



FOUNDATION FOR A
DRUG-FREE WORLD
SOUTHERN CALIFORNIA CHAPTER



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Simplicity or complexity? That is the question. When we have a problem, which is the better way to go?

It seems that as technology gets more and more advanced, we as human beings become more and more complicated and complex.



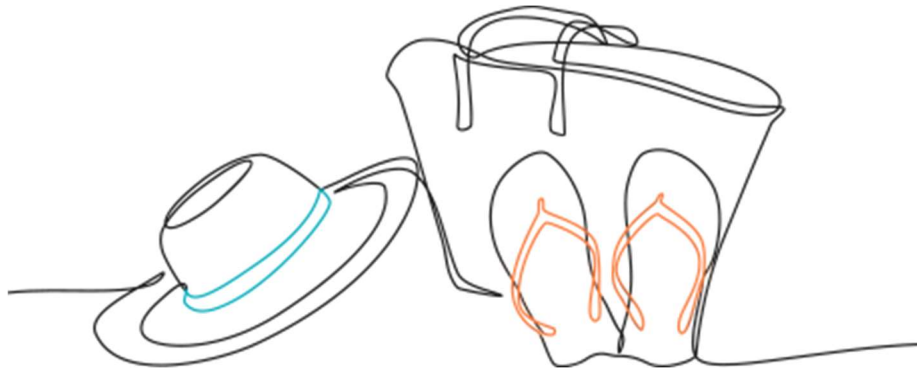
When today's kids get lonely, they don't go out in the street and play with their neighbors' kids or call a friend over anymore. Instead, they go to their rooms, close the door and start looking up their "friends" and reading their "not so real" posts on social media and potentially even get more depressed!

We get thirsty, we don't drink water, there are hundreds of drinks we can now choose from with tons of God knows what in them and God knows what side effects.

Instead of cooking our own food and walking the neighborhood we prefer to drive to the nearest fast-food restaurant and eat food with ingredients

we can't even pronounce.

We have illnesses now that were pretty much unheard of a couple of hundred years ago. Life was simple then!



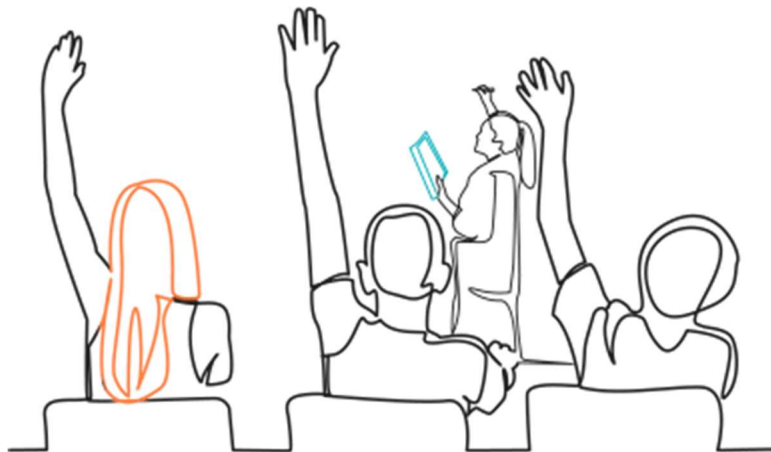
While a lot of these things can be considered progress there are many drawbacks as well that we should know so that we can reap the benefits without the disadvantages. And I think a good way to start doing that is by trying to go towards simplicity whenever we can!

What if we took a step back and started to look and treat life more simply? What if when we are down and having a bad day, we pick up the phone and call our friend, meet with them and go for a walk or coffee?

I had the pleasure of talking to a group of young adults recently who are in a program which focuses on the values of self-discipline, teamwork, and leadership. The program also promotes a drug-free and healthy lifestyle. There was something so different about these kids. They were in

communication with us, they were asking questions and talking! I can honestly say with all the high schools and different youth clubs I had been to, this was a totally different experience.

One main difference I noticed: they had no cell phones with them in the class. Now, I am sure they all have cell phones and play video games but at least in the class and during their exercises they didn't have them and that all by itself can make a huge difference in one's behavior! They were present, listening and talking *not* with their heads in their phones looking at pictures!



It is how a classroom used to be! Students listening and talking to the teacher, asking questions and engaging. We had manners before, we respected the elderly and our teachers which is becoming a lost art! Again, it was simple back then!

