

***Sent to the Garden Grove OCCHY Team as they implement the parish OCCHY model in the classroom and Youth Group.***

Dear OCCHY Team,

I am sending the entire OCCHY program in this email. While several of the documents are not needed by all of you, I would appreciate feedback on them. We are the first to use this program so it would be helpful.

It includes:

1. How to run OCCHY- This is what parishes will receive to lead them on how to do the entire program. You can look at it but really it is for the pastor and youth coordinator.

2. Sunday Bulletin Insert- This is for the secretary of the church to print out double sided and distribute on Sunday Sept. 16. This will be OCCHY Awareness day. Not needed by the teachers but please feel free to review it.

3. OCCHY Parent Guide to Substance Abuse- This is a resource that will be printed out and placed in the Narthex for parents of teens to take home.

4-9- These six documents are the resources that should be printed and discussed with the 7th-12 graders. You all can decide whether to give a copy to each or just read and discuss them. Please discuss how many Sundays you want to take to deliver the content.

Fr. Michael will be presenting OCCHY in his homily Sept. 16th and let the parishioners know about the program and what is being taught.

Kh. Christina will be creating a modified version of those documents to be used by the K-6th graders.

Thank You to all of you for being a part of this. Our parish truly is the leader in making the youth programs of the Archdiocese come alive.

Thanks,  
Dr. Edward G. Deeb Jr.

## How to run the 2012 Teen SOYO OCCHY program at your Parish

September is OCCHY awareness month. SOYO, as a stake holder in the work of the Orthodox Christian Coalition for Healthy Youth (OCCHY), strives with other coalition members to reduce the use and abuse of Alcohol, tobacco and other drug use and abuse amongst young people, so that they may live healthy and long lives. The OCCHY program is fully explained at its website: [www.HealthyYouth.com](http://www.HealthyYouth.com). We encourage you to spend time reviewing the website and learning about the program.

Our Goal as Teen SOYO is twofold. First is to discuss with our teens the social and health issues that directly affect our teens. This includes subjects such as drug abuse, peer pressure, and stress. The second is to inform parishes of OCCHY in the hopes they will create an OCCHY outreach in their community.

That has led to the 2012 Teen SOYO OCCHY Program. The 2012 Program is broken down into two easy steps:

**1. Discussing the Social Issues:** We have included Six documents for your Sunday School or Youth Director to deliver to your Teens and young adults. The subject matter is:

- A. Alcohol Facts
- B. Drug Facts
- C. Hookah Facts
- D. Marijuana Facts
- E. Peer Pressure
- F. Teen Stress

We are asking you to present the material in the month of September. This is great material and will help your teens cope with some of the problems they face in today's world.

You can choose different ways to deliver the content. Some parishes will deliver it on Sundays in the High School and Junior High School classes. Others will have the Youth Coordinator or Parish Priest deliver it in a Youth Sermon or at a Fireside Chat. You can pick a way that best fits your resources. You can print these out and give them to the teens.

**2. OCCHY Bulletin Insert and the "Parents Guide to Substance Abuse Prevention.." resource printed out and delivered to the parish.**

### **OCCHY Bulletin Insert**

The insert is two pages. One side will be: **"Parents Healthy Youth Fact Sheet"** and the other side will be **"Starting an OCCHY outreach in Your Community."** Print this out double sided and place it into your bulletin on the second Sunday of September.

### **Parent Guide to Substance Abuse Prevention and Healthy Living resource.**

Print as many copies of this document as needed to give to the parents of teens on the Same Sunday as the insert. The bulletin insert will point out that the resource is being made available and either the parish priest or youth coordinator can plan how to distribute them. One example is to have someone pass them out at coffee hour, or have them in the Narthax for parents to pick up. Please have your parish priest, SOYO president or Youth Coordinator make an announcement where to get the Guide.

This is a short and concise program but very worthwhile. It gets SOYO involved in the OCCHY program and brings awareness to the parishes. We Thank You for your involvement and in implementing this in your parish.



