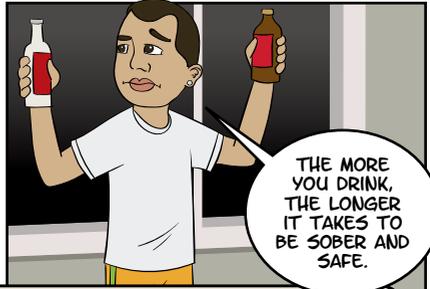


DID YOU KNOW: ALCOHOL

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT...ONE STANDARD ALCOHOLIC DRINK TAKES AT LEAST ONE HOUR TO LEAVE YOUR BODY?

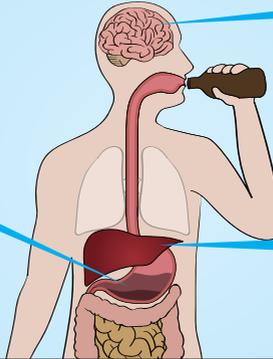
IN NEW ZEALAND ALL ALCOHOLIC DRINKS MUST BE LABELLED WITH THE STANDARD DRINKS THEY CONTAIN.



THE MORE YOU DRINK, THE LONGER IT TAKES TO BE SOBER AND SAFE.

HOW IT WORKS

WHEN YOU DRINK, ALCOHOL GOES INTO YOUR STOMACH WHERE IT MIXES WITH ANY FOOD AND SOME ALCOHOL GOES INTO YOUR BLOODSTREAM. THE MIX THEN MOVES TO YOUR SMALL INTESTINE.



MOST OF THE ALCOHOL HEADS TO THE BRAIN FROM HERE, AFFECTING YOUR CO-ORDINATION, CONFIDENCE AND JUDGEMENT. FOOD SLOWS DOWN THIS PROCESS, WHICH IS WHY EATING BEFORE YOU DRINK IS A GREAT IDEA.

THE BLOOD THEN MOVES TO YOUR LIVER WHICH WORKS HARD TO GET RID OF THE ALCOHOL, BREAKING IT DOWN SO IT CAN LEAVE THE BODY IN URINE. IT'S ALSO A DIURETIC, MAKING YOU THIRSTY AND DEHYDRATED

FIRST YOU CAN GET FLUSHED, ENERGETIC AND TALKATIVE



THIS CAN LEAD TO RISK TAKING, MEMORY LOSS AND AGGRESSION



THEN YOUR BODY TRIES TO RID ITSELF OF THE ALCOHOL THROUGH VOMITING

YOU CAN EXPERIENCE BLACKOUTS, WET YOURSELF, AND YOUR VITAL ORGANS START TO SHUT DOWN.



DRINKING WHILE PREGNANT CAN CAUSE BIG PROBLEMS FOR BABY.



IT CAN ALSO CAUSE HANGOVERS, EMOTIONAL STRESS, MAKE IT HARDER TO ENJOY LIFE AND LEAD TO PHYSICAL AND MENTAL DAMAGE.

SO, REMEMBER TO

- EAT BEFORE YOU START DRINKING
- COUNT THE STANDARD DRINKS
- ALWAYS LOOK OUT FOR YOUR MATES



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797

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ODYSSEY

Supporting Young People



AT THE HEART OF THE MATTER

FOUNDATION

Supporting Young People



DID YOU KNOW: CANNABIS

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT... CANNABIS IS NEW ZEALAND'S MOST POPULAR ILLEGAL DRUG?

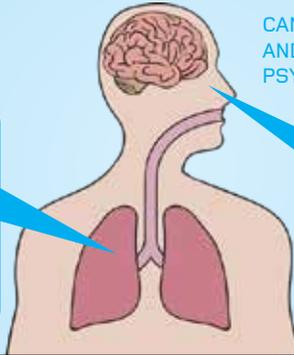
BUT ONLY 3% OF SECONDARY SCHOOL STUDENTS SAY THEY USE IT ON A WEEKLY BASIS.



HOW IT WORKS

CANNABIS IS A DEPRESSANT AND CAN BE PHYSICALLY AND PSYCHOLOGICALLY ADDICTIVE.

WHEN CANNABIS IS SMOKED THE ACTIVE CHEMICAL THC GOES INTO THE LUNGS, IS ABSORBED INTO THE BLOODSTREAM AND CARRIED TO THE BRAIN. THE EFFECTS START WITHIN MINUTES AND CAN LAST FOR HALF AN HOUR OR MORE.



CANNABIS IS TAKEN TO THE BRAIN IN A DIFFERENT WAY WHEN EATEN. THIS MEANS IT CAN BE HARDER TO KNOW HOW STRONG THE EFFECTS WILL BE, AND THE EFFECTS CAN LAST FOR LONGER, WHICH CAN BE AN UNPLEASANT EXPERIENCE.

