

Did You Know...

A child who reaches age 21 without smoking, using illicit drugs or abusing alcohol is virtually certain never to do so according to research by the National Center on Addiction & Substance Abuse at Columbia University (CASA). In addition, a 2010 CASA report states that as the frequency of family dinners increases, drinking, smoking and drug use decreases among teens.

According to CASA's 2011 Annual Report, 16 percent of the US population or some 40 million Americans are addicted to nicotine, alcohol or other drugs. Another 32 percent use these substances in ways that put themselves and others at risk. Together, addiction and risky substance use affect 121 million people – nearly every other American age 12 and over – and constitutes the largest preventable and most costly public health problem we face.

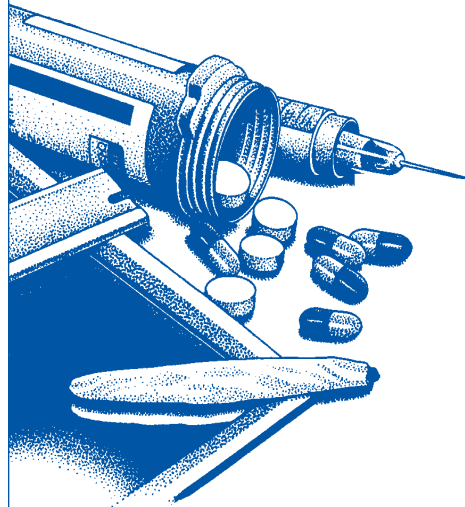
According to the NYS Department of Health (DOH), 2010 statistics note that every day, 2,500 kids, ages 12-17 abuse a pain reliever for the first time. Among 12- and 13-year-olds, prescription medicines are the drug of choice.

The New York State Office of Alcoholism and Substance Abuse Services (OASAS) estimates that 12 percent, or 1.9 million, state residents age 12 and older – including 153,000 adolescents ages 12-17 – experience a substance use disorder (substance dependence or abuse) annually.

Updated 4/13

Assemblymember
John T. McDonald III
asks...

Do You Know How To Say NO?



A message from...
Assemblymember
John T. McDonald III
www.assembly.state.ny.us

Room 417, LOB
Albany, NY 12248
518-455-4474

■
mcdonaldj@assembly.state.ny.us

Important contacts

*NYS Office of Alcoholism
& Substance Abuse Services*
www.oasas.ny.gov
NYS Addictions Helpline
877-846-7369

*Federal Substance Abuse & Mental
Health Services Administration
Treatment Referral Routing Service*
www.samhsa.gov
800-662-4357

National Institute on Drug Abuse
www.nida.nih.gov

*National Institute on Alcohol
Abuse and Alcoholism*
www.niaaa.nih.gov

Department of Mental Health
Albany County
518-447-4537
Rensselaer County
518-270-2800
Saratoga County
518-584-9030



Dear Friend,

As you get older, you face more responsibilities and choices.

Sometimes it's not easy to make the right decisions, especially when your friends offer you drugs or alcohol.

It should be easy to say no, but peer pressure can be difficult to resist. If you believe in yourself and your decisions, saying no will be easier. Your real friends will respect your choices and you will feel good about it in return.

Never let anyone talk you into doing something you really don't want to do. A person who pressures you is not your friend. Remember, it's your right to say **NO**.

If you have questions about drugs and alcohol or any other issue, please call my office.

Sincerely,

A handwritten signature in black ink, appearing to read "J.T.M. III". The signature is fluid and cursive, written over a white background.

John T. McDonald III
Member of Assembly

8 Ways to Say NO to Drugs...

1. Simply say “no.”
2. Give a reason or excuse.
3. Be a broken record — say “no” over and over again.
4. Walk away.
5. Change the subject.
6. Avoid the situation.
7. Give the cold shoulder to those pressuring you to take drugs.
8. Remember there is strength in numbers. Say “no” with your friends.

How Much Do You Know About Alcohol?

Answer TRUE or FALSE.

1. _____ Nondrinkers should start drinking because it’s good for the heart.
2. _____ Alcoholism is a habit, not a disease.
3. _____ People who have alcoholic parents are more likely to develop alcoholism.
4. _____ It takes an adult body about two hours to break down one drink (a 12-ounce can of regular beer, 5-ounce glass of wine or 1.5 ounces of hard liquor).
5. _____ People suffering from alcoholism can be cured.
6. _____ Using alcohol is more dangerous for young people than adults.

Source: National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health

1. FALSE. While studies have shown that moderate drinkers are less likely to die from one form of heart disease than people who don't drink or who drink a lot, you should not start drinking solely to benefit your heart. You can guard against heart disease with healthy eating and exercise. 2. FALSE. Alcoholism, also known as alcohol dependence, is a disease that includes the need to stop, physical dependence and the need to drink greater amounts to get "high." 3. TRUE. Research shows the risk for developing alcoholism runs in families. But risk is not destiny and not all children of alcoholic parents get in trouble with alcohol. Knowing you are at risk is important so you can take steps to protect yourself. 4. TRUE. 5. FALSE. Alcoholism can be treated, but not cured. Even if an alcoholic hasn't been drinking for a long time, he or she can still suffer a relapse. Not drinking is the safest course for most people with alcoholism. 6. TRUE. Each year approximately 5,000 young people under the age of 21 die as a result of underage drinking, from car accidents, homicides and suicide. Adolescents may also put themselves at risk for a range of potential health problems, including brain and liver damage and growth and endocrine problems.

Some ways to refuse drugs & alcohol...

Ask Questions

If someone offers you something you do not recognize, ask, “What is it?” and “Where did you get it?” If there’s going to be a party, find out who else will be going, where it will be and whose parents will be there.

Say NO

Don’t argue, don’t discuss. Say no and show you mean it.

Give Reasons

Say something like, “I’m doing something else tonight,” or, “The coach says drugs will hurt my game.” Also, don’t forget the oldest reason, “My parents will kill me.”

Suggest Other Things To Do

It’s tougher to say no if your friend offers you alcohol or other drugs. Suggesting something else to do – like going to a movie or playing a game – shows that you are rejecting the drugs, not your friend.

Leave

If you have tried all of these steps, get out of the situation immediately. Go home, go to class, see your friends or talk to someone else.