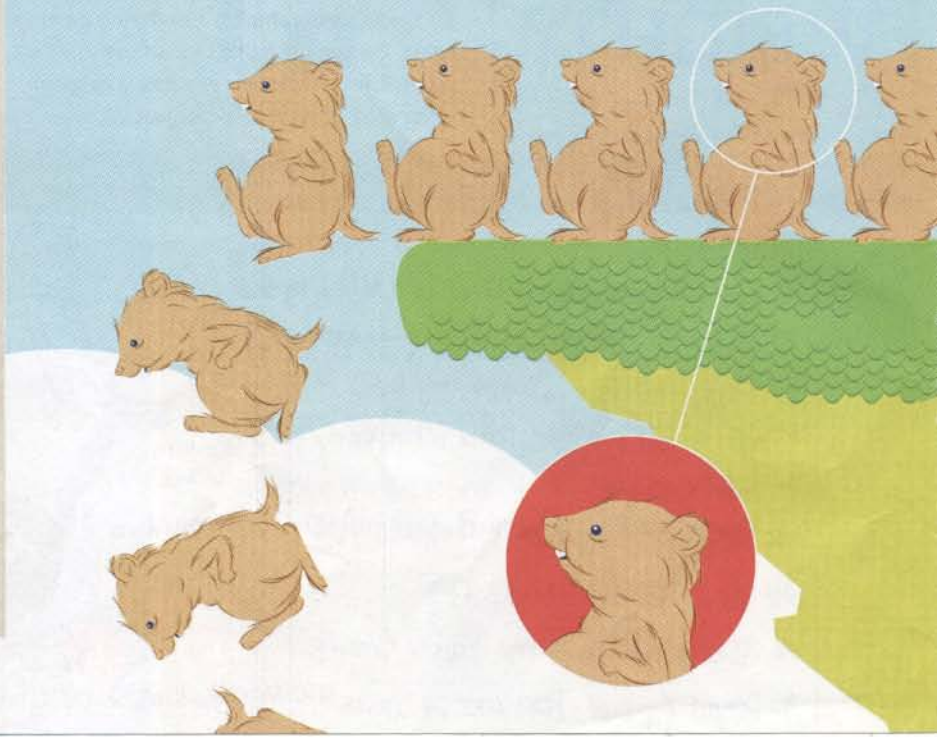
It doesn't sound all that scary. But breathing in chemical vapors just to get some sort of high ... well, that's really dumb. There are lots of different types of inhalants, including the chemicals found in nail polish, painting supplies, aerosol cans, cigarette lighters, etc. Because you often see the products around the house, you might not recognize the danger.

But who wants to breathe in the stuff that keeps refrigerators cold (freon)? Or the stuff that cigarette lighters burn (butane)? Or get a big lung-full of some sort of degreaser or paint remover (toluene)? This is nasty, nasty stuff. Using non-prescribed inhalants isn't safe, no matter what anybody says and no matter how you use them. They can cause hearing loss and muscle spasms, lower your blood oxygen levels and damage your brain, central nervous system, liver, kidney and bone marrow. They're also linked to what's called "sudden sniffing death," which is exactly what it sounds like.



"I'm NOT a lemming, and neither are you."

You've heard of lemmings, right? That animal that's believed to act in groups, sort of like people who blindly follow along with the crowd. Not us. We're not falling for that. I've heard of kids inhaling spray paints, cleaning fluids and all kinds of stuff, just because somebody said it was cool and wouldn't hurt you. I won't do it, and if somebody tries to give me stress about it, I just go talk things over with my dad, my uncle or my football coach. I follow my own path, and that's the way I like it.





GROSS OUT!

CHOOSE
TO REFUSE
OR YOU'RE
SURE TO LOSE

BALL IN PLAY

1 UP

2 UP

3 UP

4 UP

UP TO FOUR
CAN PLAY



SWISS-CHEESE BRAIN

Alcohol and other drugs slow down thinking, turn off your brain and cause gaps in your memory. Repeated drug abuse can shut down parts of your brain forever. Not so smart, huh?

GOOGLY EYES

Pinprick pupils, dilated pupils, bloodshot eyes, yellowed corneas and blurred vision. Drugs aren't great for your eyesight, if you see what we mean.

