

DRUGS:
A DEADLY GAME!

Take a stand against DRUGS!®



Don't even ask.
I MEAN IT.

Don't let
your life
go up in
smoke!

**BE SMART.
DON'T START.**

Use drugs?
**You
lose!**

**BE A SPORT.
DON'T SNORT.**



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could mess it up.

Hi! We're Drew and Dane from Denver, Colorado. In Denver, drugs are a problem for kids, just like in cities and towns everywhere.



I'm Drew, a Life Scout!

That's why we're glad to be on the editorial board of **Drugs: A Deadly Game!** When kids start



I'm Dane, a Star Scout!

using tobacco, alcohol, and other drugs, they don't just risk their health, they lose sight of what's important—school, family, and friends.

We'd like to introduce you to Someth, Jozette, and Denise, the other members of our editorial board. We all belong to Youth Power, a national program

led by kids who, like the Boy Scouts, help young people make the right choice about tobacco, alcohol, and other drugs. Youth Power teams across the country create community projects to help kids take a stand against drugs.

People always say that young people are our country's future, and it's really true. We need to take care of ourselves because what we do today will

make us successful adults in the world we make.

We challenge everyone who reads this to stand tall and make the choice to live free of tobacco, alcohol, and other drugs.

Remember — you're not alone! Millions of kids like us are taking a stand, too. Each time one of us wins a battle against drugs, we get closer to winning the war.

— Drew & Dane Clausen

Hats off to our editorial board!



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and more

What are **friends** for?

Kevin stuck by his friend Jason,
even when drugs got in the way.

Max, a black Lab, was slurping Kevin's face to wake him up.

"Arwgh," groaned Kevin and rolled out of bed. Max bounded off for the kitchen.

"We've got lawns to mow today, Max," said Kevin as he poured dog food for the Lab and then cereal for himself. "It's summer, but we're definitely not on vacation."

Kevin and Max stopped to pick up Jason, Kevin's best friend, on the way to their first job. But when Jason came to the door, he looked dazed and a little dizzy. "Did you forget our mowing jobs today?" Kevin asked.

"Aw, man. I can't mow today. I've got a headache," Jason said and flopped down on the porch swing.

"You don't look so good. What's wrong?" asked Jason.

"Guess I had a little too much fun last night."

"Fun doing what?"

"Rob and I worked on model planes, but we, uh, ran out of glue, if you

know what I mean," said Jason. He sniffed the air and laughed.



"You sniffed glue?" Kevin looked Jason in the eye.

"Hey, if you weren't a mama's boy, you'd do it, too."

Jason's words hit Kevin like a punch in the stomach.

"You know I don't do drugs."

"Drugs? Just a little glue. Big deal." Jason was angry. "And don't tell your parents. They'd tell mine, and I'd get in trouble."

"This is serious, Jason. Sniffing glue can kill you." Kevin was getting angry, too.

"Just take your lawn-mowing jobs and shove 'em!" Jason stomped into the house.

"It'll take me all day to mow those yards myself!" Kevin shouted. As he marched the mower down the street, he wondered, *How could Jason do something as stupid as sniffing glue?*

Kevin just couldn't eat dinner. He slipped Max his chicken and potatoes under the table. Max turned down the broccoli. "Gotta get ready for Scouts," he said as he cleared his dishes.

Mr. Ramirez, Kevin's Boy Scout leader, saw

(continued on p.11)



him at the meeting. "You're sure quiet, Kevin," said Mr. Ramirez.

"Just don't feel like talking," Kevin replied.

The Scout meeting went on forever. The guest speaker was a drug counselor. Kevin wanted to talk to him about Jason. But he didn't.

After the meeting was finally over, Kevin helped Mr. Ramirez carry some stuff to his truck. Suddenly, a car squealed into the parking lot on two wheels and headed right for them.

Kevin shouted, "RUN!" He grabbed Mr. Ramirez and they dashed up a nearby hill. They turned to see the speeding car veer in a crazy circle back toward the street. One of the riders rolled down a window. "Hey, Kev! Have some FUN!" A beer can flew out of the car and CLANK, cracked Mr. Ramirez's windshield. The kids in the car laughed as they roared off.

Kevin's legs were like jelly. He plopped down on the grass. Mr. Ramirez asked, "Do you



know those kids, Kevin?"

"One was Jason, my best friend. I need some advice, Mr. Ramirez."

The Scout

leader listened to Kevin's story about Jason, then said, "This kid is fooling around with his life.

When I talk to Jason's dad about my truck windshield, I'll tell him about Jason."

Mr. Ramirez went on. "Kevin, tell your parents what's going on." Kevin nodded. "And talk to Jason. Tell him you're not going to watch him ruin his life."

"But what if he gets mad at me?" asked Kevin.

"Tell him you're going to stick with him anyway. That's what friends are for."

That's how Kevin's summer started. And a lot happened after that. Kevin confronted Jason, and Jason got so upset he cried. Jason was afraid of what he'd gotten into, but didn't know how to stop.

