### Resources

National Substance Abuse Advisory Council (NSAAC) P 0 Box 2565

**Boyernment Boildings** Phone: 3394 144

St Giles Psychiatric Hospital Reservoir Road Ph: 3381 399 Fill Council of Social Services 253 Waiminnu Rd Phone: 3312 649

Police Drug Unit CED Head Quarter Suvir Street loordk. Phone:331 5599

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Contact any Health Worker, Social Worker or Counsellor close to you.



Call for Help

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Don't wait. Don't let your drug use or someone else's control your life. Take control of your life!

# **Quick Facts**

- KNOW THE LAW, Marijuana is an illegal substance. You could get suspended from school or even go to jail.
- GET THE FACTS RIGHT. You do not function normally while under the influence of marijuana. It increases the risk of cancer and lung damage.
- STAY INFORMED. Marijuana has been shown to increase the risk of infertility in both men and women.
- BEWARE OF THE RISKS. Using drugs increases the risk. of injury. Car crashes, fall, burn, drowning and suicide are all linked to drug use.
- EKEEP YOUR EDGE. Drug use can ruin your looks, make you depressed and contribute to low academic performance.
- PLAY IT SAFE. One incident related to drug use could make you do something that you will regret for a lifetime.
- DO THE SMART THING. Using drugs hurts your education, family ties and social life.
- WISE UP. Contradicts to what you might hear in songs or see. on TV or in the movies, doing drugs does not make you cool.
- FACE YOUR PROBLEMS. Using drugs won't make you escape your problems, it will only create more.
- BE A REAL FRIEND. If you know someone with a drug problem, be part of the solution, Urge your friend to get help.

### For more information on marijuana and other drugs, please contact:

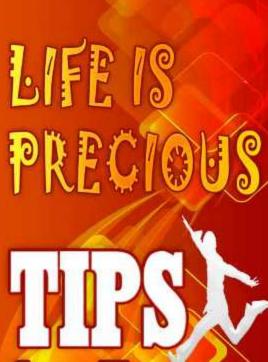
National Substance Abuse Advisory Council (NSAAC) ADDRESS: Old Delainamasi Government School, Nasinu POSTAL ADDRESS P. O. Box 2565 Government Buildings, Suva TELEPHONE 3394 144 / 3394 180

DIGICEL LINE 7734 180 FAX: 3397 520 EMAIL: neaaccounci@gmail.com













National Substance Abuse

### Know the Facts Myths

You don't need drugs to enjoy life!

Marijuana (karasi, ganja) is the most widely used illegal drugs in Fiji.

However, the majority of teenagers DO NOT use marijuana. In fact, according to a 1999 survey of students between 13 - 15 years old, out of every 100:

- Only 13 have tried marijuana (even 1 or 2 puffs)
- Only 7 reported that they used marijuana once or more than once in the month before the survey
- · 87 have not tried it at all

Those who are using marijuana are risking their health and lives because they believe the myths and lies spread to them by greedy, selfish people who only want money.

Your life is too precious to throw away into the hands of liars. Check out the facts for yourself.

# PRECIOUS...

You are the future of our **beloved Fiji!** 

### MARIJUANA IS NOT VERY HARMFUL

MYTH

Marijuana affects the brain, lungs, heart, reproductive system, blood pressure, memory, learning skills and unborn bables, it can cause a feeling of panic, worry and depression and can lead to violence against others or users themselves.

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### MARIJUANA IS SAFE BECAUSE IT IS A PLANT

MYTH

Many plants are poisonous and unsafe for human use; including marquana. Marijuana is grown in field and is harvested along with everything else (bacteria, fung), moids, parasites, worms, chemicals). These materials are all taken into the lungs when marijuana is



### MARIJUANA RELIEVES STRESS

MYTH

Marijuana delays coping with problems: It won't solve problems. People who furn to marijuana to lloosen up frequently end up making a fool of themselves and doing things they regret later like - eating too much, risking their lives in a car, or engaging in unprotected sex, which in itself can lead to deadly sexually framsmitted diseases.



### MARIJUANA WEARS OFF IN A FEW HOURS

MYTH

The effects of marijuana may FACT to be felt for days or weeks after if has been used because it is usually stored in the body.

### Don't be fooled... MAKE SMART CHOICES FOR YOURSELF



### MARIJUANA EXPANDS THE MIND

Marijuana clouds the mind. It spoils your ability to remember things, talk properly, understand and make decisions. Your personality can change, You can lose energy, and lose interest in school work, your health and appearance.



### MARIJUANA IMPROVES MY

Marijuana affects all performance that require timing movement, coordination and concentration. Sports, dancing, swimming, tasks like walking and running can be negatively affected.

There is always someone who can:

## Talk to Someone Now

If you, or someone you know, has been using marijuana, there is help available. Talk to a school counsellor, a friend, or a parent.

Check the back of this brochure for valuable resources available to you.

MAKE SMART CHOICÉS FOR YOURSELF!