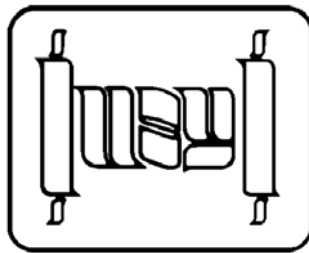


USYERS FOR A **D**RUG AND **A**LCOHOL **F**REE **E**NVIRONMENT **HANDBOOK**



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A Guide made for teens by teens to help beat their Unbeatable foe: Addiction.

I pledge to do my best to overcome destructive decisions and guide others towards the same path. As a member of this club, I pledge to try with all of my might to refrain from the illegal use of drugs and/or alcohol. I will try my best to stop others from doing this as well. I am taking a stand as a teen, a USYer, and a Jew to help stop my peers from doing harm to themselves and others by abusing drugs and/or alcohol.

“Dependence on Drugs grows with time and eventually ripens into full-blown addiction”

“The worst part about drugs is that they actually work”
-Kurt Ferraro

Shalom USY,

With great pleasure do we present to you the first edition of **Guiding Souls**: a USY approach to drug and alcohol related problems stemming from our High School years in conjunction with the SA/TO Club: UDAFE.

UDAFE was created and is maintained for the purpose of being a support group for high school aged Jewish teens that in their everyday lives are facing difficult choices concerning drugs and is here to get the message across to you, that it is not alright to endanger your health through destructive decisions.

USY stands in a powerful position to change the attitudes of its members toward the uses of drugs and alcohol, and UDAFE serves as our attempt to channel this strength. The values and standards that we as an organization promote and keep set the basis for which educational programs such as this can be built. A member of USY board is subjected to certain standards and regulations to follow. By no means are these deterrents but a chance at educating. Whether you are a leader within the organization or someone who

cannot get enough of it, these set a good foundation for the life of a Jewish teen.

USY has touched many lives throughout its 50 plus year existence and has the ability to instill deep and lasting changes in the lives of USYers past and present. Above all else we must teach by example. One of the hardest things to deal with and a root of drug and alcohol use is peer pressure. If in USY, we were to create an environment fighting against the uses of these harmful substances, the peer pressure game can be played positively.

Additionally, the most important word to familiarize yourself with is "**NO.**" While it is one of the shorter words we come across, this is also one of the hardest to say. It is seen as a word of negative connotations but in fact it is a word used for the betterment of our lives. When you ask your mother to let you go to USY convention and she tells you "no" unless you clean up your room, that teaches you responsibility. When a friend asks if you want a puff of their marijuana and you say "no," it sends a message to them that you are not interested in that stuff and that they shouldn't be either.

As a Jewish organization it is also important that we integrate our task against drugs and alcohol with our religious beliefs. B'tzelem Elokim- made in the image of HaShem. This is the strongest argument in the Jewish religion for resisting harmful things. By abstaining from substances that defile the body, we are able to keep this holy image that we were all born with.

Before continuing on in this guidebook, look over these core themes adopted by UDAFE:

- **Most young people do not use drugs or alcohols.**
- **Drug use will cause pain and trouble for the user and those close to them.**
- **A drug-free lifestyle has clear and positive benefits.**
- **Youth can learn and practice skills that have been shown to be useful in drug prevention**
- **You are NOT alone; there are hundreds of USYers that have taken this pledge and thousands more to take it in the future. Stand strong and tall besides these people as together we battle the pressures of being a Jewish high school teen.**

B'ahava,
Justin Turnofsky
SOCIAL ACTION/TIKUN OLAM IGB 2005

So I am A Member of UDAFE; What do I do now?

Now that you have taken the first step- joining UDAFE and taking our pledge- we hope that you will follow the next few steps.

This is a booklet made by USYers for USYers for what we hope to be generations to come. Read this book, take its contents to heart and even learn something from it. It is a resource for you to help you with making the choices that will impact your lives and the lives of those around you in the future.

After reading this booklet, we hope that you will not let it sit as a bathroom reader but be something that you bring alive.

