

Did You Know...

A child who reaches age 21 without smoking, using illicit drugs or abusing alcohol is virtually certain never to do so according to research by the National Center on Addiction & Substance Abuse at Columbia University (CASA). In addition, a 2010 CASA report states that as the frequency of family dinners increases, drinking, smoking and drug use decreases among teens.

In 2009, more than one-third of teens (8.7 million) said they can get prescription drugs to get high within a day and nearly one in five teens (4.7 million) could get them within an hour, according to CASA. The NYS Department of Health notes kids as young as 12 are trying prescription drugs to get high. Prescription drugs are often more easily available to children than illicit drugs like marijuana because they can be stolen from the medicine cabinet at home.

According to statistics from the National Institute on Drug Abuse, marijuana use increased among 8th graders between 2009 and 2010, paralleling softening attitudes for the last 2 years about the use of the drug. After marijuana, prescription and over-the-counter medications account for most of the top drugs abused by 12th graders in 2010.

The 1998 federal Drug Free Student Loans Act suspends student aid eligibility for drug convictions.

Updated 4/12

**Assemblyman
Brian Curran
asks...**

Do You Know How To Say NO?



A message from...

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Important contacts

*NYS Office of Alcoholism
& Substance Abuse Services*

www.oasas.ny.gov
NYS Addictions Helpline
877-846-7369 • 800-522-5353

*U.S. Health and Human Services,
Substance Abuse & Mental Health Admin.*

www.samhsa.gov
877-726-4727

National Institute on Drug Abuse
www.nida.nih.gov

*National Institute on Alcohol
Abuse and Alcoholism*
www.niaaa.nih.gov

*Long Island Council on Alcoholism
and Drug Dependence*
516-747-2606

Nassau County Crisis Hotline and Services
516-481-4000

Friends of Bridge
516-825-4242

Confide
516-764-5522

Link
516-887-4848

Peninsula Counseling Center
516-599-1181



Dear Friend,

As you get older,
you face more respon-
sibilities and choices.

Sometimes it's not easy to make the
right decisions, especially when your
friends offer you drugs or alcohol.

It should be easy to say no, but
peer pressure can be difficult to
resist. If you believe in yourself and
your decisions, saying no will be
easier. Your real friends will respect
your choices and you will feel good
about it in return.

Never let anyone talk you into
doing something you really don't
want to do. A person who pressures
you is not your friend. Remember,
it's your right to say **NO**.

If you have any questions about
drugs and alcohol or any other issue,
please do not hesitate to let me know.

Sincerely,

A handwritten signature in blue ink that reads "Brian Curran". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Brian Curran
Member of Assembly

8 Ways to Say NO to Drugs...

1. Simply say “no.”
2. Give a reason or excuse.
3. Be a broken record — say “no” over and over again.
4. Walk away.
5. Change the subject.
6. Avoid the situation.
7. Give the cold shoulder to those pressuring you to take drugs.
8. Remember there is strength in numbers. Say “no” with your friends.

How Much Do You Know About Alcohol?

Answer TRUE or FALSE.

1. _____ Nondrinkers should start drinking because it’s good for the heart.
2. _____ Alcoholism is a habit, not a disease.
3. _____ People who have alcoholic parents are more likely to develop alcoholism.
4. _____ It takes an adult body about two hours to break down one drink (a 12-ounce can of regular beer, 5-ounce glass of wine or 1.5 ounces of hard liquor).
5. _____ People suffering from alcoholism can be cured.
6. _____ Using alcohol is more dangerous for young people than adults.

Source: National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health

1. FALSE. While studies have shown that moderate drinkers are less likely to die from one form of heart disease than people who don't drink or who drink a lot, you should not start drinking solely to benefit your heart. You can guard against heart disease with healthy eating and exercise. 2. FALSE. Alcoholism, also known as alcohol dependence, is a disease that includes the need to stop, physical dependence and the need to drink greater amounts to get "high." 3. TRUE. Research shows the risk for developing alcoholism runs in families. But risk is not destiny and not all children of alcoholic parents get in trouble with alcohol. Knowing you are at risk is important so you can take steps to protect yourself. 4. TRUE. 5. FALSE. Alcoholism can be treated, but not cured. Even if an alcoholic hasn't been drinking for a long time, he or she can still suffer a relapse. Not drinking is the safest course for most people with alcoholism. 6. TRUE. Each year approximately 5,000 young people under the age of 21 die as a result of underage drinking, from car accidents, homicides and suicide. Adolescents may also put themselves at risk for a range of potential health problems, including brain and liver damage and growth and endocrine problems.

Some ways to refuse drugs & alcohol...

Ask Questions

If someone offers you something you do not recognize, ask, “What is it?” and “Where did you get it?” If there’s going to be a party, find out who else will be going, where it will be and whose parents will be there.

Say NO

Don’t argue, don’t discuss. Say no and show you mean it.

Give Reasons

Say something like, “I’m doing something else tonight,” or, “The coach says drugs will hurt my game.” Also, don’t forget the oldest reason, “My parents will kill me.”

Suggest Other Things To Do

It’s tougher to say no if your friend offers you alcohol or other drugs. Suggesting something else to do – like going to a movie or playing a game – shows that you are rejecting the drugs, not your friend.

Leave

If you have tried all of these steps, get out of the situation immediately. Go home, go to class, see your friends or talk to someone else.