## **Parents Healthy Youth Fact Sheet**

### **PARENT-Is Your Child at Risk?**

*...Of Underage Drinking? Read the College Stumble...*

*...Of Smoking the Waterpipe, Hookah, Argileh? Read Let's All "Quit Smoking.."*

*...Of Binge Drinking? Check out the CDC's report...*

*...Of Drinking in College, Being Sexually Abused or Assaulted, Being Unintentionally injured or killed from an Alcohol-related Car Crash? Read the NIAAA report on "What Parents Need to Know About College Drinking"*

*...Of Heroin Use? Read The National Institute on Drugs reports the Long-Term effects of Heroin?*

*...Of Inhalant Use? Check out the MAYO Clinic report...*

*...Of Being Bullied or of Being a Bully?*

***Go to the [HealthYouth.com](http://HealthYouth.com) website for responses to these questions, additional stories and reports***

Dear Parents of Teens,

Thank You for your child's involvement in SOYO, Sunday School and the other youth groups of your parish. The Youth Department of the Archdiocese wants to make you aware of the OCCHY/Healthy Youth programs developed to make you aware of the serious issues facing our youth. The program was designed to also encourage qualified parishioners to become involved in local outreach on the subject (see the bulletin insert "Starting an OCCHY Outreach in your Area").

Visiting the [HealthyYouth.com](http://HealthyYouth.com) website will give you resources you can use to help prevent your child/children from being negatively affected by the many social issues they face.

The parent resource page at: [www.healthyyouth.com/Pages/ParentResources.aspx](http://www.healthyyouth.com/Pages/ParentResources.aspx).

Here are specific links to additional resources:

[www.healthyyouth.com/Pages/KeystoSubstances.aspx](http://www.healthyyouth.com/Pages/KeystoSubstances.aspx)

[www.checkyourself.com](http://www.checkyourself.com)

[www.drugfree.org](http://www.drugfree.org)

Parents of teens, A resource called "Parent Guide to Substance Abuse Prevention and Healthy Living" is available for you either in the Narthex or at coffee hour. Please ask your Pastor or Youth Coordinator for it.



## Starting an OCCHY outreach in Your Community

OCCHY is a unique national alliance founded and supported by the Department of Youth and Parish Ministries of the Antiochian Orthodox Christian Archdiocese. We are establishing, training and leading substance abuse prevention and intervention coalitions across America.

### The Healthy Youth Initiative

Fr. Joseph Purpura, Chairman of the Department of Youth and Parish Ministries, and Kh. Kathleen Purpura, Youth Consultant and Executive Director of OCCHY, work with the White House Director of the Drug Free Communities Program, the Substance Abuse and Mental Health Services Administration (SAMHSA), the staff of the Community Anti-Drug Coalitions of America (CADCA), and local coalition leaders to **establish substance prevention coalitions across America**. The Healthy Youth initiative offers communities an opportunity to heighten awareness of how to combat substance abuse, prevent bullying, encourage sexual abstinence outside of marriage, and encourage respect for the sanctity of the human body.

**OCCHY is developing local community networks** to address substance abuse prevention and healthy living in parishes of each diocese. Each local chapter is trained in coalition building in their community. Local chapter members are a resource in training and developing coalitions beyond their geographic area by helping other parishes within their diocese, other Orthodox Christian jurisdictions and other faith-based communities. By developing a model for faith-based coalition building, we are establishing, training, and leading substance abuse prevention and intervention coalitions across America.

OCCHY connects Orthodox Christian Church communities to public and private sector professionals and community advocates to establish a healthier environment for our youth. Each local coalition offers and promotes:

- distinctive substance abuse solutions through policy change, environmental design modification and substance abuse prevention tactics.
- healthy sexuality and righteous living through awareness, education and mentoring.

### So You want to learn more and get involved

If you are interested in pursuing the development of a local OCCHY branch, please speak to your parish priest for his blessing and then contact:

For more information contact:

V. Rev. Dr. Joseph F. Purpura

Kathleen A. Purpura

[FrJoseph@OrthodoxYouth.com](mailto:FrJoseph@OrthodoxYouth.com)

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[www.HealthyYouth.com](http://www.HealthyYouth.com)



Parents,

The following is a highlight of one of the resources listed on the HealthyYouth.com website:

### **Parent Guide to Substance Abuse Prevention and Healthy Living**

Talk to Your Teens - Let them know that contrary to what they hear and see on television:

- Alcohol does not make them more like people who are rich and sexy; when abused, alcohol makes people less intelligent, by damaging the brain, and makes people more fat, by damaging the liver and stomach
- Alcohol abuse does not lead to romance; it often leads to physical and/or sexual violence
- Drinking alcohol does not improve their social skills; it can put them in situations that ruin their ability to find and to keep a good job and a good marriage
- Abusing alcohol is not a sign of adulthood; it is a sign of social immaturity