When we had problems we talked to each other, our families and friends...not a psychiatrist or a drug dealer and then get put on drugs and

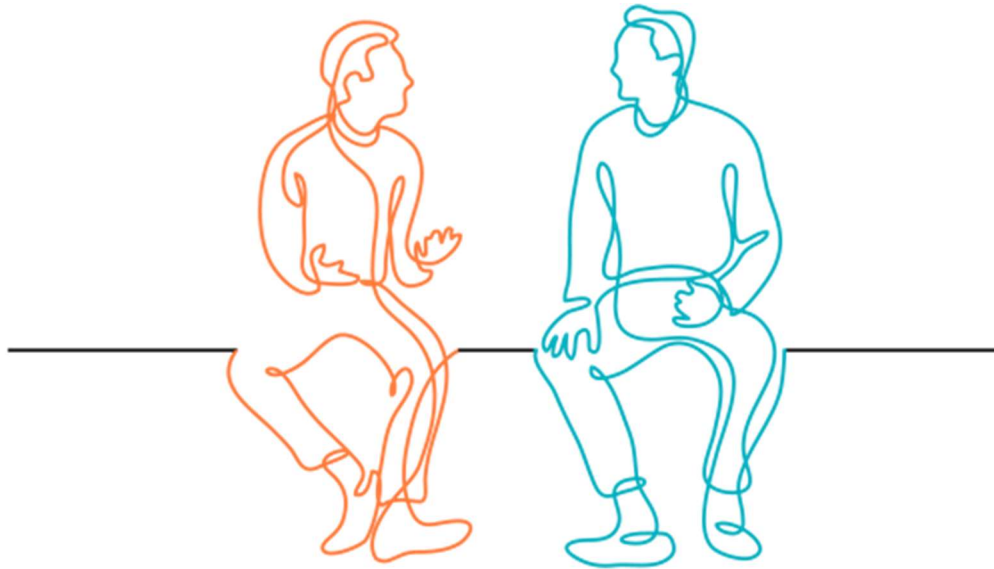
really make things complicated. We solved our own problems with the help of one another not through a drug.

Drugs make everything more complex!

For one thing, you don't really even know what you are taking. Drugs and even medicine have side effects! If you are taking a street drug you really have *no* idea what you are taking and what the side effects could be.

You don't know how your body will react to it and you have *no* idea if it will make you feel better or worse. And worst of all, it could actually kill you. Unfortunately, with the drugs we have out there today, death is becoming more and more of a "side effect" although not one that is written on the package or discussed with you by the person selling it to you.

So, take the simple solution. When you have an issue go talk to your parents or a friend or go exercise. You will feel better in no time with *no* side effects.



Communicate! That is the simplest solution to anything and can solve almost anything! Be present and don't dwell on the past, there is *nothing* you can do about the past and *everything you* can do in the present and about the future.

And here is a quote I thought you might like! Being simple takes being a genius and courageous. Wouldn't you want to be that?

“Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius — and a lot of courage to move in the opposite direction.” E.F. Schumacher

Have a safe and fun summer!

Koko

Pop Quiz

What is the number 1 reason kids start doing drugs?

[VIEW THE ANSWER →](#)

Myth Buster

Myth: By legalizing marijuana use and taking the “prohibition” off, you decrease drug-use.

Truth: The truth is the exact opposite: by legalizing and normalizing the use of a drug, such as marijuana, the perception of its harm goes down, and with increased accessibility the use goes up.

In an article issued by HealthDay it is noted that “Between the 2017-18 and 2018-19 school years, after pot was legalized for adults, there was a 23% rise in marijuana use over the past 30 days and teens' likelihood of lifetime use rose 18%.”

Another article noted:

“A new study found the problematic marijuana use increased by 25% among teens in states with legal pot shops.”

Think about this next time the authorities vote to decriminalize and legalize another drug!

The Truth About Alcohol

Through this interactive course you will learn the truth about crystal meth. Former users will tell you about what chemicals it's made from and what they went through to support their meth habits.



