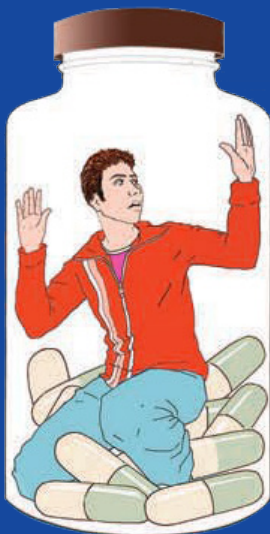


10 THINGS

YOUR FRIENDS
MAY NOT KNOW ABOUT

DRUGS




NARCONON[®]
DRUG PREVENTION & EDUCATION

CAN YOU PASS THIS DRUG TEST?



How much do you know about drugs and alcohol?

- 1 What is a drug?
- 2 Can drugs harm your mind?
- 3 Do you know why people take drugs?
- 4 How does taking drugs become a habit?
- 5 Is alcohol a drug?
- 6 Is cannabis harmful or helpful?
- 7 Is ecstasy safer than other drugs?
- 8 Do drugs increase or decrease creativity?
- 9 Do drugs improve your senses?
- 10 How long do drugs stay in the body?

FIND OUT THE TRUTH ABOUT DRUGS!

Much 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 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 by then it's too late. In order to make up your own mind about drugs, you need to know what drugs do.

The drugs we are talking about in this book are the ones that make you high (a "high" is the body's reaction to the drug). They can be illegal or legal. Alcohol and painkillers make you high. Working towards and achieving goals will give you highs without any of the bad effects.



1 MOST DRUGS ARE BASICALLY POISONS

Sometimes drugs are necessary, such as when someone is injured or ill. However, most drugs are basically poisons (toxins). They are taken internally and affect the way you think and the way your body feels and works. The amount you take controls how the drug affects you.

A small amount can act as a stimulant (something that speeds up the activity of the body). A greater amount can make someone sleepy (numbing and loss of control). A larger amount acts as a poison and can kill you. This is true of most drugs. Each has a different amount at which it gives those results.

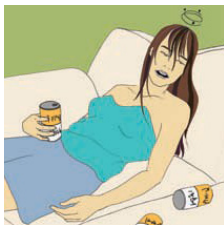
Drug effects can be UNPREDICTABLE.
What might be just about OK for someone

one day may be much more harmful on another day. People's minds and bodies are all different; some people only need to take a small amount of a drug for it to have a harmful effect. It depends on the person as well as the strength and amount of the drug.

Caffeine is a drug, so let's take coffee as an example: two or three cups stimulate and 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 can act as a stimulant.



A greater amount can make someone sleepy (numb).



An even greater amount acts as a poison and can kill you.

2 ALMOST ALL THESE DRUGS HARM 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.



Drugs blur the pictures. They make the pictures dull and cloudy. This can cause “blank spots” in the mind. When a person tries to get information through all this blurry mess, he can’t do it. Drugs can make a person seem slower or stupid.



After coming down from drugs a person’s way of thinking can change and their view of life can be less positive.

This can cause him to have failures in life. And when he fails, what might the person want more of? DRUGS!

3

PEOPLE TAKE DRUGS TO GET RID OF UNWANTED FEELINGS OR SITUATIONS, OR OUT OF CURIOSITY

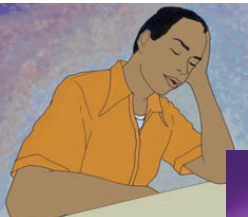
To understand why someone takes drugs now, you need to know what was happening before he or she took them.



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



Maybe she was unable to sleep.



Or maybe he was just bored.



He may have been trying to calm down.

Maybe it was peer group pressure.

She may have wanted to feel happier.



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

Communicating about the problem with people you trust and have your best interests at heart is very important.

Happiness can be attained by finding your own purpose in life, learning skills and setting achievable goals.

4 WHEN A DRUG WEARS OFF THE PERSON CAN WANT MORE

When any drug wears off, the pain or other feeling that went away can come back stronger than before.

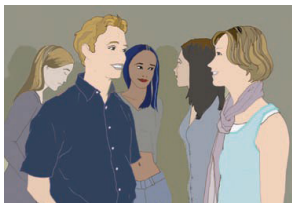


If someone had a problem that made him want to take drugs, like feeling too nervous to talk to anyone at a party, he might take a drug to help him relax.

When the drug wears off, the feeling of nervousness can be worse than before and he can want MORE drugs to calm himself. This can be the start of mental addiction.



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

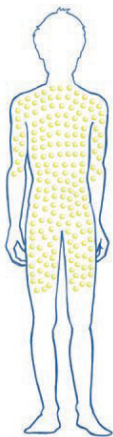


5 ALCOHOL IS ONE OF THE MOST USED DRUGS

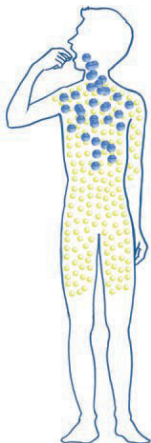
Alcohol is a drug. Like any other drug it is poisonous to the body in a large volume. This amount can depend on the individual.



