Drug and Alcohol Prevention Program

Paul Quinn College has contracted with the Hazelden Betty Ford Foundation’s MyStudentBody. The MyStudentBody Comprehensive College Health Suite provides reliable college health information in a customizable format. Working together with college students and nationally renowned experts, the MyStudentBody suite tackles the most relevant health-related issues on college campuses today. MyStudentBody can help reduce student health risks on the individual and campus community level by:

- Offering Alcohol, Drug, and Sexual Violence courses tailored for at-risk populations, new students, athletes, and Greeks.
- Serving as a general wellness resource addressing Alcohol, Drugs, Tobacco Use, Sexual Health, Nutrition and Stress with motivational self-assessments modeled on the effective BASICS program.

For additional information on the program and how to register, please contact the CEEL Office (214) 379-5420.
**It's like a chain reaction:**

Say you use alcohol or another drug.
Your defenses go down, so...

You have sex.
You're not thinking straight enough to say "no." And you don't use a condom...

Then you get an STD.*
Your partner looked "clean." And you didn't notice any signs of a disease. Like lots of people with HIV or another STD, he or she looked healthy.

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**It's not scare tactics—just the facts.**

It's true you don't get HIV or other STDs directly from drinking or using drugs (unless you share needles). But...

**Alcohol and other drugs affect decision making.**
It's harder to keep a clear head and think things through.

**One bad decision about sex can lead to an STD.**
That's all it takes.

**Many STDs can lead to serious health problems.**
And some can lead to death—like HIV, the virus that causes AIDS.

Hope—or denial—can't keep you from becoming a statistic:

- Every day, over 8,000 young people get infected with STDs, including HIV.
- That adds up to over 3 million young people getting infected each year.

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**Please read:**
Talk to your health-care provider! This folder is not a substitute for the advice of a qualified health-care provider. *The photos in this folder are of models. The models have no relation to the issues presented.

*STDs are sexually transmitted diseases. They're also called STIs (sexually transmitted infections).
Glue on the tongue, sand in the brain

Alcohol and other drugs make it hard to say—or know—what you want.

They can impair your:
- decision making
  - "I don't really know him, but..."
  - "I've never seen her before, but..."
- communication
  - "When do I say 'Stop'?"
  - "How do I say 'No'?"
- awareness of consequences
  - "Nothing will happen this time."
  - "That only happens to other people."

It’s not who you are, but what you do, that puts you at risk.

Pressure from "friends" can raise the risks—if you let it.

Just a little pressure, and some people give in.
"I don't think so" becomes "Well, maybe..." and then "OK, since we'll all have a better time."

But some people don't give in.
"Hey, beautiful, try this."
- "Sorry, I didn't check my brain at the door."
  - "Check this out. It's incredible stuff."
  - "No, thanks. I don't need any stuff."
  - "But you want to, right?"
  - "Wrong. Good-bye!"

Fact:
Alcohol and other drugs can lower your immune system's ability to fight off infections—including HIV and other STDs.

Fact:
It's illegal for people under 21 to:
- buy alcohol
- drive after drinking any alcohol.

If you're under 21, alcohol use or possession can result in other legal problems, too—as can misusing alcohol if you're over 21. Know the laws in your state.

HIV has no cure.*

And it's not just HIV—some other STDs have no cure. So protect yourself!

Never share needles or other drug equipment.
Your best bet: Never use in the first place. You can get infected by sharing equipment to shoot drugs, make tattoos or for any other reason.

Know that abstinence—not having sex—is 100% safe.
It's the only sure way to prevent HIV and other STDs through sex. Remember, you can get infected from any kind of sex—vaginal, anal or oral. (And abstinence is the only sure way to prevent pregnancy.)

If you decide to have sex, use a new male latex condom.
Condoms are not 100% effective. But when used properly, they can help protect against HIV and other STDs. (Some STDs can be caused by contact with infected areas not covered by a condom.) Be sure to use a new latex condom properly for each act of vaginal, anal or oral sex.

*There is also no vaccine (shot) to help prevent HIV.

Keep your mind clear—and make good things happen in your life!
There's no wishing the facts away.

One thing can lead to another.

Want to learn more about HIV and other STDs?
Contact the U.S. Centers for Disease Control and Prevention (CDC):
- National STD and AIDS Hotlines
  1-800-342-2437 (English)
  1-800-344-7432 (Spanish)
  1-800-243-7889 (TTY)

What if you or a friend has a problem with alcohol or other drugs?
Contact the U.S. Center for Substance Abuse Treatment:
- National Helpline
  1-800-662-4357 (English)
  1-877-767-8432 (Spanish)
  1-800-487-4889 (TDD)

Don't get hustled into using alcohol or other drugs—or having sex. Break the link!
PCP (phencyclidine) was used as a surgical anesthetic in the 1950s, but doctors found that its side effects were upsetting. Patients felt like they were out of their bodies and removed from their surroundings.

