

think

ABOUT
PARTYING



Ashley and 46 others



Ashley

Wednesday 9:43PM

Hey guys! Yes, the rumours are true - my house this Saturday. Expect nothing but the best. My address is Line 12, #0070. BYOB! Be sure to have a DD and bring a good time. :) Cya then!



Tyler

Wednesday 9:45PM

I'll b there!



Erin

Wednesday 10:06PM

see you all then!



Jordan

Thursday 1:12AM

I will try n come!!!!



Lea

a second ago

im obv gonna go!

Write a reply...

Reply

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THE

DID YOU KNOW

CAR CRASHES ARE THE NUMBER ONE
CAUSE OF DEATH AMONG TEENS?

DRIVER

Focus on your driving, not on your friends!

Don't drink any alcohol if you're the driver.

Drugs and driving don't mix either.

Although you may want to eat some food or text someone, wait until you get to your destination. If it is super urgent, pull over. That snack or text is not worth your life!

If you are tired, have a friend drive, or pull over into a safe place and have a quick nap. Turning up the radio, or opening up the window doesn't actually help.

Did you just break up with your boyfriend, or have a huge fight with your best friend? Don't get behind the wheel. If you're super upset, you can't focus on your driving.

Don't forget your seat belt!

DRIVE

PASSENGER

Don't touch, hit, punch, hug, kiss, poke or do anything to bug the driver when the vehicle is moving.

Be quiet and don't annoy the driver.

Don't play with the radio, heater or air conditioning.

Don't touch the wheel. The driver does not need your help. Trust me!

Wear your seat belt. It's a \$240 fine if you're caught not wearing one. If you're over the age of 16, you'll have to pay the ticket.

Remember, if you are uncomfortable driving, you could sleep in your vehicle, stay the night at a friend's house, call a cab, or ask a reliable friend or family member to come and take you home.

ENERGY DRINKS

Energy drinks and alcohol both have effects on the body. Did you know that mixing the two can be **deadly**?

An energy drink is an upper (*stimulant*) and alcohol is a downer (*depressant*). The caffeine in energy drinks hides the effects of the alcohol and makes people less aware of how drunk they really are. So you're drunk, but you don't know that you're drunk.

Since the caffeine is masking the effects of the alcohol, people feel *normal* and may make decisions they regret later, such as getting behind the wheel, or in the passenger seat with someone who has been drinking.

ENERGY DRINKS AND ALCOHOL - THEY DON'T MIX.



PARTY PRESSURES

At parties, people can pressure you to smoke, drink alcohol, do drugs and many other things. How is this any different from normal peer pressure? It isn't. It can be hard to say no when everyone is doing it and when it seems like the *cool* thing to do. A party atmosphere puts youth in many different situations they may not have experienced before.



THERE ARE MANY WAYS TO SAY NO:

- "I don't smoke, do drugs, drink." Walk away from the person.
- "I'm DD." "I have to wake up early tomorrow."
- "I've already had a lot to drink." Pretend you didn't hear the offer.
- "I already have a drink, but thanks." "I'm allergic, sorry."
- "What? What? What?" Make a weird face and hold it.
- "Sorry, I'm pregnant." (Guys only ... haha, jokes) Just say "No!"



SECOND-HAND SMOKE: THE UNWANTED GUEST

DID YOU KNOW THERE ARE
4000+ CHEMICALS
IN CIGARETTE SMOKE?

Formaldehyde
(USED TO PRESERVE DEAD BODIES)

Acetone
(FOUND IN NAIL POLISH REMOVER)

Ammonia
(FOUND IN WINDOW CLEANER)

Cadmium
(USED TO MAKE BATTERIES)

Toluene
(FOUND IN PAINT THINNER)

