



DRUG FREE YOUTH IN SANTA CLARITA VALLEY

**STUDENT INFORMATION
AND ACTIVITY BOOKLET**

Spanish version available at
www.dfyinscv.com

This booklet includes:

Student information about

- *The risks of electronic cigarettes, vaping, and marijuana*
- *Discussion questions*
- *Activities for students*



GOOD CHOICES

DFY in SCV (Drug Free Youth in Santa Clarita Valley)

is a free, school-based, voluntary anti-drug program in elementary schools, junior high schools and high schools. The mission of DFY in SCV is to educate and empower students to make good choices, leading towards positive and healthy behaviors.

This booklet teaches communication and lifelong skills appropriate for each grade level to combat negative peer pressure and easy-to-remember strategies to say no to drugs and alcohol.

www.dfyinscv.com



DFYinSCV/Facebook



DFYinSCV

ALCOHOL AND TOBACCO

Alcohol and tobacco

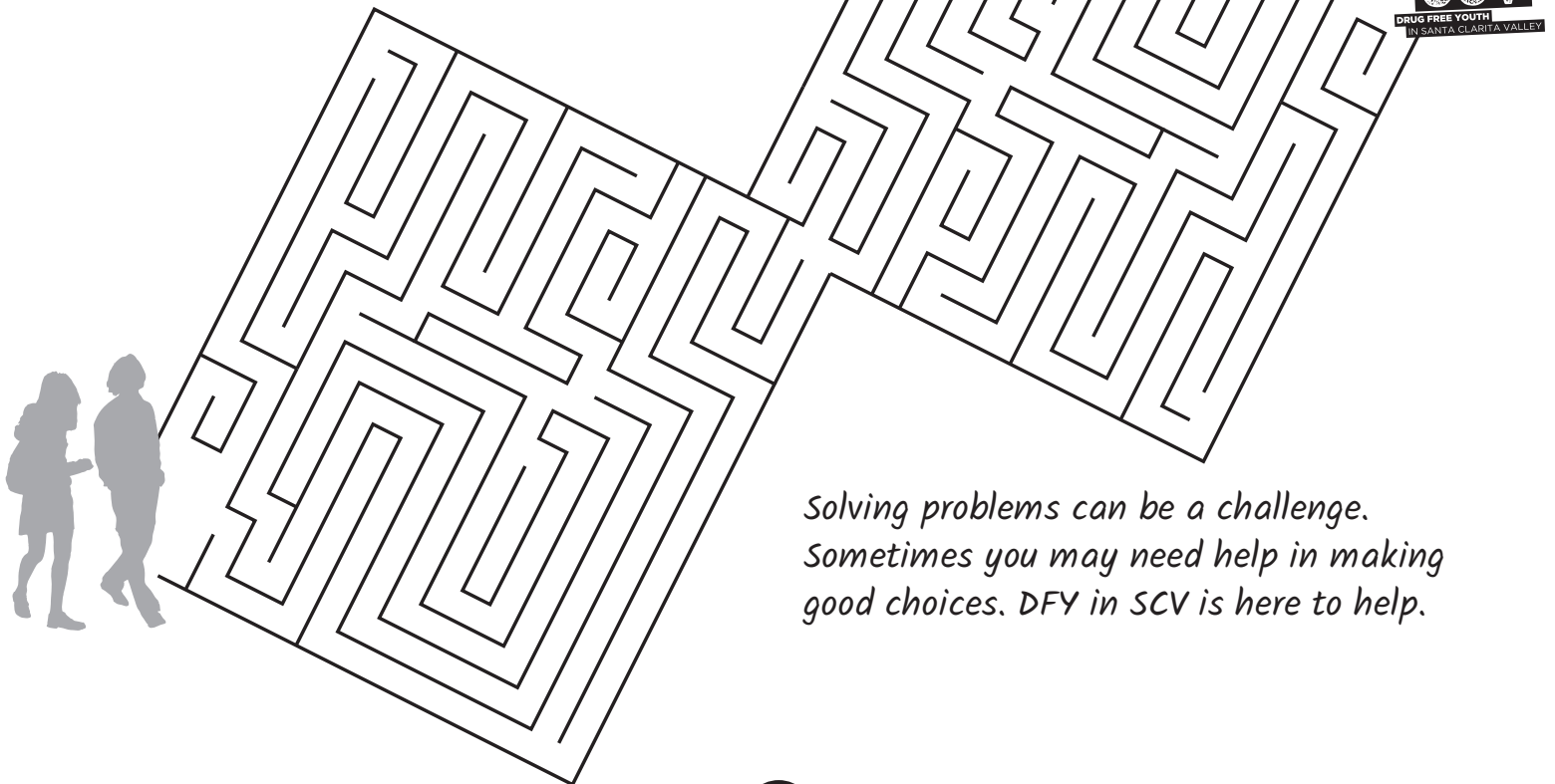
Alcohol is the drug most abused by teens. However, it is only legal for adults 21 years and older to purchase and consume. But, no matter your age, alcohol has negative effects on your health.

