



# Certification and Life Choices Scholarships

**NOPE** **NARCOTICS**  
**TASK FORCE** **OVERDOSE**  
**PREVENTION &**  
**EDUCATION**



## NOPE Life Choices Award and Scholarship!

Certified applicants will be eligible to win! A total of 8 NOPE Life Choices monetary scholarship awards will be presented in July of each year. See page 6 for details!

## Earn 30 Community Service Hours

Certified applicants will earn 30 community service hours. See page 5 for details!

## Receive a Letter of Recognition from the White House

Certified applicants will receive a letter of recognition from the White House Office of National Drug Control Policy (ONDCP). See page 5 for details!

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## Contact Information

*If you have any questions or comments please feel free to contact the NOPE Task Force office:*

3233 Commerce Place, Suite A  
West Palm Beach, FL 33407  
(561) 478-1055

[www.nopetaskforce.org](http://www.nopetaskforce.org)

# NOPE Certification



NOPE Certification is a process in which students can **earn community service hours** while increasing their knowledge of the topics presented at NOPE assemblies.

Certified applicants (persons who complete the certification requirements) will receive a personalized letter of recognition from the White House Office of National Drug Control Policy (ONDCP) to be placed in their extracurricular portfolio and become eligible to receive NOPE Life Choices Award and Scholarship.

Students have the option of completing different activities. Through these creative projects, students can learn the value of maintaining a healthy, drug free life and what to do when confronted with difficult drug related decisions.

## Certification Requirements

- 1. Attend a NOPE presentation*
- 2. Register on the NOPE Website to begin the process*
- 3. Complete Certification Scholarship Application*
- 4. Complete 2 projects pertaining to NOPE topics*
- 5. Complete NOPE Task Force crossword puzzle*
- 6. Submit all completed assignments to:*

NOPE Task Force  
3233 Commerce Place, Suite A  
West Palm Beach, FL 33407  
Or on-line at [www.nopetaskforce.org](http://www.nopetaskforce.org)



# Benefits

Upon completion, all certified applicants will receive:

- 30 Community Service Hours
- Eligibility for NOPE Task Force Life Choices Award and monetary school scholarship
- Personalized Letter of Recognition from the White House Office of National Drug Control Policy (ONDCP)
- NOPE Certificate



## Community Service Hours and Certification

Upon receipt of completed application and project, NOPE will approve and send the NOPE certificate and a formal letter recognizing completion of 30 community service hours.

## ONDCP Letter of Recognition

Upon receipt of completed application and project, the certified applicant's name will be sent to the White House Office of National Drug Control Policy. A formal personalized letter of recognition will be sent to each certified applicant's home.

## NOPE Certification

Each submittal fulfilling certification requirements will receive the NOPE certificate, which can be placed in the certified applicants extracurricular portfolio and is suitable for framing! What a perfect gift for your parents.



# NOPE Life Choices Awards and Scholarship

**A total of 8 NOPE Life Choices Awards will be presented in July of each year.**

**The categories for awards are as follow:**



## Category 1:

### High School Life Choices Award

A total of four high school students will be selected for Life Choices Awards. Recipients will receive a \$500.00 cash scholarship. There will be one recipient for each of the following categories:

- Best Video
- Best Essay
- Best Advertisement
- Best Power Point Presentation



## Category 2:

### Middle School Life Choices Award

A total of four middle school students will be selected for Life Choices Awards. Recipients will receive a \$200.00 cash scholarship. There will be one recipient for each of the following categories:

- Best Video
- Best Essay
- Best Advertisement
- Best Power Point Presentation

# Getting Started

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1. Register on the NOPE Website to begin the process.
2. Complete the NOPE Certification and Scholarship Application.
3. Review Project Topic and Project Medium Lists.
4. Select two (2) topics from the Project Topic List.
5. Personalize each project by selecting the medium in which you would like to present your contemporary research about the topic from the Project Medium List. Complete selected projects and submit to NOPE Task Force on-line or by U.S. Mail.
6. Complete the NOPE Task Force Crossword Puzzle.
7. Deadline for completed packet to include: application, 2 projects and crossword puzzle, is June 1st.
8. Submitted projects will be approved by NOPE Task Force.
9. NOPE Certificate will be promptly mailed to certified applicants along with a letter recognizing community service hours.
10. A letter from the White House Office of National Drug Control Policy (ONDCP) will be mailed to certified applicants within 4-6 weeks.
11. Students receiving NOPE Certification will become eligible for NOPE Life Choices Award and Scholarship within the appropriate category applied.
12. Scholarship winners will be notified by mail in July.

