

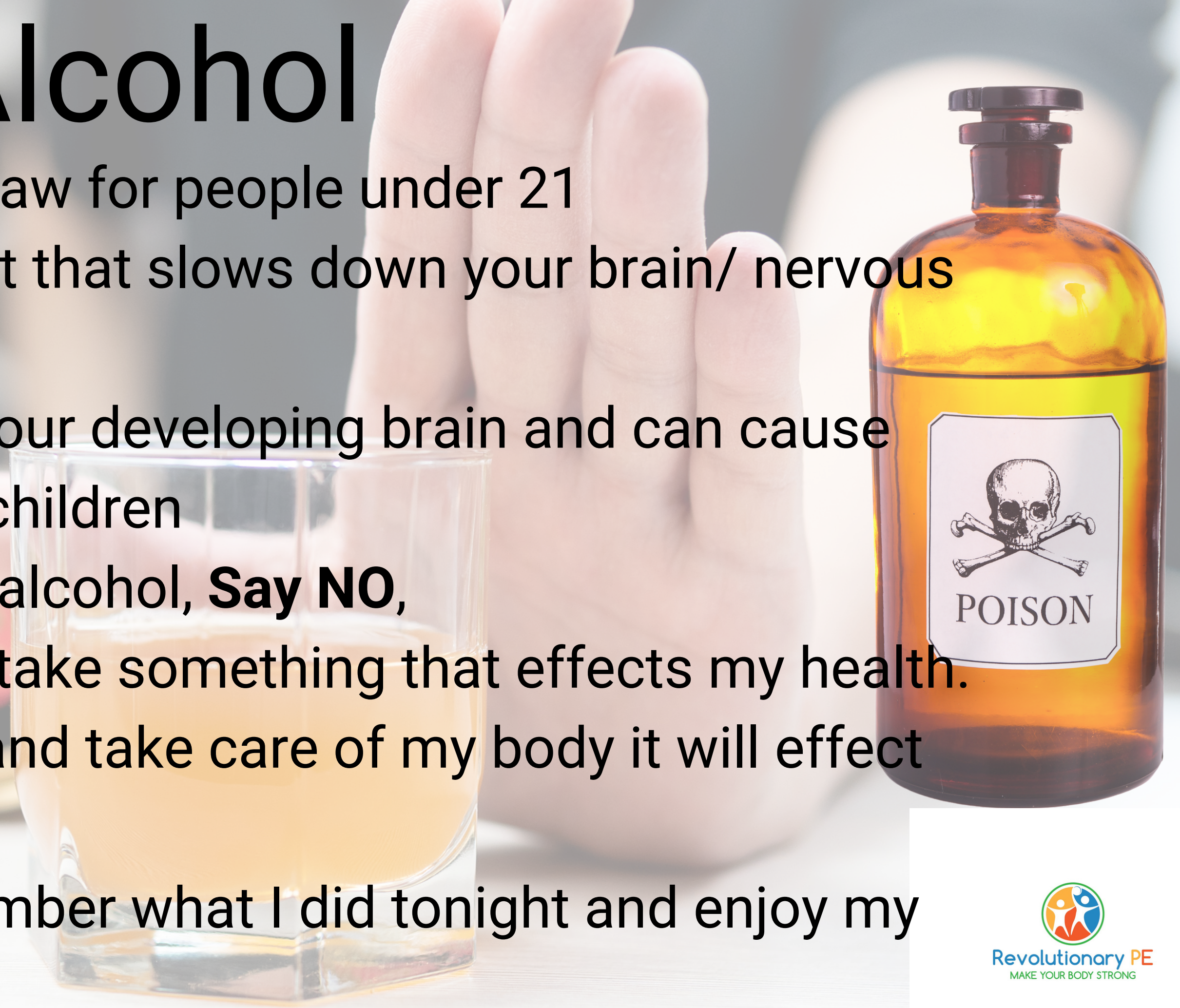
Drug Awareness

Please Welcome
Officer Dove
with the Lake Travis Police
Department



Alcohol

- Alcohol is against the law for people under 21
- Alcohol is a depressant that slows down your brain/ nervous system.
- Alcohol is harmful to your developing brain and can cause seizures or a coma in children
- If someone offers you alcohol, **Say NO**,
 - No, I don't want to take something that effects my health.
 - No, I'm an athlete and take care of my body it will effect my performance.
 - No, I want to remember what I did tonight and enjoy my friends.