Kevin went with Jason to talk to Jason's dad. His dad laid on all kinds of restrictions, making Jason so mad that Kevin thought their friendship was over for sure. But then Jason came to a Scout meeting. And to youth group. He joined Kevin's baseball team, too.

But Jason's biggest step was going to drug counseling. All summer, Kevin walked Jason to his sessions and waited for him outside.

The boys began mowing lawns again. They started to trust each other again, too.

The campfire popped. Max snored by the tent. It was still August, but fall was in the air. Mr. Ramirez poked at the fire. "Last camp-out of summer," he said. "You guys ready for school?"

Kevin and Jason groaned. Mr. Ramirez laughed.

Jason stared into the fire and said, "It's been some kinda summer."

Kevin caught Jason's eye across the fire. "Yep. What a summer."

"You really helped me, man," Jason's voice broke a little, but he covered it with a cough.

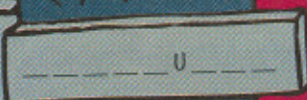
Kevin thought about the drug counseling,

and all the changes Jason had made. **"You did all the work. And anyway, that's what friends are for."**



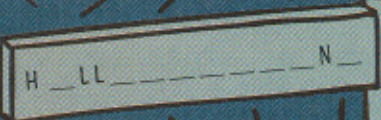
Drugs: a real dead end

Read about these drugs so you'll recognize their signs and street names. If you can, write the drugs' real names in the blanks. Then find each drug's name in the word search puzzle on the opposite page and black it out. When you're finished, you'll see where drugs can lead. Get the picture?




This drug speeds up heartbeats and makes users feel **panicky** or out of control. This drug damages short-term memory and can keep new information from registering at all. One out of every 10 people who smoke this drug for the first time becomes **addicted**.

Street names: pot, joint, reefer, weed, dope, grass, ganja, sinsemilla, roach




These drugs cause hallucinations (imagined things that seem real). "Tripping" on these drugs can send a user out of control for **12 hours**. Flashbacks often haunt a tripper for **weeks**. "Bad trips" can make people hurt themselves or someone else.

Street names: PCP, LSD, angel dust, acid, hog, killer weed, love boat, lovely, blotter acid, windowpane, microdots, sugar cubes, white lightning, blue heaven



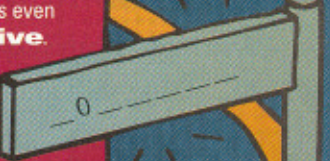
With every puff, smokers take in thousands of chemicals, including tar, carbon monoxide gas, and this drug—a deadly **poison**. The **most addictive drug on earth** hooks 1 of every 3 smokers.

Street names: cigarettes, cigars, snuff, plug, twist, dip, chew



Just one sniff of this white powder can hook its user on a fast fix of pleasure. As "crack," in pellet or crystal form, this drug is even more **deadly** and **addictive**.

Street names: coke, toot, line, nose candy, snow, cain, dust, snowbirds, sneeze, powder, flake, C, white pony



Users can sniff, smoke, or swallow this white powder made from a poppy plant. Most users shoot it into their veins, risking diseases like **AIDS** from sharing dirty needles. Even if addicts kick this drug, 99% of them **fall victim** to it again.

Street names: smack, sugar hill, dust, H, horse, gumball, junk, scab, black tar

Taking this artificial hormone can make teenagers **bald**, weaken immune systems, and cause **cancer**. Kids who try to gain muscle by taking this drug often lose their cool—and their friends—when they fly into uncontrollable **rages**.

Street name: roids

ANABOLIC _____ E _____ D _____

_____ L _____ O _____

Every year, about 30% of U.S. high school seniors abuse this drug by binge drinking. Fifteen of every 100 users will become **addicted** to it. This drug damages the user's liver and brain. This drug can **kill**.

Street names: beer, wine, booze, liquor

These kinds of drugs speed up a person's central nervous system. People who inject, inhale, smoke, or swallow them feel super-charged. During a binge, they might stay awake 15 days in a row, then fall apart—often becoming **violent**. These drugs can also cause **convulsions** or heart attacks.

Street names: speed, crank, ice, crystal, pep pills, chalk, glass, dexies, beans, meth, black beauties, white bennies