# Project Topic and Medium List

## Topics:

- A. Addiction and the Teenage Brain
- B. Just One Time Can Kill
- C. Combining Drugs Can Cause Overdose
- D. Be the Hero-Tell Someone
- E. Make the Call! Dial 911

## Medium:

- 1. Essay
- 2. Power Point Presentation
- 3. Advertisement
- 4. Video



## Example:

### *Project One*

Selections 4D- Create a video about a person calling 911 while witnessing an overdose

### *Project Two*

Selections 2A -Create a PowerPoint presentation about addiction and the teenage brain

# Medium Descriptions

## A. Essay

- Write a well-organized essay on your selected topic
- Include contemporary research about the topic and cite all references  
(See *following fact sheets and suggested websites*)
- The length of the essay should be 2-3 pages, typed, double spaced, Times New Roman, 12 point font

## B. Power Point Presentation

- Create a PowerPoint presentation for students that could be used in a NOPE presentation about your selected topic
- Minimum of 10 slides
- Include pictures
- Include contemporary research and cite all references  
(see *following fact sheets and suggested websites*)

## C. Public Service Advertisement

- Create a poster with a slogan that conveys a positive message for students about your topic
- Advertisement may be for a newspaper, magazine, bill board, or poster
- Include photos, art, and/or graphic design to communicate your message
- Include contemporary research (see *following fact sheets and suggested websites*) cite all references