Long Term Effects of Alcohol

Long-term effects of alcohol:

- Leads to poor decisions
- How you think

Signs of poisoning an overdose

How to respond & Who to contact for help

Healthy lungs

Smoker's lungs

Smoking & Vaping

- Smoking is against the law for kids
- Inhalants and household products can cause physical damage to your lungs
- Vaping and smoking is harmful for your lungs
- Just Say NO!
- Get help from a trusted adult

Say NO to Drugs

- Prescription drugs are ordered by a doctor for a patient
 - Labeled with patients name and instructions on how to take the medicine
- Never take someone elses medicine it may be posionous to you
- Over the counter medicine can be purchased by anyone
 - follow the instruction on how many to take and how often for example every 12 hours or every 8 or 4 hours.
- Do not misuse medicines it could damage your liver or make you very sick. **Your parents should give you the medicine.**
- Call **911** if someone is sick from **taking medicine, drugs or household products.**

Legal Consequences

- Alcohol
 - If you are under the age of 21 using alcohol is against the law
 - An officer will notify your parents
 - Class C Misdemeanor \$500 fine, 8-40 hour community service, 30-180 day suspension of your drivers license. 17 or older \$2000 fine, Jail confinement up to 180 days, suspend driver license.
- Drugs
 - Taking prescription medicines that are not your medicine is taking drugs and against the law. If you take these or other drugs or marijuana
 - Misdemeanor, court fee, probation until you are 18 sent to drug rehabilitation, receive counseling, community service.
- Vaping and Smoking
 - Purchasing or using these products when you are under the age of 18 are against the law
 - Minor in possession charge and fined up to \$100 and be required to attend a tobacco awareness program or tobacco-related community service participate in tobacco-related community service.



I, _____
(My Name)

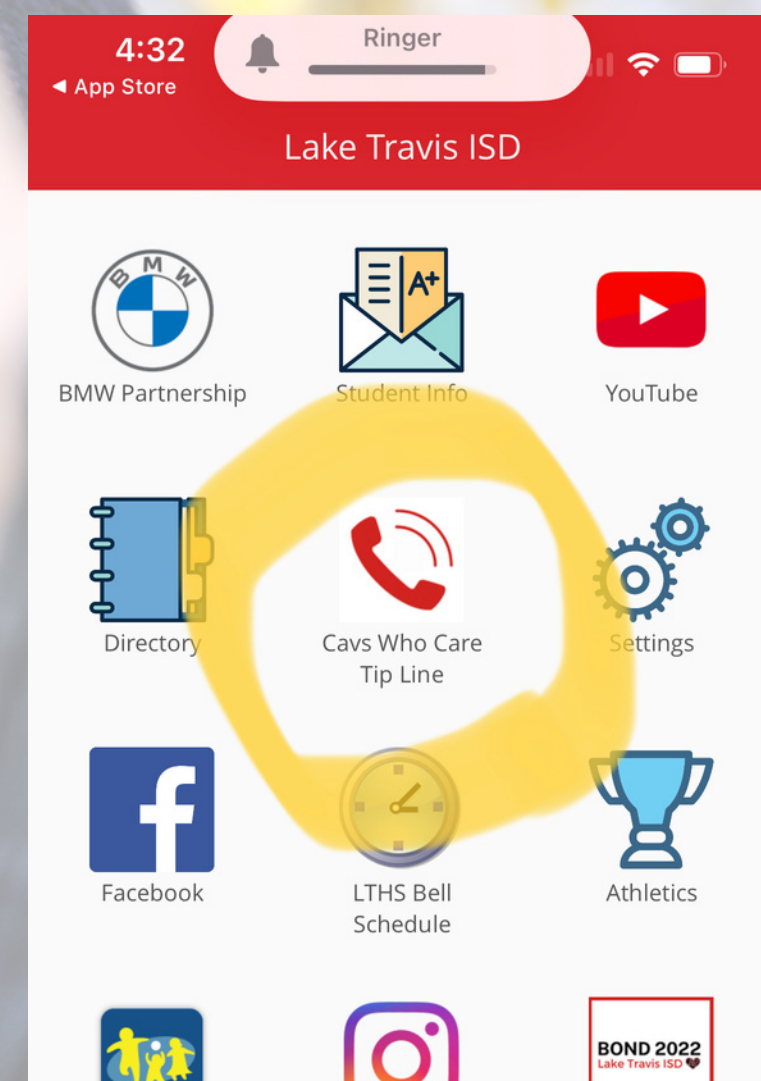
Pledge

to not use drugs, alcohol
or smoke, which is
unhealthy for my
growing body, brain and
life. This is my promise!



Avoid Violence

- Strategies to Avoid Weapons & Violence
- Characteristics of safe home & school environment
- Hazards of unsupervised and improper handling of guns & weapons
- Safety Procedures that can be used in various situations.
- Report unsafe behavior



Healthy Alternatives to Drugs, Alcohol & Smoking

- Play Sports
- Band/ Instrument lessons
- Make your own art
- Video games
- Do things with your friends
 - Choose the right friends
 - Make a pack with your friends not to use drugs
- Care about your health & body
- Go to the movies, High 5, Urban Air
- Hike, ride your bike, go to the park

Red Ribbon Week: March 27-31st

Monday - Crazy Hair - Say "NO" We can have fun, play sports and hang out with friends without making bad choices.

Tuesday - College Jersey - I'm too smart for drugs & alcohol

Wednesday - Crazy Socks - Sock it to smoking - causes cancer and heart disease

Thursday- Red Ribbon - Say "NO" to drugs, alcohol, smoking and vaping - passed out in Specials

Friday - Sign the Pledge and build the wall - Wall off Drugs, Alcohol, Smoking & Vaping