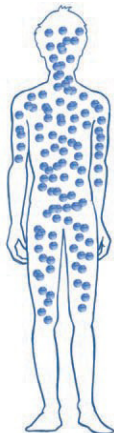
Alcohol is a toxic chemical which can make you become dehydrated, use up your vitamins, and cause other imbalances in your body. This is what causes a “hangover.” Too much alcohol can make a person’s body start shaking and sweating. The person can also feel anxious and tired, and even make it easier for them to get sick.



Vitamins



Drugs



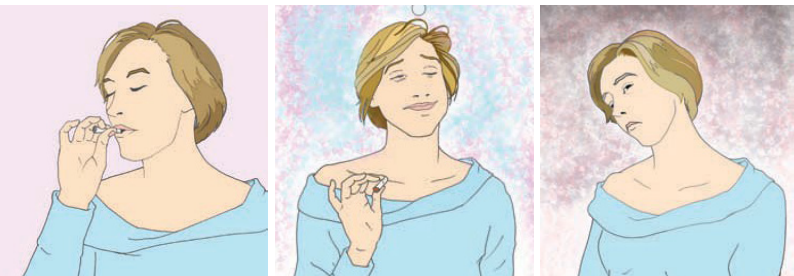
**Vitamins are
burned up by
the drugs.**

6 CANNABIS CAN DAMAGE THE LUNGS, HEART, NERVES AND YOUR MENTAL HEALTH

Cannabis has many ingredients. 60 of them can cause cancer. Cannabis contains THC, a neurotoxin (a poison that damages nerves). Of all the chemicals in cannabis, THC affects the mind the most. Cannabis is 16 times more dangerous when mixed with alcohol.

When someone smokes cannabis it affects the central nervous system and it goes numb. Regular intake builds up resistance and creates imbalances. More of the substance is needed to get the same high.

This can happen very gradually so the person does not even notice it is happening. The drug can cause immediate and long-term effects, such as changes in perception



and mental health.

THC makes changes in your brain and the way you process information, so your judgment can be affected negatively. It can be difficult to form new memories when you're high. Cannabis can alter your balance, coordination, and reflexes.

Roughly 10% of those who try cannabis will become addicted. THC can cause hallucinations (see things that aren't really there). There is a link between cannabis use and mental health disorders like depression and anxiety.

The ingredient CBD may help in treating seizures & discomfort but more research is needed to understand its advantages & safety.

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.

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 gets stuck there without even realizing it.



This person is hallucinating.

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.

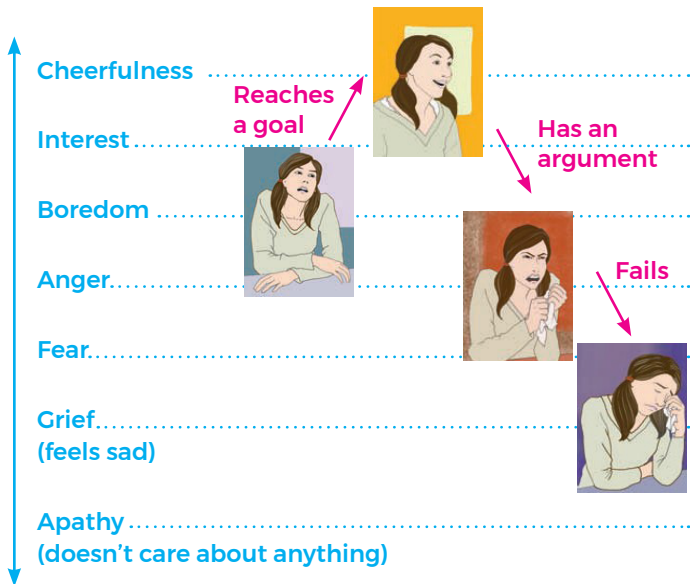


This person is "stuck" in a bad experience from his past. 19

8 DRUGS CAN RUIN CREATIVITY

People's emotions move up and down as they go through life.

Here's an example:



Let's say someone is bored. She smokes cannabis 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.



Bored



Fake cheerfulness because of drugs.



After drugs wear off... feels terrible.



Doesn't come back up to boredom. Now feels angry.

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 too. Drugs block them ALL.

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.