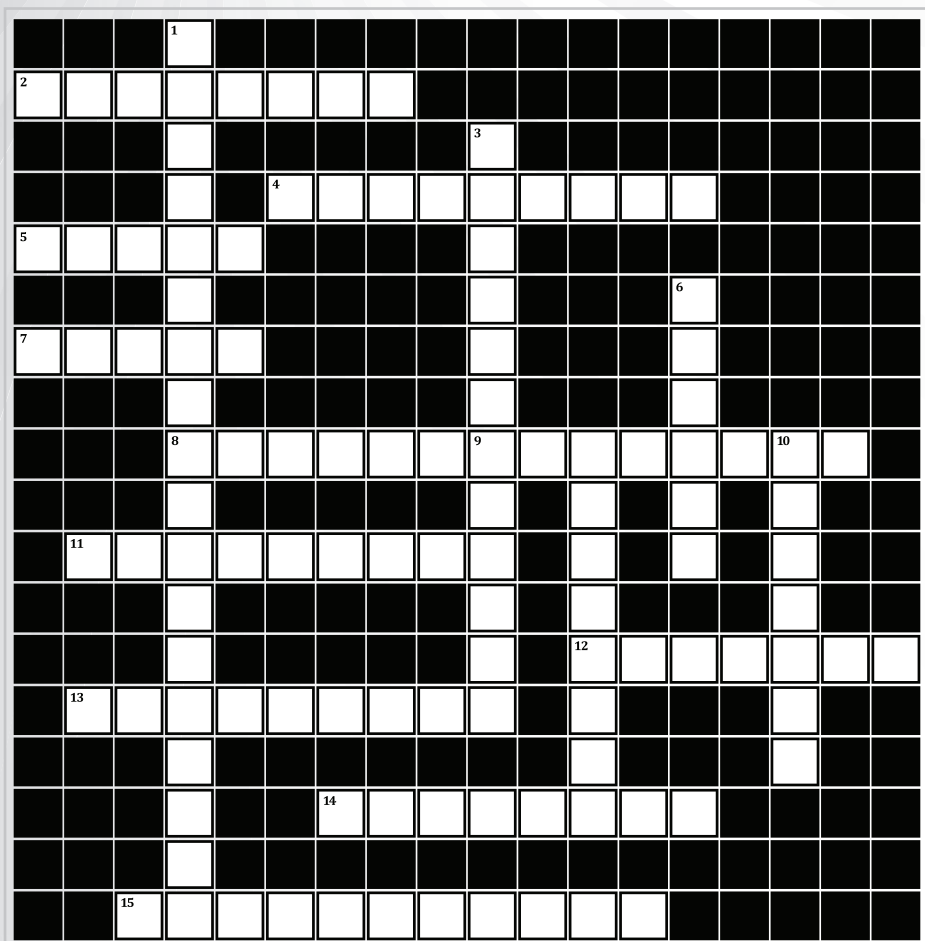
## D. Video

- Submission should include both a recording and the story board of the video
- Video should be 2-4 minutes in length
- Include characters and scenarios
- Include beginning, middle and outcome of your movie.
- Include contemporary research (see *following fact sheets and suggested websites*) cite all references (Cite on story board copy, not necessary to cite on actual video)



# Crossword Puzzle

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**You are almost finished! Let's put what you have learned to the test! Complete the challenging crossword puzzle! Refer to NOPE glossary for answers!**

## Across:

2. Physical changes that occur when a person stops heavy use of a drug.
4. This is when higher amounts of a drug are needed to create the same effect as experienced initially.
5. Using drugs changes \_\_\_\_\_ structure and function in long lasting ways.
7. Alcohol can damage every \_\_\_\_\_ in your body.
8. There are approximately 28,000 unintentional \_\_\_\_\_ a year in the United States. (2 Words)
11. What do approximately forty-five percent of teens who begin drinking alcohol before age 14 become?
12. The single leading cause of death among young people is \_\_\_\_\_. 25% of those deaths involved drugs and/or alcohol.
13. What has the following symptoms: tolerance, physical dependence, psychological dependence, and withdrawal?
14. This is much more than simply abstaining from alcohol and other drugs — it involves active, continually evolving behavior changes.
15. What should you do if you or someone you know is using drugs? (2 Words)

## Down:

1. When a person requires the regular use of alcohol or other drugs to continue to function, and develops withdrawal symptoms without the substance, this person has a \_\_\_\_\_. (2 Words)
3. Taking medication without a \_\_\_\_\_ and without direction of a physician's supervision can be toxic and deadly.
6. Not recognizing or refusing to admit to a substance abuse is an example of what?
9. 2 Million hospital emergency department visits are attributed to drug misuse and \_\_\_\_\_?
10. Smoking is especially harmful to teens because their body is still \_\_\_\_.

# Suggested Resources



Contemporary Research for each of the certification topics are provided in the Certification Packet. Additional research is required.

## **Suggestions:**

- Contacting NOPE Task Force
- Interview professionals in your community
- Suggested website list

Below is a list of websites that provide accurate statistics and information, these sites are approved resources for NOPE certification projects. **Be sure to acknowledge all the information sources in your project!**

- [www.NopeTaskForce.org](http://www.NopeTaskForce.org)
- [www.DrugFree.org](http://www.DrugFree.org)
- [www.TeenChallengeUSA.com](http://www.TeenChallengeUSA.com)
- [www.AboveTheInfluence.org](http://www.AboveTheInfluence.org)
- [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)
- [www.samhsa.gov/](http://www.samhsa.gov/)
- [www.kidshealth.org/teen/drug\\_alcohol](http://www.kidshealth.org/teen/drug_alcohol)



# Contemporary Research

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## Alcohol Use

- Youth who drink alcohol before age 15 are five times more likely to become addicted than adults who begin drinking at the legal age of 21. [16]
- Alcohol use by youth can lead to both fatal and non-fatal injuries. Other consequences for youth who use alcohol include risky sexual behaviors, poor academic performance, and increased risk for suicide.
- Coma and even death can occur if a large amount of alcohol is consumed rapidly because of depression of the central nervous system. [10]

