

Was offered a drug.  
Chose to try it.

Felt weird, but good. Chose to try it again.

Started looking for chances to get high.

Flunked a few tests at school. Missed Mom's birthday.  
Found a connection to score drugs.

Quit after-school stuff to get a job. Used the money to help pay for drugs.

Was tired a lot. Started showing up late to work. Got fired. Told Mom and Dad I quit.

Met some kids from another school and started dealing.

Felt sad for no reason. Couldn't seem to shake the blues.

**LIFE'S COMPLICATED ENOUGH: Make Smart Decisions About Drugs**

Got busted for drug possession.  
Dad picked me up at the station house.

Things seemed hopeless. Opted for treatment instead of juvie. Heard all about how drugs were bad for my health, but didn't listen.

Got high with a friend once treatment was over. Began to feel out of touch. Things went downhill fast at home.

Chose to go back to treatment,  
this time for real.

Started to feel different after a few months — calmer, more hopeful.  
Learned a lot about drugs and how they affect my body — and my mind.

Reconnected with some old friends who don't use drugs. Started volunteering after school.

Didn't graduate from high school with great grades, but did graduate.



FOR MORE INFORMATION

- For facts about drugs and your body, visit [www.drugabuse.gov](https://www.drugabuse.gov) or [scholastic.com/headsup](https://scholastic.com/headsup).
- To locate a treatment center, contact [www.treatment.samhsa.gov](https://www.treatment.samhsa.gov) or 1-800-662-HELP.
- For immediate help with a crisis, contact 1-800-273-TALK.

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