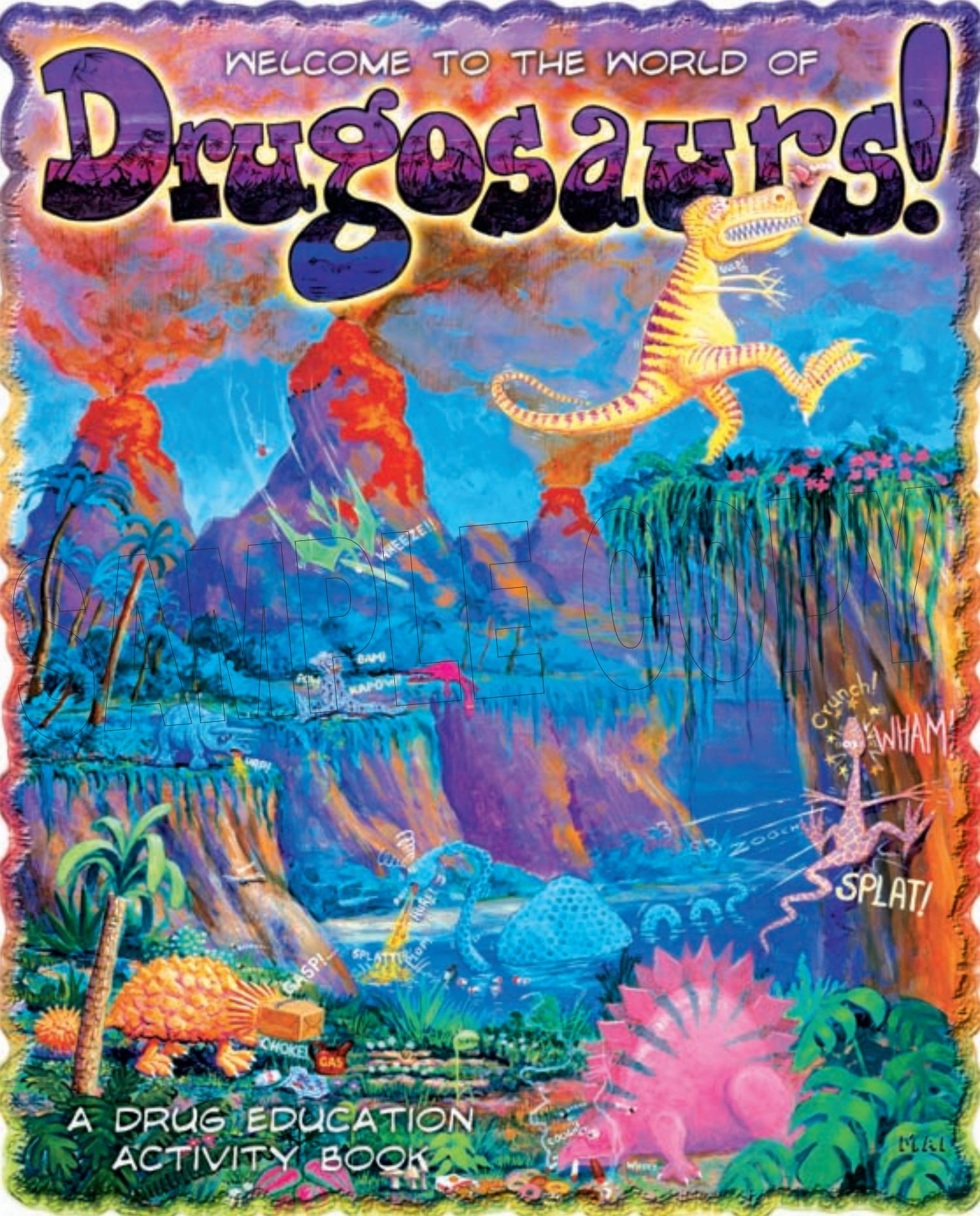


WELCOME TO THE WORLD OF

Druggosaurs!

SAMPLE GOOPY



Crunch!
WHAM!
SPLAT!

