

Say “No” to Drugs and Alcohol



Fathers and Sons Program



Alcohol

Short-Term Effects of Alcohol



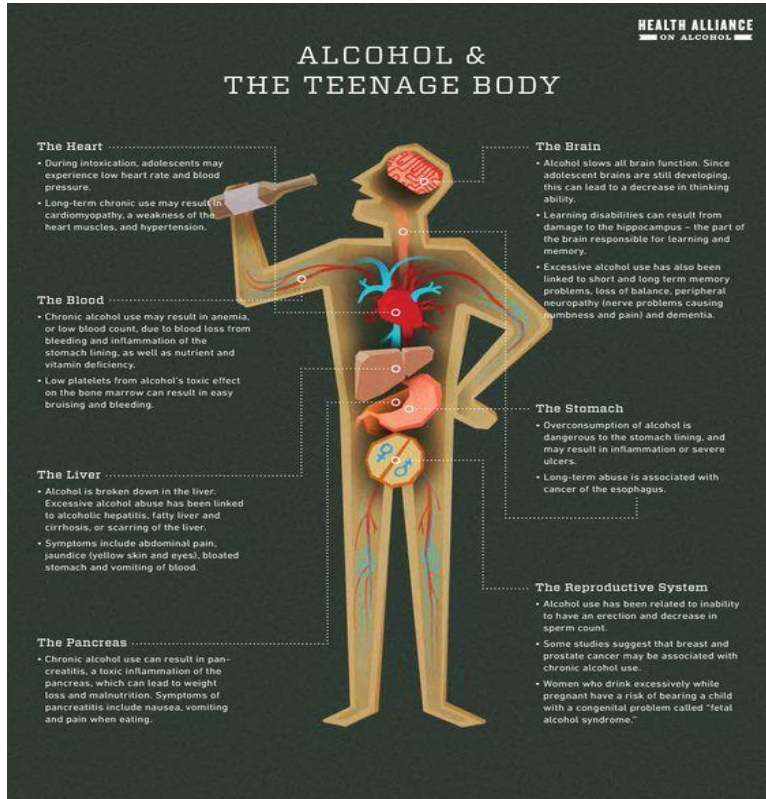
- Blurred vision
- Hearing problems
- Bad decision making
- Bad breath
- Silliness
- Clumsiness

Short-Term Effects of Alcohol

Hangovers!