## Mixing Drugs and Alcohol

- Mixing alcohol and drugs creates great risk for dangerous reactions.
- Mixing alcohol with depressants can cause fatal poisoning.
- Mixing alcohol with certain medications can cause, vomiting, headaches, drowsiness, fainting, and loss of coordination.
- Many medications, including pain killers and cough/cold medicines, contain more than one ingredient that can interact negatively with alcohol.
- Mixing drugs increases your risk of overdose, fainting, blood pressure problems, breathing problems, liver damage, stomach bleeding, blood clots, strokes, heart attack, seizure and death.
- Mixing alcohol with anti-depressants and anti-anxiety medications can cause increased risk of overdose, increased feelings of depression or hopelessness, and suicidal thinking in adolescents. [4]
- Overdosing on prescription pain relievers can be deadly.
- Mixing prescription drugs with over the counter medication or alcohol can be deadly. [1]

## Addiction

- Addiction is defined as uncontrollable, compulsive drug craving, seeking and use of drugs even in the face of negative health and social consequences.
- Addiction is considered to be a disease.
- Addiction results from initial voluntary use of drugs.
- Addiction often results in detrimental consequences to family, professional and personal relationships.
- Addiction often requires formal treatment. [7]

## Becoming Addicted

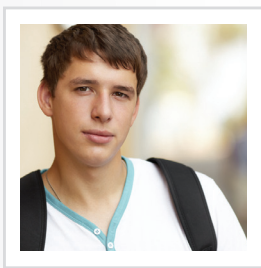
- A person begins as an occasional drug user. This is a voluntary decision. At some point the switch occurs from choice to behavior
- As time passes brain changes cause the user to end up with compulsive and sometimes uncontrollable drug use. [1]

## Addiction is a Brain Disease

- Using drugs changes brain structure and function in long lasting ways.
- Effects of drug use can last long after a person stops using.
- Addiction causes changes and the creation of new memory connections in the brain.
- These changes cause characteristics of addiction including the compulsion to continue using.
- The need to use drugs becomes the top priority for the user. [11]

## Effects of Addiction

- Addiction affects an individual's priorities, thus affecting his or her personal social relationships.
- When satiating the addiction becomes the top priority, the other responsibilities in the user's life take a back seat. These overlooked responsibilities can include relationships, school, work and family.
- A person may become unreliable, forget things, tell lies, steal money for drugs, or even become violent with people they love.
- People who suffer from an addiction often develop other medical problems such as lung disease, heart disease, strokes, cancer, mental disorders and obesity.
- Using drugs also increases risk of contracting HIV/AIDS, hepatitis, and other diseases.
- Some drugs are toxic to nerve cells and can damage and destroy the cells in the brain and nervous system.
- Some of these effects can occur after just one use. [2]





## The Brain

- The brain is not fully developed until age 25.
- The prefrontal cortex is the last area of the brain to develop. This area is responsible for processing information, making judgments, controlling impulses, and foreseeing consequences.
- Early drug use puts you at great risk of causing permanent neurological damage to your developing brain. [1]

## Overdose Deaths

- There are approximately 28,000 annual fatal unintentional drug poisonings in the United States. [12]
- In 2008, DAWN (Drug Abuse Warning Network) estimates show that prescription or over-the-counter drugs used nonmedically were involved in 1.0 million ED visits, and illicit drugs were involved in 1.0 million visits. Among the legal drugs, the most common drug categories involved were drugs acting on the central nervous system, especially opioid painkillers, and psychotherapeutic drugs, especially sedatives and antidepressants. Opioid painkillers were associated with approximately 306,000 visits and benzodiazepines (a type of sedative) with 272,000 visits. Collectively (illicit and prescription drugs), the estimate number is 2 million ED visits. [15]
- The following websites include memorials to teens that have passed away due to overdose deaths.
- [www.nopetaskforce.org/memorials](http://www.nopetaskforce.org/memorials)
- [www.drugfree.org/Memorials](http://www.drugfree.org/Memorials)

