

Red
Ribbon
Week

Shawsville Middle School

October 23rd-31st, 2017

Parent Newsletter

From the desk of:
Catina Mitchell
SMS School
Counselor

THEMED DAYS at SMS:

Monday- "Don't Sleep on Staying Drug Free" Wear Pajamas

Tuesday- "Join the Team and Stay Drug Free" Wear your fave team. GO MUSTANGS!

Wednesday- "Orange You Glad You're Drug and Bully Free" Wear orange

Thursday- NO SCHOOL for Parent Teacher Conferences

Friday- "Life is Like A Day at the Beach When You're Drug Free" Wear **appropriate beach attire (ex. Hawaiiin Shirts)**

Top 10 True Lies

1. Marijuana isn't as strong as it used to be.

Truth: Since the marijuana available nowadays is over 500 percent more powerful than it was ten years ago, the dangers of smoking marijuana are much more serious than they were in the 1960s.

2. Marijuana is better for you than smoking tobacco cigarettes.

Truth: Marijuana smoke causes cancer more than cigarette smoke. In fact, because marijuana smokers try to hold the smoke in their lungs as long as possible, one marijuana cigarette can be as damaging to the lungs as four tobacco cigarettes.

3. Since marijuana comes from the ground, it must be natural.

Truth: There are more than 400 chemicals in the average marijuana plant.

4. Marijuana stays in your body for less than 24 hours.

Truth: The active chemical in marijuana can stay in the body 14 days after smoking a joint. Even after a person has stopped smoking, the marijuana stays in their body and can still affect their abil-

ity to do things like drive, play sports, or do well on tests in school.

5. Marijuana is harmless.

Truth: Marijuana is a drug that impairs. For example, it impairs attention and memory and hinders the ability to learn or solve problems. It impairs decision-making which can lead users to use bad judgment or get into dangerous situations.

6. Marijuana is not addictive.

Truth: Experts are not yet sure if marijuana is addictive, but they are sure that some marijuana users develop something called "amotivational syndrome." People who develop this disorder become extremely lazy, unmotivated, and they lose interest in things they used to enjoy.

7. Almost all teenagers use marijuana.

Truth: Four out of five teens do not use the drug and most teens disapprove of using drugs.

8. If you only buy drugs from friends, you'll get pure stuff.

Truth: Illegal drugs are often messed with on the street. No one can know what is really in them. For example, marijuana can be laced with PCP.

9. You have to use drugs for a long time before they can really hurt you.

Truth: Drugs can cause the brain to send the wrong signals to the body. This can make a person stop breathing, have a heart attack, or go into a coma. This can happen the first time a drug is used.

10. Inhalants are not risky to use.

Truth: Using inhalants even one time can put you at risk of sudden death or suffocation. Prolonged use can lead to nose bleeds or liver, lung, or kidney disease. Inhalants can also cause brain damage.

Did you know?

- * More teens die from prescription drugs than heroin/cocaine combined.
- * 1/3 of teenagers who live in states with medical marijuana laws get their pot from other people's prescriptions.
- * In 2013, more high school seniors regularly used marijuana than cigarettes as 22.7% smoked pot in the last month, compared to 16.3% who smoked cigarettes.

What is Red Ribbon Week?

The Red Ribbon was used as an awareness symbol made by DEA Agent Enrique Camarena was kidnapped, tortured, and murdered while working undercover in Guadalajara, Mexico. Citizens in his

home town of Calexico, California donned the ribbons to emphasize the need for increased prevention efforts. In 1988, Red Ribbon Week, sponsored by National Family Partnership, became a nation-

al campaign. It is celebrated from October 23 through October 31.



Tobacco. Are You Informed?

What can you do?!?!?!?

- **TALK** to your kids about the dangers of tobacco
- Find ways to quit if you are a tobacco user yourself!
- Help kids practice how to say no to smokeless tobacco
- Find out if the teens' friends or their friends' parents use tobacco and talk to their kids about it
- Teach teens to look at media critically and recognize that advertisements send false messages to sell their products

Here are the risks:

- Bad breath
- Bleeding gums and lips
- Addiction
- Tooth decay
- Loss of teeth
- Sores in mouth
- Cancer of the mouth
- Other cancers

Go Mustangs!!!

What you need to know about smokeless tobacco...

Common types:

Dip, snuff, chewing tobacco, etc.

Smokeless Tobacco is Addictive

Nicotine in smokeless tobacco is what gives users a buzz. It also makes it very hard to quit.

Every time smokeless tobacco is used, the body gets used to the nicotine and starts to crave it. Craving is one of the signs of addiction. Another sign of addiction is called tolerance. This is when the body adjusts to the amount of tobacco needed to get a buzz. With continued use, more and more tobacco is needed to get the same feeling.

Many smokeless tobacco users say it is harder to quit smokeless tobacco than cigarettes.

Smokeless Tobacco is Not Safe

Some people believe smokeless tobacco is OK because it does not cause health problems from smoke and smoking. This does not make smokeless tobacco safe, however. Some smokeless tobacco delivers more nicotine than cigarettes, making addiction more likely. *There are also direct effects of smokeless tobacco on the mouth.*

- **Bad breath.** Smokeless tobacco can give you really bad breath and discolored teeth. This will not help anyone's social life.

- **Dental problems.** Smokeless tobacco's direct and repeated contact with the gums causes the gums to recede and become diseased, leading to loose teeth. Many forms of smokeless tobacco also contain sugar. This mixes with the plaque on the teeth to form acid that eats away at tooth enamel to cause cavities and chronic painful sores.

- **Cancer.** Cancer of the mouth (including the lip, tongue, and cheek) and throat can occur most often at the spot in the mouth where the tobacco is held. Surgical removal of cancer is often needed, and parts of the face, tongue, cheek, or lip must often be removed too.

Leukoplakia. A white, leathery-like patch called leukoplakia may form in the mouth. The patches vary in size and shape and can become cancerous. If you have a patch in your mouth, your doctor should examine it right away.

Other harmful effects:

- **Heart problems.** The constant flow of nicotine into your body causes many side effects including increased heart rate, increased blood pressure, and sometimes irregular heartbeats, which may increase risk for sudden death from a condition (ventricular arrhythmias) in which the heart does not beat properly.

Nicotine poisoning. The new forms of smokeless tobacco look like candy or breath strips, making them attractive to all ages, even children. While tobacco from a cigarette tastes bitter and unpleasant, the new forms are minty and flavorful, increasing their potential for poisoning.
