

## There are friends...

Sure, it's great to be part of the crowd, to enjoy life, move with the flow of things, to be cool and popular! Life can really be c-o-o-l, if only grown-ups were not so stiff and dry!

Life's such a drag when one is continually told to clean up, put things away and no-gal tidily, having to get up so early, eat all one's food, and living by a list of outdated rules...!

## .....And friends!

Do you really know your friends? Do they make a difference to your life, or do you influence them? Do they stand by you through thick and thin? Will you do anything the gang asks of you, even if you know it's wrong?



Now, If they offered you alcohol or drugs, would you take it just so you can be popular and accepted by them? Well, you may say that most kids already know about, or use drugs, and besides there's nothing wrong in just experimenting!

You are then for sure one of the crowd. And gee, they say it relaxes one real cool. And beside, it's the in-thing!

## Don't be dof!!!

Taking drugs makes you a slave, a bum, an outcast in the long run! The very first snort, or sip, is the start down the slippery slope!

Besides, drugs are poison! They affect your entire body; your way of thinking; acting; outlook on life!



Some effects of drugs include:

Damage to heart, lungs, liver, brain, kidneys; they affect your physical development; cause depression; memory loss; confusion; convulsions, violent rages of temper; the shakes; bouts of panic; anxiety; nausea and vomiting; irritability; double vision; slurred speech; can lead to cancer; suicide; eventual death!

Some produce the feeling of creepy-crawlies crawling all over your body, or under the skin, and no matter how much you scratch, it just doesn't help!

And then, merchants supplying the drugs don't even supply the genuine stuff. No, they mix arsenic, baking powder, chalk, even caustic soda with the pure drug, so they can increase the amount and their profits.

Did you know that Tik eats holes in your brain? And the more you become hooked on drugs the more you want? Simply because the addict cannot live without a fix, else they go crazy! That after a while, from continually injecting drugs into the veins, the veins become infested with sores, and eventually the addict cannot even find a vein because all the veins have collapsed from all the jabbing!

Did you know that LSD makes one so "high" the user actually believes he/she can fly off a building like a bird, or walk on water (the sea, swimming pool)?

Oh, and smoking cigarettes is as harmful as smoking Dagga, Mandrax, Cocaine, Heroin, Opium or Ecstasy!



Be c-o-o-l, don't be a fool;  
enjoy a drug-free life!

Crisis Help Lines:

Fire, Police, Ambulance (Call Centre): 107

Cell phone Emergency: 112

Police – Flying Squad: 10 111

Fire Department: 021 - 535 1100

SAPS Crime Stop: 08600 10 111

SAPS Child Protection, Family Violence  
and Sexual Offences:  
012 – 393 2363

Women Abuse: 0800 150 150

Aids Help Line: 0800 012 322

Child Line: 0800 055 555

Child Protection: 0800 111 213

Life Line: 0800 102 322

RAEL: 0826607747



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ARE YOU A  
COOL CAT  
OR A  
SEWER RAT



**Published in the interest of a more  
sustainable and healthy lifestyle rather  
than being a captive of drugs!**