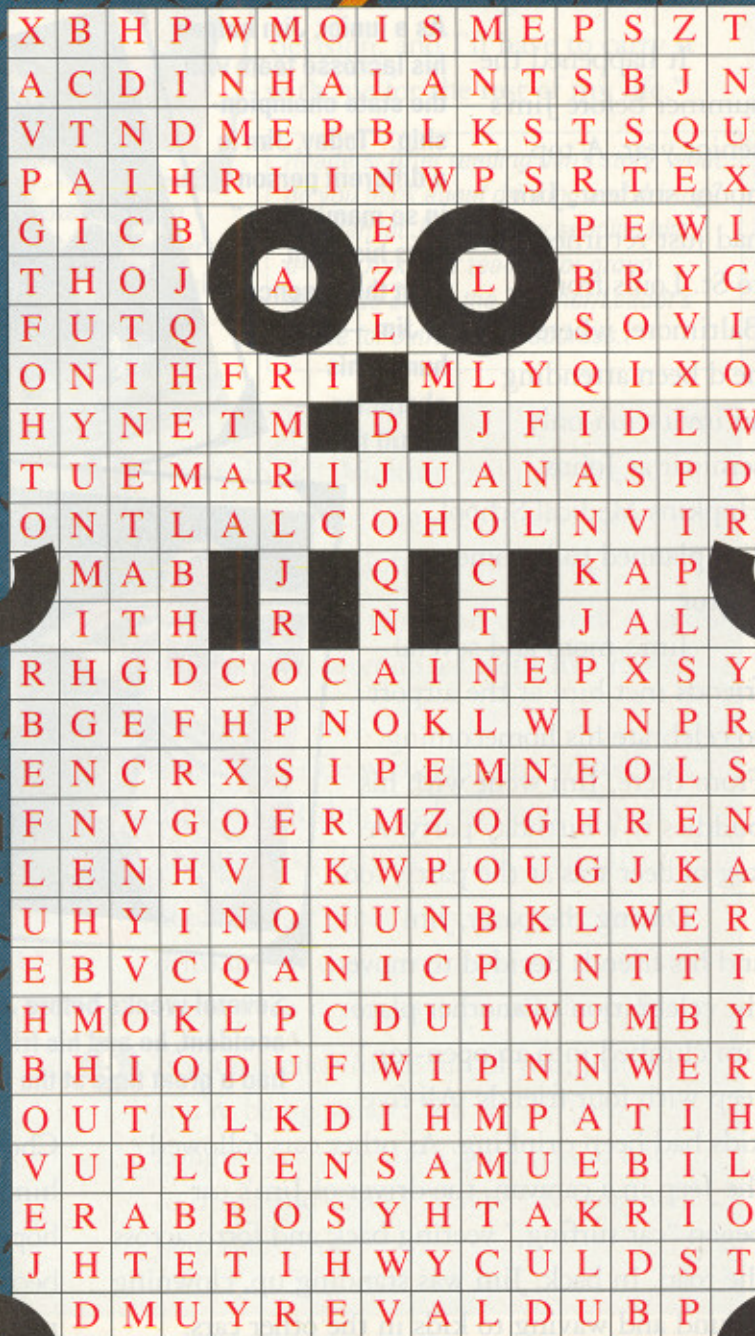
_____ S _____

These drugs look like harmless household products, but they contain strong-smelling chemicals that can be **deadly** when people sniff them or "huff" them through the mouth. Users get headaches, nosebleeds, muscle twitches, and **brain damage**. In many cases, the first sniff of these drugs is a killer.

Street names: poppers, bullet, snappers, glue, bolt, rush, locker room, whippets

_____ L _____ S _____

GLUE



This story **couldn't** happen to you?

Jim Longnecker waited in line to buy CDs at a music store. Two teenage girls behind him were trying not to stare. Jim looked up from his wheelchair and caught their eyes. "I used to play football and lacrosse," he said. "But I was drinking and got in a car accident."

It happened the summer before Jim's senior year. A top honor student, Jim had just returned to St. Louis from Baltimore, where he'd been attending an invitation-only seminar at Johns Hopkins Medical School. Jim planned to become a doctor.

Jim's mom and several friends met him at the airport to celebrate his homecoming. From there, Jim went with his buddies to a birthday party. A keg of beer was at the party, too.

During the party, Jim and his friends decided to move the celebration to another place. Jim climbed into an open-top Jeep with four friends. All five kids had been drinking. As other cars followed the Jeep in a caravan, the driver of Jim's car began "car surfing," veering back and forth across the road. In back, Jim was standing up, clowning around and waving to kids in the other cars.

But when Jim grabbed for the roll bar, he missed and fell out of the Jeep. Suddenly, the party was over. Jim lay in the street. He was quiet. Too quiet. Soon, piercing sirens filled the silence.

"Is he going to die?" Jim's mom asked the doctor at the hospital.

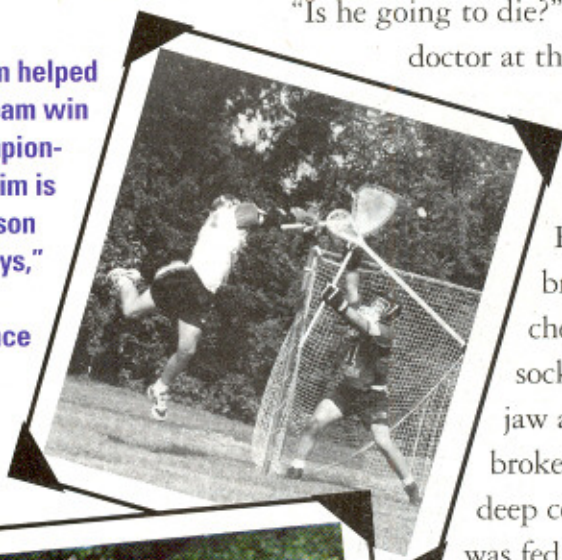
"No. But he probably won't be the boy you used to know." For a week, a respirator breathed for Jim. His cheekbones and an eye socket were crushed. His jaw and collarbone were broken. He lingered in a deep coma for two weeks and was fed through a stomach tube for two months.

