

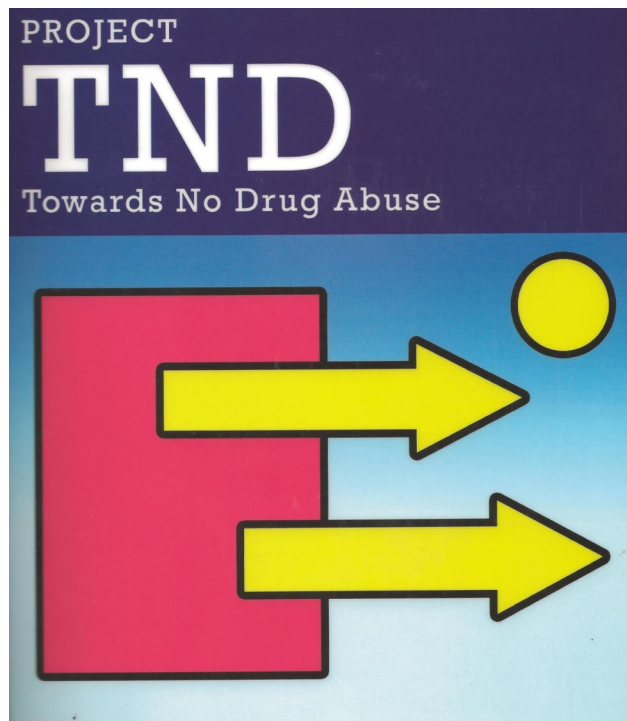
## OBJECTIVES

At the completion of this program, students will be able to:

- Stop, reduce or not start the use of cigarettes, alcohol, marijuana and other drugs.
- Provide accurate information about environmental, social, physiological and emotional consequences of drug misuse and abuse.
- Make a personal commitment about whether or not participants desire to avoid drug use.

### TOPICS COVERED—

ACTIVE LISTENING  
STEREOTYPING  
MYTHS & DENIALS  
CHEMICAL DEPENDENCY  
STRESS, HEALTH & GOALS  
TOBACCO USE & CESSATION  
SELF CONTROL  
MARIJUANA PANEL  
POSITIVE & NEGATIVE  
THOUGHT BEHAVIOR  
PERSPECTIVES  
DECISION MAKING &  
COMMITMENT



### SCHEDULE

TIME:  
6:00 pm TO 8:00 PM  
LOCATION:  
SECOND FLOOR  
U.S. Bank Building  
Placer St. Redding CA  
Contact:  
Youth Violence  
Prevention Council  
530-244-7194

A CERTIFIED CESSATION  
FACILITATOR WILL GUIDE  
YOU IN A SAFE  
NON-JUDGEMENTAL  
ENVIRONMENT.  
LIMITED SEATING

### NEGATIVE CONSEQUENCES OF ADOLESCENT DRUG ABUSE

- ⇒ Adverse immediate consequences (e.g., overdoses and accidents) occur, but generally do not predict future drug use behavior.
- ⇒ Adolescent substance abusers tend to become involved in family creation at an early age, and divorce or unhappiness frequently results in such relationships.
- ⇒ Crimes may be perpetrated by substance-abusing youth, including stealing, vandalism, and weapon carrying.
- ⇒ Adolescent substance abusers are less likely to graduate from high school or obtain a college education.
- ⇒ Adaptive coping and achievement behaviors are lessened.