

An addict's tale

X is a 15-year-old drug addict from Nottingham. He has been using drugs since he was 11 and says he wishes he had never started. This is his story:

"I first got into drugs when I was 11. I started taking cannabis because everyone was doing it at the time.

"Then I got on to hard drugs. I began taking heroin and crack cocaine and have been taking them for the last four years.

"I take them both together. Smoking crack cocaine can make me feel paranoid and I need the heroin to bring me down.

"I get pain in my stomach and legs and I don't feel very well. I feel generally ill.

"My mum and dad have tried to get me off drugs. They have been to look for drug dealers and given them my picture and told them not to sell drugs.

"I have tried to get off drugs. I went to rehab for three months, but it did not work.

"I just wish I had not got involved with them."

*If YOU would like further information or advice,
you can talk to FRANK on 0800 77 66 00.*

FRANK
0800 77 66 00 talktofrank.com

Don't do drugs - do this competition!

As part of the drug awareness campaign on public transport, the SAFEMark scheme has agreed to set up a competition for secondary school students, which is being supported by YOUR school.

We're asking YOU to create an anti-cannabis campaign. That could be a poster, a press ad, a radio script, a TV commercial, or a combination of these - whatever you think best.

The message should be: don't use cannabis - or smoke at all - on the bus.

Your school will decide which is the best entry, and each one of those will go forward to the final to find out the best in South Yorkshire.

The winner gets a 40GB iPOD, worth £400. Second prize is a digital camera worth £150, and the third is £50-worth of vouchers.

It's free to enter, and the school that sends in the overall winner will also benefit.

It's a great chance to make your views known - and to win yourself a wonderful prize.

For some background on cannabis abuse, read the rest of this leaflet.

Now talk to your teachers.

Do it today.

Closing date for entries: 29 March 2004.



A nose for trouble

Weed, hemp, pot, dope.
Whatever you call it,
cannabis is still illegal.
And smoking it on buses can
definitely harm you - if the
police dog sniffs you out.



***Help us keep buses drug-free-and
WIN AN APPLE 49GB iPOD worth £400!! Plus
runners-up prizes - a digital camera and
£50 of vouchers! See inside for details.***

Smoking out the culprits

Smoking kills, as it says on every packet. That's one reason why it's banned on buses.

Smoking pot is just as bad for your body as tobacco. Plus it's still illegal.

And it, too, is banned on buses. But some people refuse to accept this.

The police are concerned. So during the spring, they will be

doing random stops and searches of buses - including school buses - all over South Yorkshire.

Sniffer dogs will be checking out buses where there is the suspicion of drug abuse, particularly cannabis smoking.

So don't say you weren't warned.

If you have any information about drug abuse on buses, you can e-mail sniffer@sypte.co.uk

In total confidence.

Going to pot

- Cannabis is usually smoked as a cigarette (called a joint or a nail) or in a pipe or a bong. Recently, it has appeared in cigars called blunts.
- All forms of cannabis change how the brain works.
- First-time users may feel confused and distressed. Anxiety, panic and suspicion are common side effects.



Doing drugs does your body in

- Smoking cannabis may be more harmful than smoking tobacco. Cannabis has a higher concentration of chemical 'nasties' that cause cancer.
- Smokers often develop breathing problems. They cough and wheeze, and they have more chest colds.
- Smoking anything can give you heart problems, bronchitis and cancer. Smoking cannabis with tobacco can get you hooked on tobacco.
- Frequent use of cannabis can cut a man's sperm count and suppress ovulation in women.
- Cannabis can make asthma worse. And it's not a good idea for those with heart disease, high blood pressure or at risk from strokes.

Doing drugs does your head in



- Sudden mental changes can follow intoxication with cannabis.
- Some research has made a link between cannabis and mental illnesses like schizophrenia. If you've got a history of mental illness in the family, you should think very carefully about getting stoned.
- Cannabis screws with short-term memory. Think of exams!
- Even hardcore smokers can get anxious, panicky and suspicious.
- Regular, heavy use makes it harder to learn and concentrate. Being stoned all the time isn't going to win anyone 'Student of the Month'.
- Some people begin to feel tired all the time and can't seem to get motivated.
- Cannabis can cause a range of mental health problems from short lived and more common ones like anxiety and paranoid feelings, to less common stuff - psychotic states that may require medical treatment.
- Most of the risks associated with cannabis are linked to regular, heavy use.

The law says...

So what is the law regarding cannabis? Chief Inspector Malc Chiddey of the South Yorkshire Police says:

"It is still an offence to possess cannabis and anyone under 17 years of age will be arrested and prosecuted as before. In particular, the use of cannabis while travelling to or from school, or on school premises, will not be tolerated and firm action will be taken by the police. Anyone found to be in possession of cannabis may also have their home address searched.

"We are looking at ways of ensuring cannabis is not used travelling to and from school and whilst at school, and we will be conducting operations in support of this.

"The supplying of drugs is still a serious offence and anyone with information should contact the police or crimestoppers on 0800 555111."

So now you know. No excuses.