After five long months, Jim started speaking. Some of Jim's earliest words were lyrics from a Beatles' song. "He heard someone singing in the hall, then finished the song himself," recalls Penny Longnecker, Jim's mom.

In high school, Jim had performed in two select groups—Swing Choir and A Cappella

Choir. "Jim's lifelong love of music is helping him recover," says Mrs. Longnecker today. "Jim hopes to use his extensive musical background to become a disk jockey. But he has to learn to speak more clearly first," she adds.

As a junior, Jim helped his lacrosse team win the state championship. "Today, Jim is a different person in so many ways," says his mom. "But the essence of Jim — his humor, his character — is still there."



Several weeks before Jim's car accident, he and his friend Megan had a great time at the prom.

Well, think again!

Jim now lives in a rehabilitation center in Sedalia, Missouri. Because of his brain injuries, Jim can't remember events—like a visit from a friend—for more than a few hours. He is blind in his right eye. Jim is walking again, but he has to work every day, as hard as any athlete, to regain and maintain control of his body. It's exhausting, frustrating work. Jim sometimes explodes in anger, a result of injury to the part of his brain that controls emotion.



Today, Jim lives in an innovative rehabilitation center called Res-Care Premier. The center's director, Kim Watkins, says that sending e-mail helps Jim regain the use of his hands.

Honor student. Top musical performer. Football quarterback. Lacrosse star. Well-liked by kids and adults. "I had it all," Jim says about his high school days. "But I did a really dumb thing. I made a bad decision, and I'll have to carry it with me for the rest of my life."

Readers: After reading Jim's story, what do you think about drinking and driving? You can let Jim know by sending him e-mail. Ask your teacher or group leader to check the Teacher/Leader's Guide for Jim's e-mail address.

e-mail



From: Jim Longnecker
Subj: Drinking and driving
To: Kids everywhere

I decided to drink and get in a car with other kids who were drinking.

It changed my life forever. Now, I'm fighting my way back.

You can make my fight worth it by following my 5 tips on not drinking.

- 1** Don't drink. Drinking is dumb. If you think it will get you a girlfriend, you don't want that kind of girlfriend.
- 2** Drinking is not worth all the work it takes to get better after an accident like mine. It's just not.
- 3** Don't ever ride with someone who's been drinking. Riding with someone who is drunk is like driving drunk yourself.
- 4** Look out for other kids who have been drinking. If they get into a car, try to stop them, even if you have to call the police.
- 5** If your friends make fun of you, just say you're being smart. Tell them, "Jim Longnecker gave me a good reason not to drink and drive." Maybe my story will help them, too.

This is your healthy body

.....
↓
when it gets
good food, rest,
and exercise.

Brain

Exercise or excel at something to get your brain to release chemicals called "endorphins." Experience a natural high!

Eyes

You can see the whites of well-rested eyes. Healthy eyes can see up to 10,000 different shapes and colors with 130 million light-sensitive cells.

Nose

Your nose can identify up to 10,000 different smells! Kids are better smellers than adults, so smell the good stuff while you're young.

Mouth

Your mouth is like a campground for billions of bacteria. Floss and brush every day to keep those nasty campers away!

This is a body on drugs

.....
↓
and it's
not a
pretty picture.

Use these code
letters to fill in
the chart below.

Brain: Drugs dull, confuse, trick, and turn off the brain. Repeated use can shut down parts of the brain forever. Overdoses can kill. How much is an overdose? You never know.

A C h H I M N S U

Eyes: Drugs cause constricted or dilated pupils, bloodshot eyes, blurry eyesight, and trouble seeing at night. These symptoms can lead to falls or car wrecks.

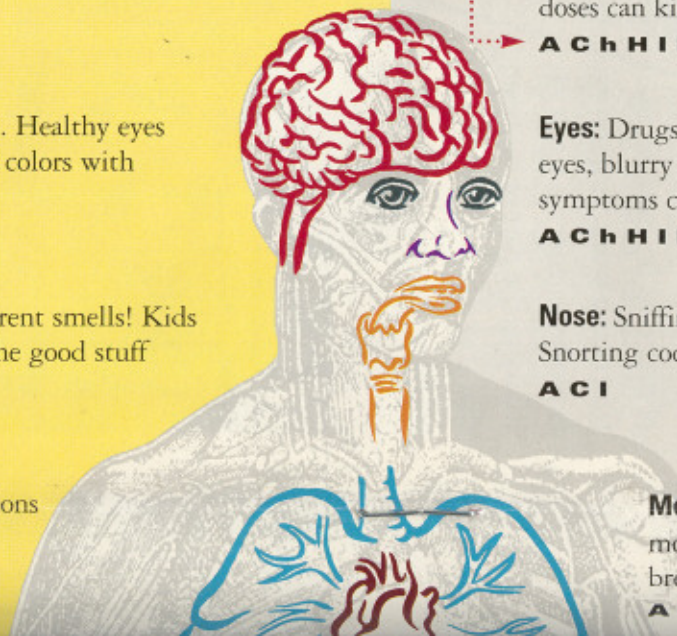
A C h H I M N S U

Nose: Sniffing inhalants makes noses sneeze, drip, and bleed. Snorting cocaine can burn and even eat holes in noses.

