

Most people are introduced to drugs and alcohol by their friends, brothers or sisters – the very people it is hardest to say “NO” to. But remember, you have the right to make your own decision. You have the right to say “NO!” Here are some ways on how to do it.

Drugs won’t solve problems and using drugs often causes other problems to occur. A person who uses drugs can become dependent and eventually addicted. This means that the person’s body and mind becomes so used to having it they can’t function well without it. Once taken irresponsibly, can be fatal. In fact alcohol kills more teenagers than any other drug taken to affect mood and behavior.

There is never one reason for using drugs. Sometimes teens will experiment with drugs to fit in with a group of friends. Or they might be curious or just bored. Often people use drugs to escape from reality for a while. If a person is sad or upset, a drug can – momentarily – make the person feel better or help them to forget about problems. But this escape lasts only until the drug wears off. Then they feel worse.

While using drugs, you are less likely to do well in school, sports, and other activities. It’s often harder to think clearly and make good decisions. People can do dumb or dangerous things that could hurt themselves – or other people.

Illegal drugs aren’t good for anyone, but they are particularly harmful for teenagers whose bodies are still growing. Illegal drugs can damage your brain, heart, and really mess with your mind and emotions.

JUST SAY NO

A SCHOOL DRUG PREVENTION PROGRAM

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4. AVOID TEMPTING SITUATIONS

It is not always possible to predict when you may face the temptation to drink or use drugs, but sometimes you can guess ahead. Avoid parties you think may be a problem for you.

3. HAVE SOMETHING ELSE TO DO

If you are asked to participate in drinking or using other drugs by friends, suggest doing something else with them. In this way you will let your friends know you care about them as friends, but that you are not into using.

2. GIVE A REASON

Let the person know you have a reason for not drinking or doing other drugs. You may say, “No thanks, I don’t use drugs”, or even “No thanks I decided not to drink or do other drugs and it’s important to me that I stand by my decision”. However, avoid putting others down by telling them what to do.

1. PLAN AHEAD TO SAY “NO”

Knowing you may face situations where you will be asked to participate in drinking, drugs, or other negative things may help you say no. Not everyone who uses planned to – some were simply unprepared when they were asked and it was easier to say yes.



Tristan and Jade Lewis are dedicated to rescuing and protecting youth and families from the global drug menace. They use their personal testimonies and real life lessons to bring a message of freedom and success to all people around the nation. Their desire is to see people overcome life’s challenges and to see them reach their full potential in life.

Despite being an international medal winning little athletics champion at 15, with Olympic dreams, Jade was lured into the drug scene after going to a rave party. Jade eventually became addicted to heroin at 18, which led to a lifestyle of addictions, crime and violence. In 1999, by the Grace of God and through the help of Teen Challenge, Jade was given a second chance at life.

After going public with her story in 2000, Jade has now delivered over 800 school and community presentations, authored two books, developed programs for female prisoners, designed a mentoring program, participates on government committees and has won many awards for her excellent standards and dedication.

Tristan’s early struggles in school contributed to a low self esteem and sense of failure. Looking for an escape and making wrong choices he began to use alcohol and drugs thinking it would be fun. Before long, he was addicted, dealing drugs and then eventually had to do a short stint in prison. Devastated and at the depths of despair, Tristan knew he had to make serious changes. On release in 1999, he began to turn his life around. With the help of Teen Challenge and the unconditional support of his mentors, he is nothing short of a miracle. Tristan’s story is proof that no matter what your past is, there lies and amazing future if you make the right choices. Tirstan is now a motivational speaker, mentor, friend and outstanding role model for young people.

To have Tristan or Jade bring this instructive, inspirational message to your business, school, church meeting or community organization please contact
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3. ACCEPT THE POSSIBILITY OF REJECTION

No matter how you do it, some may still be offended by your refusal to participate. It may be difficult, but real friends want the best for each other. They give each other the freedom to make their own decisions.

2. HANG OUT WITH FRIENDS WHO DO NOT USE

If you find yourself constantly facing the pressure to drink or use other drugs, you may need to find new friends. We are all attracted to people who are like us, people who share our values, interests and beliefs. You may find your values changing slowly against your will if your friends do not share those same values.

3. BE SIMPLE

Sometimes all it takes is a simple “NO”. There are some people who feel they need to try to get others to use. Perhaps it makes them feel less guilty about their own use. Someone who tries to convince you to use drugs against your will is not a true friend.

5. CHANGE THE SUBJECT

Sometimes another person will realise you are not interested if you switch the subject. When asked if you want to smoke pot, you can reply, “No thanks, I don’t want to. Listen, let’s go surfing instead.”

SEE HOW YOU GO

- | | YES | NO |
|---|-----------------------|-----------------------|
| 1. Do you think about alcohol or other drugs often, including your next opportunity to use them? | <input type="radio"/> | <input type="radio"/> |
| 2. Do you use alcohol or other drugs before going to parties? | <input type="radio"/> | <input type="radio"/> |
| 3. Do you gulp drinks quickly to “get a buzz”? | <input type="radio"/> | <input type="radio"/> |
| 4. Do you find that it takes more alcohol to get drunk, or more chemicals to get stoned, than it used to? | <input type="radio"/> | <input type="radio"/> |
| 5. Do you use alcohol or drugs to help you relax or get to sleep? | <input type="radio"/> | <input type="radio"/> |
| 6. Do you drink or use chemicals frequently when you are alone? | <input type="radio"/> | <input type="radio"/> |
| 7. Do you hide bottles or have a stash hidden somewhere “in case you need it”? | <input type="radio"/> | <input type="radio"/> |

if you have scored 2 or more ‘yes’ answers - you should ask someone for help. Remember we are here to help you.

DRUGS... COOL? DON'T THINK SO!

Real Life



A young girl at 16, arrested for the first time. Drug addiction took hold and her life turned to complete devastation. Over a 14 year period she was arrested 12 times. She became almost unrecognizable from the pretty girl she was in the first picture. Her sad life ended when she was just 30 years old. **Rethink your choices when it comes to drug taking.**