Alcohol is a depressant that slows down the brain, resulting in difficulty walking, blurred vision, slurred speech, slowed reaction times, and impaired memory. Like many drugs, alcohol changes your ability to think clearly and make good choices.

Like alcohol, you have to be 21 years old to consume **tobacco**. Tobacco contains nicotine, a chemical that is highly addictive. If you start to use nicotine, your body and mind can become dependent on it in order to complete daily tasks. The nicotine and other poisonous **chemicals** in tobacco may cause a variety of health complications. Smoking can permanently damage the lungs, heart, liver, kidneys, brain and other parts of your body.

ACTIVITY CHALLENGE

Can you find the way to DFY in SCV?



Solving problems can be a challenge. Sometimes you may need help in making good choices. DFY in SCV is here to help.

ELECTRONIC CIGARETTES AND VAPING

What is an electronic cigarette?

Electronic cigarettes (or **e-cigarettes**) and **vape pens** are devices that have become a popular trend in recent years. They are battery-powered and are designed to replicate the effects of tobacco cigarettes.

Electronic cigarettes and vape pens don't burn tobacco, which means that users do not inhale the same amounts of poisonous tar and carbon monoxide found in traditional cigarettes. Instead, users purchase bottles of **e-liquid** (or **e-juice**), which can contain highly addictive **nicotine**, toxic chemicals, flavoring and other ultra fine particles that can be inhaled deep into the lungs.

Many bottles of e-liquid, even small ones, contain enough nicotine to kill an adult.

E-liquids are toxic even though they may be flavored to taste like fruit, candy or other foods and drinks that appeal to kids. They often have pictures of chocolate, cupcakes, or even ice cream on their labels. However, most contain nicotine which can make the e-liquids poisonous. Consumers believe inhaling **vapor** is safer than smoking, but the effects are the same.

Poison control agencies have seen a rise in the number of emergency calls concerning e-liquid poisoning in victims as young as preschoolers.

FACT:

The nicotine inhaled and exhaled in vaping devices and electronic cigarettes is as harmful to your health and to the health of those around you as the nicotine in tobacco smoke.



Health consequences of electronic cigarettes and vaping

Surveys have shown that many people wrongly assume vaping is a harmless alternative to smoking tobacco.



Vomiting, nausea and lung disease are common side effects linked to inhaling electronic cigarettes. When users inhale, the **chemical** particles in the vapor are absorbed into their lungs, damaging lung tissue, causing inflammation and impairing their body's natural ability to fight

respiratory infections.

Large amounts of nicotine increase a person's heart rate and blood pressure. This can lead to an abnormal heart rate known as an **arrhythmia** and in some cases, cause heart failure and death.

Other risks include impaired **brain** development, addiction to nicotine, and a higher likelihood of trying other substances such as alcohol, cigarettes and marijuana.