CANNABIS AFFECTS DIFFERENT PEOPLE IN DIFFERENT WAYS.

SOME PEOPLE FEEL RELAXED, LIKE LISTENING TO BOB MARLEY AND GET THE MUNCHIES.



OTHERS CAN FEEL PARANOID, DEPRESSED AND CONFUSED, WITH A HIGHER RISK OF TRIGGERING MENTAL ILLNESS AND SEEING, HEARING OR FEELING THINGS THAT AREN'T THERE.

SMOKING A LOT OF CANNABIS CAN AFFECT YOUR HEALTH, MAKE IT HARDER TO CONCENTRATE, LEARN, PLAY SPORTS OR FIND WORK.



SO, REMEMBER TO

- STOP IF YOU START TO FEEL UNWELL OR UNCOMFORTABLE
- DON'T SMOKE AND DRIVE
- ALWAYS LOOK OUT FOR YOUR MATES



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DID YOU KNOW: VOLATILE SUBSTANCES

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT INHALING SUBSTANCES IS COMMONLY KNOWN AS 'HUFFING'? THERE IS NO SAFE LEVEL OF USE, WHICH CAN LEAD TO 'SUDDEN SNIFFING DEATH,' EVEN IF YOU ONLY TRY IT ONCE.

HUFFING IS NOT VERY COMMON IN NEW ZEALAND.

ONLY 1.2% OF SECONDARY SCHOOL STUDENTS HAVE EVER TRIED HUFFING TO GET OUT OF IT, AND ALMOST TWO THIRDS OF THOSE HAD ONLY DONE IT ONCE.

HOWEVER, HUFFING LED TO THE DEATHS OF 25 YOUNG PEOPLE UNDER 17 WITHIN 10 YEARS.

MOST PEOPLE WILL EXPERIENCE A NASTY HANGOVER OR HEADACHE, WHICH CAN LAST FOR HOURS OR DAYS, DEPENDING ON HOW MUCH YOU INHALE

INHALANTS ARE TAKEN INTO THE LUNGS AND DIRECTLY ABSORBED INTO THE BLOODSTREAM. THESE **POISONOUS** CHEMICALS IMMEDIATELY REACH THE BRAIN AND THE PEAK EFFECT IS FELT FOR AROUND A MINUTE.

POISONOUS

HUFFING CAN MAKE YOU FEEL FLOATY OR DROWSY, UNCOORDINATED AND SLOW TO REACT, WITH BLURRY VISION AND UNPLEASANT BREATH.



IT CAN LEAD TO EXTREME AGGRESSION, DEPRESSION, IRREVERSIBLE BRAIN AND ORGAN DAMAGE, SEIZURES, COMA AND DEATH.

VOLATILE SUBSTANCES ARE ALSO HIGHLY FLAMMABLE AND CAN CAUSE DANGEROUS BURNS AND EXPLOSIONS.



SO, REMEMBER

- THERE IS NO SAFE LEVEL FOR INHALING SOLVENTS OR VOLATILE SUBSTANCES
- HUFFING CAN CAUSE YOU SERIOUS HARM
- ALWAYS LOOK OUT FOR YOUR MATE'S



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797

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DID YOU KNOW: METHAMPHETAMINE

While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW THAT... METHAMPHETAMINE USE IS VERY UNCOMMON IN NEW ZEALAND. ONLY 0.6% OF SECONDARY SCHOOL STUDENTS HAVE REPORTED EVER USING METH, AND HALF OF THOSE HAD ONLY USED IT ONCE.

BUT SOME PEOPLE WILL START USING METHAMPHETAMINE TO HELP DEAL WITH THINGS.

METHAMPHETAMINE IS A STIMULANT THAT CAN BE FOUND IN MANY FORMS.

HOWEVER IT CAN BE HIGHLY ADDICTIVE AND EXPENSIVE

HOW IT WORKS

IT SPEEDS UP THE BODY, AND AFFECTS THE REWARD PATHWAY IN THE BRAIN.

THIS PATHWAY USES DOPAMINE TO MAKE A PERSON FEEL GOOD WHEN THEY ARE DOING THINGS LIKE EATING, HAVING FUN, OR HANGING OUT WITH FRIENDS.

METH **FORCES** THE RELEASE OF DOPAMINE IN THE BRAIN, TO CREATE FEELINGS OF PLEASURE AND CONFIDENCE.



WARNING!

THESE FEELINGS DON'T LAST, AND ARE USUALLY FOLLOWED BY A NASTY COMEDOWN WITH CRAVINGS FOR MORE.