### **Substance Abuse Prevention Strategies for Parents to Consider**

- Provide your children and their friends with safe, healthy, supervised evening activities so that drinking parties are dull by comparison. Some activity ideas are: Movie Night, Camping/Hiking, Visit outdoor attractions such as the Zoo, Indoor rock climbing, Visit cultural museums, Attend outdoor symphonies and other low cost cultural events around town, Swimming Parties.
- Keep an up-to-date list of alcoholic beverages throughout your home including the pantry, wine rack and refrigerator and monitor them for consumption
- Learn the language of your teens: internet acronyms, drug terms, etc.
- Be aware of your teens daily schedule
- Establish dating rules, no-alcohol rules, level of respect required and decency of friends
- Be aware of prescription drug risks and accessibility in your home
- Recognize signs of drug use

### **Early Sexual Activity Risk Behaviors**

- Teens under the influence of alcohol or other drugs are more likely to engage in the early onset of sexual activity

- Teens under the influence of alcohol or other drugs are more likely to engage in other high risk behaviors such as unprotected sexual intercourse and driving while impaired
- Vaginal, oral and anal intercourse put teens at risk for HIV infection and numerous other Sexually Transmitted Diseases

### Tobacco Use

- In the United States, tobacco use is still the leading most preventable cause of death
- Teens are attracted to cigarettes, cigars, smokeless tobacco, blunts, argileh, narghile, hookahs, and ghelyan, marijuana, and potent marijuana alternatives such as kretek or spice
- Nicotine is an extremely addictive drug
- There are over 4,000 chemical substances in cigarettes many of which are carcinogenic or other forms of toxins

### Alcohol Use

- Heavy drinking can lead to cirrhosis of the liver
- Heavy drinking can lead to high blood pressure
- Alcohol abuse often leads to violence
- Alcohol abuse is shown to be the cause of several thousand automobile related deaths each year in the United States
- Alcohol use and abuse contributes to the early onset of sexual activity in teens

Establish Family Rules about relationships, alcohol and drugs, and expected behavior

Rules should be clearly stated and gently but firmly enforced:

1. No extended visits at unsupervised friends' houses
2. No going to friends' houses where minors are allowed to drink
3. No riding in cars with a driver who has been drinking
4. No going to parties unless they are supervised and alcohol-free
5. No encouraging younger siblings to feel the need to be in a coupling relationship, to drink, or experiment with drugs
6. No cutting remarks or disrespectful behavior toward siblings

### Help your teen build strong, wholesome relationships

- Set a good example by being a steward of your church and diocese
- Encourage your teen to participate in your church teen organization
- Get to know your teen's friends and their parents
- Encourage your teen to invite healthy-minded friends to your house for dinner

### **Set a Good Example**

- Model humanitarian behavior by helping in food banks, serving on church councils and cultural committees
- Don't drink alcohol or drink only in moderation
- Teach teens healthy coping mechanisms such as running, prayer, meditation, walking with a friend, writing in a journal
- Use prescription drugs wisely

### **Recognize Warning Signs of Substance Abuse or Other Unhealthy Behavior**

- Excessive Sleeping
- Little Sleeping
- Drop in School Grades
- Hanging out with Troubled Kids
- Change in Appearance
- Mood Changes
- Physical changes such as bloodshot or dilated eyes or slow reaction
- Mental changes such as rebellious behavior, irritability, poor concentration, lack of respect
- Spending excessive time with one individual

## Alcohol: Myths + Truths

Think you know everything about alcohol? Here are some common myths debunked.

**MYTH: Everyone drinks.**

TRUTH: Not true. Although 31% of teens said they've drank alcohol in the past month that still leaves 69% who did not! If you choose not to drink, you're definitely not alone.

**MYTH: Alcohol gives you energy.**

TRUTH: This statement is false. Alcohol is a depressant, and can actually make you sleepy. It slows down your motor skills which control the way you think, speak, move and react.

**MYTH: Beer before liquor, never been sicker - liquor before beer, you're in the clear.**

TRUTH: This is an old urban legend used to explain why people get sick when they drink - but it's just not true. Your blood alcohol content (also known as BAC, the percentage of alcohol in your blood) is what determines how drunk you are. It doesn't matter what type of alcohol you chose to consume - a drink is a drink, and too much of any combination can make you sick.

