

RCMS

Substance Abuse Prevention



Imagine...



You have been given a **BRAND NEW** Luxury Car
(Lamborghini, Ferrari, Porsche, etc.)



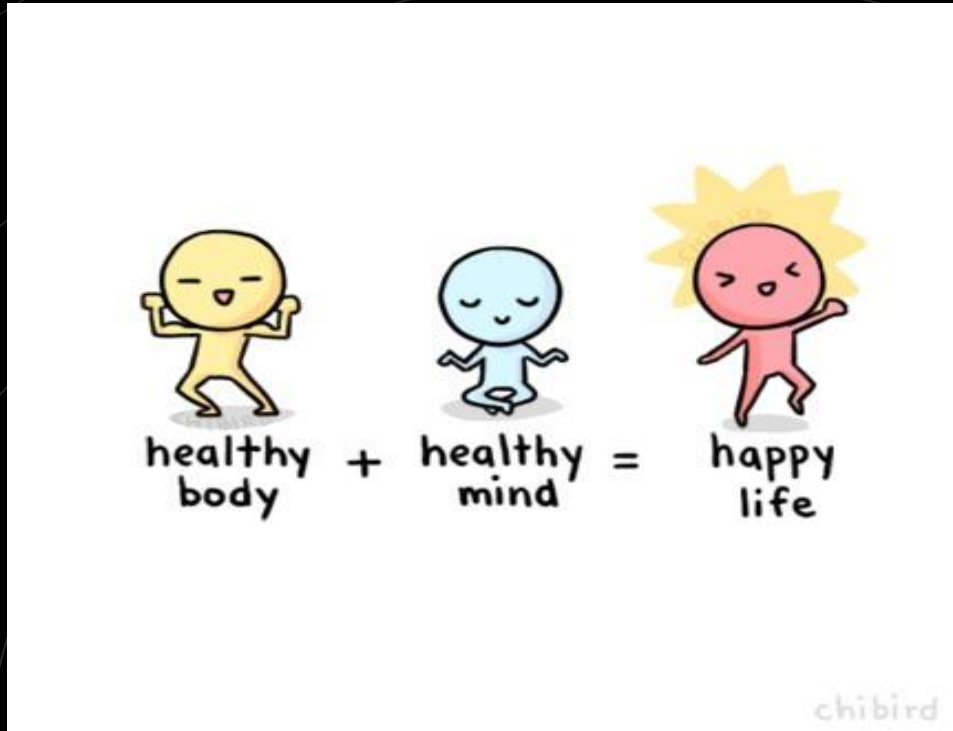
This is the **ONLY** car you will **EVER** own.

How do you treat it?

- Do you do regular maintenance?
- Do you put in premium gas?
- Do you drive recklessly?

Every dent, scratch, bang will remain on this luxury car
for the remainder of your life.





Your body is the **ONLY** body you will ever have.



How do you treat it?

- Do you put premium fuel in it?
- Do you drive your body recklessly?
- Do you get regularly scheduled maintenance?

Do you treat your body the same way you would treat your luxury car?

After all, it's the only body you will ever have and every scratch, dent, and bang will remain with you forever.

What do you think?



- Why do people use or abuse drugs or alcohol?
- Who uses drugs?
- What are laws against using drugs or alcohol?
- Where can you go for help when using drugs or know someone with a substance abuse problem?



1 AGE: 22



2 AGE: 23



AGE: 23



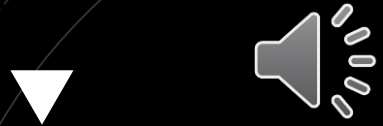
2 AGE: 25



3 AGE: 25



What are the different types of drugs being used by young people today?



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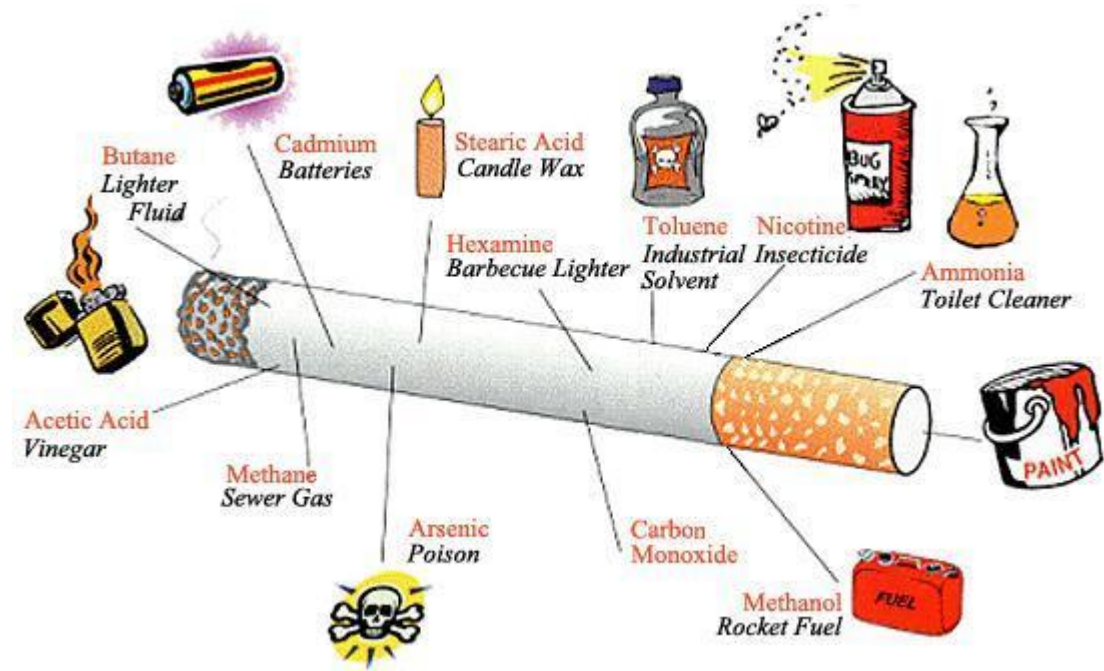
Alcohol
52%