A DRUG EDUCATION
ACTIVITY BOOK

M&L

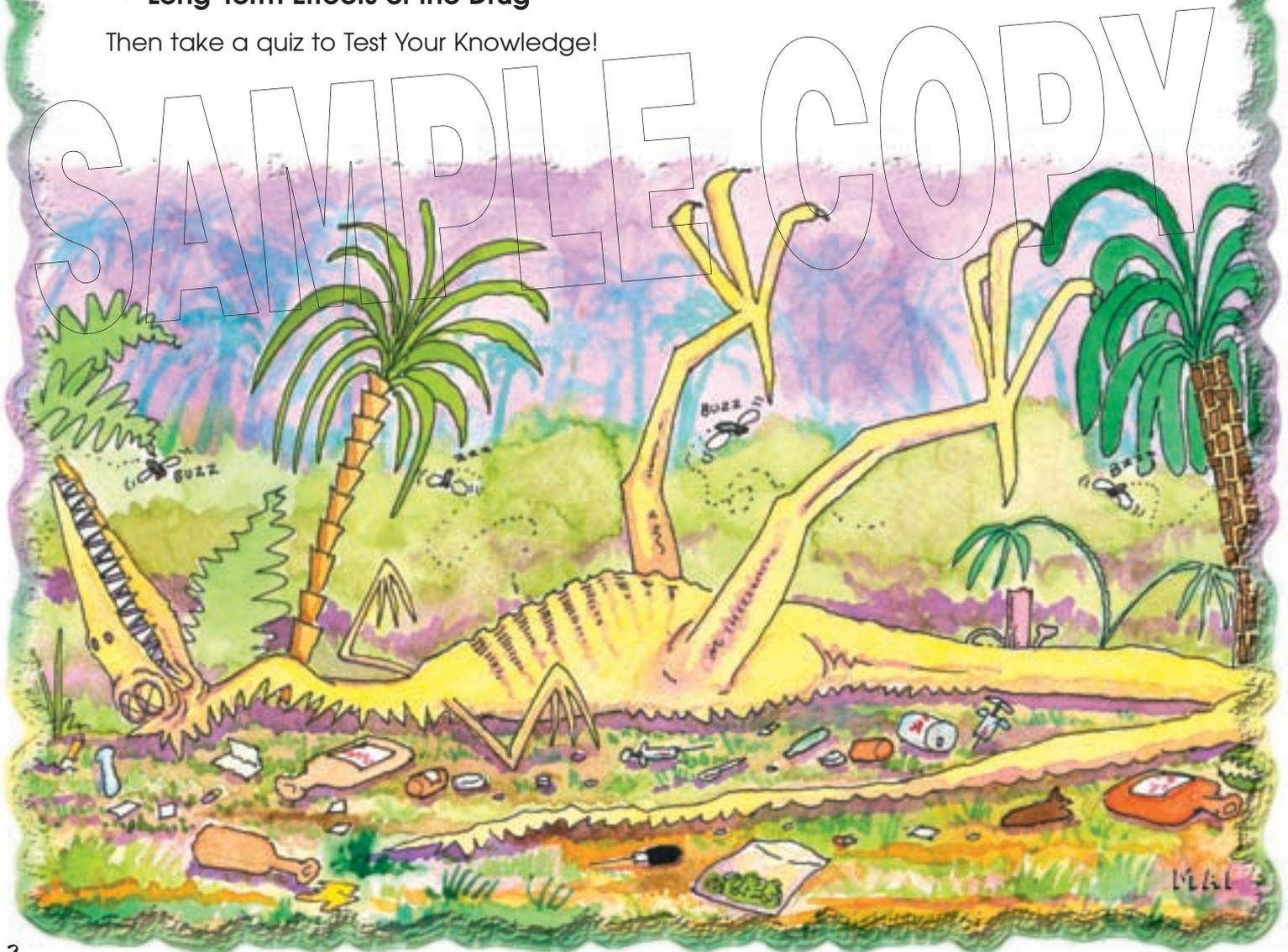
WELCOME TO THE LAND OF THE DRUGOSAURS

On the following pages you will meet 10 imaginary creatures, the Drugosaurs. You know that the dinosaurs Tyrannosaurus Rex and Brontosaurus became extinct, but no one knows why. The Drugosaurs also became extinct. But the Drugosaurs' end is no mystery. They were wiped out by their own actions. The Drugosaurs became extinct from using and abusing drugs.

For each Drugosaur you meet, you will learn the following:

- **How the Drugosaur Became Extinct**
- **Information about Each Drug**
- **Street Names for the Drug**
- **Forms of the Drug**
- **Short-Term Effects of the Drug**
- **Long-Term Effects of the Drug**

Then take a quiz to Test Your Knowledge!



Drugosaurus!



AN UNNATURAL HISTORY

Take a bone-chilling journey to another place and time — the world of the Drugosaurs. The Drugosaurs were foolish creatures. They thought they could use drugs without getting hurt. Instead, they smoked and sniffed and drank themselves to extinction. Take a deep breath. Keep your eyes open and your head clear. Prepare to learn the lessons of the Drugosaurs. *Don't go extinct! Don't do drugs.*

Nicotineadon



THE TOBACCO-USING DRUGOSAUR

The Nicotineadon went extinct from smoking cigarettes, cigars, and pipes, and from chewing tobacco. The Nicotineadon thought using tobacco made it look cool. Instead, it got yellow and rotted teeth, wrinkles, bad breath, and a nasty cough. The Nicotineadon also got lung cancer, other lung diseases, and heart attacks. The Nicotineadon went extinct from trying to look cool. *Don't be a Nicotineadon. Don't go extinct!*

TOBACCO

Smoking a cigarette is like inhaling a chemical factory. Tobacco contains over 4,000 chemicals, including nicotine — one of the strongest drugs out there. Nicotine tricks a person's brain into thinking it needs more and more nicotine. It's called addiction. When a nicotine addict isn't smoking or chewing tobacco, he or she feels sad, cranky, and frustrated. To make the feelings go away, he or she uses more tobacco. Chewing tobacco is just as bad as cigarettes. One pinch of chewing tobacco contains as much nicotine as five cigarettes! Some young people think smoking or chewing tobacco will make them look "cool" or "grown up," but they are wrong. There is nothing cool about stinky breath, disease, and death.

