General Information About Drugs

What are Drugs?

- Drugs are chemicals that change the way your body works.
- Drugs can change how you think, feel or act.
- Medicines are drugs that can help cure sickness, relieve pain or prevent illness.
- Alcohol, caffeine and nicotine are drugs.
- Some drugs are illegal chemicals that have no medical use.

How Can Drugs Hurt You?

- Drugs can make you sick or damage your body and brain. They can even kill you.
- Using drugs can make it hard to learn and remember things. School or work may seem even harder. You can get more colds and flus.
- Many drugs can change our moods and make you feel unhappy. More than half of all teen suicides are drug-related.
- Drugs can make you lose coordination and not think clearly. In most fatal auto crashes involving people under 25, the driver was under the influence of drugs.

So Why Do People Use Drugs?

- Some people start using drugs because they are curious.
- Some use because their friends do and they want to fit in.

What is Addiction?

- At first people use drugs to feel good. Then they have to use drugs to feel normal.

How Does Someone Become Addicted to a Drug:

- Your body builds up tolerance. You need more and more of the drug to get the same feeling. This increase the chances of serious or fatal effects.
- The body and brain must have the drug to work. If the person stops using the drug, they go into withdrawal and feel sick. Withdrawal can be mild, violent or even fatal.

Where to Get Help and More Information
There are many places to get more information or help to stop using drugs. You can talk to:

- Friends
- Family and Religious advisors
- Residence Life Staff
- Student Health Center
- Counseling Center
- Campus Ministry
- Professors and advisors
- You can check out books about drug use from the library or investigate on the internet.