**MYTH: I can sober up quickly if I need to.**

TRUTH: If you think that taking a shower, drinking 10 cups of coffee or eating a loaf of bread will help you sober up - think again. The only thing your body needs is time — depending on your weight, it takes about three hours to eliminate every two drink you've had that night.

**MYTH: Driving with someone who drank can be safe, because they drive extra carefully so they don't get pulled over.**

TRUTH: YIKES! Drinking and driving is extremely dangerous. Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking and about 1,900 of these deaths are from motor vehicle crashes(NIAAA). In 2002, alcohol was involved in 41% of all fatal crashes (NIDA). A person might think he's in control, but alcohol slows down reaction time which makes driving a car one of the worst decisions one can make — even if he's had only a little bit to drink.

**MYTH: Everyone who gets drunk acts the same.**

TRUTH: Nope. There are lots of factors that affect the body's reactions to alcohol, including weight, age, gender, body chemistry, genetics, amount of food and alcohol consumed — the list can go on. The way one person reacts can be vastly different from how another person reacts. You can't predict how alcohol will affect you.

**MYTH: If I drink too much, the worst thing that can happen is I get my stomach pumped.**

TRUTH: No way. If alcohol is drunk excessively, it can lead to alcohol poisoning which can cause death. Also, drinking excessive alcohol can cause vomiting. When drunk and unconscious, a person may inhale fluids that have been vomited, resulting in death by asphyxiation. Long-term, heavy use of alcohol can lead to addiction (alcoholism), and can even cause a heart attack or stroke.

**MYTH: Talk to me about drugs - that's a bigger issue than alcohol.**

TRUTH: Both drugs and alcohol are serious problems among teens. Alcohol kills young people just like cocaine, heroin and other serious illegal drugs. Also, according to recent studies, nearly one-half (47%) of persons who began drinking before age 14 were alcohol dependent at some point in their lifetime.

**MYTH: Alcohol isn't harmful to my body.**

TRUTH: Again, this statement is wrong. Large amounts of alcohol can take its toll on your body, causing disturbed sleep, nausea, and vomiting as well as a dreaded hangover. Heavy drinking can inhibit the firing of nerve cells that control breathing, a condition known as respiratory depression — a condition that can be fatal.

**MYTH: My friends will think I'm weird if I don't drink.**

TRUTH: Friends are you friends no matter what - and they won't give up your friendship over something as silly as a beer. Also, keep in mind that most people are usually too focused on themselves to care what others are — or aren't — doing.

**MYTH: My parents drink - so what's the big deal if I do?**

TRUTH: Actually, it's scientifically proven to be a big deal. According to new research by A. Thomas McLellan, Ph.D., teens who drink and take drugs may be at greater risk than previously thought. His research suggests that the brain is not fully formed until age 24. Using drugs and alcohol during this important time as your brain develops might have negative long-term effects on brain functions such as memory.

## Quick Hookah Facts

### Prevalence

- Middle School: An Arizona-specific study found 2%<sup>1</sup> and a Florida-specific survey found 2%.<sup>2</sup>
- Adolescents: 5 to 17%<sup>3</sup>
- College students: 10- 20%<sup>4</sup>, however at certain universities it's been seen as high as 40%.<sup>5</sup>

### Attitudes

- Many studies have indicated that a sizable amount of hookah smokers surveyed believed waterpipe usage was not as harmful or addictive, and had less nicotine than standard cigarettes.<sup>6</sup>

### Health Effects

- A hookah smoker has double the chance of getting lung cancer, low birth weight and respiratory disease and an increased chance of periodontal disease.<sup>7</sup>
- On average, a typical hookah session lasts 40-45 minutes, which means the smoker is exposed to those harmful carcinogens over a longer period of time.<sup>8</sup>
- A study showed that a typical hookah session yields 2.94 milligrams of nicotine, compared to 0.88 milligrams in a typical cigarette.<sup>9</sup>
- Due to the longer, more sustained period of inhalation and exposure, a waterpipe smoker may inhale as much smoke as consuming 100 or more cigarettes during a single session.<sup>10</sup>

### Air Quality

- A study found that during a typical hookah session, the particulate matter in rooms reaches higher levels compared to cigarette smoke.<sup>11</sup>

**Note:** *Much of the research regarding hookah in the U.S. is in a preliminary stage. Most of the cited studies only analyze certain populations in certain areas (i.e. states, universities), and it might not be appropriate to expand the results to all U.S. populations. Many of the cited studies call for more specific research.*

<sup>1</sup> Primack, B.A. et al. Water-pipe tobacco smoking among middle and high school students in Arizona. *Pediatrics*. 2009. 123: 282-288.