Tobacco comes in many forms, including cigarettes, cigars, pipes, bidis, chew, snuff, and dip.

Short-term effects of smoking include lungs that can't hold as much air, limited growth of lungs, daily cough, asthma, and bad breath.

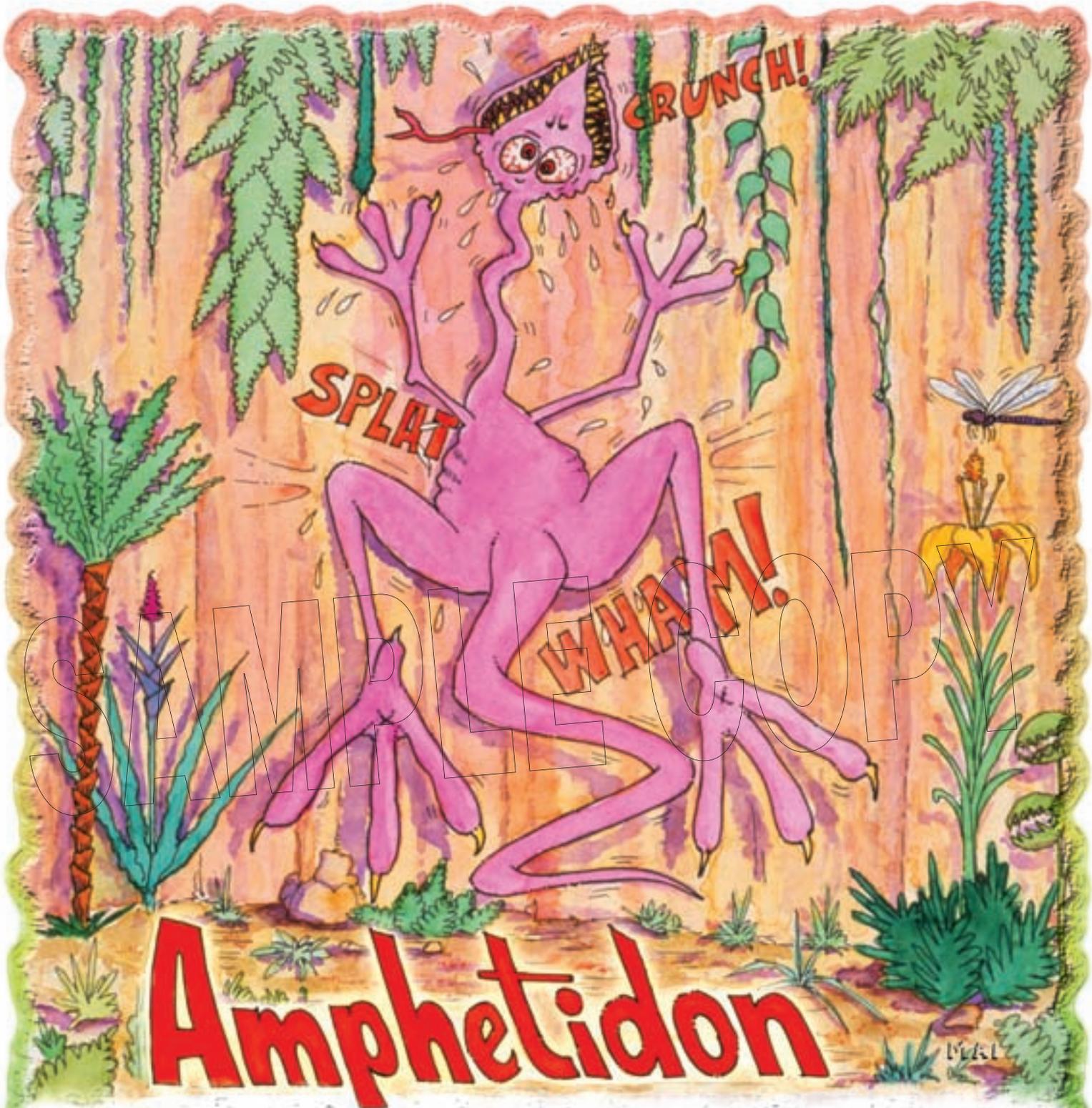
Short-term effects of chewing tobacco include drooling, gums pulling away from the teeth, white and red lumps, patches and sores in the mouth, and rotting teeth.

Long-term effects of smoking include wrinkled skin, stomach ulcers (sores inside the stomach), lung cancer, emphysema (Tiny parts of lungs die. They can't move air in and out.), heart attacks, strokes (death in parts of the brain), and inability to have children.

Long-term effects of chewing tobacco include permanent tooth and gum loss, mouth, throat, and lung cancer, high blood pressure, and heart attacks.

Test Your Knowledge

1. Some young people think that smoking will make them look " _____ " or " _____ ," but they are wrong.
2. Permanent tooth and gum loss and mouth cancer are two of the _____ effects of chewing tobacco.
3. Nicotine _____ the brain into thinking it needs more and more nicotine.
4. Short-term effects of smoking include limited growth of lungs and _____ cough.
5. Tobacco contains over _____ chemicals.