A C I

Mouth: Smoking and chewing tobacco can cause mouth and throat cancer, not to mention dragon breath and yellow teeth.

A h M N S



Lungs

"Sweeper" and "weeper" cells clean and protect 300 million tiny air sacs in your lungs.

Heart and blood vessels

This fist-sized muscle pumps about 4,000 gallons of blood daily through a network of blood vessels that, all lined up, would stretch 60,000 miles!

Central nervous system

Your brain, spinal cord, nerves, and five senses make up a complex network that controls the rest of your body, plus your thoughts and emotions.

Kidneys

Your kidneys filter poisons out of your body and keep the chemical balance in your body's fluids.

Liver

Your liver stores incoming nutrients, sends blood sugar to your brain, repairs tissues, gets rid of waste, and more.

Digestive system

Your teeth, mouth, food pipe, stomach, intestines, and pancreas work together to digest, absorb, and store the nutrients from your food.

Sex organs

Giving your body good food, exercise, and plenty of rest helps your sex organs mature and stay healthy.

A h M N S

Lungs: With every puff, smokers suck in soot, tar, smoke, poisonous gas, and thousands of chemicals. Steady smoking can cause emphysema, bronchitis, cancer, and death.

A H I M N U

Heart and blood vessels: Irregular heartbeat. High blood pressure. Racing heart rate. Dragging heart rate. Heart attack. Death. Drugs can make it happen.

A I C h M N S U

Central nervous system: Some side effects of drugs: brain damage, twitching, seizures, paranoia, hallucinations, violent behavior, depression, coma, death.

A C h H I M N U

Kidneys: Drugs can cause kidney diseases like cancer. That usually means being hooked up to a dialysis machine for hours a week, plus an early death. What a waste.

A I N S

Liver: Drugs overload the liver with poisons that cause liver damage and failure. Even a healthy liver can't equip the immune system to stand up against HIV or AIDS invaders that enter on dirty needles.

A H I M N S

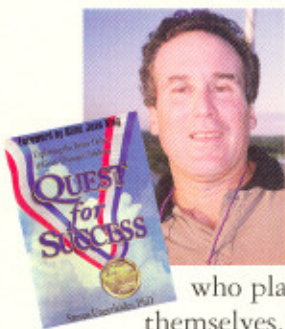
Digestive system: Alcohol and other drugs can reduce appetite, rob nutrients, and cause cancer. People who overdose on alcohol can suffocate in their own vomit.

A C h H I M N S U

Sex organs: Marijuana and alcohol dull the function of a body's sex organs. Steroids can cause acne, withered testicles, sterility, breast growth, and impotence in males. In females, steroids cause small breasts, hairy chests, and sterility.



Dr. Steven Ungerleider works with athletes and coaches all over the U.S.A. Here, he shares his answers to questions about **athletes and drug use.**



Q Do you think being involved in sports can help kids stay away from drugs?

A Definitely! Sports are great for building confidence, self-esteem, and a sense of identity. Kids

who play sports learn a lot about themselves. They also learn to keep trying, even when the going gets tough.

Q Do you have any secret formulas to help athletes be drug free?

A Well, I wouldn't call them secret formulas. But yes, there are some special things athletes should be aware of.

First, athletes tend to be risk-takers. They feel invincible, like nothing can hurt them. They need to realize that what they do on the athletic field doesn't mean they're safe from fast cars, alcohol use, and other risk-taking situations.

Second, kids who are talented athletes often have superior muscle control, quick responses, and great hand-eye coordination. Off the field, they might feel that they can rely on their abilities in other risk-taking situations, like driving cars fast. But none of that matters when you have alcohol and other drugs in your system. Once you are impaired, all the fine tuning and motor coordination you have as an athlete goes out the window.

Third, sometimes athletes get put on a pedestal. Their families, friends, teams, and coaches treat them a little different because they're so talented in sports. They get the idea they can live by a different set of rules—a separate code of conduct. Athletes need to know they are not immune to the risk of alcohol and drugs.

Q What advice would you give a young athlete who wants to stay free of tobacco, alcohol, and drugs?

A Instead of giving advice, I might ask the athlete these questions:

1 Who are you as a person?
What's **important** to you?

2 What are your goals for the next year?
two years? five years?

3 How do you take **responsibility** for yourself in **school, at home, and in sports?**

4 What are athletics like for you right now?
Are you on a **supportive team?**
Do you have a **positive coach?**

5 Who is a **mentor** in your life?
Who is someone you **look up to,** who supports **positive behavior** in your life. Who holds you accountable?

