



Vol 2 Issue 6

OCTOBER NEWSLETTER

As summer is now officially over, it is hard to believe that we spent it all in quarantine and wearing masks. Despite any hardships, I hope you and your loved ones are all safe and healthy! I think we can all agree that when COVID-19 started in March we didn't think it would still be an issue at the end of summer but here we are!

I also think we can all agree that we are capable of things that we never thought possible before!

And, while we can't change what is happening out there, we can change what we do and we can change the way we look at things.

One of my favorite quotes is by Wayne Dyer: *"If you change the way you look at things, the things you look at change."* I love this quote because it has such applicability to life and I have used it many times and it has really helped me! There have been times when I was stuck in a particular problem or situation and I just started looking at it differently and what do you know - it just wasn't a problem anymore and now I could handle it.



Changing our viewpoints can really do magic most of the time! But, it can also hurt us depending on what we are changing our viewpoints about. Are we actually aware of our viewpoint changing or is it changing without us even noticing?

Sometimes our viewpoint changes so slyly that we hardly even notice it!

Take drugs for instance. Did you know that the history of drug abuse goes way, way back? Alcoholic beverages were being produced as early as 7000 BC and hallucinogens have been found in caves in Peru that date back between 8600 and 5600 BC.

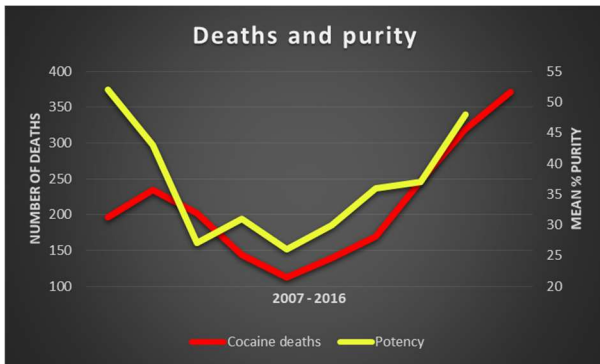
Humans have been taking mind-altering substances for thousands of years, and struggling with the attendant problems for the same amount of time.

Science and technology have changed drug use from only natural substances used in prehistoric times to much higher potency drugs in the 21st century, as well as man-made synthetics.

Some of these created drugs are LSD, amphetamines, prescription drugs, psychotropics and painkillers, crack cocaine and morphine.

And as for the potency of THC, the psychoactive ingredient of marijuana, it used to be around 1%. Now, it's around 30-55% from genetically modified plants. And in terms of dabbing, wax can be 98% potent THC.

Studies have shown that the purity of heroin has increased 60% between 1990 and 2007 and cocaine has had an increased purity of 11% from 1990 to 2007.



Graph from National Crime Agency & Office of National Statistics

But what has made the biggest difference in drug use is the change of viewpoint and perception of drugs.

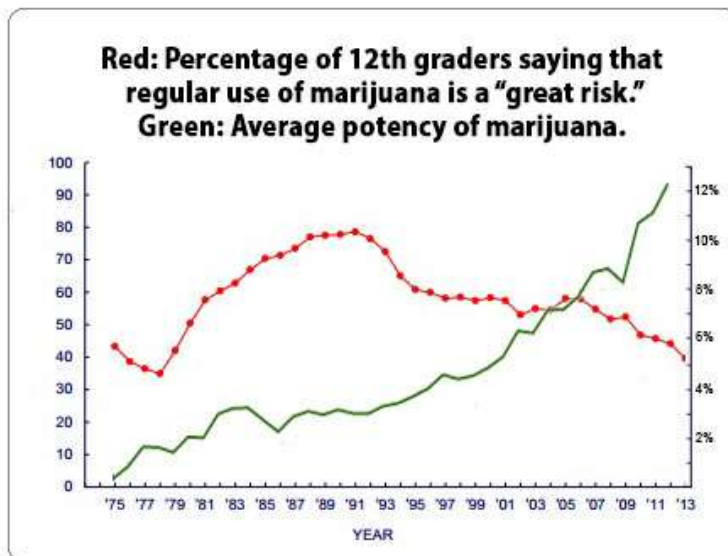
Since the 1960s, the overall viewpoint toward drug use has been changing. Since 2000, this sentiment has led to more states reducing punishments and laxing laws.

Marijuana is probably the most representative drug of the changing sentiment in the US.

For instance, in 1969, only 12 percent of Americans favored legalization. According to Pew Research, that number grew to 61 percent of Americans in 2017.

This is what I mean by having our viewpoint and sentiments change about something without us even really noticing it and being aware of it.

I personally could not have imagined 20 years ago for a 12 year old kid to say there is nothing wrong with pot because if there was it wouldn't have become legal. But I have heard many 12 year olds and even younger say that these days.



from politifact.com

By commercializing and normalizing a substance or an activity we are changing people's viewpoints and perceptions about that thing.

So while it can be very good to be able to look at an issue, perceive it differently, and change our viewpoint about it, we have to remain aware of the subject in question and stay aware of what is happening, from factual, honest information sources.

Don't just change your viewpoint or perception about a subject or person by what you hear from others or what you read or hear in social media. You don't know where those opinions are coming from.

Know what you are looking at. Study it for yourself, do the fact checking for yourself and only then if it makes sense and doesn't harm you, your friends or family, it may be safe to change you viewpoint or opinion.

Have a very happy and safe October!

Koko Tabibzadeh

President, Drug-Free World Los Angeles Chapter



Myth Buster

Myth: If you have a high alcohol tolerance, you don't have a drinking problem.

Truth: If you feel nothing after several drinks, you DO have a problem.

