

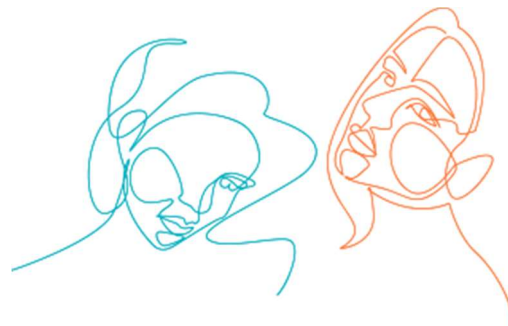


Koko Tabibzadeh

President, Drug-Free World
Los Angeles Chapter

What is the first step in handling anything?

If you said to face it, you are right. It makes sense and seems easy enough but how many of us actually do that?



Usually when we are faced with something difficult or something wrong, what is our first impulse? It is to find reasons why it is not "that bad" and justify it somehow and that it is "ok", it is "acceptable" or it is "normal". We see a baseball bat and a basketball in the middle of a living room and think that it is ok, that they somehow "belong" there and there must be a "good" reason for it.

Although it seems easier to do that at the moment, that is how problems become more formidable and more difficult to confront and handle. It is a lot easier to confront the 5 extra pounds and lose it than to justify the weight gain and watch it become 50 pounds and *then* having to lose that!

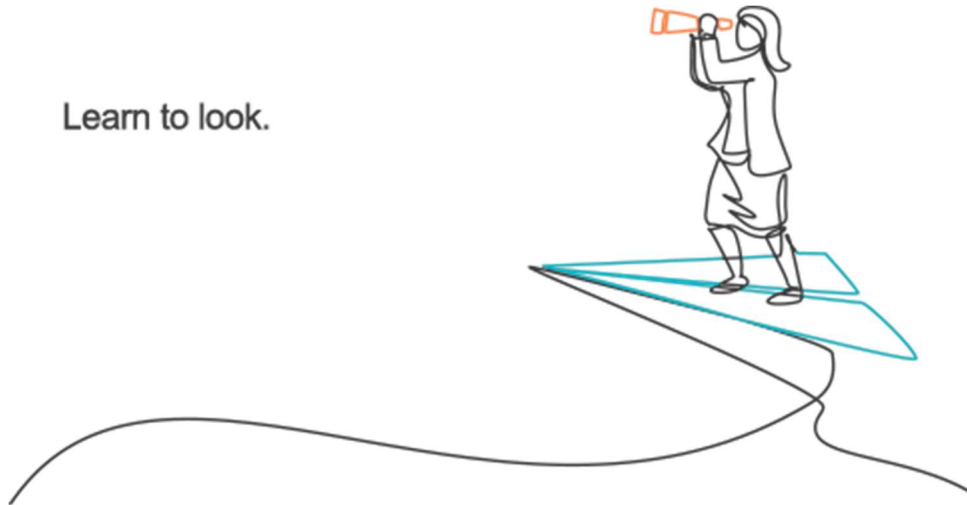
And so our lives can become full of problems before we even realize it. They add up, they don't go away.



So, if you have a sense of something being wrong, if you have that "nagging" feeling that your kid or your friend might be doing something that is not good, like drugs, dig in and find out. Don't let it spiral out of

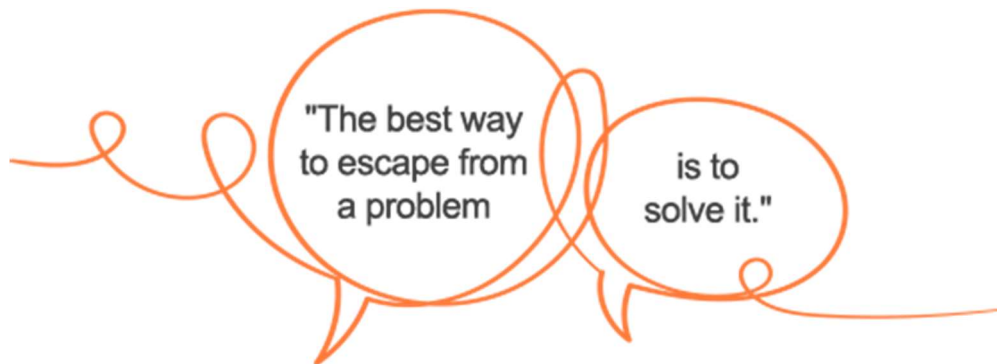
hand and become a bigger problem. Your life will have a lot less problems that way!