Q What have you learned in working with Olympic athletes that could help kids today?

A I've interviewed more than 1,000 Olympic athletes. Many of them have had a great deal of pain and trauma in their lives. They could have turned to alcohol, drugs, or other risk-taking behaviors. Instead, they used the bad times as a learning lab. They overcame their struggles by putting their energy into something positive.

I've included four of the athletes' stories on the next page. I hope your readers will remember these stories the next time they're feeling down. We all have the capacity to turn negative events into positive outcomes.

Steven Ungerleider, Ph.D., is a licensed psychologist and director of Integrated Research Services in Eugene, Oregon.

He also serves on the U.S.Olympic Committee Sport Psychology Registry and is the author of Quest for Success, a book featuring interviews with Olympic athletes.

Ben fought his way up

Ben Nighthorse Campbell had it tough growing up. His dad was either in jail or drunk. His mom was always sick. Ben says, "When you sit next to your friends in class and you have holes in your pants and your shoes are all worn-down, it makes you feel pretty awful.... I was on my own, working at 12 years old. I was on the streets, in juvenile hall."

Ben survived his empty home life by excelling in combative sports like judo. "I liked to hit people hard," he says. Ben also found a father in sports — his coach, Yosh Uchida. In 1964, Ben earned a gold medal on the U.S. Olympic Judo Team. He went on to become a coach, a rancher, and the first Native American member of the U.S. Senate.

Peter stuck it out

Peter Westbrook grew up in St. Louis. He says, "My mom didn't want me hanging out on the basketball court. She felt that the guys who played hoops were the same guys who did drugs." Mrs. Westbrook steered her son into the sport of fencing. Peter loved fencing, but felt the sting of prejudice in this elite sport. He stuck it out anyway and became America's first African American fencing champion. Peter stayed in training 24 years and competed in 6 Olympic Games. He won a bronze medal in 1984.

Today, Peter directs The Peter Westbrook Foundation in New York City. He teaches at-risk kids to use fencing as an outlet for their anger.

What **really**
matters is
how
you **play** the
game of life

Theresa swam to survive

As a teenager, Theresa Andrews was a victim of sexual abuse. "Swimming was my escape valve," she explains. "I desperately wanted to get out of my home and away from what was causing so much pain." So Theresa swam. The pool was a safe place. "I would go swim for six hours a day and get it all out of my system," she says now.

In 1984, Theresa won two gold medals at the Olympics. After that, she began the hardest work of her life — facing the troubles that had driven her to swim. Today, Theresa is a social worker in the cancer ward of a hospital. "I know," she says, "that I can break this traumatic cycle in my family, and healing can take place."

Kathy refused to be broken

Kathy Johnson is like a high-spirited racehorse. A coach once told her that it's easy to break a race horse's spirit, and then it won't run again. In her long gymnastic career, Kathy survived demanding coaches, broken bones, and major setbacks. Through it all, she refused to break.

"I was so hard driving, so strong willed, that [no matter what] I would still maintain my focus ... to fulfill my dreams as an Olympian." Kathy won silver and bronze medals at the 1984 Olympics, captained many world championship teams, and twice became U.S. Gymnast of the Year. Today, she is a TV sportscaster and tireless leader in the battle against eating disorders.

You gotta know how to Say NO!

Sometimes it's hard to say NO to drugs. It can be embarrassing. Or you might be afraid. These are problems. But if you

don't say NO, you'll have even bigger problems! So. How do you get ready for a big game? or to perform in a band? or to take a test?



You practice! You prepare! And that's exactly how you get ready to say NO to drugs.

Kevin and his friend Mai have put together some anti-drug workouts for you. After you exercise some ways to say NO, go to the comic strip to put your skills into practice.

Say it like you mean it!



If you're saying NO to a friend, say, "I'll talk to you later."

Memorize some NO statements.

If someone offers you drugs, you'll have your words ready.

"NO way." "NO." "I don't need drugs." "What part of NO don't you understand?" "I said NO before. I mean NO." "The answer is NO." "I don't do drugs."



Use body language to say NO.



Take these tips to a mirror and see what you look like when you say NO.

Come up with some NO statements of your own and add them to our list.

NO, _____!
 _____!
 NO, _____!
 _____!
 NO, _____!
 _____!

If you or someone you know has a problem with drugs, talk to an adult you can trust.

I'm your mom, and I care about you. I'll work through problems with you.

If I can't help you, we'll find someone who can!

We don't see you every day, but we are here for you. Call us or write us.

We want to know what's on your mind. Talk to us or call us. Or hand us a note.

YOUTH GROUP LEADER OR SCOUT LEADER

I'll make time to talk with you. I care about more than your grades.

TEACHER

You're part of God's family. Let me know if you need help, and we'll make time to talk.

CLERGY

I goof around with our youth group a lot. But I can be serious, too. Talk to me.

YOUTH LEADER

Sports aren't everything. Coaches can give advice, too. I'll listen and help you.