<sup>2</sup> Barnett, T. E. Water pipe tobacco smoking among middle and high school students. *American Journal of Public Health*. Nov. 2009. 99(11): 2014-2019.

<sup>3</sup> Maziak, W. Commentary: The waterpipe – a global epidemic or a passing fad. *International Journal of Epidemiology*. 2010. 39: 857-859.

<sup>4</sup> Ibid.

<sup>5</sup> Primack, B.A. et al. Prevalence of and associations with waterpipe tobacco smoking among U.S. university students. *Annals of Behavioral Medicine*. 2008. 36: 81-86.

<sup>6</sup> Smith-Simone, S. et al. Waterpipe tobacco smoking: Knowledge, attitudes, beliefs, and behavior in two U.S. samples. *Nicotine & Tobacco Research*. Feb. 2008. 10(2): 393-398.

<sup>7</sup> Akl, E.A. et al. The effects of waterpipe tobacco smoking on health outcomes: a systematic review. *International Journal of Epidemiology*. 2010. 39: 834-857.

<sup>8</sup> Shafagoj YA, Mohammed FI, Hadidi. KA. Hubble-bubble (waterpipe) smoking: levels of nicotine and cotinine in plasma, saliva and urine, *International Journal of Clinical Pharmacology and Therapeutics*. Jun 2002. 40(11): 249-255.

<sup>9</sup> Neergaard, J. et al. Waterpipe smoking and nicotine exposure: A review of the current evidence. *Nicotine & Tobacco Research*. Oct. 2007. 9(20): 987 – 994.

<sup>10</sup> World Health Organization. WHO Advisory Note: Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended actions by Regulators. WHO, 2005.

<sup>11</sup> Maziak, W. et al. Waterpipe-associated particulate matter emissions. *Nicotine & Tobacco*. Mar 2008. 10(3): 519-523.

## Marijuana Myths

Do you know the facts about marijuana? Here are some common myths.

**MYTH: Marijuana is harmless.**

FACT: Marijuana is the most widely used illegal drug among youth today and is more potent than ever. Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development. Getting high also impairs judgment, which can lead to risky decision making on issues like sex, criminal activity, or riding with someone who is under the influence of drugs or alcohol. According to the National Center on Addiction and Substance Abuse (CASA) at Columbia University, teens who use drugs are five times more likely to have sex than teens who do not use drugs. Getting high also contributes to general apathy, irresponsible behavior, and risky choices.

**MYTH: You can't get addicted to marijuana.**

FACT: Don't be fooled by popular beliefs. Kids can get hooked on pot. Research shows that marijuana use can lead to addiction. Each year, more kids enter treatment with a primary diagnosis of marijuana dependence than for all other illegal drugs combined.

**MYTH: There's not much parents can do to stop their kids from "experimenting" with marijuana.**

FACT: Most parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. But, it's true, so this message needs to start with parents. Kids need to hear how risky marijuana use can be. They need to know how damaging it can be to their lives. And they need to begin by listening to someone they trust. By staying involved, knowing what their kids are doing, and setting limits with clear rules and consequences, parents can keep their kids drug-free.

**MYTH: There are no long-term consequences to marijuana use.**

FACT: Research shows that kids who smoke marijuana engage in risky behavior that can jeopardize their futures, like having sex, getting in trouble with the law, or losing scholarship money. Marijuana can also hurt academic achievement and puts kids at risk for depression and anxiety.

**MYTH: Marijuana isn't as popular as other drugs like ecstasy among teens today.**

FACT: Kids use marijuana far more than any other illegal drug. Among kids who use drugs, 60 percent use only marijuana.

**MYTH: Young kids won't be exposed to marijuana.**

FACT: While overall marijuana use has decreased, many children and teens are still using it. According to the annual Monitoring the Future national poll, in the past seven years, the number of eighth graders who had used marijuana decreased from approximately one in five to slightly more than one in 10. With recent research now linking marijuana use to mental health disorders like depression and schizophrenia, this is still far too many. The same report notes that, by 12th grade, marijuana use increases to more than two in five teens.

