



Say NO To Drugs!

Say YES to Education, Culture & Golf!

BOTTOM LINE: *Teens who use drugs can become psychologically dependent upon drugs to feel good, deal with life, or handle stress.*

Drugs are everywhere. Here's what you need to know about drugs.

- Alcohol kills 6 ½ times more teenagers than all other illicit drugs combined.
- In the last thirty days 50% of teenagers report drinking.
- Illegal drug use among teenagers is declining.
- The abuse of prescription drugs, especially pain relievers is increasing.
- All prescription drugs are not safe, they are highly addictive and can cause severe side effects.
- Teens that drink are 50 times more likely to use cocaine than teens who never consume alcohol.
- More than 60 percent of teens said that drugs were sold, used, or kept at their school.
- An estimated 1.8 million (0.8 percent) of youth age twelve and older are current users of cocaine.

SOURCE: TeenDrugAbuse.us is sponsored by Teen Help LLC. http://www.teendrugabuse.us/teen_drug_use.html

What Good is a College Education Anyway?

Here are five ways that a college education will make you a better person:

1. It will likely make you more prosperous.
2. It will give you a better quality of life.
3. It will give you the power to change the world.
4. It will be something you can pass on to your children.
5. It makes you a major contributor to the greatest nation on earth.

Individual with a bachelor's degree will earn about \$1,600,000 more than individual with a high-school diploma during lifetime.

Why People Take Drugs

Some teens believe drugs will:

- help them think better
- be more popular
- stay more active
- become better athletes

Some teens:

- use drugs to fit in
- use drugs to gain attention
- use drugs because they're depressed
- think drugs will help them escape their problems

The truth is, drugs don't solve problems — they simply hide feelings and problems.

When a drug wears off, the feelings and problems remain, or become worse.

Drugs can ruin every aspect of a person's life.

SOURCE; TeensHealth is part of the KidsHealth family of websites. http://kidshealth.org/teen/drug_alcohol/drugs/know_about_drugs.html



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culture - the behaviors and beliefs characteristic of a particular social, ethnic, or age group: the youth culture; the drug culture.

SOURCE: <http://dictionary.reference.com/browse/CULTURE>

Importance of Culture

- ✓ Culture is represented through the art, literature, costumes, customs and traditions of a community.
- ✓ The cultural values of a community give it an identity of its own.
- ✓ Culture is shared by the members of a community.
- ✓ It is learned and passed from the older generations to the newer ones.
- ✓ Language, art and religion serve as the symbolic means of transfer of cultural values between generations.
- ✓ The customs and traditions that the people of a community follow, the festivals they celebrate, the kind of clothing they wear, the food they eat, and most importantly, the cultural values they adhere to, bind them together.
- ✓ The cultural values form the founding principles of one's life.
- ✓ They influence one's principles and philosophies of life.
- ✓ They influence one's way of living and thus impact social life.
- ✓ The importance of culture lies in the fact that it is a link between people and their value systems.

SOURCE: By [Manali Oak](#)
<http://www.buzzle.com/articles/importance-of-culture.html>

Golf Life Lessons

Golf is probably the most played sport in the country.

QUOTES

“Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots - but you have to play the ball where it lies.”

- Bobby Jones

“One of the most fascinating things about golf is how it reflects the cycle of life. No matter what you shoot - the next day you have to go back to the first tee and begin all over again and make yourself into something.”

- Peter Jacobsen

SOURCE: <http://golflifelessons.com/index.html>

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