

## Light and Unite RED – School morning announcements

January 23-29, 2017

### MONDAY - Prescription Drugs & Heroin

Good morning! Did you know? This week is National Drug and Alcohol Fact Week. Our school is working with health departments and coalitions from all over southeast Wisconsin on a campaign called “Light and Unite Red” to shine a light on drug and alcohol facts. So, all this week, you’re going to hear more about drug and alcohol facts, and see lots of red --- the national color for substance abuse awareness.

So, today, I’m going to give you a few facts about drugs. Did you know that only about 5% of kids around 12-17-years-old misuse prescription drugs? This means taking drugs that are not prescribed to you or taking them in way that your doctor did not tell you to! Some of these teens have even died from misusing one pill, one time! In fact, more Wisconsin residents die from drug overdose than motor vehicle accidents, suicide, or firearms. Students of (enter school) - don’t misuse prescription drugs.

If you want more information on what we’re talking about this week, visit [www.lightunited.org](http://www.lightunited.org) or find the Light & Unite Red page on Facebook, twitter or Instagram.

### TUESDAY - Marijuana

Hello fellow students. For those of you who didn’t hear from me yesterday, this week is National Drug and Alcohol Fact Week. Our school is working with health departments and coalitions from all over southeast Wisconsin on a campaign called “Light and Unite Red” to shine a light on drug and alcohol facts. So, all this week, you’re going to hear more about drug and alcohol facts, and see lots of red --- the national color for substance abuse awareness.

Did you know that every day **3,287 teens** use marijuana for their first time? FACT! Regular use **will** drop your IQ. Studies also show those who regularly use lose interest in stuff they care about – like sports, girlfriends, family, friends, videogaming,.... Let’s be blunt...there is no need for weed.

Weed is addictive. One of every six teens who tries marijuana before age 18 will become addicted to it. Because marijuana is addictive, it can lead to use of other drugs like cocaine and heroin. Don’t even start.

### WEDNESDAY - Synthetic Drugs

Hi everyone – it’s time for another informative announcement brought to you by the Light and Unite Red campaign as part of National Drug and Alcohol Fact Week.

Today, I’m going to tell you about synthetic drugs. Synthetic drugs have a lot of various chemicals in that are just not safe. These drugs can cause hallucinations, but also a lot of other complications even suicidal thoughts and death. So that’s why you shouldn’t use these drugs.

Also – synthetic drugs like bath salts can kill you! If they don’t, you may also have suicidal thoughts, agitation, confusion, chest pain, and many more symptoms. Some of these have even landed youth in the ER. Keep that in mind!

### THURSDAY - Alcohol

Good morning students! Time for another fact as part of our Light and Unite Red campaign!

Did you know more Wisconsin students drink than other students in the nation? Yet not every student is drinking. In fact only about 2 out of 10 students drink alcohol the rest of us know we can still have fun without alcohol.

Besides, your brain is not fully developed until the age of 25! Alcohol or any drug use can have a damaging effect on the brain. So if someone asks you to go out to drink alcohol just say no - your brain and your future are too

important.

### **FRIDAY - Tobacco**

Hey Students – today is our last day of National Drug and Alcohol Fact Week! Today, we're going to talk about cigarettes.

Did you know that almost 8,000 people die in WI every year from tobacco-related illness? That's just crazy. Tobacco is a natural born killer. The list of serious, long term effects is insane: lung cancer, throat cancer, heart disease, and losing your teeth.

And guess what?! Tobacco kills even more people than car accidents, illegal drugs, AIDS, alcohol, murders and suicides COMBINED! Combined!!

Think you're safe smoking e-cigs? Think again! E-cigarettes emit more than "harmless water vapor" and studies are showing that e-cigarettes are having an impact on lung function...so breathe clean air and just don't start.

Stay healthy, my friends! And know the facts!