

Manalapan-Englishtown

COMMUNITY ALLIANCE TO PREVENT ALCOHOLISM AND DRUG ABUSE

120 Route 522 • Manalapan, NJ 07726 • 732-446-8345 • Fax 732-446-1576

Website: www.mtnj.org



January 23rd – 29th is NATIONAL Drugs Facts Week

Recently, more and more teenagers have been experimenting with different types of drugs for many different reasons from peer pressure and media exposure to escape, boredom, and rebellion. What these teenagers are often unaware of or simply aware but apathetic towards are the many negative effects drug use can have on their lives. Drug abuse can alter the brain and potentially lead to addiction and drugged driving can be highly dangerous due to a slowed reaction time or increased aggression and recklessness among many other negative consequences.

National Drugs Facts Week is a platform to teach teenagers to separate the fact and the fiction when it comes to drugs.

Myths and Misunderstandings Concerning Drug Use:

- **You cannot become addicted to doctor prescribed medicine.** Using extra doses of a prescribed drug or prolonging one's use of it can lead to addiction and can even be hazardous to one's body.
- **"Natural" are safer than synthetic drugs.** Natural drugs such as marijuana and mushrooms can still alter one's brain chemistry and have harmful side-effects.
- **Drug addiction is a choice.** The use of drugs is a choice, but continued use of a drug can alter one's brain chemistry and change one's body, taking away one's choice in the matter.

Common Signs of Drug Abuse:

- **Trouble at school or with work**
- **Lack of care for personal appearance.** Poor hygiene, flushed cheeks, burns on face or lips.

- **Smell of smoke or other unusual scents on child or clothing**
- **Frequently breaks curfew**
- **Reckless driving**
- **Avoiding eye contact and locking doors**
- **Sudden increase in appetite**
- **Change in relationships with friends**
- **Lowered inhibitions**
- **Emotional instability**
- **Nosebleeds and frequent sickness**

How to Prevent Drug Use in Children:

- **Communicate:** Discuss the risks of drug use and abuse with your children.
- **Listen:** Listen carefully when your children come to you about peer pressure, and be supportive of their attempts to resist it.
- **Set a good example:** Don't abuse alcohol or other drugs; this could put children at a greater risk of drug addiction.
- **Strengthen the bond:** A strong and stable relationship with your child can help him or her avoid the temptation of using drugs.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

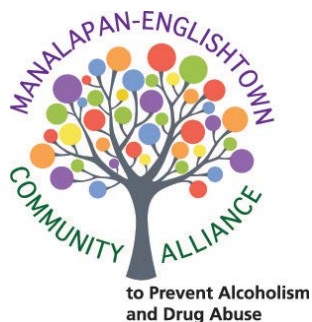
Location:

Manalapan Town Hall

120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576



Our mission is to meet the need for comprehensive alcohol and drug abuse awareness planning and programming to create community-level change in Manalapan Township and Englishtown Borough.