COACH



MOM



FRIEND



GRANDPARENTS



Take a stand!
Fill in this comic strip and say
NO to drugs.

Hey, Jason! Smoke
this stuff and you won't need a
roller coaster to get high.

Forget it! NO way.

Want a chew? All the
pros do it. It helps you relax when
you're up at bat.

Gotta baby-sit tonight?
Try Ecstasy and you'll think you're
at a party instead.

NO. Get away
from these kids.

Hey, kid.
Wanna hang out with us?
Be cool?

NO. I'll be outside
'til Aunt Elaine gets home.

I say NO.
The answer is NO.
I mean NO.

These will help you
stay up and study tonight.

NO. NOPE.
NOT me.

Wanna come over after
this for some real fun? Just bring your
nose. I've got the gas.

NO way. I don't
want brain damage.

Looking for some fun?
Come on in.

A hit of this will make you feel a
lot better about workin' here.

Forget it, man.
I wanna keep this job.

You could have
pecs like these. Say the word, and I'll
get you some steroids.

I've got some rocket
fuel. Want to take a ride with
me and PCP?

What a workout!
Remember, the
key word is ___!

See how **kids** are taking a stand

ALL OVER THE WORLD



Too much fun— no time for drugs!

In 1981, kids in **Norway** helped create the Union of Drugfree Youth. Today, drug-free kids run it — and membership has spread to **Portugal, Sweden, Scotland,** and the **USA**. These kids know that “drugs limit your abilities in activities and in life.” So, they think up zillions of fun things to do, like go to concerts, juggle, write poetry—you name it! Enjoying all this good stuff helps kids stay away from bad stuff.

Give 'em hope!

In Orange County, **California**, kids in a group called “IMPACT—Students Making a Difference” reach out to others who are paying the price of drug use. The kids host a holiday party in December for babies born to drug-using mothers. They also repaired a house in a high-risk drug and gang area. IMPACT students also serve as jurors in a Peer Court for juvenile offenders.



Get the word out.

In Wilkes-Barre, **Pennsylvania** a creative Eagle Scout used original music and performances to spread the word about living drug free. Jorge Cannavalle co-founded a drug prevention Explorer post for boys and girls ages 14–18. These 25 kids performed in local schools, for community groups, and even on TV. Can you believe that in four years they reached over 300,000 people? They had a great time, too!



On the right side of the law

Each year, about 1,500 kids in **Indiana** learn anti-drug strategies from the Indiana State Police. Kids also get a taste of what troopers do, like scuba dive and train with K-9 units. As the campers learn, they build self-respect. All these things help the kids stay drug free. Some campers even become state troopers, like Matt Dillon, Top Camper of 1987.



Take down tobacco!

In his hometown of Perth Amboy, **New Jersey**, 17-year-old George Vega noticed that his neighborhood had more tobacco billboards than any other. George, a member of HORA (Hispanics on the Rise Again), asked the city council to replace the tobacco ads with ads about good things, like eating healthy foods. Go, George!



Make it real!

Students Against Drunk Driving at La Canada High School in **California** put a tombstone on their campus every 32 minutes for 24 hours to show how many deaths drunk drivers cause each day.

I promise to stay smoke free!

Students in **40 states** are members of the Smokefree Class of 2000. These kids have promised—in writing—to stay smoke free forever.



How do you think kids can take a stand against drugs? Come up with some great ideas, then ask your teacher or leader to fill out the card in the Teacher/Leader's Guide and mail it to us. Your ideas could get listed in a future

Tell us how you take a stand against drugs!

issue of *Boys' Life* magazine. Get a free Take a Stand sticker from your teacher or leader when you share your coolest ideas for making a difference in the fight against drugs.

And get a **free sticker** for sharing your ideas!

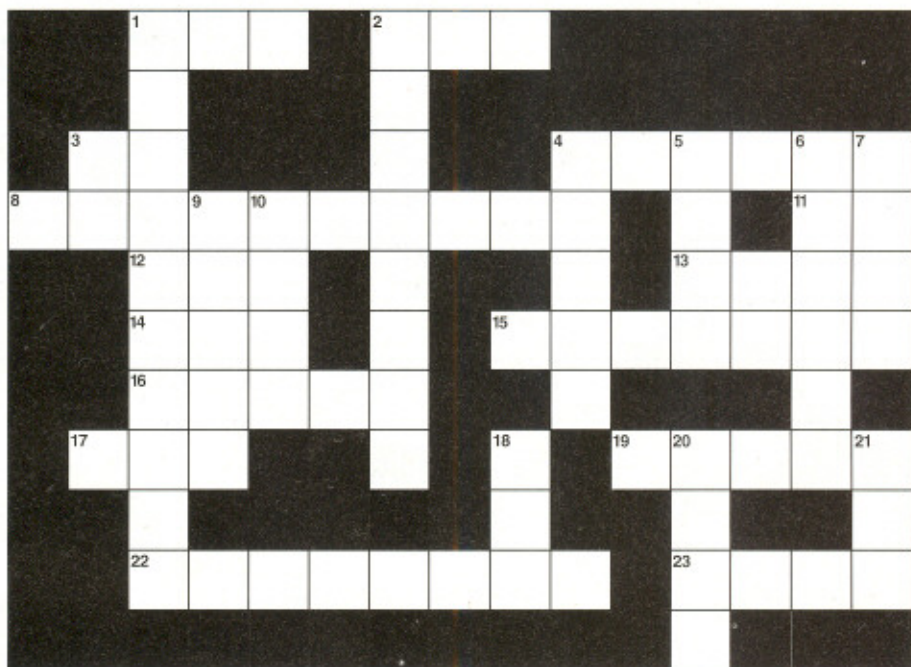


How to be drug free

Taking a stand against drugs doesn't just happen.

