



SUBSTANCE USE PREVENTION

Putting drugs or alcohol in our bodies affects our brain, how we process information, and how we make decisions. It is important to remember that consuming harmful substances can result in physical, emotional, and legal consequences.



WHAT ARE DRUGS?

Drugs are chemicals that change the way a person's body works. Some drugs are legal, while others are illegal. It is important to understand the differences and the effects drugs can cause.

Legal drugs Over the counter medication

Illegal drugs Alcohol, Cigarettes, Tobacco (only an adult who is 21 and older can purchase these)



IMPACT DRUGS CAN HAVE ON THE BODY

- Information to your brain travels differently.
- **Damage** to lungs, stomach, heart, and liver.
- Drugs speed up the body causing the heart to beat faster than normal.

REASONS TO SAY NO

- **Bodily harm** - Drugs can harm your body and impair your ability to make good choices.
- **Legal Consequence** - Students who are between the ages of 10-17 can be arrested and charged in juvenile court for criminal offenses.
- **Parents** - Students can get in trouble with their parents and cause parents to pay a fine.
- **School** - Students can be suspended, expelled, and/or transferred to an alternative school.

GIVING IN

Why do some students drink or smoke?

- **To fit in** - Students want to feel accepted.
- **Peer pressure** - Students will do whatever it takes to impress their friends.
- **Experiment** - Students are curious and will try things without thinking of the consequences.
- **Advertisements** - Students can be easily influenced by what people/celebrities are doing on social media, TV, and radio.

STOP. THINK. GO.



- **Stop** - Ask yourself what the decision or problem is.
- **Think** - What are your choices in this situation? What are the outcomes to each choice? Remember there are many **ways to say no** -change the subject, continue to say no, make a joke out of the situation, give a reason, make an excuse, leave the location, and/or suggest doing something else.
- **Go** - Do what is best for you!



PROTECT YOUR FRIENDS

- Be a positive **role model**.
- Communicate & respect decisions.
- Encourage your friends to be drug free.
- Help your friends if they are being peer pressured.

CRIME STOPPERS OF HOUSTON'S

TIP LINE

IS HERE FOR YOU **24/7**



CRIME STOPPERS OF HOUSTON SAFE SCHOOL INSTITUTE

3001 Main St. Houston, TX 77002

(713) 521-4600 (office)

(713) 222-TIPS (to report)

www.crime-stoppers.org/safe-school-institute

ssi@crime-stoppers.org



HOW TO REPORT A TIP



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org

HERE'S HOW IT WORKS



STEP 1

Submit an anonymous tip



STEP 2

Your tip leads to an arrest or disciplinary action



STEP 3

Receive a cash reward
(up to \$5,000)