



FOUNDATION FOR A
DRUG-FREE WORLD
SOUTHERN CALIFORNIA CHAPTER

Vol 3 Issue 10

OCTOBER NEWSLETTER



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Is it tough to know the truth?

I say a resounding “yes”! And I say it is getting tougher and tougher also – or at least it seems that way to me. But why is that?

Well, sometimes we just don't know all the facts about something but with some work we find them out and get to the bottom of a situation. But for the most part, I find it difficult to find the truth these days. One reason of course is the social media influence where you really can't decipher what is true and what isn't and everyone claims what they are saying is true.



But also have you ever noticed you started to believe things that you were very opposed to earlier? Where you believed something was true where before you totally felt it was not?



I was very surprised to learn that not only does that happen but there is actually a name for this which is "The Illusion of Truth." It is based on the saying "Repeat a lie often enough and it becomes the truth." This in fact is the law of propaganda often attributed to the Nazi Joseph Goebbles. He was the Minister of Propaganda under Adolf Hitler who spread the Nazi message.

This is very important to know and be aware of

because it can save us from falling for propaganda and being sold lies and getting into situations we shouldn't.

The first thing you should pay attention to is if something doesn't make sense or is against your personal beliefs, question it, regardless of how many people or who keeps repeating it. Remember this law! 3 people telling the same lie or 1,000 people telling the same lie does *not* make it the truth.

Don't rely on "reliable" sources! Just because someone is or seems to be an authority does *not* mean they are telling you the truth (at least maybe not always) and that they want the best for you (again at least not always).

In a lot of situations these "authorities" are benefiting from you buying into their "truths", so follow the money

and follow your own good sense.

We have been being told for years that marijuana is harmless, it does not lead to harder drugs and it is not addictive. And a LOT of people who were against drugs bought into this and became pro pot. I wonder how much of that was due to the influence of the “illusion of truth” having been created as we know pot is still a psychoactive drug regardless of being legal or not, it *does* cause addiction and *does* lead into harder drugs.

So when it comes to drugs it becomes particularly important to know the truth, find out the truth and then make your decisions. When a decision can affect and most likely change the course of your life and of those around you, you owe it to yourself and your loved ones

to find out the truth.



So do your homework. Don't just listen to people or social media who may tell you what you want to hear. Find out for yourself and you'll be happy you did.

Remember this law of the Illusion of Truth and keep your own integrity.

And this brings me to another great quote:



"It takes nothing to join the crowd. It takes everything to stand alone." Hans F. Hansen

Have a great October and safe Halloween!!

Koko

SAVE THE DATE – UPCOMING EVENTS!

Friday, 15 October, 9:30am - 4:40pm:

Educator Training Seminar in Spanish

Saturday, 30 October, 5-9pm:

Red Ribbon Week Celebration
& Drug-Free Heros of Los Angeles Awards

Answer this email for more info or to reserve your seat!



Myth Buster

Myth: Kids just don't listen to their parents so talking to them won't do any good.

Truth: While many parents today do not understand and know all the facts and scientific truths about marijuana of the 21st century, or other recreational drugs, a recent study has shown that parents who have 3-5 conversations about drugs with their kids can make a huge difference in the child's life. This study shows that parents are

serious influencers in their children's lives and their communities. So we need parents to learn the facts themselves and get engaged with their kids and their communities.

Facts About Fentanyl



Fentanyl, a powerful synthetic opioid that's about 100 times more potent than [morphine](#), has made headlines recently. Unfortunately, in the past few years, a majority of overdose deaths in the U.S. have involved synthetic opioids.

Clandestinely produced fentanyl is encountered either as a powder or in [counterfeit tablets](#) and is sold alone or in combination with other drugs such as [heroin](#) or [cocaine](#).

[Read more about Fentanyl](#)

Article from www.getsmartaboutdrugs.gov



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WEEK!

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presentation

for your school, church or group?

Just reply to this email and let us

know!

Pop Quiz

What drug was developed by a pharmaceutical company in 1912 and later used in war?

(answer at the end of newsletter)

TRUTH ABOUT DRUGS E-COURSES



The Truth About Ecstasy

Through this interactive course you will learn the truth about Ecstasy. You'll get straight facts about this designer drug people who have abused it.

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 44 min

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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 >](#)

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 >](#)

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Pop Quiz Answer

Question:

What drug was developed by a pharmaceutical company in 1912 and later used in war?

Answer:

Just before WWI began, a pharmaceutical firm you may have heard of called Merck accidentally developed a psychotherapy drug that was originally supposed to serve as an appetite suppressor for soldiers, but it failed miserably. That drug later served other purposes.

After World War II, the U.S. Army used MDMA for their psychological warfare testing, like truth serum, because once a person is completely “doped up,” they’ll admit to just about anything. Doping was a tactic used on prisoners of war to steal enemy strategies and war room secrets. Then, by the 1960s, psychiatrists began using MDMA for psychotherapy medication, and a decade later, it was being legally prescribed by doctors, and then sold on the streets as a party drug under the nickname “Ecstasy.”

MDMA is short for 3,4-methylenedioxy-methamphetamine. Other street names for MDMA are ecstasy or “Molly.” Chemically similar to stimulants and hallucinogens, MDMA is a synthetic drug that alters perception and mood.

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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