**MYTH: Parents who experimented with marijuana in their youth would be hypocrites if they told their kids not to try it.**

FACT: Parents need to make their own decisions about whether to talk to their children about their own drug use. But parents can tell their kids that much more is known today about the serious health and social consequences of using marijuana.

## **DRUG FACTS**

### **DXM**

#### **What are the street names/slang terms for DXM?**

Dex, Robo, Skittles, Triple C, Tussin.

#### **What is DXM?**

Dextromethorphan is a cough-suppressing ingredient found in a variety of over-the counter cold and cough medications. Like PCP and Ketamine, dextromethorphan is a dissociative anesthetic, meaning DXM effects can include hallucinations.

#### **What does it look like?**

Cough syrup and cough and cold tablets or gel caps that are available without a prescription. Also, dextromethorphan can be purchased in a powder form, often over the internet.

#### **How is it used?**

Swallowed

#### **What are its short-term effects?**

The effects of dextromethorphan abuse vary with the amount taken. Common DXM effects can include confusion, dizziness, double or blurred vision, slurred speech, impaired physical coordination, abdominal pain, nausea and vomiting, rapid heart beat, drowsiness, numbness of fingers and toes, and disorientation. DXM abusers describe different "plateaus" ranging from mild distortions of color and sound to visual hallucinations and "out-of-body," dissociative, sensations, and loss of motor control.

#### **What are its long-term effects?**

The abuse of cough medications including DXM can contain other ingredients, such as acetaminophen, which can be very dangerous when taken in large quantities. For example, large quantities of acetaminophen can damage the liver.

DXM is also sometimes abused with other drugs or alcohol, which can increase the dangerous physical effects.

## **COCAINE/CRACK**

### **What are the street names/slang terms for it?**

Big C, Blow, Coke, Crack Powder, Flake, Lady, Lines, Nose Candy, Snow, Snowbirds, White Crack: Freebase, Rock

### **What is it?**

Cocaine is a drug extracted from the leaves of the coca plant. It is a potent brain stimulant and one of the most powerfully addictive drugs.

### **What does it look like?**

Cocaine is distributed on the street in two main forms: cocaine hydrochloride is a white crystalline powder and "crack" is cocaine hydrochloride that has been processed with ammonia or sodium bicarbonate (baking soda) and water into a freebase cocaine - chips, chunks, or rocks.

### **How is it used?**

Cocaine can be snorted or dissolved in water and injected. Crack is smoked.

### **The hype:**

"You'll feel totally on" and "It gives you the best energy."

### **The reality:**

"My heart beats irregularly on cocaine. I feel scared - everything seems out of control" and "No matter how much I have, I always want more, and I don't care about anything else."

### **What can happen while you're high?**

Short-term effects of cocaine include constricted peripheral blood vessels, dilated pupils, increased temperature, heart rate, blood pressure, insomnia, loss of appetite, feelings of restlessness, irritability, and anxiety. Duration of cocaine's immediate euphoric effects, which include energy, reduced fatigue, and mental clarity, depends on how it is used. The faster the absorption, the more intense the high. However, the faster the absorption, the shorter the high lasts. The high from snorting may last 15 to 30 minutes, while that from smoking may last 5 to 10 minutes. Cocaine's effects are short lived, and once the drug leaves the brain, the user experiences a "coke crash" that includes depression, irritability, and fatigue.

### **What can happen long term?**

High doses of cocaine and/or prolonged use can trigger paranoia. Smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. When addicted individuals stop using cocaine, they often become depressed. Prolonged cocaine snorting can result in ulceration of the mucous membrane of the nose.

## **ECSTASY**

### **What are the street names/slang terms for it?**

Adam, Bean, E, Ecstasy, M, Roll, X, XTC

### **What is it?**

MDMA or Ecstasy (3-4-methylenedioxyamphetamine) is a synthetic drug with amphetamine-like and hallucinogenic properties.

### **What does it look like?**

Ecstasy comes in a tablet form that is often branded, e.g. Playboy bunnies, Nike swoosh, CK

### **How is it used?**

Taken in pill form, users sometimes take Ecstasy at raves, clubs, and other parties to keep on dancing and for mood enhancement.

### **The hype:**

"It'll be like you're in love with everyone" and "You'll feel happier than you've ever felt. Ever..."