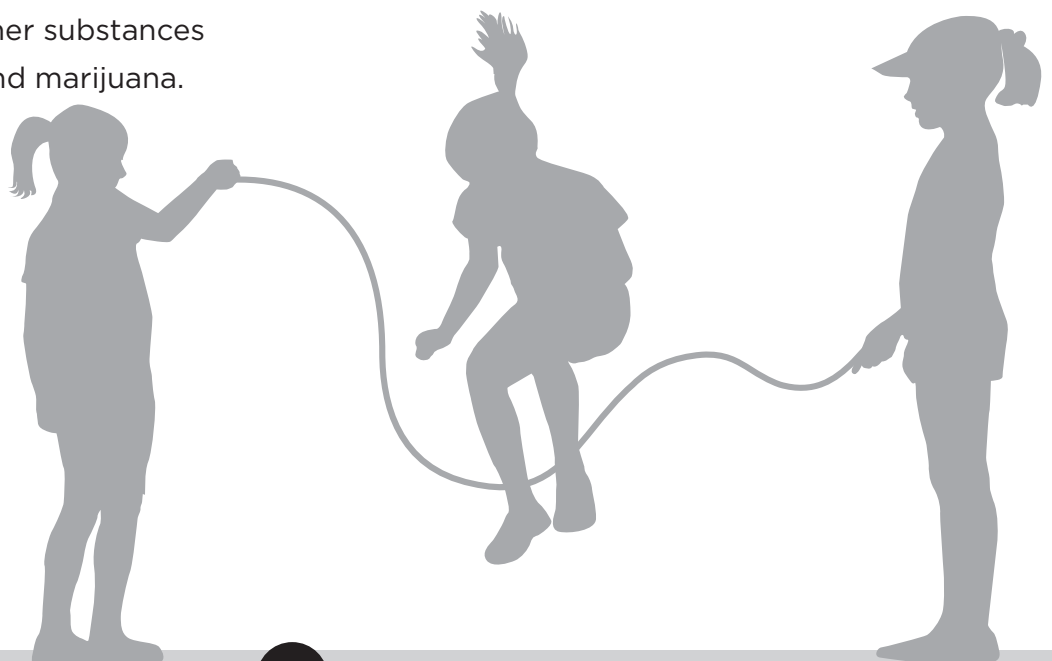
Electronic cigarettes have also been marketed to smokers as a way to help them quit, but more research needs to be done on long term effects.

Like tobacco smoke, second-hand consumption of the vapor containing nicotine that is exhaled from these devices can potentially cause health complications to everyone who is exposed to it.

ACTIVITY CHALLENGE

Instead of drugs, here are five fun things I'd rather do with my friends:

1. _____
2. _____
3. _____
4. _____
5. _____



ACTIVITY CHALLENGE

Let's test your knowledge about tobacco, electronic cigarettes and vaping.

Instructions: Fill in, check or circle your answers to each question.

1. Name three health problems caused by smoking:
 1. _____
 2. _____
 3. _____
2. ☐ TRUE OR ☐ FALSE: Electronic cigarettes are safe.
3. ☐ TRUE OR ☐ FALSE: Vaping is safe around children.
4. ☐ TRUE OR ☐ FALSE: The nicotine in e-liquid is safer than the nicotine in tobacco.
5. Electronic cigarettes were originally marketed to help smokers:
 - A. stop their smoking habit and start a vaping habit.
 - B. try another habit forming behavior.
 - C. quit smoking.
6. The legal age in California to purchase and use electronic cigarettes or vape pens is:
 - A. any age if you have enough money to buy them.
 - B. when you get your driver's license.
 - C. 21 years old.
7. Name one strategy you can use to resist pressure from others to vape or try an electronic cigarette.