THE SPEED-USING DRUGOSAUR

The Amphetidon took drugs called amphetamines (also called "speed"). They made the Amphetidon think it was extra smart and extra strong. But these drugs really made the Amphetidon extra stupid and extra weak. As the Amphetidon got older, it got mean and crazy. It had many enemies and no friends. Eventually, the Amphetidon just wore out and died. *Don't be an Amphetidon. Don't go extinct!*

AMPHETAMINES

Amphetamines, also known as speed, excite the brain and nerves. They “speed up” the messages going to and from the brain and the body. This makes the user feel powerful and sometimes very violent. When the user comes down off the “high,” he or she feels very low. A person coming down from a speed high will do almost anything to get the next dose of speed. Some amphetamine addicts illegally buy or steal the drugs from drugstores. But most amphetamines are made in backyard laboratories. Often these drugs are mixed with other ingredients that can kill users.

Amphetamines come in many forms, including pills, capsules, powder and liquid.

Street names for amphetamines include Uppers, Speed, Dexies, Black Beauties, and Jollies.

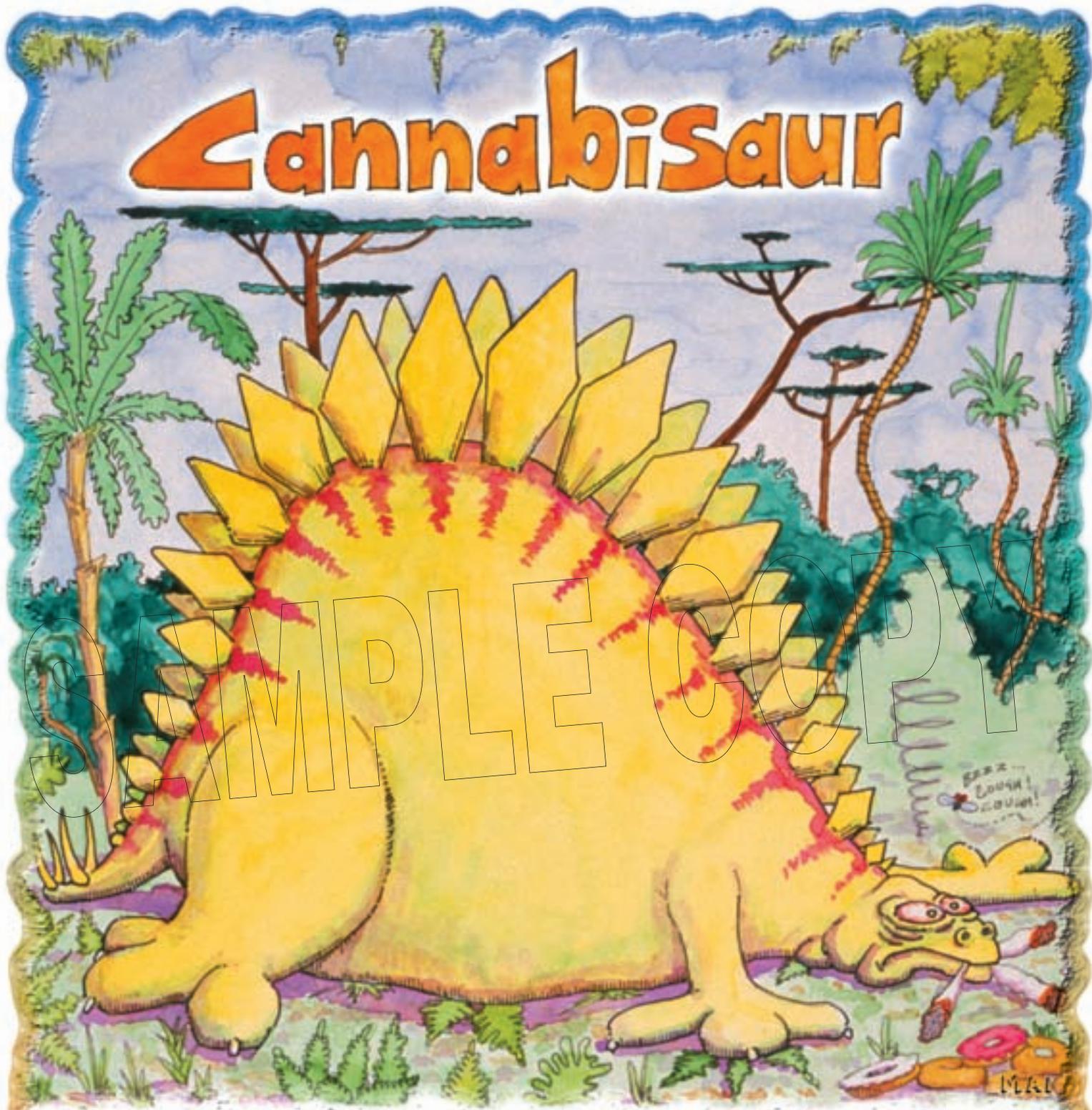
Short-term effects of amphetamine use include talking a lot, increased heart rate, enlarged pupils of the eyes, lack of appetite, seeing and hearing things that aren’t really there, violent behavior, and shaking.