TRIVIA

1 Marijuana is all-natural, and nothing is added into it.

TRUE

FALSE

2 What makes people use drugs?

BOREDOM
ADDICTION

PEER PRESSURE
ALL OF THE ABOVE

3 Which drug is not considered a stimulant?

COCAINE
ECSTASY

HEROIN
ALL OF THE ABOVE

4 Driving while high is very safe and you should never worry.

TRUE

FALSE

5 What are the effects of marijuana?

DISORIENTATION
IMPAIRED MOTOR CONDITION

ALTERED TIME/SPACE PERCEPTION
ALL OF THE ABOVE

sdetnesapsr

rduenagso

oitndicad

ajnrauaim

hntaaisln

ANSWERS

1 FALSE 2 ALL OF THE ABOVE 3 HEROIN 4 ADDICTION 5 FALSE 6 MARIJUANA 7 ALL OF THE ABOVE 8 INHALANTS 9 DEPRESSANTS 10 DANGEROUS

Dear sixteen year old me,

You will encounter a lot over four years of high school including alcohol, sex, drugs and tobacco. What choices you make about any of these things can change the way you look at life. The choices you make now may decide your life for you. They can send you down different paths in life - tragedy or success.

Alcohol can cause lasting liver damage, can poison people, and can influence people to make the wrong decisions, sometimes ending in serious injury, or even death. Tobacco can cause extreme lung damage over prolonged exposure to first or second hand smoke.

Ask anyone, it just isn't worth it. It isn't worth the 4 people that die each day in Canada due to drunk driving, or the nearly 200 that are injured. Or the 13,000 people in Ontario that die each year from tobacco. So, when it comes down to it, what decisions are you making? What about your friends? Are those decisions worth it?

Think about it. Be smart.

Chats (7)



● Ecstasy

The images on the pill don't have anything to do with its contents; it could be anything.



● Marijuana

1 in 9 marijuana users report a dependence problem.



● Mushrooms

Many people experience nausea and vomiting during mushroom experiences, especially with higher doses.



● Cocaine

Snorting cocaine could lead to loss of sense of smell, nosebleeds, problems with swallowing and hoarseness.



● Meth

Short-term effects include decreased appetite, increased respiration, irregular heartbeat and higher blood pressure.



● OxyContin

OxyContin is extremely addictive, and the withdrawal is equally painful.



● Alcohol

Alcohol contains empty calories that lead to excess weight gain.

HEALTHY RELATIONSHIPS

1. If your girlfriend/boyfriend or partner loves you, they should know how you feel. **True** **False**
2. A healthy relationship is based mainly on strong physical attraction. **True** **False**
3. It is normal after you've been going out for your partner to expect sex. **True** **False**
1. **False.** No one can read another person's mind. Assuming you know what your partner is thinking can be dangerous and lead to misinterpretations. Communication includes active listening and being able to recognize and express feelings. Effective communication helps to set the stage for a healthy relationship.
2. **False.** Physical attraction is only a small part of a good relationship. Other positive qualities, including honesty, trust, respect, communication, a sense of humour, freedom and patience must be present for a healthy relationship.
3. **False.** Your partner should never expect sex from you. Everyone has their own values and limits when it comes to sex; it is your responsibility to respect them. Being able to safely say "No" to sex is a keystone for a healthy relationship.

PROGRAMS FOR

Substance
Use

Problem
Gambling

and
women who are
pregnant or
parenting
children under
the age of 6

Addiction Services

of Thames Valley | Services de toxicomanie de Thames Valley

Call us! (519) 673-3242

200 Queens Avenue, Suite 260,
London



Follow us on Twitter!
@itspossibleca

www.adstv.on.ca

POSSIBLE

IT IS POSSIBLE

**Questions or
concerns?**

Walk-in intake
Mondays and
Thursdays
1 - 3 PM

SEXUAL HEALTH SERVICES



ELGIN ST. THOMAS
PUBLIC HEALTH

www.elginhealth.on.ca

St. Thomas
99 Edward St.
(519) 631-9900

Aylmer
424 Talbot St. W.
Unit 2, Basement
(519) 631-9900



[www.oxfordcounty.ca/
sexualhealth](http://www.oxfordcounty.ca/sexualhealth)

Woodstock
410 Buller St.
(519) 539-4431
1 (800) 755-0394

Tillsonburg
Tillsonburg District
Memorial Hospital,
Lower Level
(519) 539-4431
1 (800) 755-0394



[www.healthunit.com/
sexual-health.aspx](http://www.healthunit.com/sexual-health.aspx)

London
50 King St.
(519) 663-5446

Strathroy
51 Front St. E.
(519) 245-3230

SO ... HOW DRUNK IS TOO DRUNK?