8. List three reasons why staying smoke-free is a good choice for you.
 1. _____
 2. _____
 3. _____
9. Alcohol is a depressant. How do depressants affect your brain?
 - A. They slow your brain down, making it difficult to think or act clearly.
 - B. They affect your balance and make it challenging to walk in a straight line.
 - C. They blur your vision and slur your speech.
 - D. All of the above.

MARIJUANA

What is marijuana?

Marijuana is a controversial drug that can produce mind altering effects when smoked or injected. It contains tetrahydrocannabinol [tet-rah-hī-drə-kə-na-bə-nol] or **THC**, which is a powerful chemical compound that alters a person's mind. When marijuana is smoked, the THC quickly passes through the lungs into the bloodstream and to the brain. In the parts of the brain that control sensory perception (hearing, vision, taste, smell and touch), it causes the marijuana "high." THC also connects with receptors on nerve cells in other parts of the brain. Those parts of the brain affect thinking, memory, coordination and concentration, which can cause unwanted side effects, such as:

- difficulty thinking and problem solving
- problems with memory and learning
- loss of balance and coordination
- distorted perception

Being high on marijuana can make it dangerous to do every day things like driving a car, crossing the street, riding a bike or babysitting.

What does marijuana do to your body?

Marijuana is a **mind-altering** drug and is considered a hallucinogen. A hallucinogen is a drug that causes users to see images, hear sounds and feel sensations that seem very real to them but do not exist. Under the influence of marijuana, their perception of the world around them becomes heightened and distorted. Colors may seem brighter, music may become hypnotic, sad things may seem hysterically funny.

Marijuana affects everyone differently. Users won't know the strength of the THC it contains, or how it will affect them until they have smoked it. They may experience rapid, intense emotional swings, food cravings or nightmarish images. Good or bad, they're not in control of their own mind and body. These side effects are temporary, but they can be very traumatic.

ACTIVITY CHALLENGE

Studies show that young people think marijuana is not harmful because in some states it is legal for adults.

What do you think?

☐ HARMFUL ☐ NOT HARMFUL

Explain your choice: _____

MARIJUANA

Short-term effects

- Marijuana makes it hard to concentrate and keep track of time. People who use it regularly experience short-term memory loss, forgetfulness and difficulty solving problems.
- Marijuana raises your heart rate and blood pressure. Some people get red eyes, dry mouths, become sleepy or very hungry. The drug can also make some people paranoid, think irrational thoughts and become suspicious of the people around them.
- Similar to smoking cigarettes, smoking marijuana can damage your throat and lungs. Coughs, wheezing, frequent colds and respiratory (airway and lung) infections can become common.

Long-term effects

People who use marijuana over a long period of time can experience the following effects:

- **Changes in the brain.** Marijuana makes it difficult to remember simple things, multitask and pay attention.
- **Respiratory problems.** Marijuana use can lead to respiratory system issues such as mucus, a chronic cough and bronchitis.
- **Immune system problems.** The use of marijuana may make it harder for the body to fight off infections.
- **Emotional problems.** People who use marijuana are more likely to experience depression, low **self-esteem** or anxiety.

WHERE MARIJUANA AFFECTS YOUR BRAIN

Science has proven that smoking marijuana on a regular basis can hinder the development of the brain, lower performance in sports and in school and increase the risk for addiction.

HYPOTHALAMUS

Appetite and hormonal levels

BASAL GANGLIA

Motor control, planning, start and stop of action

VENTRAL STRIATUM

Prediction and feeling of reward

AMYGDALA

Anxiety, emotion and fear

NEOCORTEX

Higher cognitive functions and integration of sensory information

HIPPOCAMPUS

Memory and learning facts, sequences and places

CEREBELLUM

Motor control and coordination

BRAIN STEM / SPINAL CORD

Vomiting reflex and sensation of pain

MARIJUANA

Other problems

Criminal charges. Most states have laws against using, growing or selling marijuana. U.S. federal law states that a first time offender in possession of marijuana may face a maximum fine of \$1,000 and up to one year in jail.