### **The reality:**

"I had a throbbing head, a sore jaw from clenching it so much, and I felt totally anxious," "You know when someone comes up behind you and scares you so bad you almost cry? I had that kind of panic attack for six hours" and "I felt like I was having a heart attack."

### **What can happen while you're high?**

Short-term effects can include involuntary teeth clenching, a loss of inhibitions, unusual displays of affection, transfixion on sights and sounds, muscle tension, nausea, blurred vision, and chills or sweating. After-effects can include sleep problems, anxiety and depression.

Ecstasy can cause severe dehydration, seizures and strokes. It can cause dramatic increases in body temperature and can lead to muscle breakdown, which can cause kidney failure. It can lead to liver and cardiovascular failure, which have been reported in some of the Ecstasy-related fatalities.

### **What can happen long term?**

Repeated use of Ecstasy ultimately may damage the cells that produce serotonin, which has an important role in the regulation of mood, appetite, pain, learning and memory. There already is research suggesting Ecstasy use can disrupt or interfere with memory.

## **STEROIDS**

### **What are the street names/slang terms for it?**

Juice, Rhoids

### **What is it?**

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Current legitimate medical uses include treatment of certain kinds of anemia, severe burns, and some types of breast cancer. Body builders, long-distance runners, cyclists and various other athletes who claim that steroids give them a competitive advantage and/or improve their physical appearance use these drugs illegally.

### **What does it look like?**

Steroids come in tablets or liquid form.

### **How is it used?**

Anabolic steroids are taken orally or injected, and athletes and other abusers take them typically in cycles of weeks or months, rather than continuously, in patterns called cycling. Cycling involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. In addition, users frequently combine several different types of steroids to maximize their effectiveness while minimizing negative effects, process known as stacking.

### **The hype:**

"To bulk up - quickly," "To be buff and ripped" and "For six-pack abs and granite-like pecs."

### **The reality:**

"Messes with your natural development," "Stunts your growth" "I get really impulsive and hyper - I'm way more prone to get in fights. And I got really bad acne" and "Your testicles shrink and, believe it or not, you can develop male breasts."

### **What can happen while you're high ?**

Reports indicate that use of anabolic steroids produces increases in lean muscle mass, strength, and ability to train longer and harder. Users can suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility. Additionally, abuse of anabolic steroids can lead to serious health problems, some of which are irreversible. The major side effects of anabolic steroid use can include liver tumors, jaundice, fluid retention, and high blood pressure. Additional side effects can include the following - for men shrinking of the testicles, reduced sperm count, infertility, baldness, development of breasts; - for women growth of facial hair, changes in or cessation of the menstrual cycle, deepened voice; - for adolescents growth halted prematurely through premature skeletal maturation and accelerated puberty changes. Studies are in progress to determine additional long term harmful effects.

## PEER PRESSURE

As a Teen you face many situations where others are encouraging you to do something risky, illegal, or unhealthy. How can you develop the ability to stand up for yourself?

Unfortunately, most times you will be “going along” not because you want to, but simply because you don’t know how to respond in these situations. You might be afraid of losing a friend, looking uncool, or being left out of the crowd. The trick is to get into the practice of “saying no” in a variety of ways and in a variety of situations, so you are prepared for anything.

Here are **ten** ways you can reply to peer pressure. By learning a range of possible responses, you will most likely to be able to come up with one that fits the situation when the time arises. Role play some typical situations with other teens, and practice using each one. This will help you develop assertiveness skills as well as confidence. Also check out this website: <http://www.thecoolspot.gov/pressures.asp>