You have to work at it.

Solve this crossword puzzle to see some ways **you can keep drugs out of your life.**



Across

1. People who kick drugs ____ "It's great to be free!"
2. Choose healthy food to ____.
3. Just say ____.
4. Stay in _____.
8. Join a church _____.
11. If someone asks if you do drugs, say "ot _!"
12. It's hard for people who take drugs to kick ____ habit.
13. People who take drugs R____ the trouble they sow.
14. Let a pet give you a natural high—try ____icking, ____olling, and ____aughing!
15. Choosing drug-free _____ will help you be drug free.
16. When it comes to dope, nobody needs to learn the _____.
17. If someone offers drugs, say "Get out of here ____!"
19. The teen who stays away from drugs _____ alive.
22. Get involved in some fun P_____S in your community.
23. Get plenty of _____ at night.

Down

1. Join a ____ I I ____.
2. _____ to release your brain's endorphins.
3. Just say ____.
4. Play a _____, like basketball.
5. Decide _____ and now that drugs aren't for you.
6. ____ _ ____ when you're feeling down, do something that's good for you. (3 words)
7. Never let tobacco touch your _____.
9. If you get discouraged, don't _____ in the towel.
10. If you've got a problem, ask a trustworthy person for _____.
18. If kids ask you to change your mind and do drugs, say "No. I'm ____ in my ways!"
20. If a friend offers you drugs, _____ and walk away.
21. If you know a friend is having trouble with drugs, don't just ____ on it—get some help.

Puzzled?

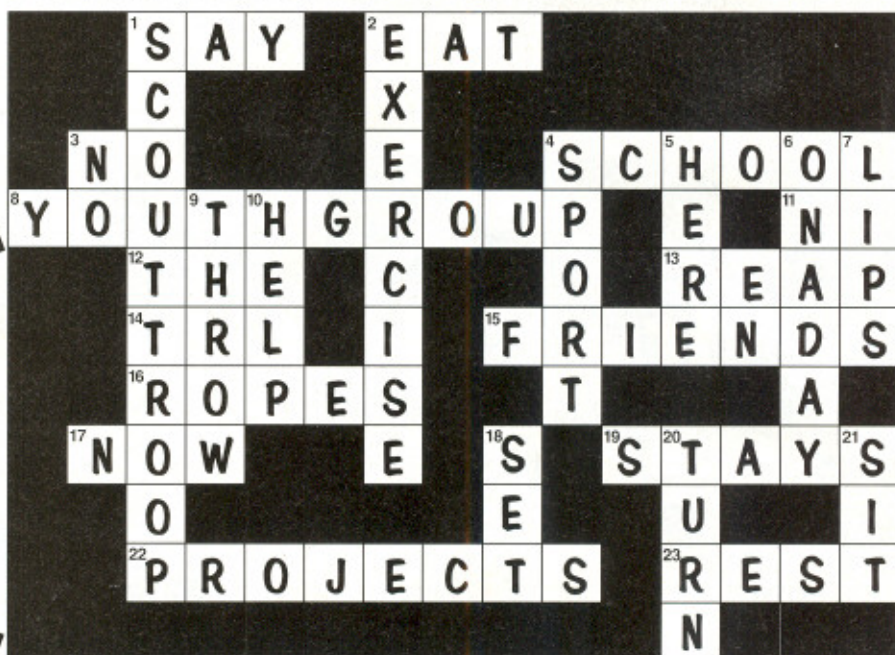
Get the answers.



Drugs *are* a real dead end! Here are the answers to the fill-in-the blanks on pages 4 and 5: marijuana, hallucinogens, nicotine, cocaine, heroin, inhalants, uppers, steroids, alcohol. At left is the solution

to the word search on page 5. Now you've got the picture!

Below is the solution for the crossword puzzle on page 17.



We hope *Take a Stand Against Drugs!* will help you or someone you know stay drug free. This brochure is one of many efforts by the Boy Scouts of America to help young people arrive in the future alive, alert, and prepared to lead.

Check it out!

Want to learn more about taking a stand against drugs? Ask

your teacher or leader for a list of nonfiction, fiction, video, CD-ROM, and Internet resources (included in the Teacher/Leader's Guide).

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Irving, Texas 75015-2079

Web site: <http://www.bsa.scouting.org>

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