People who abuse PCP have the same feelings, only worse. PCP users panic and become violent. They believe they have superhuman strength. These effects often cause abusers to hurt themselves or others. PCP also hurts users' physical and mental health.

**Looks:** Light-colored powder or tablets

**Street Names:** Angel dust, boat, dummy dust, supergrass (when mixed with marijuana), zombie

**Methods of Use:** Sniffed, swallowed, or smoked (often with tobacco, marijuana, or herbs)

**Actions:** PCP disrupts parts of the brain that contribute to thinking, learning, feeling emotions, and feeling pain. It also affects the brain's pleasure center and causes a “rush” or “high.”

**Warning Signs:** People high on PCP seem out of touch with reality. They often make weird body movements or poses. Their breathing may be quick and shallow.

PCP abuse led to 6,102 emergency room visits in 2001.

**USE BY USE**
- Abnormal heart rate, blood pressure, and body temperature
- Nausea
- Blurry vision
- Dizziness
- Separation from reality
- Numbness

**USING OVER TIME**
- Memory loss
- Depression
- Addiction
- Kidney damage
- Convulsions
- Coma
- Poor breathing
- Bone fractures or other injuries
- Increased body temperature

**WAY TO GO**
Experimenting with PCP is a potentially deadly game. People can be injured or even killed during any single use. They may also cause harm to others. Say no to PCP and yes to reality.
Ritalin is a brand name for methylphenidate. Doctors use it to help children who have problems concentrating—what is known as attention-deficit hyperactivity disorder (ADHD).

Recent reports show people are abusing Ritalin for its stimulating effects. Children are pocketing the pills, and selling them to friends or handing them out at parties.

Doctors aren't sure how much you need to take to become addicted. But it is clear that taking too much can seriously hurt your mind and body.

**DRUG ID**

- **Looks:** Pill or tablet form
- **Street Names:** Kibbles & Bits, Pineapple
- **Methods of Use:** Pills are crushed into powder, then snorted or injected.
- **Actions:** Excites the brain the same way as cocaine.
- **Warning Signs:** Someone abusing Ritalin might seem overly alert. They may think everyone is out to get them. They may repeat useless movements or tasks. They may act like bugs or worms are crawling under their skin.

**THE NUMBERS**

A 1999 report shows 1,478 emergency room visits related to Ritalin abuse.

A study from 1994 to the present showed more high school seniors abused Ritalin than total students who had been prescribed the drug.
Paul Quinn College
Health & Wellness Services
Drugs and Alcohol
Let's Play 20 Questions Quiz

Circle the correct answer:

1. The most commonly abused drug in the United States is:
   a. Marijuana
   b. Alcohol
   c. Cocaine
   d. Heroin

2. Most drug users make their first contact with illicit drugs:
   a. Through drug dealers
   b. Through friends
   c. Accidentally
   d. On their own

3. More people die each year in the United States as a result of:
   a. Alcohol
   b. Tobacco
   c. Heroin
   d. Cocaine

4. The majority of inhalant users are:
   a. Men
   b. Children
   c. Women
   d. The elderly

5. Marijuana in small amounts is legal in the United States:
   a. True
   b. False

6. Marijuana is much stronger today than it was 10 years ago:
   a. True
   b. False

7. Marijuana can stay in the body:
   a. 2 days
   b. 1 week
   c. 1 month

8. The use of alcohol and other drugs during pregnancy:
   a. Should stop after 12 weeks
   b. Is a risk at any point?
   c. In small doses is not a risk.

9. LSD is a hallucinogen:
   a. True
   b. False

10. A shot of hard liquor contains the same amount of pure alcohol as a can of beer:
    a. True  b. False
11. One must be______years old to legally purchase cigarettes:
   a. 18
   b. 20
   c. 21
12. One must be _____ years old to legally purchase alcohol:
   a. 20
   b. 21
   c. 19
13. A cold shower or a cup of black coffee will sober up a person that has been drinking:
   a. True
   b. False
14. More teenage males drink alcohol than teenage females:
   a. True
   b. False
15. The chemical in marijuana that causes the high is:
   a. Nicotine
   b. THC
   c. MDMA
16. A blunt is marijuana in a:
   a. Cigarette
   b. Cigar
   c. Pipe
17. Crack is one of the most addictive drugs available today:
   a. True
   b. False
18. The high from a typical dose of crack last:
   a. 1 hour
   b. 30 minutes
   c. 5 minutes
19. PCP is also known as:
   a. Acid
   b. Smack
   c. Angel dust
   d. Ludes
20. Physical dependence can involve painful withdrawals symptoms when the drug is no longer being used:
   a. True
   b. False
Attn. Paul Quinn Students: Feeling *Stressed Out*?


Metrocare is providing support to you and your classmates

- Now Taking Appointments
- Walk-ins Wednesdays during 11am-12pm in Nursing Office SUB 105

You can schedule an appointment confidentially by contacting the coordinator directly by phone or email:

Mrs. Pamela Broussard | 214-743-1261
pamela.broussard@metrocareservices.org