

*This information provided
to commitments of*

State Senator

Name

XXth District
senatorname.com

Where to Get Information?

U.S. Department of Health & Human Services
and SAMSHA National Clearinghouse
for Alcohol and Drug Information
www.health.org or 800-662-HELP

Office of Attorney General Drug Demand
Reduction Unit (717) 783-2600
www.attorneygeneral.gov



don't be a dope.



it could
cost
you
your life.

IS a 30-second or 30-minute "high" worth risking the rest of your life? That is the kind of risk you take when you use drugs. No matter what anyone tells you, the facts show that drugs kill. Maybe not the first time, but sooner or later using drugs will catch up with you.

Sure, everyone feels the pressure to go along with the crowd, to fit in, to belong. When you want to be accepted by your friends, peer pressure can be very powerful. But don't be a dope and

gamble with your life... real friends accept you without compromise. Most kids believe that taking drugs is wrong and they do not want to associate with people who use them.

Some people believe that alcohol, marijuana and other drugs will make them feel at ease. Others think that drugs enhance the senses and make experiences more memorable. In reality, people who use drugs lose control.



KNOW THE FACTS

Alcohol

Immediate Effects

- Initial relaxation
- Loss of inhibitions
- Impaired coordination
- Increased risk-taking
- Bad judgement/danger in driving car

Long Term Effects

- Gastritis, pancreatitis
- Cirrhosis of the liver
- Certain cancers of the gastro-intestinal track
- Heart disease
- Brain and nerve damage

Cocaine

Immediate Effects

- Increased heart rate and blood pressure which leads to increased risk of burst blood vessels or heart failure
- Reduced appetite
- Faster breathing
- Increased alertness
- Dilation of pupils

Long Term Effects

- Strong psychological dependence
- AIDS and hepatitis if injected with used/shared needle
- Ulcerated mucous membrane of the nose

Heroin

Immediate Effects

- Depressed breathing
- Clouded mental functioning
- Drowsiness
- Nausea and vomiting
- Suppression of pain

Long Term Effects

- Changes the physical structure and physiology of the brain
- Profound degrees of tolerance and physical dependence
- Severe withdrawal symptoms
- Weakened immune system
- Respiratory illnesses
- Muscle weakness, partial paralysis
- Depression
- Coma

Inhalants

Immediate Effects

- Nausea, sneezing, coughing and nose bleeds
- Fatigue, poor coordination
- Increased heart and breathing rates
- Impaired judgement
- Large doses - unconsciousness and death



Long Term Effects

- Permanent damage to nervous system
- Fatigue and weight loss
- Anxiety

LSD

Immediate Effects

- Rapid pulse, increased heart rate, elevated blood pressure and body temperature
- Loss of appetite
- Sleeplessness and tremors

Long Term Effects

- Panic, confusion, suspicion, anxiety, and loss of control

Marijuana

Immediate Effects

- Increased heart rate
- Bloodshot eyes
- Dry mouth and throat
- Impaired short term memory and logical thinking
- Altered sense of time

Long Term Effects

- Psychological dependence
- Loss of drive and interest in sustained activity

Regular Heavy Use

- Chronic bronchitis, lung cancer
- Impaired learning
- Decreased immunity

Methamphetamines

Immediate Effects

- Increased activity
- Reduced appetite
- Shaking
- Dangerously high body temperature

Long Term Effects

- Suicidal or homicidal thoughts
- Violent behavior
- Tooth decay
- Hallucinations
- Insomnia
- Damage to the kidneys, lungs, brain, and liver

PCP

Immediate Effects

- Sense of distance and estrangement
- Poor muscle control
- Dulled senses
- Profuse sweating
- Increased breathing, blood pressure and pulse

Long Term Effects

- Persistent memory problems and speech difficulties
- Depression, anxiety, violent behavior
- Paranoia and hallucinations
- Convulsions, coma, heart and lung failure

WHEN YOU BREAK THE LAW, YOU PAY THE PRICE

Possessing or selling drugs is punishable by fine and imprisonment. For example, possessing a unit of crack can result in up to one year imprisonment and a \$5,000 fine. Selling, distributing or transporting crack can result in up to five years imprisonment and a \$15,000 fine.

A drug pusher convicted of selling drugs to a minor faces a mandatory minimum sentence of one year. However, a mandatory minimum sentence of three years applies if the sale or delivery takes place within 1,000 feet of a school, college or university, if the intent was for the minor to sell or deliver the drugs, or if the intent was for the minor to develop an addiction to drugs.

People under 21 convicted of underage drinking or using a fake driver's license to purchase alcohol face up to a \$500 fine.

Minors with BACs of .02% and above may not drive, operate or be in actual physical control of a vehicle.

Drugs Destroy Your Mind and Body