Career problems. People convicted for **possession** of marijuana could end up with a criminal record that may hurt their future plans for college or finding a job.

Drug testing. Employers often test for drug use as part of the hiring process. Marijuana can show up on a drug test for several weeks or months after it was last used.

Withdrawal symptoms. Long time users of marijuana can have **withdrawal** symptoms when they try to quit. They may feel irritable, anxious or depressed, have trouble sleeping or may not have an appetite.

Medical use of marijuana

The U.S. Food and Drug Administration (FDA) has approved pills containing THC as a medicinal option for people suffering with pain, nausea, muscle stiffness or problems with movement. Taking THC in pill form may help these patients get relief from chronic pain. However, more research needs to be done before there is any certainty of the medical value of marijuana. Scientists are still studying this. As with any **medicine**, it is best to follow the instructions of a **doctor** or other medical professionals.

ACTIVITY CHALLENGE

Let's show everyone we make "good choices" when it comes to electronic cigarettes, vaping and marijuana.

Design a pledge poster

Review the information on pages 3 through 8 and think of three reasons why living a drug-free lifestyle is a good choice for you.

Your **pledge** poster should include:

1. "I PROMISE TO BE DRUG-FREE!"
2. Your written **promise** to be electronic cigarette, vaping and marijuana free.
3. Your three reasons why it's best to live a drug-free lifestyle.

Examples:

- Your promise to respect yourself by keeping your body **healthy** and your mind sharp.
 - Your promise to be involved in social activities, **school**, hobbies or sports.
 - Your promise to be the best YOU can be.
4. Add drawings or cut pictures from magazines that show healthy **lifestyle** choices and things you enjoy.
 5. Sign your name and the date at the bottom of your poster as a pledge to yourself and your friends to stay drug-free.
 6. Display your pledge poster in your classroom or at home during red ribbon week.



REDEFINE THE NEW NORMAL!

We all have days when we doubt ourselves and feel disappointed, lonely or sad. These feelings can make good choices difficult especially when faced with negative peer pressure. Changing the way you *think* about yourself can improve the way you *feel* about yourself.

When you feel good about yourself, you'll be **confident** in the choices you make, and those around you will feel good about themselves too.

The best ways to build yourself up are:

- Think of something you'd like to do, make a plan for doing it and begin.
- Remind yourself that trying your best doesn't mean you have to be perfect.
- Don't compare yourself to others. Everyone excels at different things.
- Try new activities and give yourself credit for your talents.
- Be kind to yourself.
- Change what you're able to change and be okay with what you can't change.
- Be proud of your opinions and ideas. Don't be afraid to voice them!

- Make a difference by helping others. **Volunteer**, contribute and participate!
- **Exercise!** You'll relieve stress and be healthier too.
- Relax and have fun.
- Spend time with people who **love** you.
- Find friends who make **good choices** and do safe things you all enjoy.
- Focus on the good.
- Feel good about yourself just the way you are.

Let's redefine the new normal by creating a **drug-free** culture and influencing others by making good choices!



ELECTRONICS

Don't get addicted to electronic devices!

When you text **friends** or play video games, your brain releases a feel-good chemical called **dopamine**. Your brain releases dopamine whenever you expect a reward (such as scoring points or receiving a text back from your friend), so it's easy to see how anyone can get addicted to gaming and electronic devices.



Besides taking time away from your family, friends and schoolwork, constantly checking social media or playing video games can have negative consequences. Overusing electronic devices may lead to feeling depressed or anxious, lack of sleep and unhealthy behaviors.

ACTIVITY CHALLENGE

NO CLICKING! Put down that phone or tablet, turn off the TV, shut down the computer!

Can you add to our list of fun things to do instead?

1. **Game night!** Invite your friends over for cards or board games. Have you played Monopoly® lately?
2. **Read a book!** Check out what's new that interests you at the library.
3. **Bike or hike!** Explore the trails on the paseos or in our local mountains.
4. **Volunteer!** Sign up to volunteer at City events or help out a neighbor in need.
5. **Join a team or club!** Or start one!