## Signs and Symptoms of an Overdose

- If you ever see anyone with these symptoms, call 911 or other emergency services immediately!
  - Seizures, body tremors
  - Dilated pupils
  - Confusion
  - Hallucinations
  - Cold, clammy skin
  - Slow breathing, loud snoring sound
  - Respiratory arrest, not breathing
  - Very fast, slow or absent pulse
  - Unconsciousness [17]

## Facts

- Overdose deaths are largely due to misuse and abuse of prescription drugs. In a majority of deaths, more than one drug is found. [14]
- Motor vehicle crashes is the single leading cause of death among young people is motor vehicle crashes. 25% of those who died were driving under the influence. [18]
- Using drugs may encourage risk behavior and choices that lead to fatalities. [1]

# Make the Call

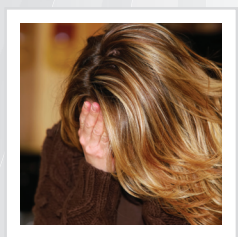
## Dial 911™



Many people do not call 911 because they are afraid of being arrested, but calling 911 may be the **ONLY** way to save someone's life.

## You are Responsible

- Overdose deaths are second only to car crashes for unintentional injury deaths.
- Many overdose deaths could have been prevented if someone called emergency services.
- Approximately 28,000 people in the U.S. die from a prescription drug overdose each year. [15]



## Be the Hero, Tell Somone™

If you or someone you know is using drugs, tell someone that can help before an overdose occurs.

- Don't let your loved one's denial of a problem prevent you from helping them.

## Where to Turn:

- Talk to your school Guidance Counselor
- ASK ADAM & AMY  
[www.nopetaskforce.org](http://www.nopetaskforce.org)
- Caron Center: 1-800-854-6023
- Hanley Center: 1-866-4Hanley
- Parent Helpline: 1-855-DRUGFREE  
1-855-378-4373
- Hazelden Addiction Treatment:  
1-866-545-6439
- NOPE Task Force: 1-866-612-NOPE
- Al-Anon: [www.al-anon.org](http://www.al-anon.org)
- Al-Ateen: [www.alateen.org](http://www.alateen.org)
- Above The Influence: 1-800-788-2800
- Find out more at websites:  
[www.drugfree.org](http://www.drugfree.org)  
[www.abovetheinfluence.org](http://www.abovetheinfluence.org)  
[www.nopetaskforce.org](http://www.nopetaskforce.org)

# Glossary



## Abuse

Repeated use of alcohol and/or other drugs accompanied by failure to fulfill major responsibilities related to work, family, school or other roles and/or repeated use in situations that are physically hazardous; and/or repeated legal problems. [1]

## Addiction

A chronic, relapsing disease characterized by compulsive drug-seeking, abuse and long-lasting chemical changes in the brain. [8] Other symptoms of addiction can include tolerance (development of resistance to a drug's effects over time), physical dependence, psychological dependence, and withdrawal. [1]

## Alcohol

The kind of alcohol that people drink is ethanol, which is a sedative. When alcohol is consumed, it's absorbed into a person's bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions. Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing. [2]

## Alcohol Poisoning

A condition in which a toxic amount of alcohol (ethanol, ethyl alcohol) has been drunk, usually in a short period of time. The toxicity is related to the blood level of the alcohol. The individual may become extremely disoriented, unresponsive or unconscious, with shallow breathing. Because alcohol poisoning can be fatal, emergency treatment is urgently needed. [1]

## Amphetamine

Stimulant drugs whose effects are very similar to cocaine. [3]

## Binge

To engage in excessive or uncontrolled indulgence in food, drugs or alcohol. [1]

A drinking binge is a pattern of alcohol consumption that brings the blood alcohol concentration (BAC) level to 0.08% or above. This pattern of drinking usually corresponds to 5 or more drinks on a single occasion for men or 4 or more drinks on a single occasion for women, generally within about 2 hours. [4]

## Blackout

Loss of memory while drinking alcohol. The person does not remember events that occurred, even if he or she appeared to others to be alert and functioning. Repeated blackouts are a sign of alcohol use disorder. [1]