Long-term effects of amphetamine use include mental illness, poor nutrition, violence, and blocked blood vessels.

Test Your Knowledge

1. Amphetamines, also known as speed, excite the brain and _____.
2. A person coming down from a _____ will do almost anything to get the next dose of speed.
3. Most amphetamines are made in _____ laboratories.
4. What is one street name for amphetamines? _____
5. Long-term effects of amphetamine use include _____ illness.

Cannabisauro



THE MARIJUANA-SMOKING DRUGOSAUR

The Cannabisauro thought marijuana was harmless. It thought that marijuana's only effect was making it stupid and lazy. That's because the Cannabisauro was too "doped up" to know that marijuana was causing permanent damage to its brain and lungs. The Cannabisauro went extinct from smoking too much pot. *Don't be a Cannabisauro. Don't go extinct!*

MARIJUANA

Marijuana, also known as pot, is a greenish-brown mixture of dried, shredded leaves. Marijuana is usually smoked, but some users mix marijuana into foods or use it to brew tea. The chemical in marijuana is THC. It changes the way the brain works. It gets in the way of learning. It destroys energy and wrecks emotions. Marijuana also contains other poisons and cancer-causing chemicals. The chemicals are stored in the user's fat cells. Many marijuana users think the drug is not harmful. That is because they are too "stoned" and "loaded" to know the truth. Marijuana users develop tolerance. This means they need more and more marijuana to get high. Eventually, marijuana users experience "burnout." They become lazy and they lose interest in life.

Marijuana is smoked in cigarettes (known as "joints" or "nails"). It also smoked in pipes and "bongs." It can also be used in tea and foods.

Street names for marijuana include Pot, Herb, Weed, Boom, Mary Jane, Gangster, Chronic, and Bud. Stronger forms of marijuana are called Sinsemilla, Ganja, Hashish, and Hash Oil.

Short-term effects of using marijuana include trouble with thinking and problem solving, changed senses of sight, hearing, and touch, increased heart rate, panic attacks, and coughing.

Long-term effects of using marijuana include "burnout," many colds, lung and mouth cancer, inability to have children, and permanent damage to thinking skills.

Test Your Knowledge

1. Marijuana is also known as _____.
2. Marijuana contains poisons and cancer-causing chemicals. The chemicals are stored in the user's _____.
3. Eventually, marijuana users experience "_____." They become lazy and they lose interest in life.
4. Short-term effects of marijuana include changed senses of _____, _____, and touch.
5. Many marijuana users think that the drug is not _____.

Fryranosaurus



THE HALLUCINOGEN-TAKING DRUGOSAUR

The Fryranosaurus took LSD or other hallucinogenic drugs. These drugs made it see and hear things that were not real. It would feel scared for no reason at all. The Fryranosaurus took crazy risks because it didn't know what was real. Some Fryranosaurs killed themselves. Others started using other drugs. Many of the Fryranosaurs fried their brains from using so many drugs. *Don't be a Fryranosaurus. Don't go extinct!*

HALLUCINOGENS

Hallucinogens are drugs that cause hallucinations or “trips.” These are experiences that seem real, but they are not. Users see and hear things that are not really there and have scary thoughts and feelings that they can’t handle. Hallucinogens make people lose track of what is real. They also lose control of themselves. Some people kill themselves or others. Hallucinogens affect parts of the brain that control a user’s moods. The drugs make it hard to understand the world. Hallucinogen users become sad and nervous. Some users get mental illnesses that won’t go away. Many LSD users have “flashbacks,” which means they have a bad “trip” again months or years after using the drug.

Hallucinogens come in many forms. LSD is sold on artwork-covered paper that is cut into tiny stamps. It is sold in small tablets called microdots and on sugar cubes or hard candy. Hallucinogens also come in other forms, like a certain type of dried mushroom and a powder called PCP.

Street names for LSD include Acid, Blotter and Cid. Doses are called Trips or Microdots.

Street names for mushrooms include Shrooms and Magic Mushrooms.

Street names for PCP include Angel Dust.

Short-term effects of hallucinogens include huge mood swings; seeing, hearing, and feeling things that are not real (like walls “melting” or voices screaming); nervousness; increases in body temperature and heart rate; seizures (brain fits), and weakened muscles.

Long-term effects of hallucinogens include permanent memory loss, permanent speech problems, limited growth, and mental illness.

Test Your Knowledge

1. Hallucinogens affect parts of the brain that control a user’s _____.
2. Doses of LSD are called _____ or microdots.
3. Many LSD users have “_____,” which means they have a bad “trip” again months or years after using the drug.
4. Hallucinogens are drugs that cause hallucinations, experiences that seem _____, but are _____.
5. Hallucinogens also include a certain type of dried _____ and _____.

answers: 1. moods; 2. trips; 3. flashbacks; 4. real, not; 5. mushrooms, PCP



Steroidopterus

THE STEROID-USING DRUGOSAUR

The Steroidopterus wanted to be big and strong. It used steroids to make its muscles grow. But it soon got a very bad temper and its liver was damaged. The Steroidopterus risked its life to look big and strong. But it quickly died off and became extinct. *Don't be a Steroidopterus. Don't go extinct!*

STEROIDS

Steroids are made of man-made male hormones. Hormones are natural chemicals in the body. Steroid abusers want to become better in sports. They may want to look bigger or more muscular. While steroids cause a person to “bulk up” on the outside, they are really causing permanent damage on the inside. The heart, liver, brain, kidneys, skin, and more are permanently damaged by steroids. Steroids cause personality changes like anger and violence. Steroids are also addictive. Over time, users need more steroids to get the same results. Steroid abusers may gain some muscle or improve their games, but in the end they lose their health.