- Discuss the contents of this book and anything you learned with your friends and use the information to make a difference in other people's lives as you help them in making these decisions.
- Acknowledge the struggles that you face in day-to-day living and the choices you are forced to make.
- Listen to those around you; there are many other people facing the same things as you are and they can be a type of support group for you.
- Don't ever feel uncomfortable to talk about the contents and ideas covered in this book with peers and adults.
- **Above all else, you MUST teach by example.** Do good, and be good.

Some Important Facts to Know Before We Go On

1. What Is A Drug?
 2. What Drugs are commonly abused?
 3. What are some negative effects of drug use?
 4. What are some of the reasons that teenagers turn to drugs and alcohol?
 5. What is drug Misuse?
 6. Is Alcohol a drug?
 7. Define "Addiction"
- 1a. A drug is any chemical that causes change biologically, psychologically or socially (mind altering). Drugs can also be classified as substances whose intake is governed by law.
- 2a. Tobacco, Alcohol, Marijuana, Cocaine, Prescription Pills

3a. Side effects, poor health, addiction, issues with family members, may lead to criminal activity.

4a. To escape a painful reality, to cope with problems, to relax, to feel energized, peer pressure, because it seems fun to "Get high"

5a. Drug misuse is the misuse of any substance for medical or recreational purposes when another alternative is available or when the drug use endangers the users or those around them.

6a. While our society has made legal the use of alcohol and tobacco for adults, it is not legal for minors. This fact leads to countless people using and enjoying these harmful substances. But this does not distinguish these from any other harmful, mind altering substances (drugs), as alcohol and nicotine are both mind-altering and highly addictive in nature. More people die and are affected in a severe and negative way by alcohol than all other drugs combined. The same is true for death toll from cigarettes compared to all other drugs.

7a. Addiction is the overpowering compulsion to continue behavior. With drugs and alcohol it is characterized by physical and or psychological dependence on these substances and the tendency to increase their use.

Facts and Myths

-Most teenagers take part in the use drugs/smoking/drinking.

You may think that "everyone does it," but in reality most teens have not even experimented with these substances.

-Judaism says nothing against the use of these harmful substances.

Although the Torah does not specifically come out and state refrain from the use of marijuana and other illicit drugs, it DOES speak of resisting temptation and doing what is right in the face of outside influences.

-It is difficult to fit into social crowds when you don't drink smoke and use drugs and in the case that my friends chose to, I cannot do anything about their life choices.

It is quite possible that you constantly feel peer pressure to do these things in order to be popular, but that does not mean that you do not have a choice. It takes a lot to turn down a friend when they offer you something, but talking to your friends about this decision can make a greater difference.

-Peer Pressure is always bad

Peer pressure can work both ways. If your friends are real friends then it will not matter whether you chose to or chose not to do these things, in fact your choice not to will make a positive impression on them about the choice to live drug free.

-There is no one to talk to with questions about these substances.

There are many people in which you can trust to confront about these questions. Whether they are someone in your synagogue, a guidance counselor, a family member, a friend or even a fellow USYer, you can find somebody anywhere who will be willing to help you answer these questions.

-I have no control over what may or may not happen to me at a party.

*The first step towards being able to say "no" is by making a firm statement on what you believe- **before** you are in the situation to take this stand. When someone offers you a "puff," "snort," or "shot," that is no the time to you're your choice.*

Enabling and Denial

What is ENABLING?

Enabling is a behavior, which allows the addict or user to continue using drugs and avoid the consequences of his/her behavior.

What is DENIAL?

Denial is not a river but rather a mental state in which a person ignores evidence of problems related to drug use in order to continue to believe that the user does not have a drug problem or addiction.

**Don't
Even
Notice
I
Am
Lying**

**Everyone
kNow
About
Behavior
Looks the other way...and
Evades what is
Real**

It is very important to realize when we are acting as enablers and when we are in denial of the situation.

So How Do I know if I am fall into one of these categories?