A casual drinker wouldn't be able to finish a couple of six-packs - and if they did, they'd feel very sick. If you're drinking this much and not feeling any effects, it's time to seek help.

<https://www.phoenixhouse.org>

TRUTH ABOUT DRUGS CURRICULUM SUCCESS!

"I like that the drug education program has both the video component and the booklets. It gave my kids real information and they were surprised what they didn't know as they read them. My students thought they knew all about drugs, but LSD was new to a lot of them. They thought drugs only had short-term effects unless you got addicted and took a lot. They were surprised to learn that just one use could ruin the rest of your life." **CG,**

Teacher, South Carolina

Free Truth About Drugs E-Courses

This series of interactive Truth About Drugs courses has been designed so you can learn the truth about drugs at your own pace. Find out what drugs are, what they are made of, their short- and long-term effects, and view real stories from real people about each of the most popular drugs of choice. To begin, choose one of the courses from the list below.



The Truth About Drugs

Through this interactive course you'll learn the reason why people take drugs in the first place. You'll also discover basic facts about the most commonly abused drugs. And you'll hear it from those who lived through the addiction to tell their story. Educate yourself. Get the truth about drugs.

[Start This Free Course](#)

Get your learn on! Sign up for the free e-courses and educate yourself on the truth about drugs!



Keep track of your progress through lesson and section quizzes.



Join a community of passionate people who are making a drug-free world!

[Sign In or Sign Up Free](#)

Pop Quiz

Is it possible to overdose on caffeine?

(answer at the end of newsletter)


DRUG-FREE WORLD ONLINE EDUCATION
Virtual Online Training System

Sign in
Email Password [Log in](#)

[Home](#) [Online Features](#) [Mobile Features](#) [Contact](#)

WELCOME TO THE
**DRUG-FREE WORLD
ONLINE EDUCATION**

THE FULL CURRICULUM ONLINE

 No one questions the severity of the drug problem and its devastating impact on youth. Academic results suffer and, even worse, drugs undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs.

The Truth About Drugs education curriculum is the ideal supplemental aid for teachers, instructors and drug prevention specialists. This curriculum is now available online, providing lesson plans and resources ready for download and use anywhere and everywhere.

[learn more >](#)

FREE SIGN UP

[SIGN UP AS TEACHER](#) [ENROLL AS STUDENT](#)

E-mail Address

Password

Retype Password

First name

Last name


Country

Language

Enter Class Name

[Continue >>](#)

IPAD DRUG EDUCATION APP

 The full Truth About Drugs curriculum is now available on the iPad, with full access to the education curriculum right at your fingertips.

[Download it now from the App Store.](#)

UPDATE: Translations pending approval from Apple. [More Info »](#)



TRUTH ABOUT DRUGS CURRICULUM SUCCESS!

“I did use the material received and made the students aware of the effects of drugs, even giving them your website for further reference. The program is very effective. In fact after the session two boys asked for further help and were referred to a local agency who works with youths taking drugs. It did affect their knowledge. They became more aware of the side effects.

“Hopefully, more students will try to channel their behavior and avoid risks. Comments from some of the students were ‘I will never touch drugs!’ ‘I’ll tell my friends about this!’ ‘Experimentation is part of youth, but one can experiment with sports instead.’”

CA, Teacher, Malta



Excerpted from www.DrugFreeWorld.org

YOUNG PEOPLE VERSUS ADULTS. WHAT'S THE DIFFERENCE?



Photo credits: Stockxpert

A young person's body cannot cope with alcohol the same way an adult's can.

Drinking is more harmful to teens than adults because their brains are still developing throughout adolescence and well into young adulthood. Drinking during this critical growth period can lead to lifelong damage in brain function, particularly as it relates to memory, motor skills (ability to move) and coordination.

According to research, young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

For some teens, like Samantha, drinking seems to be a solution to problems they don't want to face.

"When I was 13, friends would make fun of me if I didn't have a drink. I just gave in because it was easier to join the crowd. I was really unhappy and just drank to escape my life.

"I went out less and less so started losing friends and the more lonely I got, the more I drank.

"I was violent and out of control. I never knew what I was doing. I was ripping my family apart."

Kicked out of her home at age 16, she was homeless and started begging for money to buy drinks. After years of abuse, doctors told her there was irreparable harm to her health.

"...I was only 16 but my liver was badly damaged and I was close to killing myself from everything I was drinking." —Samantha

TIPS TO HELP PEOPLE NOT USE DRUGS DURING COVID-19

- 1) Get them enrolled on the free Truth About Drugs e-courses.
- 2) Start setting up your own webinars where you deliver Truth About Drugs lessons and also maybe get other specialists to plan their own webinars to educate people.
- 3) Get your students and clients active by volunteering - the animal shelters need people to walk the dogs, there are plenty of non profits they can reach out to who need help to deliver food, etc. Meghan Markle and Prince Harry teamed up with several LA based non profits that they can google and then go volunteer.
- 4) Get them doing continuing education classes online to help them with their careers.
- 5) GET OFF SOCIAL MEDIA.
- 6) Help them [Spread a Smile](#) - for themselves and others.

7) Get them connected with their house of worship if their house of worship is offering online services or webinars.

Pop Quiz Answer

Question: Is it possible to overdose on caffeine?

Answer: Actually, yes! The human lethal dose of caffeine is around 10 grams. But, this is quite difficult to do: you would have to drink about 100 cups of coffee within a few minutes to even have a chance of this happening!

www.medicalnewstoday.com

**Interested in volunteering?
We'd love to work with you.**

**Have questions?
We'd love to hear from you.**

Simply respond to this newsletter!





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