Long-Term Effects of Alcohol

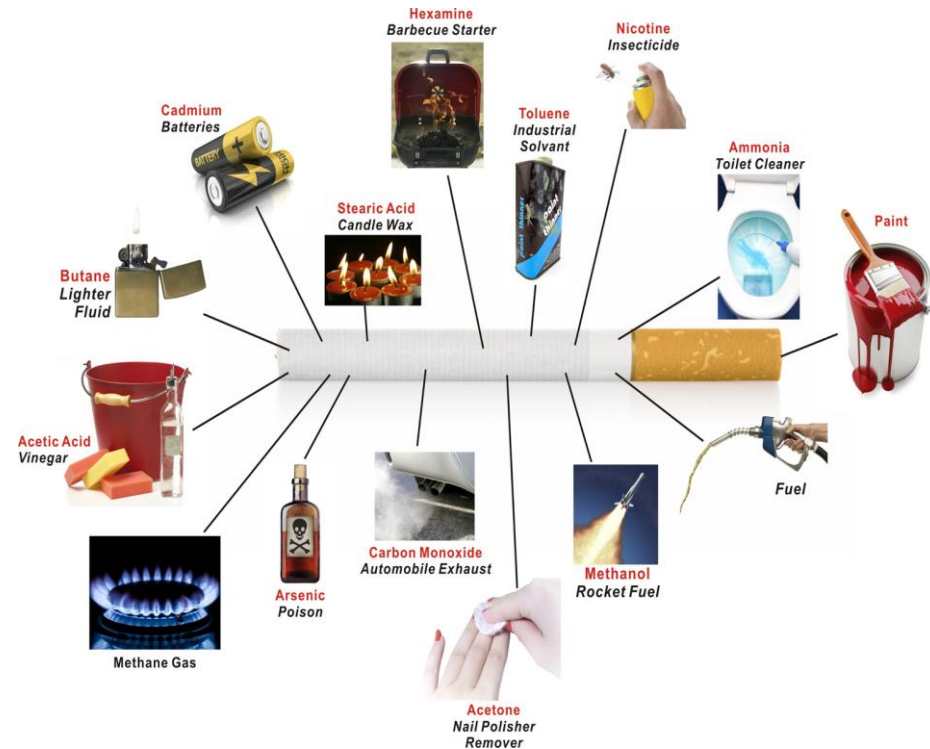


- Loss of appetite
- Stomach problems
- Skin problems
- Memory loss
- Liver, heart, and nervous system damage



Tobacco

Effects of Tobacco



1. What's in tobacco?
2. What does it do to the body?
3. Why do people smoke?



Marijuana

Marijuana?



Slang names:

“Weed”

“Bud”

“Herb”

“Chronic”

“Dank”

What is marijuana made of?



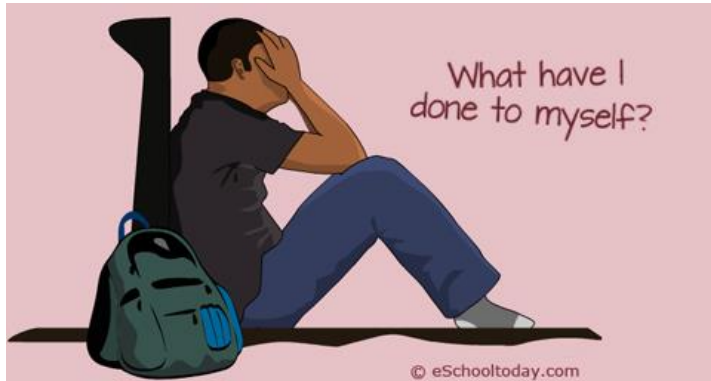
How is marijuana used?



Short-Term Effects of Marijuana Use

- Act silly for no reason
 - Become dizzy
 - Get itchy red eyes
 - Cannot remember things
-

Long-Term Effects of Marijuana Use



- Reduces thinking, memory, and learning abilities
- Depression
- Anxiety
- Damage to your kidneys, liver, heart, and lungs

Marijuana and the Brain

HEAVY MARIJUANA USE BY TEENS IS LINKED TO⁴:

Educational Outcomes



lower
grades and
exam scores



less likely
to graduate
from HS or
college



less likely
to enroll in
college

Life Outcomes



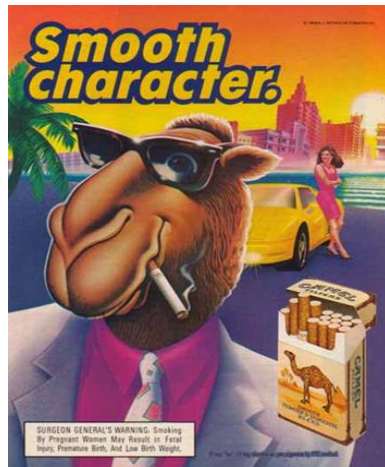
lower
satisfaction
with life



more
likely to be
unemployed



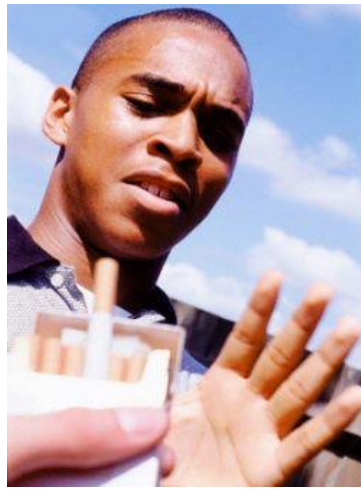
more likely to
earn a **lower**
income



The Media



The Media



Peer Pressure



What is your anti-drug?

Where can you get help?

Friends



Family



School counselors



Church community



Local Health Department Public Treatment Programs



What are your dreams?



References

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