'KE MOJA'
I'M FINE
WITHOUT DRUGS

Just say 'NO'
If offered drugs, a decision has to be made. It can't be postponed.

- Say "Ke Moja. I'm fine without drugs!"
- Leave the scene
- Change the subject
- Suggest an alternative activity
- Give a reason: think of one and stick to it
- Laugh it off
- Make a joke about the offer
- Ignore the offer.

Learn to recognize when you are in a situation of pressure and stay in control. Act logically and quickly.

say 'NO' 2 DRUGS

What do drugs do to your body / system?
People sometimes think that drugs, such as Dagga and Ecstasy, are not dangerous, but these drugs can damage your body and future prospects.

- Club drugs
  - Street names: Ecstasy, e, cat; speed; ice; robbie; roche; acid; LSD; liquid E.
  - Agitation, violent tendencies, malnourishment, depression, sexual dysfunction, inability to achieve or maintain erection, high rate of HIV among injecting users, damage to heart, lungs and brain.

- Alcohol
  - Street names: CDP; moonshine; mammee; dog; shooters; cocktails; juice; mixes.
  - Mental deterioration, impaired thinking and motor skills, damage to liver, kidneys, blackouts, ON OVERDOSE: coma, death.

- Cannabis
  - Street names: Dagga; pot; dope; zoe; sky; boom; weed; Durban; poison; hash, majat, Swazi, Skunk.
  - Accidents due to distorted perception, anxiety leading to toxic psychosis, bowel irritation, lung cancer, chromosome damage, sterility.

- Heroin
  - Street names: Hi Smack; brown sugar; Thai white; junk.
  - Lung problems, constipation, decreased sexual drive, collapsed veins and abscesses, ON OVERDOSE: coma, death.

- Mandrax
  - Street names: Mandies; buttons; Germans; MX; whites; cremorbas; pile.
  - Mental stupor, lack of alertness, respiratory and circulatory collapse, ON OVERDOSE: coma, death.

What can a friend do?
- Don't try to deal with it alone. **Find a trusted adult** to talk to, or phone the Department of Social Development about the best way to go about helping and what the options are.
- Stick by your friend, **don't turn your back** on them but make it clear what is and isn't acceptable behavior to you.
- **Suggest** what they might do, but **don't nag**. They will make their own decisions.
- Offer to go with them, or help to **make a phone call** if they do decide they want help.
- Find out all you can about the available options for help. Don't bargain with or threaten them.
- **Encourage** them to believe that **they can change** and they can do something about their problem.

What can a teacher do?
**Experimentation occurs mostly at school going age.**

- Teachers should obtain basic knowledge of the signs and symptoms of drug abuse.
- Recognise early drug abuser and ensure intervention.
- Parent Teacher awareness groups should be formed.

What can a parent do?
- **Look out for signs**
  - **EMPLOY CONSTRUCTIVE CONFRONTATION**
  - Confront your child in a firm yet supportive manner
  - Disclose evidence
  - Promote communication
  - If necessary, consult a professional.
What are drugs?
A drug is defined as a synthetic or natural chemical substance (other than food nutrients) that, when taken, change emotions. The use and abuse of drugs could lead to physical and psychological dependency with a build-up of tolerance*.

Drugs are psycho-active substances that people take to change the way they feel, think or behave.

Drugs can lead to HIV/AIDS as well as other sexually transmitted infections.

*tolerance means the body gets used to the presence of the drug, higher doses become necessary to maintain the intensity of the effects.

SIGNS TO LOOK FOR

Physical signs
- Alcohol on breath
- Stained Fingers
- Red Eyes
- Dagga smell on breath or clothes
- Presence of pipes or bottlenecks
- Glue stains on clothing

DANGERS of ABUSING drugs
The following are SOME problems caused by abuse of various drugs:
- Malnourishment
- Depression
- Sexual Dysfunction
- Damage to Heart, Lungs and Brain
- Coma, Respiratory failure
- DEATH

 Behavioural evidence
Here are some of the signs of drug abuse
- Guilt behaviour, as if they think they are being naughty
- Untruthful stories, avoids eye contact.
- Untidiness, previously tidy
- Disinterest in school, sports and societies.
- Changes in appetite
- Frequently changing friends or becoming loners
- Unaccountable mood swings
- Lying and dishonesty
- Impaired work performance
- Stealing household items

N.B. Tobacco and alcohol are prohibited in South African schools.