RUNNY, HOLEY NOSE

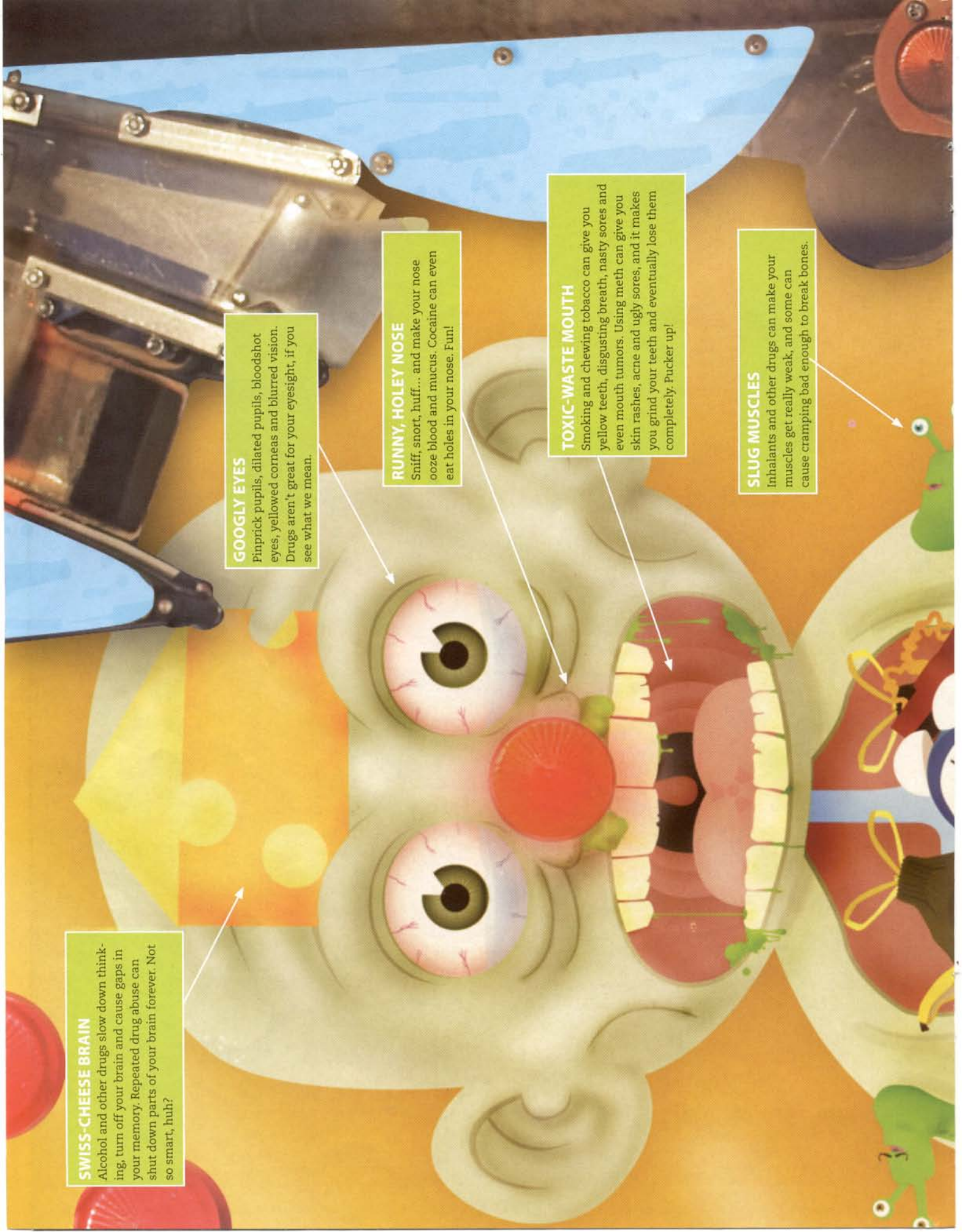
Sniff, snort, huff... and make your nose ooze blood and mucus. Cocaine can even eat holes in your nose. Fun!

TOXIC-WASTE MOUTH

Smoking and chewing tobacco can give you yellow teeth, disgusting breath, nasty sores and even mouth tumors. Using meth can give you skin rashes, acne and ugly sores, and it makes you grind your teeth and eventually lose them completely. Pucker up!

SLUG MUSCLES

Inhalants and other drugs can make your muscles get really weak, and some can cause cramping bad enough to break bones.





