

WIN IT!



KNOW THE BUZZ
MIDDLE SCHOOL EDITION

LOOK INSIDE!

**CROSSWORD PUZZLE
SHATTERING MYTHS
CHANGE DIRECTION
ADHD AND YOU**

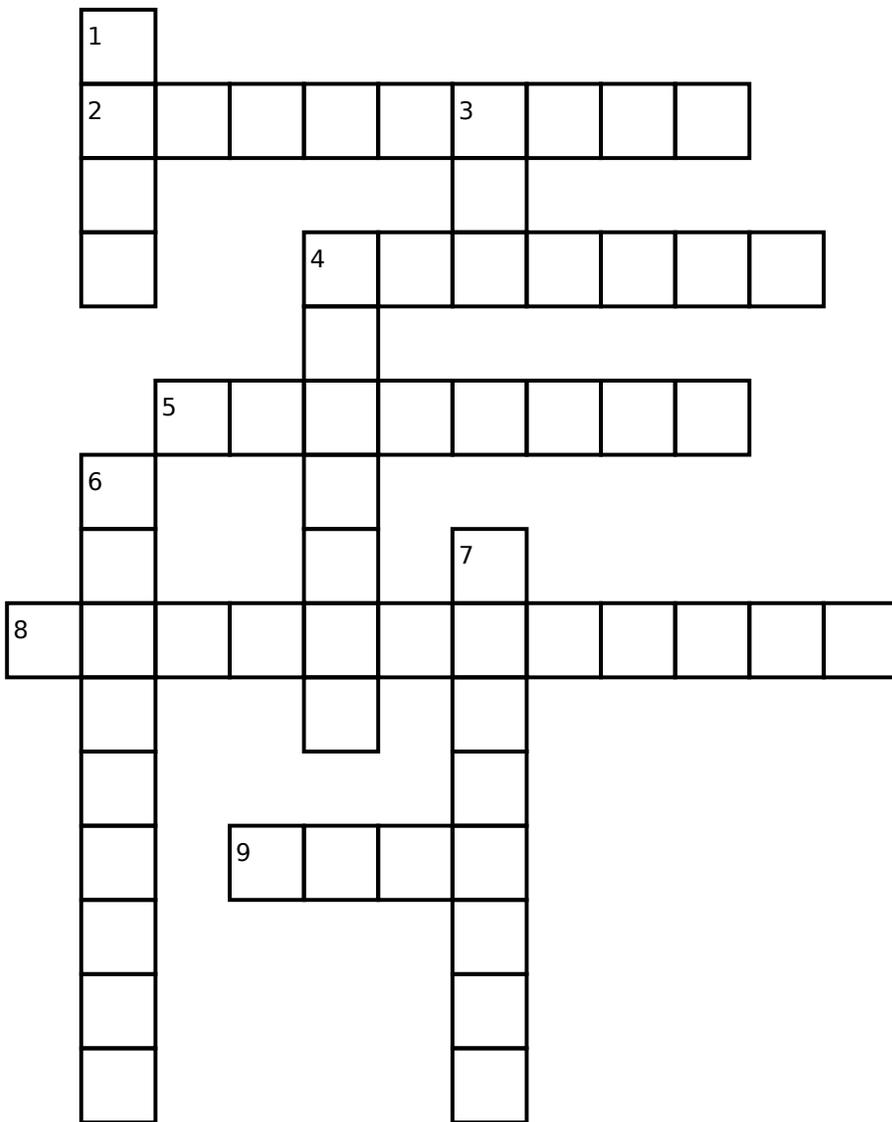


**Southern Providence County
Regional Coalition**

Cranston • Johnston • North Providence • Scituate • Smithfield



CROSSWORD PUZZLE



Down

1. This product and using this product can harm your lungs and is designed and marketed to seem cool to teens
3. The shortened word for the mind-altering chemical in marijuana
4. Drinking this is bad for your liver
6. A substance that lowers, affects the development of teens brains, teens IQ and is linked with depression and anxiety
7. It can treat severe allergic reactions and motion sickness but can also become addictive and cause dizziness, drowsiness, confusion, blurred vision, sedation

ACROSS

2. A disease in which a person finds themselves unable to stop using a substance or engaging in a behavior.
4. Drinking this is bad for your liver
5. A highly addictive product used in e-Cigs
8. According to the Centers for Disease Control (CDC), 91 Americans die each day from this
9. It is illegal to purchase or sell this product

Text
401-258-7876
or scan QR code
to enter to
win!



ANSWERS CAN BE
FOUND THROUGH-
OUT THE MAGAZINE



the campaign to **changedirection**®

PLEDGE TO KNOW THE 5 SIGNS OF EMOTIONAL SUFFERING

IT'S OK NOT TO BE OK!



Agitated



Personality Change



Poor Self-Care

EVERYONE EXPRESSES EMOTIONS DIFFERENTLY



Hopelessness

LOOK FOR THESE SIGNS IN YOURSELF AND YOUR FRIENDS



Withdrawn



Take the Pledge

REACH OUT TO TALK TO A TRUSTED ADULT



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Drinking too much **ALCOHOL** for a long time can damage the liver so badly that it cannot do its job. This is called cirrhosis (si-row-sis).

MARIJUANA

WHAT IS IT?

Mind-altering psychoactive drug that is illegal in Rhode Island to purchase or sell. The cannabis sativa plant THC (delta-9-tetrahydrocannabinol) is the main ingredient that produces the psychoactive effect. Marijuana is sometimes called pot, weed, grass or Mary Jane.



