

# Resources

- National Substance Abuse Advisory Council (NSAAC)  
P. O. Box 2565  
Government Buildings  
Suva  
Phone: 3394 144

- St. Giles Psychiatric Hospital  
Reservoir Road  
Ph: 3381 399  
Fiji Council of Social Services  
253 Waimanu Rd  
Suva  
Phone: 3312 649

- Police Drug Unit  
CID Head Quarter  
Suva Street  
Toorak  
Phone: 331 5599

OR

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



## Call for Help

Don't wait.

Don't let your drug use or someone

else's control your life.

Take control of 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.
- **KEEP 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 Detainamaal Government School, Nakun  
POSTAL ADDRESS:  
P. O. Box 2565,  
Government Buildings, Suva  
TELEPHONE: 3394 144 / 3394 180  
DIGICEL LINE: 7734 180  
FAX: 3397 520 EMAIL: nsaacouncil@gmail.com



MINISTRY OF Health

Shaping Fiji's Health



# LIFE IS PRECIOUS

# TIPS for Teens



National Substance Abuse  
ADVISORY COUNCIL

# Know the **Facts** Shatter the **Myths**

You don't need drugs to enjoy life!

Marijuana (karsi, 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.

## Your life is too **PRECIOUS...**

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

# 1

**MARIJUANA IS NOT  
VERY HARMFUL**

**MYTH**

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

# 2

**MARIJUANA IS SAFE  
BECAUSE IT IS A PLANT**

**MYTH**

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

# 3

**MARIJUANA RELIEVES  
STRESS**

**MYTH**

**FACT**  
Marijuana delays coping with problems; it won't solve problems. People who turn to marijuana to 'loosen 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 transmitted diseases.

# 4

**MARIJUANA WEARS  
OFF IN A FEW HOURS**

**MYTH**

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

# 5

**MARIJUANA EXPANDS  
THE MIND**

**MYTH**

**FACT**  
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.

# 6

**MARIJUANA IMPROVES  
PERFORMANCE**

**MYTH**

**FACT**  
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

## **HELP YOU**

## 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 CHOICES FOR YOURSELF!**

## Don't be fooled...

MAKE SMART CHOICES FOR YOURSELF