TIME-BOMB HEART

Tick, tick, tick ... Some drugs crank up your heart rate, others slow it way down. Any of them can bring on a heart attack and make it stop forever. Without warning—just kaboom.

HAYWIRE CENTRAL NERVOUS SYSTEM

Abuse of uppers, downers and hallucinogens can cause uncontrollable twitching, seizures and brain damage. Is that anybody's idea of a good time?

CONFUSED SEXUAL ORGANS

Pot, alcohol and other drugs can dull the function of a body's reproductive system. But this is where steroids really get down and dirty. In guys, steroid abuse can cause withered testicles, breast growth and impotence. In girls, it can cause underdeveloped breasts, hairy chests and sterility.

GARBAGE DUMP LUNGS

Smoke tobacco and your lungs fill up with soot, tar, smoke, poisonous gas and other chemicals. Abuse inhalants and your lungs could freeze right up.

PUKE GUTS

How'd you like to drown in your own vomit? Drink too much, and that's exactly what can happen. Other drugs can cause cancer or overload the kidneys and liver with poisons.

CREEPY-CRAWLY SKIN

Chronic meth users are often deluded into thinking bugs are crawling under their skin and scratch so hard that they get sores all over. Injectable drugs can cause scarring. Heroin abusers get dry, horribly itchy skin. And steroids cause nasty rashes and bad acne. No zit cream is gonna help you here.

TWIGGY BONES

Heavy drinking and other drug use can lead to easily broken bones. Steroids even tell your bones to stop growing too early, so you end up shorter than you should be.



PULL PLUNGER TO PLAY BALL

FOR AMUSEMENT ONLY

1 PLAY for 50¢

TAKE ADVANTAGE OF THE

VEGA SUPER VALUE

2 PLAYS for \$1.00

3 BALLS PER GAME

HOLD FLIPPERS FOR INSTANT INFO
SEE DISPLAY FOR REPLAY VALUE
Maximum Credits: 30

WALT DISNEY

FLIPPER, INC. © 1987

GROSS OUT!

Flippers to change light

lamp to begin Multiball!

Feature

only to "Complete"

winning Shots to "Complete"

search to "Complete"

and

but not completed"

POOPY

of

CARD During Volcano

BEARD

SHING SHOTS (if 7)

is when possible

FLIPPER, INC.

FIGHT THE GOOD

Okay, drug-free warriors! Raging, out-of-control substances lurk in dark corners and unexpected places. As our team's chief of information, I've developed some basic profiles, so you can get familiar with the general classes of drugs and some of their basic characteristics. Armed with this information, you'll be more prepared to fight them and win! Knowledge is power!—Clarity

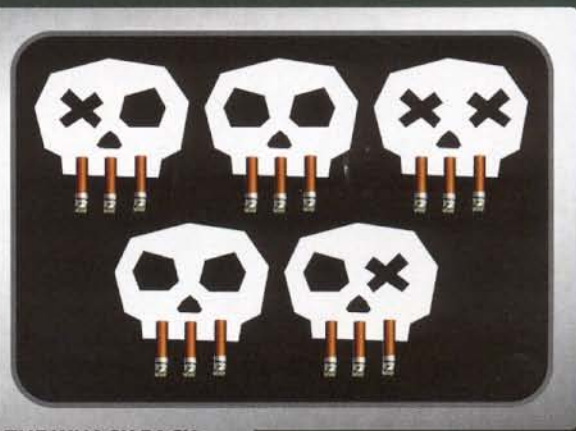


THE BOOZE CREW

DESCRIPTION: This crew, concocted of rotting things like grapes, potatoes or even beets (ew!) in a process called fermentation, can be found hanging over a toilet vomiting, not hanging out at the mall. This crew is out to get you hooked, killing six times the number of kids as all other drugs combined. This crew is rotten.

INCLUDES: booze, beer, liquor, wine, wine coolers, etc.

HARM: When you drink alcohol, your brain gets dull and fuzzy. You can't talk right, you fall over a lot and you can't walk straight. It can make you puke and pass out — plus it makes you feel awful hours later (the "hangover"). Think about it. Beer and wine coolers are drugs. They affect young brains differently than they affect adult brains — and not in a good way. In fact, the earlier in life you take your first drink, the more likely you will suffer from alcoholism and other alcohol-related illnesses. In the long run, alcohol can destroy your liver and cause brain and heart damage. You can even die in your sleep from alcohol poisoning.