Learn to look.



If you see something doesn't make sense, look deeper and closer – don't accuse anyone of anything until you know more. But look and see what you find out. And then if you do find something not optimum, then communicate, talk to your kid, your friend, your spouse or whoever might be involved. Then and only then you can figure out how to handle it.

As Alan Saporta, the poet motivational speaker said:



Have a wonderful March and Happy Spring!!

Koko

Pop Quiz

Can you tell if something has been added to marijuana before using it?

[VIEW THE ANSWER →](#)

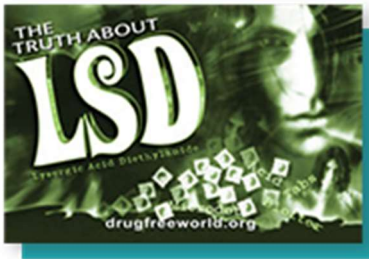
Myth Buster

Myth: Sniffing glue gives an instant rush. There isn't enough time for it to hurt you.

Truth: Inhalants enter the blood and go through the body in seconds. Sniffing larger amounts can cause a heart attack or death from suffocation because inhalants replace oxygen in the lungs.

The Truth About LSD

Through this interactive course you will learn the truth about LSD. Real people who've used LSD spell it all out—from its history to its street names, and its unpredictable effects and risks.



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Guest Article

It is all in *your* own attitude!

Hi!

My name is Nicole, and with the normalcy I see that has been brought to using marijuana and other drugs and the increase in usage among younger and younger people, I wanted to write to you as a young person born and raised in Los Angeles who has never done drugs. I'm 32 years old and went to public school most of my life including Beverly Hills High School.

I wasn't really ever exposed to drugs, although I knew they were around considering I went to public school. I already had the idea that drugs weren't good from the way I was raised and the little I knew about them and what they did and so it just never seemed appealing to me. Why would I even want to risk it?

I made a great group of friends in high school that didn't do drugs either. Maybe one or two of them did but never around me or our group of friends. One time I saw weed and asked someone if that's what it was. They were in disbelief that I had never seen it and was about to graduate high school.

I don't really drink alcohol either. Occasionally I have a sip to try something or just for a toast at a wedding, but I generally don't like it. I love being in full control of my body, and being fully aware. I have seen what drugs can do to a person, and it just never seemed appealing to me. Have you ever seen someone who is drunk or high? It is not a pretty picture.

Funny enough, when people find out that I don't drink or do drugs, they actually respect me. They may joke around about me not drinking alcohol, but ultimately they hold me in a different category because of it. Since they see I'm full of life and energy, I own multiple companies, I can have a good time going out for dinners, they actually are surprised that I don't need the energy from other substances.

So really it's all about you and your attitude towards it. If you are fully confident and know it's better not to do drugs, then that's just how it is. You exude that confidence and actually show how much better your life is, you can influence others to do the same!



Best,

Nicole Tabibzadeh

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WELCOME TO THE
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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.

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First Name

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Language

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Pop Quiz Answer

Can you tell if something has been added to marijuana before using it?

No, you can't. Chemicals can be added to marijuana leaves without the user knowing it and they can be sprayed on the plants before picking.

Drugs like PCP could be put in the dry leaves or it can be cut with Fentanyl.

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

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

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Foundation for a Drug Free World Los Angeles
4810 W. Sunset Blvd
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