

Is your friend addicted?

Maybe a friend has been letting you down because of drugs; or some of the things they do when drunk or high are scary. It's not easy to tell a friend they have a problem, but if you've noticed a friend is heading for trouble, you can help before something really bad happens.

Act immediately if you think there's a problem.

Don't make excuses!

- Talk to them calmly – not when they are drunk or high.
- Don't lend them money or pay their debts.
- Tell an adult you trust – a parent, relative, teacher, priest, coach, counselor.
- Call SADAG for help: 0800 12 13 14. If your friend is addicted to substances, they need professional help.
- Don't lie to family, friends, or school about them – tell the truth.
- Be understanding and supportive but firm – drugs are not ok and they need help.
- Stick by your friend, don't turn your back on them, but make it clear what is and isn't acceptable behaviour
- Suggest what they might do, but don't nag. They will have to make their own decisions.
- Offer to go with them, or help them make a phone call if they do decide they want help.
- Find out all you can about the available options for help.
- Don't bargain with or threaten them.
- Encourage them to believe that they can change and they can do something about their problem.

What to do in an emergency

- Stay calm.
- Call for help and stay with the person until that help arrives. If you can't stay with them, or are scared to, make sure someone does like a security guard or bouncer.
- Keep them talking and don't let them fall asleep. If they are unconscious, try wake them.
- Do not try get them to vomit unless told to by a doctor.
- Don't put the person in a bath – they could drown.

Call an Ambulance
10 111

Is your substance use a problem?

- Are you spending too much time, money, or energy on drugs?
- Have you started using more than usual, or using more often? Do you need more to get the same effect?
- Are you using drugs you said you would never use?

Tips to stay clean:

- Tell your friends you won't be using drugs. Your true friend will respect that.
- If you're going through a tough time and are tempted to use again, tell someone. Don't try to do it alone.
- Know what you'll do if there are drugs and alcohol around. You may want to avoid places where there will be temptation for a while.

Where to get help:

SADAG Substance Abuse Helpline

0800 12 13 14
SMS 32312

The South African Depression and Anxiety Group (SADAG)

011 262 6396

National Department of Social Development

012 312 7500 / 7641 / 7653

Alcoholics Anonymous

0861 435 7222

Narcotics Anonymous

083 900 6962

SANCA

011 781 6410

If you are worried about a friend,
contact
SADAG's Substance Abuse Helpline
on **0800 12 13 14**
or **SMS 32312**.
Open 7days a week.

Say NO to Drugs

0800 12 13 14
SMS 32312

Building a Caring Society. Together.



social development

Department:
Social Development
REPUBLIC OF SOUTH AFRICA



What are drugs?

Drugs are chemicals that change the way our body works.

Examples are: Tobacco, snuff, dagga, alcohol, sugarz, mandrax, cocaine, acid and LSD, tik (meth), nyaope, even medication like cough syrup and pain killers; as well as everyday household substances like glue, turpentine, benzene, cooking spray and petrol. These are all drugs that people use to get high, and can be addictive.

Legal and illegal drugs

Some drugs are legal, like alcohol and cigarettes. But, according to the law, you are only allowed to buy and use cigarettes and alcohol once you are over the age of 18. There is an important reason for this.

Your body and brain are still developing, and drugs have an effect on the brain and body, teens who use drugs (even cigarettes and alcohol) are more likely to have:

- Learning disabilities
- Mental illness or emotional problems
- Physical health problems
- A full-blown addiction in adulthood
- Conflict with the law.

What is substance abuse?

Substance abuse means someone uses drugs or alcohol to excess.

Types of drugs:

Cannaboids: like marijuana and Hashish (known as dope, dagga, blunt, weed, hash, hemp, boom)

Hallucinogens: like LSD and magic mushrooms (known as acid, candy, shrooms)

Inhalants: like petrol, paint thinners, glue, Freon (known as poppers, snappers, bagging)

Opioids: like heroine and opium (known as smack, brown sugar, junk)

Stimulants: like cocaine, methamphetamine, MDMA (known as coke, blow, nose candy, tik, meth, ice, ecstasy, E, XTC)

If you are worried about a friend,
contact
SADAG's Substance Abuse Helpline
on 0800 12 13 14
or SMS 32312.
Open 7 days a week.

Why do Teens take drugs?

Teens see alcohol and drugs at parties, in their communities, and on TV and movies. There are many reasons why teens take drugs:

- **Peer Pressure:** we all want to fit in, be popular, and impress our friends – some teens think drugs are the way.
- **Stress Management:** some teens feel stressed and unable to cope. Drugs make them feel calm and help them forget their problems for a while.
- **Boredom:** teens who feel alone, or bored and have nothing to do, may take drugs to give them some 'excitement' and somewhere to belong.
- **Low Self-Esteem:** teens who are shy, feel uncomfortable in social situations, feel bad about the way they look, or can't make friends easily, may use drugs to try gain 'confidence'.
- **Out of curiosity or to experiment.**
- **Availability:** there are drugs in South African schools and in society generally, and they are often affordable to students.
- **Addiction:** to avoid withdrawal symptoms once dependent.

Why are drugs bad for you?

Alcohol and Substance Abuse can cause:

- Hair loss
- Bad skin and wrinkles
- Bad breath
- Stained teeth
- Heart disease
- Cancer
- Lack of co-ordination
- Slurred speech
- Liver disease
- Bad teeth, skin, and hair
- Learning and memory problems
- Mental illness

- Heart attacks
- Brain damage

Effects of substance abuse

Substance abuse causes great emotional stress for family and friends. Users can become aggressive and violent, or they withdraw from the people who love them. Addicts will do anything to get drugs – they steal money and valuables from family and friends, and may get involved with more serious crime. They lose their jobs, get expelled from school, and often lose the support of family and friends. Many addicts become lonely, depressed, even suicidal.

Is it alcohol abuse?

People who abuse alcohol often:

- Have slurred speech
- Smell of alcohol
- Seem sleepy and confused
- Have bad co-ordination
- May become aggressive and pick fights
- Behave recklessly in social situations
- Have criminal, work, financial, and family problems
- Are involved in frequent car accidents

Is it drug abuse?

If someone is abusing drugs, you'll see signs like:

- Drowsiness
- Red eyes
- Needle marks
- Stained teeth
- A constant smell or stale smoke and dagga smell
- Sudden changes in mood
- Changes in appetite

If you are worried about a friend,
contact
SADAG's Substance Abuse Helpline
on 0800 12 13 14
or SMS 32312.
Open 7 days a week.