Examples of Enabling Behavior

- Making excuses for the user
- Accepting responsibilities of the user
- Giving the user money which may be used for drugs
- Justifying users actions

- Sitting back and watching them make destructive decisions

Examples of Statements of Denial

- "He/she is just experimenting"
- "It is just a phase"
- "It is not excessive"
- "The drugs are not effecting his/her life in any way"
- "The drug use will not get worse"

“NO”

-THE MOST IMPORTANT WORD EVER

Ways to say “NO”

_No

_N-O spells NO

_ON- read it like in Hebrew

_No, the weather just isn't right for it

_Tell a cheesy joke (There are two elephants in a bathtub, one turns to the other and is like "Yo bro pass the soap" and the other one was like "**NO**, soap radio!")

_No, I never do that on days that end with "Y"

_No, I'd rather eat Andrew's mystery casserole.

_No, I prefer my brown eyes to your red ones.

_Sing a song NONONONONO

_Just say NO!

See it is easy!! Just say NO! You can do it however you please the only thing is to make sure you say it and know the importance and strength of the word. It may be short and it may have negative connotations but it is one of the best things that you can do for yourself. When you say "no" you are making a big statement and it is not something people will not soon forget. So make a difference, say NO today!

Addiction

The Continuum of Substance Abuse

/Experimentation
/Regular Use
/Daily Preoccupation
/Dependency/Addiction

Substance Abuse and Alcoholism are progressive and increasingly debilitating diseases.

Progressive- Drug use will grow and get worse over time similar to the way an illness would worsen or "progress."

Debilitating- The longer one uses drugs the more the drugs will interfere with the health of the user and their functioning until in some cases they will be unable to function at all.

Trust us USY, this is not a good thing. Consider yourselves warned, as a full out addiction and dependency on these substances can prove fatal and life ruining.

The Power of the Mighty Media

The media is perhaps the strongest promoter we encounter on a day-to-day basis. They affect our everyday lives; from suggesting what to wear to what shampoo to use to what to eat; they seemingly brainwash us. Don't believe me?

How about giving this a try. Take a break from reading this, just ten minutes and lets try an experiment. Turn on the television and watch for ten minutes. Watch closely and try to realize every reference to drug, alcohol or tobacco use and what is happening at the same time the substances are being used and ask yourself about the choices these people were making and if they were or were not justified. You will find references to these substances all over and they will be trying to convince you that it is okay to do these too.

They will all have different reasons to be using these and some will go as follows:

Smoking because they are stressed out
Drinking a beer after a long day at work
Drinking or doing drugs because that is the only form of socializing at a party

While watching television also take note of the ads shown during commercials- what is being showed and through what techniques and take note of the different type of people that are shown and how gender, race, and sexuality is depicted.

Now look through your favorite magazine. Chances are every 3 pages there will be at least one cigarette ad whether it is has a giant Joe Camel or big breasted woman smoking these cigarettes trying to reach out to different demographic areas.

What You Should Know about What You Can DO

>Over the last 10 to 20 years we have seen drastic changes in the drug culture. The knowledge we have about drugs, alcohol and tobacco back then cannot compare to the plethora of information available to us today. Modern computer technology, music lyrics and media outlets all enable us to know more at younger ages. Matched up with pressures from our friends lead many people to use these substances.

Most kids claim that they are "just experimenting," however there is no such thing.

>These experimentations with alcohol and other drugs will lead to serious problems in the future. It is a proven fact that teenagers using these harmful substances are more likely to relate to violence, be involved in car accidents, and take part in other dangerous behaviors when under the influence of these substances.

Marijuana is one example as it is the illicit drug that is most widely used by teenagers.

>Despite the increasing scientific knowledge we gain of the harm it can do, many teenagers see it as benign. The use of marijuana can put you in risk as research shows that it can lead to significant problems in the areas of one's health, social, learning and behavior as a crucial time of development.

So now we have but we should know, but what can I do...

>Friends who show concern for their friends are in a good position to steer them away from drugs, alcohol and tobacco. We all make mistakes, but those of us that are well informed will be able to help minimize some of these mistakes. We need not be afraid to go out and learn more about what drugs and alcohol can do to us and then we MUST go out and take our knowledge to those around us and spread it to them. There is so much we can do, and this is the first step!

What's it Do? – Alcohol

Acute Effects (while under the influence of alcohol)

***Cognitive abilities are affected** by even small quantities of alcohol. Alcohol affects many parts of the brain, the most vulnerable cells being those associated with memory, attention, sleep, coordination, and judgment.

