

'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	Alcohol	Cannabis	Heroin	Mandrax
Street names: Ecstasy; e; cat; speed; ice; roofie; roche; acid; LSD; liquid E.	Street names: Cop; moonshine; mampoer; dop; shooters; cocktails; juice; mixes.	Street names: Dagga; pot; dope; zol; skyf; boom; weed; Durban; poison; hash; majat; Swazi; Skunk.	Street names: H; Smack; brown sugar; Thai white; junk.	Street names: Mandies; buttons; Germans; MX; whites; cremoras; pille.
				
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
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	mental deterioration impaired thinking and motor skills damage to liver, kidneys blackouts ON OVERDOSE: convulsions death	accidents due to distorted perception anxiety leading to toxic psychosis bronchial irritation lung cancer chromosome damage sterility	lung problems, constipation decreased sexual drive collapsed veins and abscesses ON OVERDOSE: when used regularly, tolerance for desired effect increases at a faster rate than that of respiratory depression death	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.



DRUGS

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, habiturates, 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



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



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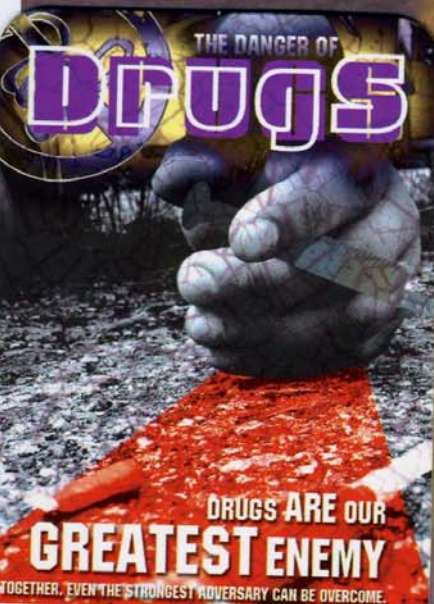
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TOGETHER, EVEN THE STRONGEST ADVERSARY CAN BE OVERCOME.

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