Steroids come in many forms. They are injected, taken as pills, or used as a cream or gel, which is rubbed on the skin. Steroids are illegal unless a doctor prescribes them. DHEA, a powder, is sold in some health food stores. Although it is legal, it has some of the bad effects of illegal steroids.

Street names for steroids include Gym Candy, Roids, Pumpers, Bulls, Gear, and Juice.

Short-term effects of using steroids include anger, violent behavior, headaches, trouble sleeping, bad breath, nausea, rashes, bone pain, and muscle aches.

Long-term effects of using steroids include limited growth, depression, serious bleeding problems, enlarged bones in the face, baldness, abnormal body hair, eye diseases, damage to the heart, liver, brain, kidneys, skin, and more.

Test Your Knowledge

1. Steroids cause personality changes like _____ and _____.
2. Steroids are made from man-made male _____.
3. While steroids cause a person to “bulk up” on the outside, what they are really doing is causing permanent damage on the _____.
4. Serious _____ problems can be one of the long-term effects of using steroids.
5. One of the short-term effects of using steroids is _____ behavior.



Huffadon

THE CHEMICAL-SNIFFING DRUGOSAUR

These foolish beasts had the bad habit of sticking their wart-covered heads in bags filled with poisonous fumes. The fumes ate holes in the Huffadons' brains. The poison turned them into crazy idiots. Some Huffadons starved themselves because they were too goofy to find food. Some died instantly, the first time they tried inhalants. They are all extinct now. *Don't be a Huffadon. Don't go extinct!*

INHALANTS

"Inhalants" are hundreds of different chemicals that were meant to do ordinary things around the house. These chemicals can include household cleaners, paint thinners, glue, markers, gasoline, and aerosol sprays. All of these chemicals are extremely dangerous. Abusers "huff" or sniff them to feel drunk or "high." Inhalants are "depressants," which means they slow down the brain. If someone inhales too much at once or breathes the poison for too long, he or she can die. Inhalants can do permanent damage to the brain, to the senses, and to the internal organs.

Inhalants come in many forms, including household and garage chemicals. There are also some bottled chemicals called Poppers, Bold, and Rush. They are illegal drugs made just for "huffing."

Street names for inhalants include Poppers, Bold, and Rush. Usually the street names are the same as the names of the household products that are abused.

Short-term effects of using inhalants include dizziness, headaches, sudden mood swings, enlarged pupils, blackouts, seizures (brain fits), and sudden death.

Long-term effects of using inhalants include destroyed lining of the brain cells, damage to memory and to intelligence, damage to the senses (sight, hearing, smell, and taste), damage to the heart, lungs, liver, and brain, and maybe sudden death.

Test Your Knowledge

1. "Inhalants" are hundreds of different _____ that were meant to do ordinary things around the house.
2. Inhalants are "depressants," which means they slow down the _____.
3. If someone inhales too much at once, he or she can _____.
4. Sudden death is one of the _____ effects of using inhalants.
5. One of the long-term effects of using inhalants is the destruction of the lining of the _____ cells.

Scriptadon



THE PILL-POPPING DRUGOSAUR

The Scriptadon abused prescription medicines. It took many different kinds of pills and liquid medicines. The Scriptadon thought it was fun and cool to get “high” on these medicines. But it was really stupid and foolish. The dangerous effects of these drugs harmed the Scriptadon’s brain and body. It soon went extinct. *Don’t be a Scriptadon! Don’t go extinct!*

PRESCRIPTION MEDICINES

A prescription is a doctor's written instructions for taking medicine. All prescription medicines are serious drugs. Prescription medicines must be used exactly the way a doctor tells you to use them. It is dangerous and illegal to use these medicines without a prescription. Some people abuse medicines like painkillers, sleeping pills, anti-nervousness drugs, and cough syrups. Many of these abusers die from taking too much at once (overdose) or from a bad reaction to the drug. Other abusers lose their memories and become sad, hopeless, or violent.

Prescription drugs come in many forms, including pills, tablets, and capsules. They also come in liquids like cough syrups.

Street names for prescriptions are different for different drugs. Anti-nervousness drugs, sleeping pills, and painkillers are often called "Downers," because they make the user sleepy. There are many other street names for prescription drugs. Here are just a few: Barbs, Tranx, Ludes, Roofies, X-Pills, Handlebars, Syrup, and Trees.

Short-term effects of using these drugs include memory loss, dizziness, trouble speaking, headaches, nausea (stomach ache), sweating, mood swings, loss of muscle control, and death.

Long-term effects include vision problems, breathing problems, loss of movement skills, learning and thinking problems, strokes (death in parts of the brain), violent behavior, and death.