*Alcohol **impairs memory** by inhibiting the transfer and consolidation of information in long-term memory; alcohol reduces the ability to remember information that was learned before taking a drink!

*Even in small quantities, alcohol **inhibits REM sleep**. Without enough REM sleep, one feels tired when waking up.

*Alcohol **impairs judgment**; people are more likely to engage in sexual encounters they later regret (including **increased risk of STDs and HIV**) when under the influence of alcohol.

***Brain cells** (and cells that support brain cells by providing nutrients) may be **weakened and even killed** by alcohol.

*Alcohol **impairs motor skills**, making one uncoordinated.

*Alcohol makes one "run at the mouth," causing one to **say inappropriate things**.

*Effects on the circulatory system include **decreased blood pressure, pulse and respiration**.

Short Term Effects (up to 72 hours after use)

***Cognitive abilities are affected** for a significant period of time even after the acute effects of alcohol disappear.

*Alcohol use **impairs the immune system**, weakening the body's ability to fight off disease. This increases the number of colds one will experience

*Alcohol blocks the absorption of nutrients and **contributes to malnutrition** among drinkers.

Long Term Effects (after one or more years of heavy use)

*Long-term use of alcohol can damage the connection between nerve cells and cause **irreversible brain damage**, including memory loss and personality changes.

*Heavy alcohol use by men reduces testosterone levels, causing **impotence**, testicular shrinkage, and male breast enlargement. Among female drinkers, alcohol causes **infertility**, menstrual irregularities and loss of sex drive.

*Long-term alcohol use impedes the functioning of immune cells, increasing **susceptibility to infectious diseases and cancer**.

*Long-term alcohol use can cause **gastric and duodenal ulcers**.

*Alcohol is a carcinogen, **contributing to cancers** of the lip, mouth, throat, stomach and liver.

*Other effects on the liver include **hepatitis, cirrhosis, and pancreatitis**.

*Men who have three or more drinks a day and women who have one and a half or more drinks a day may be at increased risk for cirrhosis.

*Those who both drink and smoke have a greatly increased risk of cancer of the mouth and throat.

*Long-term alcohol use can cause **chronic high blood pressure, deterioration of the heart muscle** and other **heart diseases**.

*Alcohol damages and **kills hemoglobin cells** in the blood stream and extended use may cause **anemia**.

*Heavy alcohol use can **reduce muscle mass**.

Source: Virginia Tech Alcohol Abuse Prevention

<http://www.alcohol.vt.edu/Students/alcoholEffects/brainBody.htm>

What's it Do? – Tobacco

Tobacco is the #1 preventable cause of death in the United States, with more than 440,000 deaths resulting each year. Smoking results in a cumulative 5.6 million years of potential life lost each year. 80% of adult smokers started smoking before they turned 18. Every day, nearly 4,000 teens try their first cigarette. More than 6.4 million children will die early because they will start smoking as adolescents.

Health Effects of Smoking on Teens:

*Short-term health consequences of smoking for teens include **respiratory and non-respiratory effects, nicotine addiction** and the **increased risk of drug use**.

*Smokers have a **lower level of lung function** than people who never smoked.

*Smoking **reduces lung growth**.

*Smoking causes **heart disease and stroke**. Early signs of these diseases can be found in teens who smoke.

*Smoking **hurts young people's endurance and physical performance**, even among teens trained in competitive running.

*Someone who smokes a pack or more a day **lives an average of seven years less** than someone who never smoked.

*The **heart rate** at rest of a young adult smoker is **two to three beats per minute faster** than for a nonsmoker.

*Smoking at an early age **increases the risk of lung cancer**; the risk rises as the individual continues to smoke.

*Teens who smoke suffer from **shortness of breath three times as often** as those who don't smoke and produce **twice as much phlegm**.

*Teens who smoke are **three times more likely to use alcohol, eight times more likely to use marijuana**, and **twenty-two times more likely to use cocaine!** Smoking is associated with many **other risky behaviors**, such as fighting and unprotected sex.