## Cocaine/Crack

Cocaine is a drug extracted from the leaves of the coca plant. It is a potent brain stimulant and one of the most powerfully addictive drugs. Cocaine can be snorted or dissolved in water and injected. Crack can be smoked. Short-term effects of cocaine/crack include constricted peripheral blood vessels, dilated pupils, increased temperature, heart rate, blood pressure, insomnia, loss of appetite, feelings of restlessness, irritability, and anxiety. High doses of cocaine and/or prolonged use can trigger paranoia. Smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. [1]



## Coma

A state of deep often prolonged unconsciousness, usually the result of injury, disease, or poison, in which an individual is incapable of sensing or responding to external stimuli and internal needs. [1]

## Craving

A powerful, often uncontrollable desire for drugs. [5]

## Cutting back or cutting down

A strategy to considerably reduce the amount and/or frequency of alcohol and/or other drug use. If a person can make and maintain a change without any exceptions for several weeks or months, then cutting back may be a good long-term plan to manage substance use. If the person cannot cut back, or cannot do so for a prolonged period, the problem may require additional help. [1]

## Crystal Meth

Crystal Meth is a very pure, smokeable form of methamphetamine. It is a powerful and extremely addictive man-made stimulant. Its use can lead to severe physiological and psychological dependence. Effects of Crystal Meth can include suppressed appetite, interference with sleeping, violent erratic behavior, mood swings, convulsions, increased blood pressure, and irregular heart rate. Long-term effects of Crystal Meth use can include brain damage (similar to the effects of Parkinson's disease or Alzheimer's disease), coma, stroke or death. [1]

## Denial

Not recognizing or refusing to admit the relationship between substance use and life problems (such as health, relationships, or employment issues.) Denial occurs when facing a painful reality is too much for a person to bear. Accepting the truth would turn upside down the person's entire way of viewing themselves, the world and the future. A person is "in denial" when the facts of a situation are apparent but the person is unable to admit the truth to himself/herself. [1]

## Dependence

This term is often used to mean the same thing as addiction. It can be thought of in two ways: (1) psychological feelings of discomfort when the drug is not available (psychological dependence), or (2) a state where the body requires the regular use of alcohol or other drugs in order to continue to function (physical dependence). If a person develops physical dependence and then stops taking the drug, he/she is likely to experience withdrawal symptoms. [1]

## Depressants

Drugs that relieve anxiety and produce sleep. Depressants include barbiturates, benzodiazepines, and alcohol. [5]

## Detoxification

The process of allowing the body to rid itself of a large amount of alcohol and/or other drugs. The person who is going through this process, which can last for several days, feels ill and has trouble eating, sleeping and concentrating. This process is medically dangerous, especially when the person is detoxifying from alcohol or sleeping pills and should occur in a hospital or detoxification center under medical supervision. [1]

## Drug

A chemical compound or substance that can alter the structure and function of the body. Psychoactive drugs affect the function of the brain, and some of these may be illegal to use and possess. [3]

## Drug Abuse

The use of illegal drugs or the inappropriate use of legal drugs. The repeated use of drugs to produce pleasure, to alleviate stress, or to alter or avoid reality (or all three). [3]

## Ecstasy

A chemically modified amphetamine that has hallucinogenic as well as stimulant properties. [3]

## Enabling

Behavior that allows a person to continue substance use without having to face negative consequences. Enabling may be done by parents, siblings, co-workers, supervisors, neighbors, friends, teachers, doctors, or therapists. [1]

## GHB

GHB is used in "date rape" and other assaults because it is a sedative that can immobilize you. [2]



## Hallucinations

Perceptions of something (such as a visual image or a sound) that does not really exist. Hallucinations usually arise from a disorder of the nervous system or in response to drugs (such as LSD). [6]

## Hallucinogens

A diverse group of drugs that alter perceptions, thoughts, and feelings. Hallucinogenic drugs include LSD, mescaline, MDMA (ecstasy), PCP, and psilocybin (magic mushrooms). [3] Hallucinogens affect your well-being. They can cause heart and lung failure and also put you in a coma. They may cause you to feel confused, suspicious, and disoriented. [2]

