

Statistics show that the U.S. consumes two thirds of the world's illegal drugs. That is a very serious problem! These drugs include Meth, fentanyl, marijuana, cocaine, etc., can fatally damage your body functions in a way that cannot be recovered.

ALCOHOL

- Naturally process one drink per hour
 - 12-ounces of beer, a shot, or five ounces of wine per hour
- It is a depressant
- Legal at 21 (damages young minds)

Affects

- It causes people to make bad decisions
- Affects performance in sports and in school
- Can cause you to pass out
- Can be life-threatening
- Can cause alcohol poisoning

MARIJUANA

Marijuana is a gateway drug. Marijuana is a drug that is made from a plant. There is medical marijuana with the chemical CBD and recreational marijuana with the chemical THC. Recreational marijuana is the drug used for personal use and is worse than medical marijuana. Medical marijuana is being studied to see if it is beneficial for medical reasons. Until they figure out if the medical marijuana is okay, both drugs should not be used because marijuana is bad for you and addictive.

METHAMPHETAMINE

Meth releases one thousand milligrams of dopamine into your bloodstream into your body, it's hard to imagine what that would do to your body even once. The thing is though it's so addictive that you can't only do it once, the best clinic in Texas says that there is a 95% chance of addiction and an 11% chance of recovery.

Meth is a very dangerous drug. Meth includes household chemicals like drain-o, Lysol, paint liner, and other cleaning products. This stuff literally dissolves things and is only meant for unclogging pipes and not putting into your blood. This drug can live in your body for at least two days without food and sleep. Meth can enter your body in almost any form. Most common ones are needles, smoking, and snorting. It can also cause hallucination. They think that they have bugs under their skin so they are constantly picking or digging at their skin because of it. Sometimes they use spoons, knives, and their own fingernails.

FENTANYL

Fentanyl is a dangerous drug that is used for medical purposes only. It is generally given to a patient that is near death to relieve them of pain so they can live peacefully for the last hours of their

life. This drug is commonly put into the form of a small blue pill with an W on it, however, some people have colored them rainbow to attract children and either addict them or kill them. They don't care because they make money off it. Fentanyl also has the ability to seep into your system through your pores and affect you that way. Even though a small amount of fentanyl can enter your bloodstream in this way, it is enough to nearly kill you. That is how powerful fentanyl is and why you should avoid it as much as possible.

VAPING

- Destroyed lungs by putting holes
- JUUL has four times much nicotine as four packages of cigarettes
- Raises heart rate, blood pressure, and spikes your adrenaline
- Gives headaches and dry mouth
- Juuls CEO went on CNN and said not to use his product, he was then fired
- Cigarettes will give holes but will heal when you quit
- High nicotine
- Feel-good sense is called dopamine trigger and that is why you want to hit it.
- Major impact on the way you live and also the way you live your life.
- Eat your sinuses, slow down breathing and capability in sports and education.

Drug Free Presentation

The presentation we watched with Chuck Elley taught us about drugs and how they affect us daily and for a long period of time. Chuck also talked about how people can convince you to do drugs, and how you can become addicted to drugs. He talked about how there is a 95% chance of being an addict to drugs and only 11% chance of you recovering from them.

Drinking can affect us in many ways, like making us cognitive. Meaning “the mental action or process of acquiring knowledge and understanding through thought, experience, and the senses” so it makes us not as intelligent as normal. People tended to pass out, and sometimes even die. They want to just sleep because alcohol is a depressant, which slows down the firing of the neurons. He also talked about how you are only supposed to have one 12 ounce can an hour because that is the limit your body can process.

Another type of drug he talked about was Fentanyl and Meth. He talked about how doctors only use Fentanyl for cancer patients when they are on their deathbed to make them more relaxed and calmer. Chuck also said that companies made Rainbow Fentanyl to look more colorful to attract children. (Just like the colors of Smarties) If you use Meth, it makes you jerk, hallucinate, give you trimmers, make you have high blood pressure and more. While you are on these drugs, it causes your body to not want to go to sleep for days at a time. It also makes your teeth stained and it causes you to believe that you have bugs under your skin that makes you itch so much your skin bleeds. If you take a shower while you are on meth, you will stink instantly.

In conclusion, Chuck Elly went over a lot of important topics on drugs that helped me better understand what they do to your body and what they cause you to do.

Drug Free Presentation

Chuck Elley is a retired state trooper and goes to schools telling kids how bad drugs, alcohol, and nicotine products are for you. He tells us the symptoms of these addictive substances. Drug, alcohol, and nicotine products addicts are becoming a serious problem and we need to make decisions to minimize them.

Drugs like methamphetamine and cocaine have many harmful substances in them that have terrifying symptoms. Stimulant drugs make your brain produce unhealthy amounts of dopamine; your brain's natural feel-good drug. Some drugs make you hallucinate and dilate your pupils. They make you stay up for two or three days at a time because your heart rate is through the roof.

Alcohol has multiple effects on a person. Your body can only naturally process one drink every hour. If you go over this you have a chance of alcohol poisoning. Alcohol is very harsh and can damage growing minds. It will also affect your performance in sports by 20% in junior high and high school students.

Nicotine products like vaping also take a large toll on our body. Nicotine is a very addictive substance that is very hard to quit. Once you start your body craves it and you feel you cannot live without it. These products harm your lungs and raise the chance for you to get cancer.

In conclusion drugs, alcohol, and nicotine are all bad for people especially on kids growing minds and bodies. Our decisions affect our future and if you decide these horrible things, you will suffer ugly consequences.

Why should you not do drugs? A story from Chuck Elley, Meth, Vaping, and Fentanyl will hopefully change your mind.

Chuck Elly presented a presentation on how drugs are bad. He started out by telling us a story. The story was about a kid from Scottsbluff who was addicted to meth and other drugs. He had help but he kept on doing the drugs. It was so bad that he tried to commit suicide. Now he is in the hospital for his poor decision.

Meth is bad for many reasons and this is why. Meth makes you addictive, hallucinate, and you can't stop moving. In the slide show Chuck Elly presented I saw how addictive it was. He told us how people can't stop once you do it once you just want to do it all the time. There are so many forms of meth like crystal meth, liquid, powdered. These are only a little bit of what it can be like.

Vaping is worse than cigarettes. One taste of vape is worse than four packs of cigarettes. They have more nicotine than cigarettes. People say they are not worse than cigarettes but they are not. Also, they hurt your heart and lungs. You also get bad bloody noses from vaping. This is why you should never try to vape.

Drugs for candy, these days it is crazy to know people use candy for drugs. This Halloween there can be tootsie rolls that are actually a drug. Rainbow Fentanyl is a drug that has more than one color. It used to be just white, but now there are many more to attract kids. There is more like pop-tarts now that have drugs are pot-tarts. This is why we should not do any drugs.