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.

<table>
<thead>
<tr>
<th>Club drugs</th>
<th>Alcohol</th>
<th>Cannabis</th>
<th>Heroin</th>
<th>Mandrax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Street names:</td>
<td>Street names:</td>
<td>Street names:</td>
<td>Street names:</td>
<td>Street names:</td>
</tr>
<tr>
<td>Ecstasy; e; cat; speed; ice;</td>
<td>Cop; moonshine; mampone;</td>
<td>Dagga; pot; dope; oz; skyl;</td>
<td>Hi; Smack; brown sugar;</td>
<td>Mandles; buttons; Germans;</td>
</tr>
<tr>
<td>Addicts; acid; LSD; liquid E.</td>
<td>dog; shooters; cocktails;</td>
<td>boom; weed; Durban; poison;</td>
<td>MX; whites; cremoras; pile.</td>
<td></td>
</tr>
</tbody>
</table>

One of the many variants of Ecstasy

Some of the MANY different alcohols

One of the many variants of marijuana

Heroin in powder form

One of the many variants of buttons

<table>
<thead>
<tr>
<th>Agitation</th>
<th>Violent tendencies</th>
<th>Malnourishment</th>
<th>Depression</th>
<th>Sexual Dysfunction</th>
<th>Inability to achieve or maintain erection.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental deterioration</td>
<td>Impaired thinking and motor skills</td>
<td>Damage to liver, kidneys</td>
<td>Blackouts</td>
<td>Lung cancer</td>
<td>Chromosomal damage</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sterility</td>
</tr>
</tbody>
</table>

ON OVERDOSE: Consultations death

<table>
<thead>
<tr>
<th>Lung problems, constipation</th>
<th>Decreased sexual drive</th>
<th>Collapsed veins and abscesses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety leading to toxic psychosis</td>
<td>Bronchial irritation</td>
<td></td>
</tr>
<tr>
<td>Prostate enlargement</td>
<td>Lung cancer</td>
<td></td>
</tr>
<tr>
<td>Stomach ulcers</td>
<td>Chromosomal damage</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sterility</td>
<td></td>
</tr>
</tbody>
</table>

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.

Drugs fall into three categories:
- **Depressants**: heroin, barbiturates, mandrax, alcohol
- **Stimulants**: cocaine, crack, ecstasy, amphetamines
- **Hallucinogens**: marijuana, LSD

**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.