## Heroin

The potent, widely abused opiate that produces addiction. It consists of two morphine molecules linked together chemically. [3] Heroin is highly addictive and poses special problems for those who inject it because of the risks of HIV, hepatitis B and C, and other diseases that can occur from sharing needles. [2]

## Inhalants

Any drug administered by breathing in its vapors. Inhalants commonly are organic solvents, such as glue and paint thinner, or anesthetic gases, such as ether and nitrous oxide. [3] People who use inhalants can lose their sense of smell; experience nausea and nosebleeds; and develop liver, lung, and kidney problems. Chronic use can lead to muscle wasting and reduced muscle tone and strength. [2]

## Intervention

A meeting organized by the significant others of a person with a substance use disorder to express their concerns for persons' well-being and demand change. Meetings are usually facilitated by a mental health or substance abuse professional. An intervention can help the person with the substance use disorder see the serious nature of the problem and the need for change. [1]

## Ketamine

Ketamine can make a user vomit and convulse. In some cases, people have been known to go into a coma. [2]

## LSD

### (lysergic acid diethylamide)

A hallucinogenic drug that acts on the serotonin receptor. [3]

## Marijuana

A drug, usually smoked, but can be eaten, that is made from the leaves of the cannabis plant. The main psychoactive ingredient is THC. [3] Research shows that marijuana use can lead to addiction. Each year, more youth enter treatment with a primary diagnosis of marijuana dependence than for all other illicit drugs combined. [7]

## Medication

A drug that is used to treat an illness or disease according to established medical guidelines. [3]

## Methodone

A drug used with heroin addicts as a substitute for heroin. Methodone is used both during detoxification to ease the discomfort, and it is used in maintenance programs. In maintenance, it is administered orally under controlled conditions, and is usually accompanied by some form of rehab program. Like heroin, methodone is addictive. [1]

## Methamphetamine

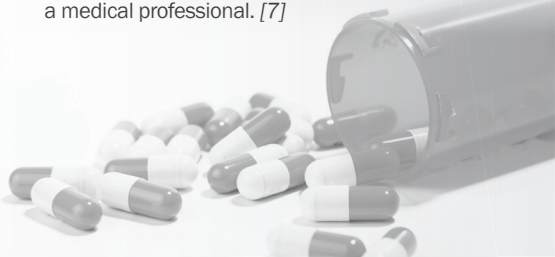
A commonly abused, potent stimulant drug that is part of a larger family of amphetamines [3] and causes mind and mood changes such as anxiety, euphoria, and depression. Long-term effects can include chronic fatigue, paranoid or delusional thinking, and permanent psychological damage. [2]

## Nicotine

The addictive drug in tobacco. Nicotine activates a specific type of acetylcholine receptor. [3]

## Overdose

A drug overdose is the accidental or intentional use of a drug in an amount that is higher than is normally used. A drug overdose does not have to be of the same drug, it can also occur when one drug interacts with another. Overdose can cause brain damage or death if not treated promptly by a medical professional. [7]





## Prescription Drugs

Medications prescribed to a patient by a doctor and regulated by the Food and Drug Administration (FDA). Prescription drugs can be beneficial and essential for treating many illnesses when prescribed and taken as directed under a physician's supervision. However, when taken in larger amounts or for other reasons, or by other persons than those intended by the prescribing physician, they can be dangerous and even deadly. [7] disturbances, dramatic mood swings, and hallucinations experienced by some LSD users after they have discontinued use of the drug. [1]

## Physical Dependence

When a person requires the regular use of alcohol or other drugs to continue to function, and develops withdrawal symptoms without the substance. [1]

## Psychological Dependence

Mental or emotional feelings of discomfort when a drug of choice is not available. [1]

## Recovery

A constellation of changes in behavior and outlook made by the alcoholic or addict to abstain permanently from drinking and drug use, to improve emotional well-being, to relate to others in a more positive way, to find new ways of spending leisure time, and to develop alternative ways of coping with stress. A person who is an alcoholic or addict has to "work on recovery" in order to achieve it. Recovery is much more than simply abstaining from alcohol and other drugs — it involves active, continually evolving behavior changes. [1]

