



## DRUGS

**Ecstasy** - gives a feeling of energy and creates hallucinations. Causes blurred vision, faintness, sweating and psychological confusion. Increases heart rate, blood pressure and body temperature. Resulting dehydration and exhaustion can "cook" your insides.

**Marijuana** - affects the brain and leads to impaired short-term memory, perception, judgment and motor skills. Drains your motivation and can make you feel anxious or paranoid. Persons high on marijuana show the same lack of coordination on standard drunk driver tests as do drunk drivers.

**Cocaine** - causes increased heart rate, muscle spasms and convulsions. Makes you feel hostile and anxious even when you aren't high. Users spend hundreds or even thousands of dollars a week for a high that lasts only 5-20 minutes. Is a \$35 billion industry because only one in four people who try to quit will be able to do so without professional help.

**Prescriptions** - are the second most abused drug after marijuana and come in three categories. All can safely help manage a variety of medical conditions, but all are addictive and can be deadly when used to excess. Pain relievers (OxyContin, Vicoden, Demerol) can make you nauseated and confused. Too much can slow your breathing causing you to fall unconscious and die. Stimulants (Ritalin, Dexedrine, Adderall) can make you restless, anxious and irritable. Take a lot of it and your heart speeds up, starts skipping beats and then finally quits. Depressants (Valium, Xanax, Nembutal) leave you tired and confused. And like pain relievers, too much can slow your breathing to the point of death.

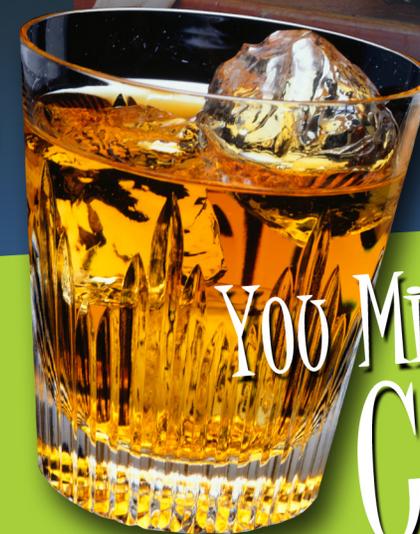
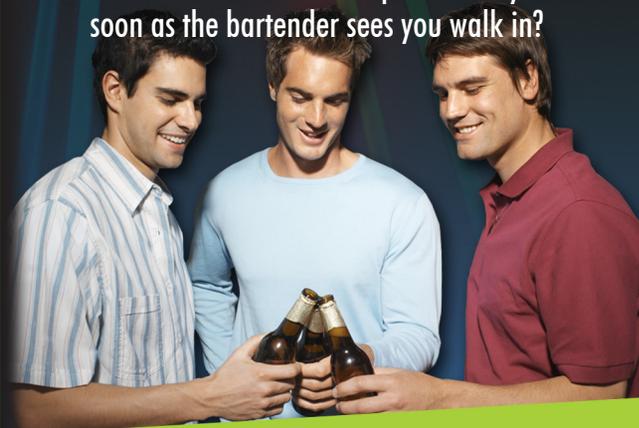
Do you or someone you know...

...have firsthand information on every Happy Hour buffet within a 50-mile radius?

...look smooth talking and confident even when wearing ripped jeans and low-quarters?

...practice dance moves in the bathroom while buddies are brushing their teeth?

...have a Jack and Coke poured for you as soon as the bartender sees you walk in?



It only takes one second  
to become a statistic.

YOU MIGHT BE A  
CLOB  
HOPPER...



ARMY SAFE  
IS ARMY STRONG



ARMY STRONG.™

# ALCOHOL EFFECTS

The body metabolizes alcohol at the rate of one drink per hour, more or less.

Judgment is the first thing affected when drinking; motor skills are next.

Physical appearance can be deceiving. Impairment begins with the first drink.

Alcohol affects everyone differently depending on age, weight, gender, time of day, physical condition, prior amount of food consumed, medication and other drugs taken.



**One drink**  
12 oz beer = 5 oz glass of wine  
= 1 oz shot of hard liquor

Alcohol takes longer to wear off women. Women get tipsy faster and stay high longer.

It takes time to sober up.



Mixing alcohol and energy drinks makes you feel alert and sober, but your blood alcohol content... still indicates you are drunk.

# HANGOVERS

Consists of three things: dehydration, malnourishment and alcohol withdrawal.

If you intend to drink alcohol, eat before you start drinking, and then drink lots of water before you go to bed. It will help lessen the severity of your hangover.

Here's why: About 20 percent of the alcohol reaches your brain in less than one minute if you drink on an empty stomach. Eating won't stop you from getting drunk, but it will help slow the process.

Drinking water keeps you hydrated. Have two glasses before bed and another one every time you get up to urinate.

A hangover starts as soon as you stop drinking. The symptoms peak about the time your BAC reaches zero and can last for up to 24 hours.

Do NOT use Tylenol, aspirin or ibuprofen for hangover symptoms. They can damage your liver.



# ALCOHOL POISONING

Often occurs when a person downs 4-5 drinks in less than an hour—typically during a drinking game.

You can actually consume a LETHAL dose of alcohol before you get drunk enough to pass out.

Never leave a buddy alone to "sleep it off." Make him lay on his side so he doesn't breathe vomit into his lungs and wake him up every 30 minutes to make sure he is not unconscious.

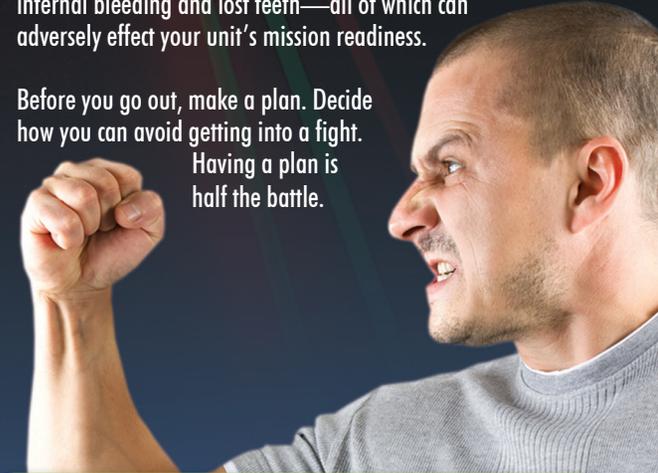
If he starts choking or you can't wake him, call 911 immediately!

# DRUNK FIGHTING

Each year there are people who die from injuries sustained during drunken bar fights. Find that difficult to believe? Do an online computer search to see how many articles pop up.

Even if you're lucky enough to avoid being stabbed or shot, you can still end up with broken bones, a concussion, internal bleeding and lost teeth—all of which can adversely effect your unit's mission readiness.

Before you go out, make a plan. Decide how you can avoid getting into a fight. Having a plan is half the battle.



# SEXUALLY TRANSMITTED DISEASES (STDs)

**Myth:** Pouring bleach or lemon juice on your body kills STDs.

**Fact:** You can catch an STD from oral sex.

**Fact:** You can have more than one STD at a time.

**Myth:** Using two latex condoms doubles your protection from STDs and HIV transmission.

**Myth:** All STDs are curable.

**Myth:** All STDs have symptoms.

**Fact:** Birth control pills do not prevent STDs.