Test Your Knowledge

1. All prescription and nonprescription medications are _____ drugs.
2. Many prescription drug abusers die from taking too much at once. This is called an _____.
3. It is dangerous and illegal to use these medicines without a _____ from a doctor.
4. Memory loss is one of the _____ effects of using prescription drugs.
5. Some people abuse medicines like painkillers, _____, anti-nervousness drugs, and cough syrups.

Boozitupicus



THE ALCOHOL-USING DRUGOSAUR

The Boozitupicus drank beer, wine, liquor, and other drinks with alcohol in them. It thought it had to drink these to have fun. Drinking alcohol killed the Boozitupicus. Some died from alcohol-related accidents, and some died from drinking too much alcohol. *Don't be a Boozitupicus. Don't go extinct!*

ALCOHOL

Alcohol is powerful and it's deadly. Alcohol is a "depressant." It slows the brain and the nerves. Over time, alcohol causes permanent changes to the brain. Alcohol is involved in one half of all murders, accidental deaths, and crimes. Alcohol causes more diseases and death than all illegal drugs put together! Advertisements for alcohol try to trick you. They want you to think alcohol is fun and that it will get you lots of friends. The truth is, when people are drunk, they actually have alcohol poisoning. One out of every seven people who drink alcohol becomes addicted. Alcohol addicts are called alcoholics. After a while, many alcoholics lose their friends, their jobs, their money, and their lives.

Alcohol comes in many forms, including beer, wine, wine coolers, and hard liquor (scotch, bourbon, whiskey).

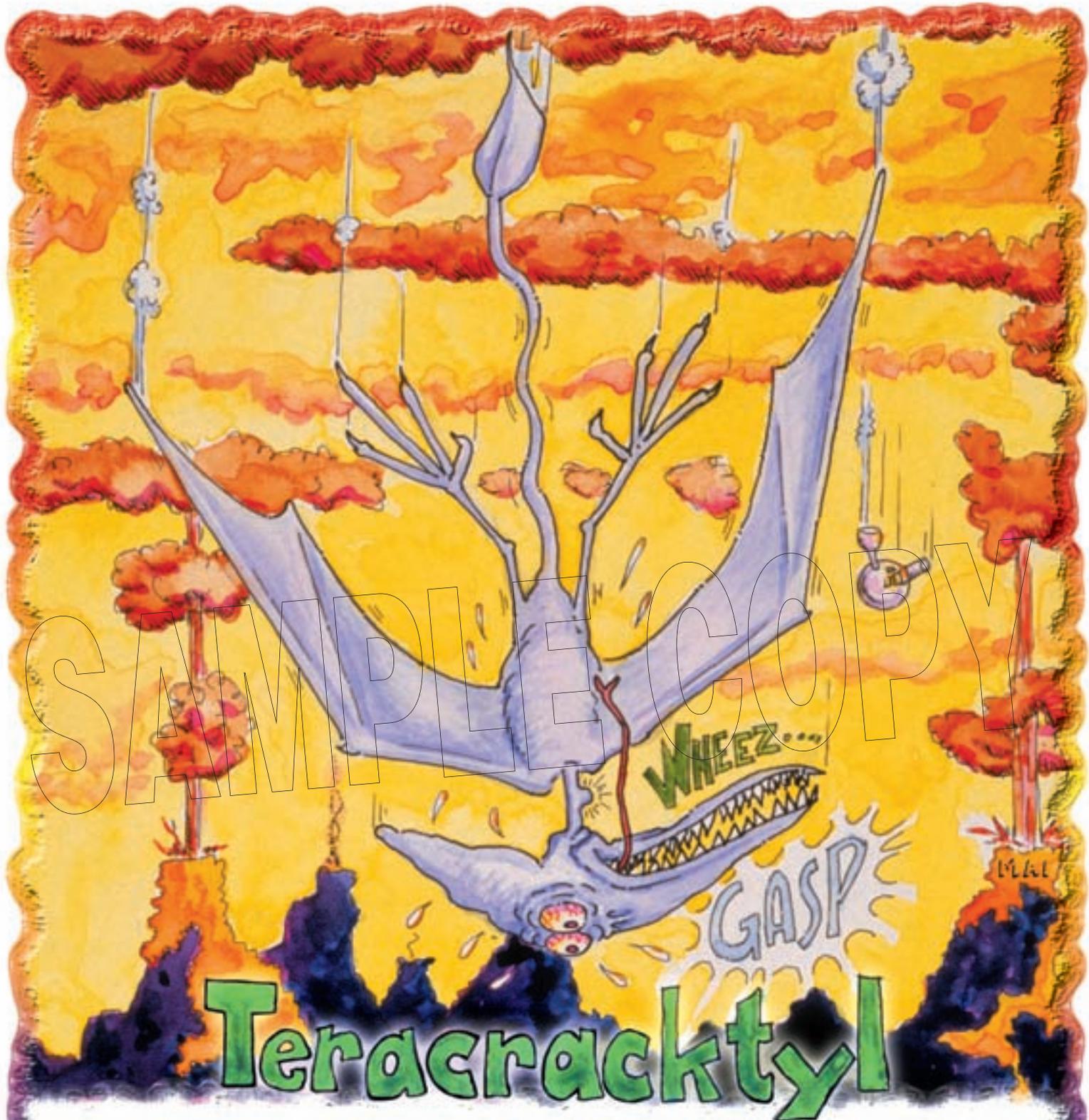
Street names for alcohol include Booze, Bubbly, and Joy Juice.