PHYSICAL SIGNS OF METHAMPHETAMINE USE INCLUDE ENLARGED PUPILS, ITCHY SKIN, INCREASED ENERGY, AND APPETITE LOSS

USING METH IN LARGE AMOUNTS OR FOR A LONG TIME MAY LEAD TO PARANOIA, HALLUCINATIONS, AND AGGRESSIVE OR VIOLENT BEHAVIOUR.

METHAMPHETAMINE CAN CHANGE HOW YOUR BRAIN EXPERIENCES THINGS LIKE EXCITEMENT, AFFECT YOUR DECISION-MAKING, ATTENTION, LEARNING AND MEMORY

ALSO BEING HYPERACTIVE, AND VERY TALKATIVE.

SHARING EQUIPMENT ALSO INCREASES CHANCES OF INFECTION.

SO. STOP AND THINK...

- IS THIS ME?
- HOW IS MY USE AFFECTING THE PEOPLE AROUND ME?
- AND REMEMBER, ALWAYS LOOK OUT FOR YOUR MATES.

WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797



AT THE HEART OF THE MATTER. **NEW ZEALAND FOUNDATION**
The National Foundation for Alcohol and Drug Abuse



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DID YOU KNOW: SYNTHETIC PSYCHOACTIVE SUBSTANCES

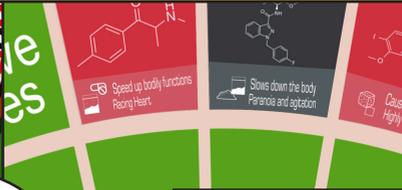
While no use is safest, use these videos to explore the facts before discussing options.

DID YOU KNOW... THAT SYNTHETIC PSYCHOACTIVE SUBSTANCES ARE A LARGE AND GROWING GROUP OF MANUFACTURED CHEMICALS FOUND IN NEW ZEALAND.



SOME SPEED UP BODILY FUNCTIONS AND ARE USUALLY FOUND AS PILLS OR POWDERS. SOME, USUALLY SMOKED, SLOW THE BRAIN AND BODY DOWN, AND SOME CAUSE HALLUCINATIONS.

THESE CHEMICALS OFTEN HAVE MUCH MORE UNPLEASANT EFFECTS AND DANGEROUS SIDE-EFFECTS, THAN THE TRADITIONAL DRUGS THEY MIMIC, SUCH AS CANNABIS, MDMA, LSD AND SPEED.



THERE ARE HUNDREDS OF MANUFACTURED CHEMICALS AVAILABLE ON THE BLACK MARKET.

NONE OF THESE CHEMICALS HAVE BEEN TESTED AS BEING SAFE, AND IT'S IMPOSSIBLE TO KNOW HOW YOU WILL BE AFFECTED.



THOUGH THEY MAY LOOK SIMILAR TO THE DRUGS THEY MIMIC THEY SMELL DIFFERENT, AND CAN BE A LOT STRONGER WITH VERY DIFFERENT EFFECTS.

SOME OF THESE CHEMICALS MAY MAKE YOU FEEL RELAXED, OTHERS CAN MAKE YOU ENERGETIC AND TALKATIVE, HOWEVER THEY CAN ALSO CAUSE YOU TO FEEL AGITATED, PARANOID, AND UNCOORDINATED.

THE COMEDOWN FROM SYNTHETIC PSYCHOACTIVE SUBSTANCES CAN LAST FOR SEVERAL DAYS

- Anxiety
- Body Aches
- Difficulty Sleeping
- Strong Craving
- Numbness



USING LARGER AMOUNTS OR LONG TERM USE WILL INCREASE THE UNPLEASANT EFFECTS

- Vomiting
- Psychosis
- Seizures
- Organ Failure
- Death

ALSO MIXING PSYCHOACTIVE SUBSTANCES WITH MEDICATION OR OTHER DRUGS CAN HAVE UNPREDICTABLE AND HARMFUL RESULTS.



SO, REMEMBER, IT'S BEST TO AVOID USING SYNTHETIC PSYCHOACTIVE SUBSTANCES AS THEY CAN BE UNPREDICTABLE AND UNPLEASANT

- IF YOU CHOOSE TO USE THEM, THEN
- ONLY USE A SMALL AMOUNT
 - TAKE BREAKS TO EAT AND SLEEP
 - ALWAYS LOOK OUT FOR YOUR MATES



WANT TO FIND SUPPORT FOR A YOUNG PERSON IN NEW ZEALAND? CALL THE ALCOHOL AND DRUG HELPLINE ON 0800 787 797

AT THE HEART OF THE MATTER, NZ DRUG FOUNDATION.

Te Tūāpapa Tarukino o Aotearoa