6. _____
7. _____
8. _____
9. _____
10. _____



ACTIVITY CHALLENGE

It's word search time! How many of the words listed below can you find?

Answers may be forward, backward or diagonal.

(Hint: Words used are highlighted in bold throughout this booklet.)

R O P A V N G C I G A R E T T E S N E S
F E U E L O V E N I T O C I N I A T C M
S N Z P L E D G E U B P P O L P J B L E
E I B Q G Y M P X A E L I Q U I D H H L
S M M N W G T Q G O O D C H O I C E S B
I A I S F I L S F P O S S E S S I O N O
C P N L S P T Y E W Y Y X J B G V J C R
R O D A Z I R H M F Q E Y I M Z S R M P
E D A C S C G R D J I N C E Q S I N C W
C N L I C M R D C R M L E C R M U Z V F
X Y T M H E D N T A A T A B I U Z V C A
E H E E O W V B R N S W C N N M N W I D
H T R H O C F I E E K O A I S C M M N R
L L I C L R J S F N N L A L V H H M O U
Q A N X I U I L R F I R M E R T F X R G
B E G E A M E H I O B C Y E Y F A H T F
N H N N O S F D H X T L I H B E N C C R
U D A R O D E U N H N C R D B O Q N E E
S S P E T N M J U K Y R O M E C G V L E
K R E E T N U L O V A F F D W M F L E Q

Word bank:

- | | | | |
|--------------|----------------|-----------------|---------------|
| • ARRHYTHMIA | • DOPAMINE | • LIFESTYLE | • PROBLEMS |
| • BRAIN | • DRUG-FREE | • LOVE | • PROMISE |
| • CHEMICALS | • ELECTRONIC | • MARIJUANA | • SCHOOL |
| • CIGARETTES | • ELIQUID | • MEDICINE | • SELF-ESTEEM |
| • CONFIDENT | • EXERCISE | • MIND-ALTERING | • THC |
| • CRIMINAL | • FRIENDS | • NICOTINE | • VAPOR |
| • DOCTOR | • GOOD CHOICES | • PLEDGE | • VOLUNTEER |
| | • HEALTHY | • POSSESSION | • WITHDRAWAL |

DRIVE FOCUS LIVE!

ACTIVITY CHALLENGE

Making good choices is also important for traffic safety before and after school.

In the safety tips below, cross out the choices that aren't very wise.



1. **Always cross the street:**
 - A. at corner traffic signals or stop signs.
 - B. in designated crosswalks.
 - C. anywhere if you're late.
2. **When a car approaches the crosswalk it is important to:**
 - A. make eye contact with the driver.
 - B. make sure the driver sees you.
 - C. run across the street in front of the car really fast.
3. **Crossing the street while using electronic devices is never okay unless:**
 - A. you are texting your BFF.
 - B. you've got headphones on listening to a cool song.
 - C. you put all your devices away and pay attention.
4. **Always walk on sidewalks. If there are no sidewalks, it is best to walk on the side of the road:**
 - A. facing oncoming traffic.
 - B. facing away from oncoming traffic.
 - C. where there are the most Pokémon to catch.
5. **Before crossing the street you should always:**
 - A. look left, right and left again to check for approaching cars.
 - B. be aware of cars that are turning or backing up.
 - C. cross without looking because it's the driver's responsibility to see you.
6. **It is never okay to run out into the street or cross between parked cars because:**
 - A. oncoming traffic can't see you coming.
 - B. darting into the street accounts for the majority of child pedestrian fatalities.
 - C. Spider-Man can't swoop down and save everyone.
7. **When walking to or from school, it is smart to:**
 - A. never walk alone.
 - B. walk with a school friend, family member or trusted neighbor.
 - C. accept a ride from a friendly stranger.
8. **If you're walking when it's dark outside or hard to see, it is best to:**
 - A. wear white or bright-colored clothing.
 - B. have on reflective gear and carry a flashlight.
 - C. sneak up behind people and say, "Boo!"
9. **When waiting for the school bus you should:**
 - A. know the safety rules for waiting at the bus stop, getting on and off the bus and riding the bus.
 - B. be aware of what is going on around you.
 - C. be proud of yourself for making good choices!