1. Make a joke. Sometimes humor is the best way to respond to a situation, as it can lighten a serious mood. It can also divert attention away from you and onto something else.
2. Give a reason why it’s a bad idea. Maybe you can’t smoke because you want to be able to run the mile for the track team. Maybe you don’t want to drink because you know someone who is an alcoholic and you can see how drinking has messed up their life. Backing up your refusal with evidence gives it more power.
3. Make an excuse why you can’t. Maybe you have something else to do that will interfere. Or you have to be somewhere at a specific time. Or your mom will kill you. Whatever. But say it and stick to it.
4. Just say no, plainly and firmly. In some situations, just saying no without a lot of arguing and explaining is the best response. Just make sure you’re “no” is a strong and determined one.
5. Suggest an alternative activity. Lots of kids wind up doing stuff they shouldn’t because they lack other options. They’re bored. By thinking of something better to do, you’re offering everyone an “out.” You just might be surprised who might take you up on it.
6. Ignore the suggestion. Pretend you didn’t hear it, and change the topic to something else. Act like you don’t think the idea was even worth discussing.
7. Repeat yourself if necessary. Sometimes it takes more than once, on more than one occasion. Just because someone asks more than once, that doesn’t mean you have to cave.
8. Leave the situation. If you don’t like where things are headed, you can take off. It might seem risky, but with you leading the way, other kids who really don’t want to do it either just may follow you.
9. Thanks, but no thanks. You can be polite, but you still aren’t interested. It just isn’t something you’re into.
10. The power of numbers. Make a pact with your friends to stick to your guns. Often, knowing that your friends will back you up can help you feel more comfortable being assertive. Sometimes “we” feels stronger than “I”.

## **TEENS AND STRESS**

### **1. Identify symptoms of anxiety**

Take inventory of your inner voice when it repeatedly announces, "I'm worried about \_\_\_\_." Whether it's that upcoming math test, party or soccer game, make note of the silent alarm bell in your head. Catch yourself, and pay attention to nervous habits: hair twirling, nail biting, eye twitching, foot tapping.

### **2. Ask for help**

You don't have to handle everything solo. Look for a helping hand. Or you can delegate a portion of a task that is overwhelming. Even the act of venting to someone about all the stress you feel will help you find emotional support and nurturing.

### **3. Create an action plan to handle an upcoming worrisome challenge**

Divide the task up into parts you can manage. A one-step-at-a-time approach divides and conquers anxiety.

### **4. Identify activities that relax you**

Listening to music, talking a walk, calling a friend -- those are healthy diversion techniques. Take note of the things that bring you pleasure, and exercise them when you need a lift or distraction.

### **5. Analyze how you explain failure**

Do you blame yourself? Laying blame and taking responsibility are two different things. Pessimists blame themselves; optimists don't. Don't say, "I failed the test because I am stupid or incompetent." Do say, "I failed because the test covered material I didn't focus on when studying." In the latter situation, you are in control of changing the situation for the better. Realize that you can plan more effectively for similar challenges in the future. Beating up on yourself is self-defeating; it leaves you feeling powerless when, in fact, you are not.

### **6. Get enough sleep and eat properly during tough times**

When your schedule is packed with events, chores, challenges and responsibilities, make sure you take care of your basic needs first. If you become overtired or undernourished your body is less capable of performing well under pressure.

### **7. Purge yourself of intense emotions**

Keeping a journal is a helpful way to express your anger, sadness or disappointment. When you write it down, you are, in effect, transferring the emotion out of your body and onto paper. This process helps you understand what's behind the emotions, too.

### **8. Draw boundaries for yourself, within reason**

Can I land the lead in the play? Can I drop 20 pounds by prom night? Is that possible or impossible? Reach high with your expectations, but just short of setting unattainable goals.

### **9. Set priorities**

There are times when the whole world seems like a to-do list. Take out the garbage. Finish that homework. Study for the test. Read the book for a report. Practice that musical instrument. Run so you are conditioned for the game. Do some volunteer work. Shop for shoes for the dance.

Learn to decide what is most important, and focus on that first. Arrange your to-do list in order of importance. Sometimes it's best to put off till tomorrow so you can manage today.

### **10. Get physical**

Exercise revs up your body and makes you feel more hopeful and energized. No matter how much is on your plate, find time to get outside and walk, run, bike ride, skate, swim, play tennis or partake in whatever physical activity delights you.

### **Additional Tips for addressing stress in teens:**

- Help teens identify "stress." Signs of stress include a fast heartbeat, butterflies in the stomach, chest tightness, obsessive thoughts about being ready for things, inability to enjoy restful activities, etc.
- Teach teens ways to relax and cope with stress: taking a bath, exercising, yoga or deep breathing and meditation, listening to or making music, etc
- Remind teens that they are in control of some things in their lives, and encourage them to make decisions and prioritize activities when possible.
- Encourage teens to talk about what is causing the stress and identify healthy ways of dealing with it.
- Identify perceived "unhealthy" ways of coping with stress, including using alcohol or drugs, ignoring a problem, watching too much TV or playing too many video games, or getting irritable and cranky.