Myths

- Alcoholism and addiction are clearly identified — while advanced addiction is obvious to everyone except the user, there is a less obvious, gradual progression into problem use, then addiction.

- Alcohol and marijuana are “soft” drugs — more adolescents are addicted to these two drugs than any other.

- Marijuana is not addictive — continued marijuana use can result in physical craving.

- Addiction harms only the addict — to families and loved ones, addiction is devastating.

- Drugs are a gateway to a higher consciousness — while drugs may seem to create a new awareness, actually drug use results in lower productivity.

- Use of drugs only on weekends is not addicting — binge drinking is included in diagnosing alcoholism.

- Alcohol is not a drug — alcoholism is not different from addiction.

Resources

For help or more information:

National Clearinghouse for Alcohol and Drug Information (NCADI)
PO Box 2345 Rockville, MD 20847-2345
800-729-6686
www.health.org

800-DRUGHELP
Services and answers for those with drug problems

American Council for Drug Information
www.acde.org

The Centre for Recovery
www.recovery.org.uk

800-662-HELP
This toll-free, 24-hour hotline can tell you how and where to get help for alcohol and other drug problems

University of Utah Department of Public Safety
1735 E. South Campus Drive
Salt Lake City, Utah 84112-3010
Phone: 801-585-2677
Web address: http://www.uupd.utah.edu
How To Help A Friend With A Drinking Problem

- **Get advice.** Explaining your problem to a third party will help you figure out how to proceed.
- **Make sure your friend is sober.** When it's time to confront your friend, make sure he or she isn't drunk.
- **Prepare yourself.** Before you speak to your friend, develop a plan. Find out about local substance abuse counseling that's available, and offer to go with your friend.
- **Keep it personal.** Begin by letting him or her know you care, and that's why you're going to be straight. Specifically list the negative effects you've seen alcohol or drugs have on the person. Your friend will have a difficult time ignoring the hard evidence.
- **Expect denial.** Don't expect your friend to like what you're saying. But don't give up.
- **Follow through.** Ultimately, it must be your friend's choice to get help. Once that decision is made, show your support.

Warning Signs

The warning signs of drug abuse may include:

- **Physical changes:** Persistent fatigue, repeated health complaints, red, bloodshot eyes, and a steady cough. Reduced motivation, energy. Memory lapses and difficulty in concentration.
- **Emotional troubles:** Personality change, sudden mood changes, irresponsible behavior, low self-esteem and self-discipline, depression, and a general lack of interest.
- **Family problems:** Starting arguments, breaking rules, or withdrawing from the family.
- **School trouble:** Changes in performance, drop in grades, many absences, and discipline problems.

Take Control Of Your Life

- Skip parties where you know there will be alcohol or other drugs.
- Hang out with friends who don’t need alcohol or other drugs to have fun.
- Get involved in drug-free activities. Ask your friends to join.
- Remind friends that buying or possessing illegal drugs is against the law. Penalties for drug-related offenses are harsh, and can include loss of benefits like student loans.
- Remind friends that using intravenous drugs places them at risk of getting AIDS.

Take A Stand!

- Organize drug-free activities (dances, movies, community service projects, walk-a-thons or marathons, etc.) to raise money for charities.
- Use plays, songs, and raps to show younger children the consequences of drug abuse.
- Organize an anti-drug rally.
- Tell the police, teacher, or parent about drug dealers in your school and community. Many areas have phone numbers to let people report these crimes anonymously.
- If your school doesn’t have an alcohol or other drug abuse prevention program, start one.
- Check recreation centers, youth clubs, libraries, or schools to see if they offer after-school activities.