THE WHACK PACK

DESCRIPTION: This bunch usually runs in a pack, but can be found in a pouch or in a can. Running is the last thing you want to do with this wheezing, stinking bunch. Whether you smoke it, chew it or dip it, tobacco is whacked. The addictive chemical is nicotine, which has been used in dart guns to bring down elephants. Cigarettes also contain more than 4,000 other chemicals, including rat poison and the stuff used to embalm dead bodies.

INCLUDES: cigarettes, cigars, dip, snuff, chewing tobacco

HARM: Smoking gives you really, really gross breath, nasty yellow teeth and stinky fingers. Plus, it makes all of your clothes smell like an ashtray. Cigarette smoke is known to cause cancer and is so toxic it can even harm people several yards away. Even with only casual use, smoking can cause difficulty breathing, heartburn, ulcers and rapid addiction. And that's just for starters. Dipping or chewing tobacco is just as disgusting—it can give you big gross sores in your mouth, make you lose your teeth and even get mouth or lip cancer.

FIGHT



THE BRAIN BENDERS

DESCRIPTION: This group of brain benders—pot, inhalants, cough syrup and “mind warpers” like LSD and PCP—influences the brain. In reality, they are all out to destroy your brain cells.

INCLUDES: Marijuana, inhalants (“poppers,” “snappers”), ketamine (“special K”), LSD, PCP and certain over-the-counter “cough and cold” medicines.

HARM: These thugs change thoughts and feelings and may even cause you to see and hear things that aren't there. They can make you clumsy, sweaty, sick to your stomach, paranoid and panicky. Marijuana clouds your judgment so you do dumb things. Something as common as cough medicine can kill you—even the first time—if you use too much.



THE SPEED DEMONS

DESCRIPTION: Always moving at a million miles an hour, Speed Demons will “amp” up your central nervous system—pushing your heart rate, breathing and thought processing to the point of overload.

INCLUDES: Cocaine (“coke,” “free-base”), crack (“rock”), amphetamines (“speed”), methamphetamine (“meth,” “ice,” “crystal”), ecstasy (“E,” “X”), Ritalin® (“ritz”), and Adderall® (“ralls,” “addies”).

HARM: Doing stimulants can make you go a long time without sleeping or eating, so you're always worn out and may even suffer from malnutrition. These drugs can also cause severe mood swings and aggressive, violent and psychotic behavior. Some stimulants can even give you convulsions, heart irregularities, heart attack—and instant death, even with the very first use.



THE BIG BUMMERS

DESCRIPTION: Often found sitting around listening to “mood” music, these downers can slow the central nervous system to the point where you're barely functioning.

INCLUDES: Heroin (“smack,” “junk”), GHB (“Georgia Homeboy”), Rohypnol® (“roofies”) and prescription drugs like alprazolam (Xanax®), diazepam (Valium), lorazepam (Ativan®), clonazepam (Klonopin®), codeine, oxycodone.

HARM: Depressants cloud your brain, slur your speech and affect your walking. Overuse can knock you unconscious (that's why Rohypnol® and GHB are known as “date rape” drugs), cause muscle spasms and send you into a coma. Heroin abuse can cause collapsed veins, infections in your heart lining and valves, abscesses and the most severe and painful withdrawal symptoms. An accidental overdose can kill you by stopping your heartbeat.

Some kids try to get high from cough and cold medicines containing dextromethorphan (DXM). Here's what they really get:



CONFUSION & DIZZINESS!



DOUBLE OR BLURRED VISION!



SICK TO THEIR STOMACH!



RACING HEART RATE!



NUMB FINGERS & TOES!

Cough! Hack! Gag!



Also Known As

★ Syrup ★

★ Tussin' ★

★ Skittles ★

★ Triple C ★

OR

JUST PLAIN DUMB!

Only used for:
- COUGHS
- STUFFY NOSE
- AND
- CONGESTION

4 FL. (FOOLISH) OZ.

**COUGH AND COLD MEDICINE ABUSE:
NOTHING TO SNEEZE ABOUT!**

Bonus: If the medicine that's abused contains other ingredients like acetaminophen, users can look forward to liver damage, seizures, coma, even death.

The NICE

Way to Say “No.”

It's never easy to say “No” to a friend or someone you want to impress or get to know better, but we'll show you the NICE way to refuse drugs—and make it stick.