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Tobacco
30.4%



* vaping
24.9%



Pneumonia
Congestive heart failure
Disorientation
Hypertension (high blood pressure)
Vertigo
Respiratory problems (popcorn lung, oil lung)



Marijuana
20.8%



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*synthetic
marijuana

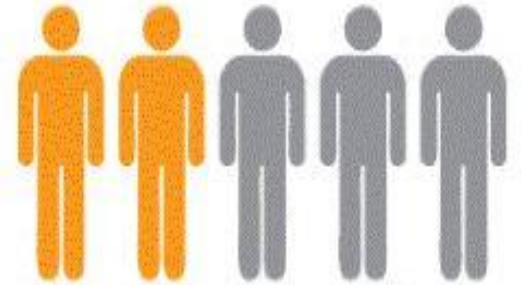


Rx Pill Abuse

44%

OF TEENS

have at least one friend
who abuses painkillers



2/5 TEENS

believe prescription drugs are
safer than street drugs

60% OF

overdose deaths are caused by

**PRESCRIPTION
PAINKILLERS**

25%

OF TEENS

take prescription drugs not
prescribed to them





Huh?



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Why don't kids say NO?!?!



Scared/nervous

Lonely

Left out

Afraid of losing friends

Curiosity

Avoid negative feelings

Didn't want to look like a nerd

Didn't know how to refuse





RISK Factors

Family history of addiction

Male gender

Mental health disorder

Peer pressure

Lack of family involvement

Anxiety, depression and loneliness

Taking a highly addictive drug



**SCARY THINGS WILL
HAPPEN**

**IF YOU DON'T FOLLOW
THE RULES**

What happens if I bring drugs, alcohol,
or a controlled substance to school?

District Policy



Denton ISD District Policy (in the Student Code of Conduct pg. 8) states that students shall not:

- Possess or sell seeds or pieces of marijuana in any amount
- Possess, use, give, or sell paraphernalia related to any prohibited substance
- Possess, use, abuse or sell look-alike drugs or attempt to pass items off as drugs or contraband
- Abuse the student's own prescription drug, give a prescription drug to another student, or possess under the influence of another person's prescription drug on school property or at a school-related event
- Abuse over-the-counter drugs. Be under the influence of prescription or over-the-counter drugs that cause impairment of the physical or mental faculties
- Have or take prescription drugs or over-the-counter drugs at school other than as provided by district policy.

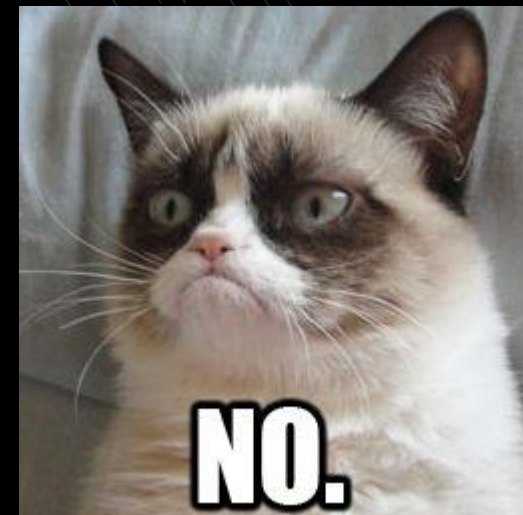
District Policy also defines paraphernalia, abuse, and under the influence.