## Relapse

In drug abuse, relapse is the resumption of drug use after trying to stop taking drugs. Relapse is a common occurrence in many chronic disorders, including addiction, that require behavioral adjustments to treat effectively. [3]

## Rohypnol

Rohypnol can cause a kind of amnesia—users may not remember what they said or did while under the effects of the drug, making it easier for others to take advantage of them. [2]

## Smoking

Smoking is particularly harmful for people in their teens because the body is still growing and

changing. The 200 known poisons in cigarette smoke affect your normal development and can cause life-threatening diseases. [2]

## Steroids

Anabolic ("muscle-building") steroids are man-made substances closely linked to the male hormone testosterone. Abuse of steroids — often in an attempt to gain more muscle mass — can lead to serious health problems, some of which are irreversible. Steroid use can cause irregular menstrual cycles and infertility in women and a reduced sperm count and testicular shrinkage in men. [2]

## Stimulants

As drugs of abuse, stimulants are frequently taken to produce a sense of exhilaration, enhance self esteem, improve mental and physical performance, increase activity, reduce appetite and to "get high". They are among the most potent agents of reward and reinforcement that underlie the problem of dependence. [7] Stimulants include cocaine, Methamphetamine, and methylphenidate (Ritalin). [3]

## THC

Delta-9-tetrahydrocannabinol; the main active ingredient in marijuana, which acts on the brain to produce its effects. [8]

## Tobacco

A plant widely cultivated for its leaves, which are used primarily for smoking. [5]

When smoking tobacco, the user inhales tar, nicotine, carbon monoxide, and 200 known poisons into the lungs. The nicotine in cigarettes is powerfully addictive. [9]

## Tolerance

A condition in which higher doses of a drug are required to produce the same effect as experienced initially; often leads to physical dependence. [1]

## Toxic

Temporary or permanent drug effects that is detrimental to the functioning of an organ or group of organs. [1]



## Treatment

Planned activities designed to change some pattern of behavior(s) which has led to substance use problems, and medications that help with withdrawal symptoms, craving, and preventing relapse. Typical activities for the treatment of alcoholism and/or drug dependence include detoxification, individual or group counseling for the addicted person, education and counseling for the family, and a structured residential program for those who have been unsuccessful in abstinence in less structured settings. [1]

## Twelve Steps

A spiritually-oriented program designed to assist in the recovery from addiction or compulsive behavior, based on the principles of acknowledging one's personal insufficiency and accepting help from a higher power. The name for the twelve guiding concepts of the Alcoholics Anonymous program for curbing alcohol addiction. [1]

## Withdrawal

Physical changes occurring when a person stops or decreases very heavy use of alcohol or other addictive drugs. Withdrawal symptoms usually include shaking, sweating, rapid breathing, and agitation. Hallucinations or convulsions may also occur. [1]

# References

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2. National Youth Anti-Drug Media Campaign. 2009. <http://www.abovetheinfluence.com/facts/drugs-alcohol.aspx#>
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# Application

## Scholarship Category:

Middle School \_\_\_\_\_ High School \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Race (optional): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Current Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

County: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Best way to contact: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Current School attending: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

County: \_\_\_\_\_ Zip: \_\_\_\_\_

Date Graduated from Middle School: \_\_\_\_\_

Date Graduated from High School (estimated date): \_\_\_\_\_

Have you witnessed a NOPE presentation? \_\_\_\_\_

If yes, how many times? \_\_\_\_\_

Date of NOPE Presentation: \_\_\_\_\_

How did you hear about the NOPE Certification and Scholarship Award?

- A. School Presentation
- B. Guidance Counselor
- C. Website
- D. Other

What prompted you to complete this certification?

- A. Further Education
- B. Community Service Hours
- C. Scholarship
- D. Other

Please list all extracurricular activities, offices held and honors that you have received.

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# **NOPE** **NARCOTICS** **TASK FORCE** **OVERDOSE** **PREVENTION &** **EDUCATION**

3233 Commerce Place, Suite A  
West Palm Beach, FL 33407  
(561) 478-1055

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