[START THIS FREE COURSE →](#)

Upcoming Events

FOUNDATION FOR A **DRUG-FREE WORLD**

Become a **Truth About Drugs** **Certified Drug Education Specialist**

The Foundation for a Drug Free World wants to work with you to make an effective, big, positive difference in our cities, states & beyond regarding the drug epidemic in our country. To make this a reality we are holding a:

Drug Free World Education Specialist Certification Workshop

Gain familiarity on the award winning Truth About Drugs education materials and become certified as a Drug-Free World Education Specialist.

Date: Saturday, July 23, 2022

Time: 9:30 am - 5 pm

Sign-in & refreshments: 9:30 - 10:00 am

Seminar begins at 10:00 am sharp!

Location: 4810 W Sunset Blvd., Los Angeles, CA 90027

Downstairs Auditorium
Church of Scientology of Los Angeles

Everyone will receive a free Educator Kit including:

- Truth About Drugs Documentary DVD
- Educator's Guide
- 24 packs of the 14 different Drug-Free World booklets
- Drug Education Posters

You'll have everything you need to start delivering drug education to clients, students, parents, youth, etc.

Cost for event and materials is FREE. Light refreshments and complimentary lunch will be served. Parking is free at location. Class size is limited. Seats fill up quickly so RSVP today!

[CLICK HERE TO REGISTER →](#)



Come Join Drug-Free World Los Angeles at National Night Out!

Free for all families! Come meet our local Firemen and see their fire truck! Other activities include music, face painting, arts and crafts, bouncy house, games, prizes, and spray paint art lessons - take your art home!

Date: Tuesday, August 2nd

Time: 5 pm - 8 pm

Location: North Parking Lot, Church of Scientology Los Angeles
4810 W. Sunset Blvd, Los Angeles 90027

[CLICK HERE TO REGISTER](#) →

Article of the Month

The State of Teen Drug Use: What Are the Real Numbers?



President John F. Kennedy said, "Children are the world's most valuable resource and its best hope for the future." Most Americans would echo that sentiment. We want the best for our children.

It's bad enough when an adult uses drugs and damages their life, but it strikes most of us as much worse if it happens to a child. This is an understandable sentiment because a child risks their entire future if their path is derailed by drug use.

Knowing the current numbers for adolescent drug users can help us determine how hard we need to work to save our future generations. Fortunately, there are two surveys that provide us with annual information on their drug use.

- The Monitoring the Future surveys tap into the habits of students of 8th, 10th and 12th grade; and young adults from 18 to 22, either in or out of college.
- The National Survey on Drug Use and Health surveys Americans aged 12 and up.

This report is drawn from these three annual surveys.

Marijuana Use

Among 12th grade students, more than one-third smokes marijuana each year. More than one in four 10th graders have done the same.

This number jumps up significantly by the time these youth are [college-aged](#). Approximately 44% of these young adults use marijuana each year. This is the highest rate since the 1980s. This change is not surprising considering the widespread campaigns to legalize medical and recreational marijuana use, which create the impression that the use of a legal drug is both normal and harmless.

As documented by the National Institute on Drug Abuse, marijuana is addictive, causes IQ loss, can cause hallucinations, paranoia, suicidal thoughts and symptoms of schizophrenia. Anything we do that gives either youth or adults the impression that this is a harmless drug is doing them a disservice.

[READ THE FULL ARTICLE →](#)

[Start an Online Classroom](#)

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.

[Available on the App Store](#)

[Learn more >](#)

IPHONE DRUG EDUCATION APP

The Drug-Free World Truth About Drugs Education Photo App. With this app, you will be able to review and grade your student's lessons right from your phone, with the information fully synchronized with your other mobile devices.

Download it now from the App Store.

[Available on the App Store](#)

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

FREE ONLINE

STAFF ACCOUNT PARENTS/STUDENT

Email Address

Password

Repeat Password

FIRST NAME

LAST NAME

CITY

ZIP CODE

Enter Class Name

[Get It Now >>>](#)

Start a Class Today! →

Pop Quiz Answer

What is the number 1 reason kids start doing drugs?

Peer pressure.

The National Institute on Drug Abuse conducted a [survey](#) in 2016 and discovered that 1.9 million adolescents ages 12 – 17 years old had used illicit drugs within 30 days of when the survey was done. A majority of these teens reported being given drugs or alcohol by a peer. Teens want to be accepted and to fit in. When their best friend offers them drugs or [alcohol](#), it's unlikely that they'll say no.

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

[Join Us →](#)

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

[Contact Us →](#)



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