Consequences for violations of policy include DAEP Placement and Expulsion as outlined in the Student Code of Conduct, pg. 27

Saying “No”



- We have to say “no” sometimes if we want to feel good about ourselves (Strong “will power”, independent, respected by others and yourself, relieved).
- ▼ • We get good things from saying “no” and from not using drugs (School, sports, health, appearance, Confidence, In control, true to yourself).
- Others often want to say “no,” too



WAYS OF SAYING NO

- SIMPLY SAY "NO"
- GIVE A REASON
- ▼ • GIVE AN ALTERNATIVE
- STAND UP TO PRESSURE
- LEAVE THE SCENE
- AVOID THE SCENE



- “I don’t like the taste.”
- “I don’t want to ruin my lungs.”
- “I don’t feel like it.”
- “I don’t do drugs (smoke, drink, use marijuana).”
- “I don’t like the feeling of being high. I don’t want to lose control.”
- ▼
- “I want to know what’s happening.”
- “I don’t want to get dependent on it.”
- “It’s illegal.”
- “I’ll get red eyes and my parents will find out.” (marijuana)



- “We might get caught.”
- “My parents would ground me.”
- “Beer makes me feel sick.”
- “I’m on the (track) team, so I don’t (smoke, drink).”
- “It gives me the munchies, and I’m trying to lose weight.”
- “I don’t want to forget stuff.”
- “It wipes me out.”
- “I don’t want to feel out of it.”



Surviving the bad times without substances...

We all go through bad times. We all have bad stuff happen at some point or another. How do you get through those bad times in a *healthy* way?



The peaceful mind **ACCEPTS** that things will get better:

Activities: Do *something* else. Friends, movies, TV, music, art, cooking, reading, games, exercise, etc.

Contributing: Do something nice for someone else.

Comparisons: Remember a time when you coped with “bad stuff” especially well, and practice that

Emotions: Create *different* emotions. Watch a funny show/movie, listen to soothing/upbeat music, get active.

Pushing Away: Push the painful situation out of your mind temporarily.

Thoughts: Replace your thoughts with different ones that aren’t so painful.

Sensations: Intensify other sensations. Hold ice, listen to music, warm/cold shower, use a stress ball, hold your pet



Resources for Help

Your parents

A trusted adult (family friend, relative, pastor, coach, etc.)

Your teachers

Your counselors (Dr. Carter, Ms. Matthews, Ms. Willis)

RCMS Administration (Ms. McClung, Ms. Falknor, Ms. Parham)

Your S.R.O. (Officer Crow)

www.teens.drugabuse.gov

www.drugfree.org

www.preventteendruguse.org

A counselor/therapist outside of school

“You must be the change you

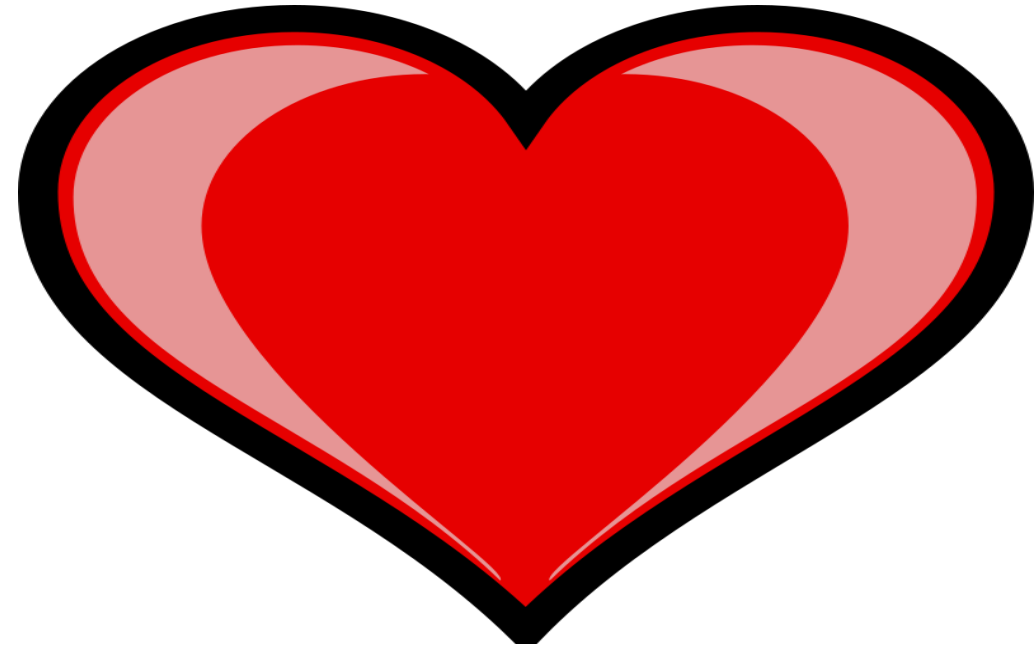
wish to see in the world.”

We ALL Play a Part

Your teachers and staff at Crownover Middle School are committed to keeping you safe. You must do your part as well. Report an issue if there is one.



THANK
YOU



- Special thanks to the student assistance counselors at McMath, Bettye Myers and Harpool for their collaboration in creating this presentation.