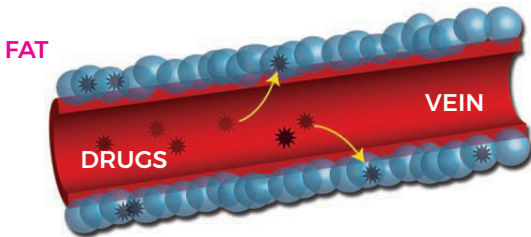


10 DRUGS CAN STAY IN THE BODY FOR WEEKS AFTER YOU TAKE THEM

Many drugs can get stored in the body and can stay there for weeks after. This is how it can happen:

Some drugs, such as cannabis and cocaine, 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 organs such as the brain, lungs, kidneys and liver. In the representation below, you can see how drugs can be pulled into the fat.

THC (the substance in Cannabis that makes you high) can be detected in blood for up to 3 days for infrequent users and up to 13 days for frequent users. It is unknown exactly how long it stays in the fat.



This can be a problem later, when the person is working or exercising, because 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 can get a tiny “taste” of that drug.



What happens when you get a tiny taste of sugar? You want MORE. What happens to a person getting a tiny taste of that drug? He wants MORE.

MORE 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.

COMMON DRUGS QUICK FACTS



CANNABIS

NAMES

Bud, dope, puff, weed, pot, grass, spliff, herb, skunk, hashish, marijuana.

EFFECTS

Long-term use is more likely to produce psychotic symptoms (losing touch with reality) on an ongoing basis. Long-lasting harm to the lungs and to the heart. Increased coughing and wheezing.

Use of cannabis weakens the immune system, and use by pregnant mothers can result in lower IQ for the child.

Some of the ingredients found in cannabis (like many drugs) can have medical benefits when correctly prescribed by doctors.

“

I've stopped smoking weed. I found myself just sitting at home watching films. I only ever create [when I'm] sober – I like to be alert.

”

Ed Sheeran

Quoted in the *Mail Online* 2019

ECSTASY: MDMA

NAMES

E, MD, Dizzle, Xtc, Superman, Rolex, Pink Superman, Pills, Mitsubishis, Mandy, Dolphins, Crystal, Cowies, Brownies, Molly, Beans.

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

NAMES

Coke, Crack, Flake, Rocks, Snow, big C or C, Gravel.

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.

NITROUS OXIDE (NOS – small silver canisters)

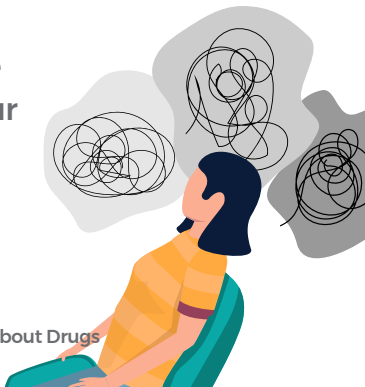
NAMES

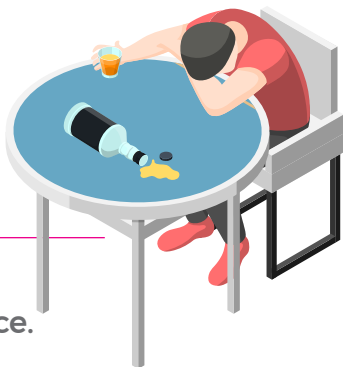
Laughing Gas , Hippy Crack

EFFECTS

When inhaled it can cause unconsciousness or death due to a lack of oxygen. Mixing alcohol with nitrous oxide can be fatal. Health problems can include memory loss, disorientation and disassociation, but one of the most serious is the degeneration of the spinal cord.

Nitrous oxide can cause dizziness and affect your judgement, creating a risk of accidents.





ALCOHOL

NAMES

Booze, Hard Stuff, Juice.

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 mood changes, violence or a deterioration of personal relationships.

WHAT CAN YOU DO ABOUT IT?

FACTS vs OPINIONS



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 successful and happy lives without the need or desire to get high on drugs.

Contact us if you would like more advice or want to help. There are also other like-minded groups in different communities.

If you know someone who is taking drugs and can't seem to stop, visit www.narcononuk.org.uk or use the contact details on the back of this booklet.

William Benitez, a former long-term drug addict, founded the first Narconon and based Narconon programmes on the discoveries and writings of L.Ron Hubbard, the Founder of the Scientology religion. However, Narconon is non-religious and is open to people of any race, colour, belief, or religion.



William Benitez

GO FOR YOUR GOALS!



EDUCATION & PREVENTION

www.drug-education.co.uk

020 8087 3201

REHABILITATION

www.narcononuk.org

If you know someone who cannot stop taking drugs or alcohol, call: 01435 512460 or 07944 492518


NARCONON[®]
DRUG PREVENTION & EDUCATION

Copyright © 2022 Narconon International. All Rights Reserved. Any unauthorized copying, translation, duplication, importation or distribution, in whole or in part, by any means, including electronic copying, storage or transmission, is a violation of applicable laws. NARCONON and the Narconon "Jumping Man" Logo are trademarks and service marks owned by Association for Better Living and Education International and are used with its permission.

Narconon is a charity registered in England and Wales. Charity number: 267386