N Say “**No**,” not “Maybe” or “Later,” and be ready to make a strong statement.

Set firm boundaries and be decisive. If you decide not to use alcohol, tobacco or other drugs before they're offered to you—and you know what you want to say—it's a lot easier to say “**No**” when the situation arises.

“**No, underage drinking is illegal.**”

“**No, cigarettes cause cancer.**”

“**No, ketamine is for horses. It's dangerous.**”

C If pressure continues, “**Change**” something.

Change the subject—

“**Did you see the game on TV last night?**”

Change the person you are talking to—

“**Julie is over there. I need to ask her something.**”

Or change your location—

“**I'm going back to the kitchen.**”

I Follow with an “**I**” statement.

It's important to let the person know it's not about them, it's about you.

“**I don't want to be a smoker.**”

“**I'm not into drugs.**”

“**I don't want to get in trouble.**”

2

E If these strategies don't help, use your pre-arranged “**Exit**” plan.

Leave the situation or suggest another activity to your friends.

If you don't have a way to get home, call your parents, grandparents or another adult you trust to pick you up. You can have a pre-arranged *code phrase* like

“**Is that dog barking?**” which means

“**Come and get me. And hurry!**”

Practice these steps often. Like anything else that you do well, practice makes perfect.

3

4

F R A D I C A L C T S



9 out of 10 smokers started smoking as teenagers.

(www.unfilteredtv.com)

The ingredients used to make CRYSTAL METH include:



The younger you are when you start to drink, the more likely you are to have alcohol related problems later in life.

Between 4th and 6th grades the number of students who smoke cigarettes and/or use marijuana nearly triples.

(Source: 2004-5 Pride National Summary www.pridesurveys.com)



AS RECENTLY AS 1999, KIDS IN INDIA WERE SOLD AS SLAVES TO MAKE HAND-ROLLED CIGARETTES KNOWN AS "BIDIS."

Run across any weird e-mails or Web sites that offer you prescription drugs via the Internet? **THINK TWICE!** Would any real doctor send you medicine without knowing your symptoms, age or even your name? What these drug dealers are doing is ILLEGAL, plain and simple.



Never leave your soda unattended at a party. "club drugs" like ecstasy, ketamine or GHB have no taste or smell, so they can be slipped into your drink without your even knowing about it. They can knock you out—that's why they are known as date rape drugs.



MORE THAN
52%
of 5th-7th graders listed "smoking in movies" as what led them to start smoking. That's more than the 34% who listed smoking advertisements as what pushed them to start smoking.
(<http://image.thelancet.com/extras/03art1353web.pdf>)

M Y T H S R E A L I T Y

M: "Only bad kids get addicted to tobacco, drugs or alcohol."

R: Addiction is a brain disease, not a character flaw. It can happen to anybody, even the first time you try a drug.

M: "If you drink too much alcohol, drinking coffee will sober you up."

M: "If you only drink beer or wine coolers, it's okay."

M: "Marijuana doesn't damage your lungs as cigarettes do."

M: "If it's medicine, it must be safe."

R: Time is the only thing that takes away the effects of alcohol. Drinking coffee after too much alcohol will just make you a wide-awake drunk!

R: All alcoholic beverages contain the same chemical (ethyl alcohol). One beer, one wine cooler, one 1.5-oz shot ... they all affect your body the same way.

R: According to the National Institute on Drug Abuse (NIDA), smoking a joint can expose you to some of the same—and sometimes even more—of the cancer-causing chemicals in tobacco smoke.

R: Prescription or over-the-counter drugs can be extremely dangerous if taken for the wrong reasons, in the wrong dosage or at the wrong time.