Source: National Center For Chronic Disease Prevention and Health Promotion, Tobacco Information and Prevention Source (TIPS) - www.cdc.gov/tobacco

What's it Do? - Marijuana

The primary active chemical in marijuana is called THC (delta-9-tetrahydrocannabinol). The membranes of certain nerve cells in the brain contain protein receptors that bind to THC. Once in place, THC initiates a series of reactions that lead to the high that users experience.

When someone smokes marijuana, THC quickly passes from the lungs into the bloodstream, carrying the chemical to organs throughout the body, including the brain.

In the brain, THC connects to specific receptors on nerve cells and influences those cells. Many cannabinoid receptors are found in the parts of the brain that influence memory, thought, concentration, sensory and time perception, and coordinated movement.

*Short-term effects of marijuana can include **problems with memory and learning; distorted perception; difficulty in thinking and problem solving; loss of coordination; and increased heart rate**. Long-term marijuana use creates some changes in the brain similar to those of long-term use of other major drugs.

*A user's **risk of heart attack quadruples** in the first hour after smoking marijuana, possibly because of marijuana's effects on blood pressure and heart rate and the reduced oxygen-carrying capacity of blood.

*People who smoke marijuana (and not tobacco) have **more health problems** than nonsmokers, including many **respiratory illnesses**.

*People who regularly smoke marijuana may have many of the same respiratory problems that tobacco smokers do, such as **daily cough** and phlegm, frequent **chest illness**, heightened risk of **lung infection**, and **obstructed airways**. Marijuana increases the risk of **cancer** of the head or neck, and the more marijuana smoked the greater the increase. Marijuana smoking doubles to or triples the risk of these cancers.

*Marijuana also contains irritants and carcinogens that promote cancer of the lungs and respiratory tract. Marijuana smoke contains **50 to 70 percent more carcinogenic hydrocarbons** than tobacco smoke. It also produces an enzyme that **converts certain hydrocarbons to their carcinogenic form**, accelerating changes that produce malignant cells. Since marijuana smoke is

inhaled more deeply and held longer than tobacco smokes, marijuana users' lungs have a greater exposure to carcinogenic smoke. Puff for puff, marijuana may increase the risk of cancer more than tobacco.

*Some health effects of marijuana use occur because THC **impairs the immune system's ability to fight off infectious diseases and cancer**. In laboratory experiments, the disease-preventing reactions of many of types of immune cells exposed to THC and other marijuana ingredients were inhibited. In other studies, mice exposed to THC and other marijuana ingredients were more likely to develop bacterial infections and tumors.

***Depression, anxiety and personality disturbances** have been associated with marijuana use. Marijuana **compromises the ability to learn and remember information**; marijuana's adverse impact on memory and learning can last for days or weeks after the acute effects of the drug wear off.

*Students who smoke marijuana get **lower grades** and are **less likely to graduate** from high school. Heavy users have **significantly impaired attention, memory and learning skills**, even not using the drug for over 24 hours. Someone who smokes marijuana every day may constantly be functioning at a reduced intellectual level.

*Research shows that the ability of long-term marijuana users to recall words from a list remained **impaired for a week after quitting**, but returned to normal within 4 weeks. (It therefore might be possible to restore some cognitive abilities if one quits smoking marijuana, even after long-term heavy use.)

*Marijuana smoking has been linked to increased **absences, tardiness, accidents and job turnover**.

*Babies born to women who used marijuana while pregnant display symptoms indicating **neurological problems** in development. Marijuana-exposed children have more **behavioral problems and poorer performance** on tasks of visual perception, language comprehension, sustained attention, and memory. These children are more likely to demonstrate deficits in decision-making, memory, and the ability to remain attentive.

*Long-term marijuana use can lead to **addiction**. Drug craving and **withdrawal symptoms** can make it hard for long-term smokers to stop using the drug. People trying to quit report **irritability, sleeplessness, and anxiety**. They display **increased aggression**, peaking approximately one week after the last use of the drug.

Source: National Institute on Drug Abuse
<http://www.nida.nih.gov/Infobox/marijuana.html>

All You Ever Wanted to Know About Marijuana and MORE! FAQs and SA/TO Responses

How does Marijuana make a person feel?