Safety tips to share with your parents

When driving, remember:

Children safely crossing the street in the crosswalk are ALWAYS our number one priority.

Always respect pedestrians' right of way.

ACTIVITY CHALLENGE

HEADS UP!

You can do your part to reduce traffic-related collisions and fatalities by being a heads up pedestrian.

Unscramble these words to reveal the mystery message!
Copy the letters in the numbered boxes to their matching number below.

(Hint: words used can be found on page 12.)

1. YEE CAOTCTN [] [] [] [] [] [] [] [] [] []
22 7 20
2. NORSCSIG DAURG [] [] [] [] [] [] [] [] [] [] [] [] []
26 27 38 3 31
3. POTS NIGS [] [] [] [] [] [] [] []
29 12
4. SHDOHPEANE [] [] [] [] [] [] [] [] [] []
18 36 2
5. HOOSLC SUB [] [] [] [] [] [] [] [] []
14 8 30 16
6. CIFFTRA [] [] [] [] [] [] []
32 10
7. PAETIDNERS [] [] [] [] [] [] [] [] [] []
19 9 28
8. LGKINAW [] [] [] [] [] [] []
1 33
9. THALFSGIHL [] [] [] [] [] [] [] [] [] []
35 39 6
10. SATFEY ESLUR [] [] [] [] [] [] [] [] [] [] [] [] []
15 34
11. DERHNCIL [] [] [] [] [] [] [] []
23 24 5
12. DANH SLSINGA [] [] [] [] [] [] [] [] [] [] [] [] []
11 41 40
13. STWEHLI [] [] [] [] [] [] [] []
17 13 42
14. WASLOCRKS [] [] [] [] [] [] [] [] [] []
37 25 21 4



Make good choices whenever traffic is present. Don't walk distracted!

Mystery message!

[] []	M [] [] []	[] [] [] []	[] [] [] [] [] [] []	[] [] [] [] []	[] []
1 2	3 4 5	6 7 8 9	10 11 12 13 14 15 16	17 18 19 20	21 22
[] [] [] [] [] []	[] []	[] [] [] [] V []	[] [] [] [] [] []	[] [] V []	!
23 23 25 26 27 28	29 30	31 32 33 34	35 36 37 38 39	40 41 42	

SOLUTIONS

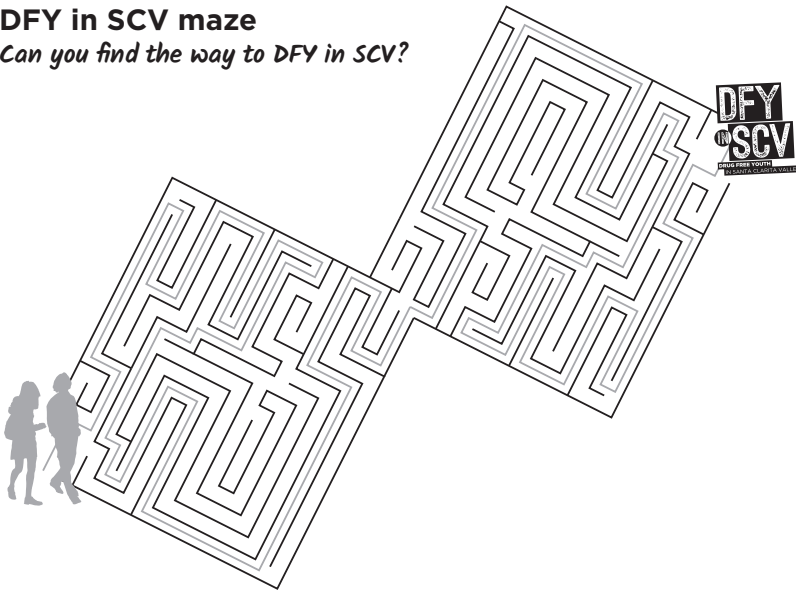
Were you able to solve these activity challenges with the information you've learned in this booklet?