HOW IT IS USED:

- Smoked
- Vaped
- Mixed with food (edibles)
- Brewed as tea

CHECK OUT THE VIDEO ON HOW MARIJUANA AFFECTS THE BRAIN

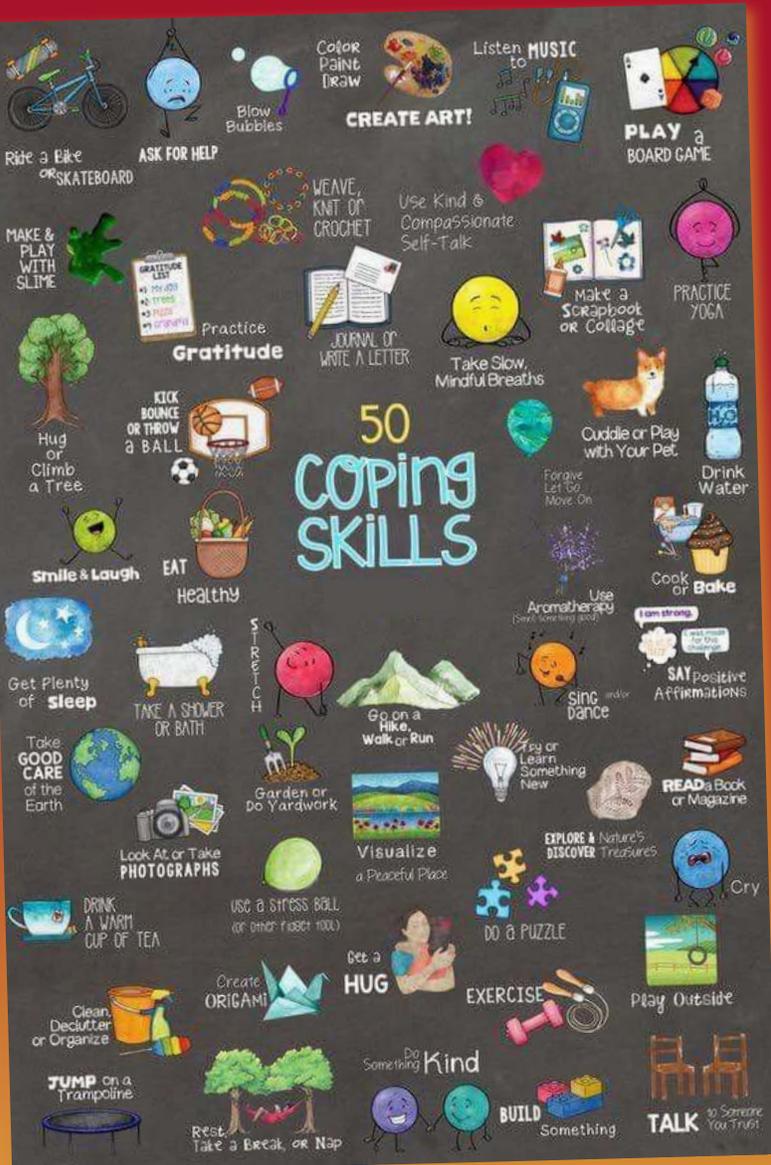


COPING WITH STRESS

Let's face it, we all have stress. It can wear us down, leave us in tears, or push us to making unhealthy choices.

But, learning how to handle it makes all the difference.

BENADRYL can be used to treat allergies. It is very important to follow the instructions and only use it when your parents tell you to use it. It can have harmful side effects such as dizziness, confusion, and blurred vision if used in excess.



HOW DRUGS AFFECT THE BRAIN



Click to watch it!



Blue light (cell phones, laptops) messes with your body's ability to prepare for sleep because it blocks a hormone called melatonin that makes you sleepy.

An **ADDICTION** is an urge to do something that is hard to control or stop. If you use cigarettes, alcohol, or drugs like marijuana (weed) cocaine, and heroin, you could become addicted to them.



ADHD and You

If you have ADHD, it can make you feel misunderstood and frustrated at times. Don't let it hold you back! Try these tips to help with school and relationships:

- Let friends know what's going on. Sometimes we blurt things out and regret it later on. Let your friends know that sometimes you say things without thinking them through.
- **Use tools that help you stay organized.** << [Click Me!](#)
- Take pride in the things you do well. Having ADHD is just one part of you. Make time to do things you enjoy, and develop your interests and talents



NICOTINE

is very addictive. The more you vape or smoke, the more your brain and body get used to having nicotine.



DID YOU KNOW?

MOST MIDDLE SCHOOLERS DO NOT DRINK, VAPE, OR SMOKE!

Less than 8% of middle school students in your town and towns near you have used alcohol, smoked cigarettes, or vaped in the past month.

Many students think that a lot of their classmates are using substances but, in fact, **92% are NOT using!** The earlier someone uses substances, the more likely they are to develop an addiction.

Any drug **overdose** can be either accidental or intentional. Accidental overdoses tend to happen when people take more of a prescription medication than originally prescribed or when they use too much of an illegal drug. 91 Americans die every day from **DRUG OVERDOSE**.

Print this page.

To make your prevention paper airplane fold on the dotted lines.

You're Not Enough!



Take a deep breath

YOU'VE TOTALLY GOT THIS!



It's **OK!** to not be ok

Most kids do **NOT** use substances

Marijuana can increase anxiety



www.spcprevention.org

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