Relaxed. But that is a temporary feeling. It does not help a person cope with life. It often will even make life more difficult and not easier.

Can Marijuana be addictive?

You bet your tzedakah money. Recent research shows that marijuana is highly addictive with about one in every eleven who use the drug becoming dependent on it. Sixty percent of teens currently in drug treatment centers have a primary marijuana diagnosis. Among youth, marijuana is responsible for almost as many admissions as all other drugs combined, including alcohol. It is also indicated that people that smoke regularly experience withdrawal symptoms after they stop using them.

Can Marijuana cause cancer?

By all means, yes it does.

Is Marijuana similar to tobacco?

Yes, it is. They share two common elements in their smoke, carbon monoxide and tar, both of which are deadly.

How does Marijuana affect the brain?

It affects short-term memory and interferes with your ability to concentrate.

What are some of the symptoms that go along with smoking Marijuana?

Depression, nervousness, and confusion are just a few.

Does smoking pot affect my ability to learn?

Yes, in fact Marijuana will interfere with your memory, speech, comprehension and decision making abilities.

Everyone knows that drinking and driving is very dangerous, how about smoking pot and driving?

It is very unsafe! Marijuana impairs many of the skills required for safe driving: alertness, ability to concentrate, coordination and reaction time.

The active ingredient THC (the dangerous chemical contained in marijuana), is absorbed into the tissues and organs of one's body, how long can it be identified in your body afterwards?

It can be found through several tests for up to a month.

What are some of the common street names for Marijuana?

Joint, grass, weed, pot, dope, reefer, Mary Jane, etc.

What is an Anti-Drug

An Anti-Drug is anything that you can do in place of drugs and alcohol. This covers a wide area of activities and there are tons of things that you can do. They fall under the categories of **hobbies and interests, games and outings, sports and exercise and create and learn** or **just plain out fun stuff!**

Following is just a list of some suggestions:

- USY
- Collect coins/baseball cards/dolls/stamps
- Build a model/puzzle
- Paint/Draw
- Read
- Make a scrapbook
- Go fishing
- Garden
- Learn another language
- Write a Letter/poem/story/song
- Photography
- Take on a pet
- Play a musical instrument
- Go shopping
- Watch TV or a movie
- Play board games/cards
- Talk to your friends
- Go for a walk/jog/run
- Go to a concert
- Build a sand snowman
- Go to the beach
- Go to a zoo, or just save some money and come to my house
- Jump rope
- Camp/hike
- Play sports with your friends
- Ride a horse
- Lift weights
- Play ping-pong
- Swim
- Fly a kite
- Learn yoga!
- Build a birdhouse
- Watch the sunrise or sunset
- Write a musical about UDAFE!
- Go star gazing
- Volunteer
- Go to synagogue
- Create a UDAFE Video/website
- Go to a museum or art gallery
- Bake cookies
- Go to an amusement park

BENEFITS OF STAYING DRUG AND ALCOHOL FREE

- Won't get arrested for underage substance abuses.
- Won't become an alcoholic or addict.
- Won't be driving car under the influence decreasing chances of an accident.
- Won't get violent due to being drunk.
- Won't lose your job because your boss discovers you abuse drugs.
- Won't have to worry about getting pregnant or impregnating someone or getting STDs while under the influence.
- Won't have to lie to your parents about if you use these substances.
- Won't be as likely to do something you will regret later.
- Won't have to hide the fact that you use these harmful substances from those close to you.
- Won't be as inclined to do stupid things.

