

Take A Moment To Answer These Questions

- Do you ever wake up in the morning after getting wasted and find you can't remember what happened the night before?
- Have you ever gotten into legal trouble because of your use?
- Have you ever had to go to the hospital as a result of your use?
- Do you cut classes or miss because of drinking or using?
- Have you ever tried to stop all drugs and alcohol COMPLETELY for a few weeks and been unable to do so?
- Do you become angry if someone says you drink or use too much?
- Do you sometimes get wasted to escape from school work or home pressures?
- Do you think you will be more accepted if you use or drink?
- Has your drinking or using ever created problems between you and your family or friends?

EACH "YES" ANSWER REPRESENTS A POSSIBLE PROBLEM AS A RESULT OF DRINKING OR USING.

Quick Facts

THE RISKS. Car crashes, falls, burns, drowning, and other dangerous behaviors are all linked to alcohol and other drug use.

APPEARANCE. Alcohol can ruin your looks, give you bad breath, and make you gain weight.

BE SAFE. Drinking can lead to intoxication and even death from alcohol poisoning.

BE A REAL FRIEND. If you know someone with a drinking or drug problem, urge them to get help.

THE MYTHS. Having a designated driver is no excuse to drink. Drinking only at home or sticking only to beer does not make drinking any "safer."

Who Can I Talk To?

If you have a friend or family member with an alcohol or drug problem, you are at greater risk of becoming addicted yourself. Talk to a person you trust such as a family member, teacher, counselor or call **Teen Line®**. We are open every evening between 6-10 p.m. (PST) and our teens are waiting to listen to you.

They have been trained in ways to help and support other teenagers. They will understand how you're feeling, and help you figure out what to do next. It's free, so just call **800-852-8336 (TLC-TEEN)**, or **(310) 855-4673 (855-HOPE)**. After hours, your call will be directed to **Didi Hirsch's Suicide Prevention Center**. For more information or to download brochures, visit www.teenlineonline.org.

You thought you could try it just once. We get it.



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Drugs & Alcohol



Why do people try drugs or alcohol?

- Because they want to fit in.
- Because they want to escape or relax.
- Because they're bored.
- Because the media makes it look cool.

- Because they think it makes them seem grown-up.
- Because they want to rebel.
- Because they want to experiment.

The Facts

What do drugs do to your body in the short term?

Every drug is different, but in general they interfere with your nervous system's basic functions.

Sometimes they alter your muscles and how they function too.

Almost all drugs can make it tougher to sleep. Some cause major weight gain or unhealthy weight loss. Your eyes get glassy and bloodshot, your heart races, and sometimes you get diarrhea.

Some drugs like inhalants, can cause immediate death. [Cocaine](#), [ecstasy](#) and [meth](#) can give even healthy people a heart attack on the spot.

Also, if you've ever heard the myth that drugs or alcohol make your sex life better...they generally interfere with performance.

What do drugs and alcohol do to your body in the long term?

It all depends on the drug. Using drugs over and over for a long period of time can cause lots of medical problems, from lung cancer ([pot](#)) to liver problems ([alcohol](#)) to big time brain damage ([ecstasy](#), [alcohol](#)).

Are drugs always bad?

Some drugs were developed to treat patients with very specific medical conditions. In this case drugs make sense. Unfortunately, many of these drugs are used by people who don't need them. That is like going for chemotherapy when you don't have cancer. Stupid, right?

How To Say "No"

What do you say when you feel like someone is pressuring you to drink or do drugs? "No thanks" usually works but you may have to say it a few times before they get the hint.

Things to say:

- I don't have time for drugs.
- My parents can smell my breathe when I get home.
- I'm supposed to meet so and so in a few minutes.

Get the idea? You can still have fun without drinking or doing drugs, and you will always remember it the next day.

Other Tips:

There is strength in numbers, so having a buddy system may help. Also, when having a beverage at a party, be sure to keep it in your hand at all times to avoid someone putting anything in your drink.