Comics

Leo's Laugh Factory



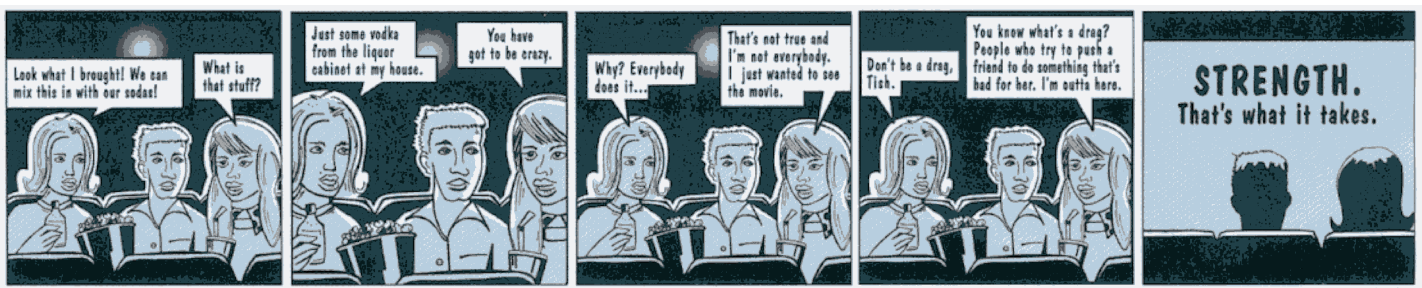
Clarity and Friends



The Adventures of "Iron" Will



Movie Time with Tisha



Activities

Who's on Your Team?

Take a moment to think about the people in your life who can help you stay drug-free. Who are they? What are their strengths? List their names here, and let them know you're glad they're on your team.

Family Members: How can they help you?

Friends: How can they help you?

Teachers, Counselors & Coaches: How can they help you?

Religious Leaders: How can they help you?

SCRAMBLE: Have you got what it takes?

Unscramble the words below to find the qualities you need to choose to refuse and stay drug-free. (HINT: Our team members know all about them.)

- 1 GREUCAO _____
- 2 RCELA HIHKNIGHT _____
- 3 OIMEATTINEDRN _____
- 4 TSNGETHER _____
- 5 SFPIENRDHI _____

BONUS ROUND:

"What one thing are drugs sure to scramble?"

★BURRAINOY

WEAR YOUR HEART ON YOUR SLEEVE!

We want the world to know how we feel about drugs.

Check out some different t-shirts our team members have made, then design your own!



A winning t-shirt will be selected on June 1 and December 1 of each year. Please send your t-shirt designs to:

Drug Abuse Task Force, 5302
Boy Scouts of America
P.O. Box 152079
Irving, TX 75015-2079

Word Search Puzzle

QUESTION: What do you always have when offered drugs?

ANSWER: A _____ E

Instructions: To find the answer, start at the red "A." Move through the letters up, down, sideways or diagonally, finishing with the red "E." Use each box just one time to find this answer.

Special challenge: Can you find another answer to this question hidden in the box that is also good but one letter shorter?

Hint: It doesn't end on the red "E."

J	T	F	O	Y	R	G	O
E	X	R	E	M	K	L	R
M	L	C	D	T	I	A	S
D	I	O	A	Z	O	W	G
H	O	V	Y	S	R	G	R
C	H	X	N	S	O	E	B
A	O	K	R	O	Z	U	F
R	T	L	I	K	I	S	K
A	Z	L	W	D	E	S	E



CHOOSE TO REFUSE

FAMILY PLEDGE

Dear _____,

I have been learning about the dangers of drugs, alcohol and cigarettes in this booklet. I want to tell you what I learned. I learned about many drugs and how they harm my body. I learned I can get in trouble for using drugs. And I also learned a way to tell my friends that I do not want to use drugs, alcohol, cigarettes or anything else that might be harmful to me.

I will need your help to stay away from drugs. Sometimes I will ask you about new drugs or other products other kids are using and want me to try. Sometimes I may need to tell you about my friends who are using substances. I will need your support, love and understanding as I try to balance my friendships with my future.

I, _____, pledge that I choose to refuse. When my friends begin using cigarettes, alcohol or other drugs, I promise not to join them. Whenever I need your support to stay away from substances, I will ask for it.

I, _____, pledge to help you learn more about dangerous drugs. I promise that if you come to me to ask for help and support to stay away from substances, I will be there for you.

Date completed _____

Initials _____

Initials _____

1356

DRUGS: A DEADLY GAME! CHOOSE TO REFUSE*

For additional information or to order more materials for your pack, troop, school, or organization, call 972-580-2376 or go to www.scouting.org/drugquiz.

Drug Abuse Task Force, S302
Boy Scouts of America
P.O. Box 152079
Irving, TX 75015-2079

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Special Instructions: 1. Sign, initial and date pledge with an adult who cares about you (like your mom, dad, grandparents, uncle, aunt or teacher). 2. Cut pledge out along the dotted line. 3. Hang your pledge in a frame.