Here we are, just chillin', and this girl walks up completely wasted, stumbling around, can hardly talk ... a total mess. *Too drunk.*

Besides making you look like a fool, binge drinking can make you puke your guts out, pass out or hurt yourself and your friends.

Drinking too much can also cause major drama! You say stupid things, start fights, and do things you will probably regret in the morning. After one night of solid drinking, you could lose friends, ruin relationships, *and* ruin your reputation. Is it worth it?

Bottom line ... drinking can be dangerous to your health, your relationships and your reputation.

Be smart about it.

And hey, don't forget that if you are under the age of 19, it's illegal for you to drink alcohol.



THE TRUTH ABOUT ALCOHOL

As you drink, your liver is very busy trying to break down the alcohol because your body can't store it. In general, the liver can break down about one standard drink in one hour.

What exactly is a standard drink?



If you drink more than one drink an hour, the extra alcohol will build up in your body until it can be broken down, therefore it will take even longer for the alcohol to get out of your system.

Once alcohol is in your bloodstream, nothing can speed up how it is broken down. If you think that taking a shower, drinking 10 cups of coffee, downing some water or eating a loaf of bread will help you sober up, *think again*.

The only thing your body needs is **time**.

Sleeping also doesn't increase how your body can process the alcohol. So you can wake up in the morning and still have alcohol in your system. Remember, if you are 21 and under you must have a zero BAC when you are driving - that means no alcohol.

THE COST
OF
ONE NIGHT OUT

1- FUNNEL	\$2.50
1- 20 BUD LIGHT	\$27.50
AMBULANCE	\$40.00

TOTAL: \$70.00

THE COST OF
ONE
NIGHT OUT

1 GRAM OF WEED	\$10.00
2 BAGS OF CHIPS	\$5.00
1 MICKEY OF WHISKEY	\$13.63
1 2L COKE	\$1.99

TOTAL: \$30.62

THE COST
OF
ONE NIGHT OUT

1-12 CANS RED BARON	\$21.00
1-PETER JACKSON CIGS	\$8.00
CAB	\$20.00

TOTAL: \$49.00

THE COST
OF
ONE NIGHT OUT

6 - PALM BAYS	\$11.25
NEW OUTFIT	\$60.00
COVER FEE	\$5.00

TOTAL: \$76.25

THERE'S A HOLE
IN MY WALLET...

IS IT WORTH IT?

COULD THIS BE
SPENT BETTER?



Ashley

still waitin in emerg ... as if you fell off the table kim!

Like • Comment • Share • a second ago



Erin

i sent a mass drunk text last night, so embarrassing! if i texted you last night it was a huge lie. ugh.

Like • Comment • Share • 12 minutes ago



Jordin

i was stopped at a RIDE check this morning. i had thought i slept it off but i guess that didn't work...

Like • Comment • Share • 47 minutes ago



Lea

I met up with an old friend. So good to see you again, Jane!

Like • Comment • Share • about an hour ago



Tyler

so, uh, thanks to the cop who drove me home? oops.

Like • Comment • Share • 2 hours ago



Max

i dont know what happened last night... way too many beers...

Like • 1 Comment • Share • 3 hours ago



Sarah I don't know either because I stayed home.

SafeGrad equips high-school students with information, skills, peer support and community support to plan safer celebrations, not just for grad or prom but throughout the year. To get involved, or for more information, visit our website, www.safegrad.com.

For more info:

SAFE
grad.com

smart choices all year round



This resource has been adapted with permission from the Perth District Health Unit's THINK team.

WHO IS
think?

We are a group of youth that work with the Perth District Health Unit to address health issues that are important to YOUTH! We talk about a lot of things - the bad things the tobacco industry is doing, the harmful effects of smoking and second-hand smoke, sun safety, safe partying as well as anything else that youth should know.

For more info:

SAFE 
grad.com

smart choices all year round