Solving problems can be a challenge. Sometimes you may need help in making good choices. DFY in SCV is always here to help. You've come to the right page for the answers!

PAGE 2

DFY in SCV maze

Can you find the way to DFY in SCV?



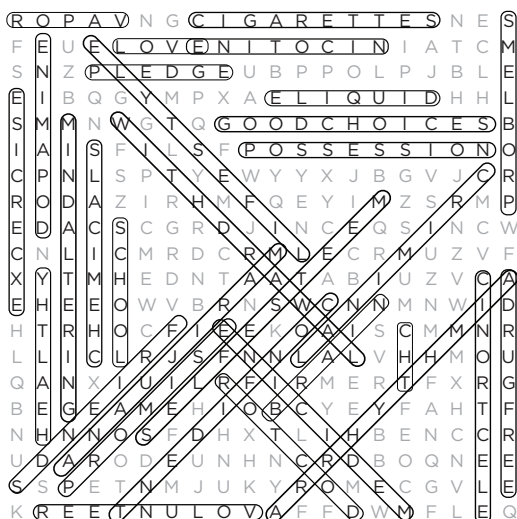
PAGE 5

Review quiz

1. CANCER, BAD BREATH, YELLOW TEETH
2. FALSE. IT IS STILL PUTTING NICOTINE INTO YOUR BODY.
3. FALSE. E-LIQUIDS AND EXHALED VAPOR CONTAINING NICOTINE ARE DANGEROUS FOR CHILDREN.
4. FALSE. NICOTINE IS A CHEMICAL KNOWN TO CAUSE CANCER.
5. C. QUIT SMOKING.
6. C. 21 YEARS OLD
7. CORRECT! GOOD FOR YOU!
8. GREAT REASONING!
9. D. ALL OF THE ABOVE.

PAGE 11

Word search



PAGE 13

Heads Up! word jumble

- | | |
|-------------------|------------------|
| 1. EYE CONTACT | 8. WALKING |
| 2. CROSSING GUARD | 9. FLASHLIGHT |
| 3. STOP SIGN | 10. SAFETY RULES |
| 4. HEADPHONES | 11. CHILDREN |
| 5. SCHOOL BUS | 12. HAND SIGNALS |
| 6. TRAFFIC | 13. WHISTLE |
| 7. PEDESTRIAN | 14. CROSSWALK |

Mystery message:

WE MAKE GOOD CHOICES WHEN WE
CHOOSE TO DRIVE FOCUS LIVE!

DFY IN SCV



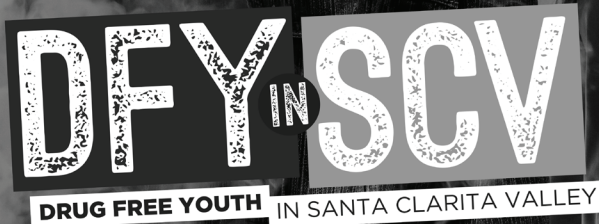
GOOD CHOICES



PARENT RESOURCE SYMPOSIUM

TEEN VAPING

THE STORY OF TOXIC SMOKE



LEARN FROM A PANEL OF EXPERTS ABOUT
WHAT YOU CAN DO TO KEEP YOUR TEEN SAFE.

WEDNESDAY, SEPTEMBER 23 AT 6:00 P.M.
MORE INFORMATION AT DFYINSCV.COM/PRS



Information taken from multiple sources, which include the following:

www.cdc.gov

tobaccofreekids.org

kidshealth.org



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