Short-term effects of drinking include slowed reactions, blurry vision, nausea (stomach ache), bad thinking skills, memory loss, and death.

Long-term effects of alcohol include limited growth, liver disease, heart disease, brain cell death, damage to the eyes and skin, weak bones, poor nutrition, and addiction (alcoholism).

Test Your Knowledge

1. One out of every _____ people who drink will become addicted to alcohol.
2. Alcohol is a depressant. It slows the _____ and the nerves.
3. Alcohol is involved in one half of all murders, accidental _____, and crimes.
4. Advertisements for alcohol try to _____ people into thinking alcohol is fun and that it will get them lots of friends.
5. Limited growth is one of the _____ effects of drinking alcohol.



THE COCAINE AND CRACK-USING DRUGOSAUR

Sometimes called the "Rock Bat," the Teracracktyl was a high-flying drugosaur with a very short life. Teracracktyls lived about five years; sometimes they died sooner than that. They sniffed powdered cocaine and smoked "rock" cocaine trying to fly real high — too high. Every time the Teracracktyls came down from their high, they would crash to the ground. After a while, this killed them all. They are all extinct now. *Don't be a Teracracktyl. Don't go extinct!*

COCAINE AND CRACK

Cocaine is one of the most addictive and deadly drugs. One cocaine “high” lasts less than half an hour. Cocaine users spend the other 23 1/2 hours of the day looking for their next dose. Many people who try cocaine or crack, even once, are addicted. In fact, three out of four people who try it become addicted. Cocaine and crack are the same drug, but they are made in different ways. Cocaine comes in a powdered form, which is sniffed, and crack comes in the form of a “rock,” which is smoked. Cocaine addicts often die suddenly from heart attacks, seizures (brain fits), and inability to breathe.

Cocaine comes in many forms, including powder and rock (crack). Some addicts melt down cocaine and inject it.

Street names for powdered cocaine include Lines, Rails, Blow, Snow, and Flake. Street names for rock cocaine, or crack, include Rock and Base. Street names for both powdered cocaine and rock cocaine include Coke, C, and Caine.

Short-term effects of using cocaine include enlarged pupils of the eyes, nausea (stomach ache), blurry vision, dry mouth, shaking, and dizziness.

Long-term effects of using cocaine include nose damage and lost sense of smell, loss of control of bowels and bladder, heart attacks, brain infections, seizures (brain fits), and death.

Test Your Knowledge

1. Cocaine that comes in the form of a rock is called _____.
2. Three out of four people who try cocaine will become _____.
3. A cocaine high lasts for less than _____.
4. Cocaine is one of the most addictive and _____ drugs.
5. The long-term effects of using cocaine include loss of control of the _____ and bladder.

Velociraver



THE MDMA-USING DRUGOSAUR

The Velociraver drugosaur used MDMA, (also called "Ecstasy" or "X"). The Velociraver took this drug at night and went to parties called "raves." When the Velociraver took MDMA, its body got super hot. It lost too much water from sweating and then passed out. Velociravers got too "high" to know the bad things that were happening to their bodies. Some had bad brain damage and couldn't remember anything. MDMA made the Velociraver go extinct. *Don't be a Velociraver. Don't go extinct!*

MDMA ("ECSTASY")

MDMA, often called "Ecstasy" or "X," is a drug that is both a stimulant and a hallucinogen. Stimulants speed up the brain and body. Hallucinogens make users see, hear, and feel things that are not real. MDMA/Ecstasy does both things to users. They are "high" for many hours. They may be too high to notice what is happening to their bodies. They get overheated. Their blood pressure rises, and their heart rates soar. Users may faint and have fits in the brain. They can even die. Ecstasy causes permanent brain damage. It kills brain cells necessary for feeling good, for remembering, and thinking. It may lead to permanent mental problems. Ecstasy is also addictive. When users come down from the high, they feel depressed (very sad and hopeless). They only want more of the drug.

Ecstasy comes in several forms, including pills and capsules.

Street names for MDMA include Ecstasy, E, XTC, Rolls, Hug Drug, Love Drug, Disco Biscuits, White Doves, and Adam.

Short-term effects of Ecstasy include feeling out of control, sadness, hopelessness, nervousness, blurry vision, high fever, increased heart rate, fainting, jaw-clenching, muscle twitches, and high blood pressure.

Long-term effects of Ecstasy include kidney failure, liver failure, strokes (parts of the brain die), heart attacks, fits in the brain, and death.

Test Your Knowledge

1. Ecstasy is a street name for the drug _____.
2. Many times a user is too high to notice his body is overheating, his blood pressure is rising, and his _____ rate is soaring.
3. Ecstasy may lead to permanent _____ problems.
4. MDMA, often called Ecstasy, is both a _____ and a hallucinogen.
5. One of the short-term effects of Ecstasy is feeling _____.



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