Programs and Ideas

- UDAFE banner- Take it to your chapter or even to your region and make a banner to show that USYers are taking an active stand to fight drug and alcohol abuses. Include on this banner the UDAFE pledge and any other information you wish. Remember to also get USYers to take the pledge and then insert their names into the online database.
- Invite a speaker to your shul that can share stories about their encounters with drugs and alcohols.
- Contact Beit T'suvah, a Jewish drug and alcohol rehabilitation center and inquire about information about how Judaism relates to drugs and alcohol. If you are located in a close proximity you can organize a workshop with them. (www.beittshuvala.org)
- Get in touch with your local police department and organize for someone to come and speak of drug and alcohol related incidents that they have encountered. Additionally you can do a sensitivity workshop such as using the goggles that imitate the vision of someone who is under the influence.
- Take part in the Red Ribbon campaign and encourage USYers to display red ribbons in order to actively take part in the fight against drunk driving.
- Do role-playing exercises in order to increase awareness of the difficult situations you can be put into. Including peer pressure, party scene and other exercises.
- Make bracelets
- Host a late night pool party for UDAFE members
- Hold a group discussion on the ways to spot peer pressure and unhealthy behaviors.
- Hang up a "Top Ten" list of way to say "NO" in your youth lounge agreed upon by the group.
- Encourage open, frank discussions about the pros and cons of using drugs and alcohol. Also, discuss the benefits of a substance free life-style.
- Hold a lock-in to discuss many of the issues covered in this booklet.
- "Truth and Consequences"- Propose some questions for everyone to think about and then give informative answers for them (for example on the uses and side effects of Marijuana)
- Make a list of your favorite anti-drugs and put them on the USY listserv.

- Drug awareness night- talk about the harmful effects of drugs and alcohol and encourage USYers to join UDAFE
- Create a skit or play that portrays the effects of the usage of drugs and alcohol. (For example: "On Trial A Courtroom Reenactment" a drama dealing with the effects of Driving Under the Influence of Alcohol.) Go to local schools and perform this.
- Volunteer at a rehab center and interact with the people who have experienced drug and alcohol related problems.
- Write letters to politicians encouraging stronger anti-drug law enforcement

RESOURCES

JACS

(Jewish Alcoholics, Chemically Dependant Persons and Significant Others)
 (212) 397-4197
jacs@jacsweb.org
www.jacsweb.org

National Clearinghouse for Alcohol and Drug Information

(NCADI)
www.health.org

NCADD

(National Council on Alcoholism and Drug Dependence)
 (212) 269-7797
 HOPE LINE: (800) NCA-CALL (24-hour referral)
national@ncadd.org
www.ncadd.org

The National Council Against Drug Abuse

(NCADA)
www.drugfree.org.sg

The Partnership for a Drug-Free America

www.drugfree.org

Students Against Destructive Decisions

(SADD)
www.sadd.org

Mothers Against Drunk Driving

(MADD)

www.madd.org

ALANON/ALATEEN

for family of alcoholics

757-563-1600

wso@al-anon.org

www.al-anon.alateen.org

Mothers and Fathers Aligned Saving Kids (MASK)

(718) 758-0400

STARR Female Program (718) 758-3032

www.maskparents.org

Marijuana Anonymous

(800) 766-6779

www.marijuana-anonymous.org

Narcotics Anonymous

(818) 773-9999

www.na.org

NARANON

for family of narcotics addicts

(800) 477-6291

www.nar-anon.org

Nicotine Anonymous

(415) 750-0328

www.nicotine-anonymous.org

Alcoholics Anonymous

www.aa.org

AA in Israel

www.aa-israel.org

Israel Anti Drug Abuse Foundation

www.antidrugs.gov.il

Jewish Big Brother and Big Sister League

(410) 484-1991

www.jbbl.org

Jewish Addiction Services

a program of the Jewish Big Brother & Big Sister League
<http://www.jbbl.org/content.asp?id=7>

The Yaktzan Center

residential rehab for substance abusers 14 to 19
(914) 668.4949
www.yatzkan.org

Cheech's House

rehab specializing in adolescent Jewish males
www.cheechshouse.org

Hazelden

alcohol and drug rehabilitation, education and recovery
(800) 257-7810
www.hazelden.org

HaDerech

residential treatment center
www.haderech.org

Arms Acres

(845) 225-3400
www.armsacres.com

Retorno

Shomer Shabbos residential treatment program in Israel
<http://www.retorno.org/indexEN.htm>

Freevibe.com

From the National Youth Anti-Drug Media Campaign
<http://www.freevibe.com>

National Youth Anti-Drug Media Campaign

www.mediacampaign.org

The AntiDrug

www.TheAntiDrug.com
www.laantidroga.com (se habla español)

National Association for Children of Alcoholics

(888) 55-4COAS
www.macoa.org