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# R.A.D.A.R. N E T W O R K

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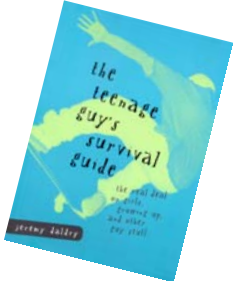
## Taking Out the Weed to Plant a Tree

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Drug-Free Hawaii

Call the PRC at  
545-3228 x34  
Neighbor islands call  
1-800-845-1946 x34  
All materials are free & we will mail  
out to neighbor islands at no cost.

### WHAT'S NEW

• **The Teenage Guy's Survival Guide**



A book written specifically for the enjoyment and curiosity of teenage guys. Reviewing this book made me realize it's a special find, since there's not that many books that are fun and easy to read, and at the same time approach touchy subjects about the radical changes a guy goes through. It focuses on issues that plague every young man's mind...girls, growing up, shaving, body odor, questions about sex, questions about a changing body, identity, peer pressure, and even drug use. Check it out and share it with your favorite teen guy!

Explaining to a teen who uses marijuana, about the dangers and long-term effects of this drug is not as easy as it may sound. Many parents, educators and prevention specialists are faced with the reality that marijuana, after-all, is a "natural plant, right?" and in many circles around our state, it is culturally as well as socially accepted. How do we overcome these barriers in the prevention of marijuana use?

We have all heard it before...according to a study by the National Institute on Drug Abuse (NIDA), and several similar studies conducted, marijuana is the most commonly used illicit drug in the United States. With such an off the charts popularity, especially in the Aloha State, distributing a hand-out on the dangers of marijuana is definitely not going to be sufficient. A more interactive awareness and prevention approach needs to be used. The issues need to be addressed in a very specific manner, especially with teens who feel immune to these dangers; unfortunately, they are the most affected when it comes to long-term negative outcomes.

When approaching the subject matter, it is essential that one knows the signs, symptoms, short-term and long-term effects of marijuana. Questions such as, "how can a 'natural' plant be so bad for you?" and "marijuana has medicinal value, how can it harm you?" may rise during conversation. One must be ready to answer without an accusational-finger-pointing or judgemental tone, or even without seeming nervous (since youth can sense this a mile away). It is also important to allow teens to express their views and opinions about the subject.

One specific factor that needs to be pointed out is the effects that marijuana has on a young, developing brain. The brain's major stage of development happens between the ages of 0-24 years of age. During this time, the brain is able to absorb and retain incredible amounts of information. Yet two main areas, the prefrontal cortex, responsible for judgment, and the amygdala, responsible for making a person feel good--(gratification zone), are the main factors responsible for teenage behavior and drug-use. The prefrontal cortex is, in actuality not yet developed. The amygdala on the other hand, is developed enough to rule over a teens "judgement."

"Thinking with your amygdala," as one may say,

during a time where judgment is pertinent, can lead to many unwanted situations. Some situations such as binge-drinking, marijuana use, and other types of drug-use are common. Experimenting with drugs has shown to stunt the natural growth of the "judgement-zone" or prefrontal cortex during these important times of growth. Exposure to any substance, especially for a youth, can lead to longer periods of feeling the negative short-term and long-term effects such as lack of motivation, short-term memory lapse and depression. Teens are often not aware of all these specific effects and negative outcomes.

Marijuana, *Cannabis Sativa*, has many interesting qualities acting both as a harmful substance, and a plant with medicinal value. Out of 400 different chemicals in marijuana, Tetrahydrocannabinol, or THC is the active agent that triggers all the effects experienced by the user. When smoked, a person's body converts these 400 something chemicals to more than 2000 chemicals. THC along with other chemicals, also become carcinogens (tumors, toxic, cancerous, etc.)—same as with tobacco smoke—which can cause similar ailments experienced by tobacco smokers, such as smoker's cough, lung scarring, cancer of the neck, lungs, and head. Marijuana smokers inhale more deeply which increases the person's exposure to the carcinogens. Increased levels of carbon monoxide can also be traced in the blood. "Some reports show that the marijuana smoker absorbs 5 times as much carbon monoxide per joint as a cigarette smoker...after one cigarette." **This proves that marijuana is not safer than tobacco, and neither cigarettes, nor marijuana can be alternatives for one another.**

Other detrimental effects include a decrease in the body's ability to ward off viruses, and disease. The drug lowers the immune system; therefore, users suffer from frequent colds and bouts of bronchitis. Interesting enough, its medicinal values come from the same chemicals. People with a terminal disease who are dying of cancer or glaucoma, are given special certificates to grow the plant and use it as medicine. Marijuana has been known to ease various symptoms terminally ill patients experience such as chronic physical pain and nausea.

Though prevention starts at home, if you are an educator, counselor, athletic trainer, etc., by sparking a conversation with youth and sharing your knowledge of factual information, you are passing down the tools and decision making skills they will need in order to resist substance use in the future. For more information contact the Prevention Resource Center- Hawaii's RADAR Network Center at 545-3228 x 34

• **Incredible Alcohol Facts**



This pamphlet is a fun way to learn about facts on alcohol. Its colorful and informative content includes alcohol trivia and statistics, combined with really interesting off-the-wall facts. The inside can also be used as a mini-poster to hang up in classrooms,

cafeterias, libraries, youth and adult prevention centers, or you can even frame it and put it on your own wall at home...it's that cool!

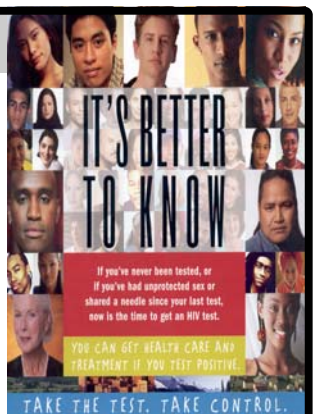
• **Everything You Need to Know About Substance Abuse in 22 Minutes**



This video is a great way to learn about the dangers of different drugs in a short amount of time! It provides youth with clear, simple facts about how drugs like alcohol, marijuana and ecstasy, inhalants, and methamphetamines damage the brain, body, and endanger their health to the point of death. This video is sure to have teens evaluate their thoughts and behaviors concerning substance abuse.

### NATIONAL CAMPAIGNS AND INITIATIVES

**National HIV Testing Day** is an annual campaign produced by the National Association of People with AIDS (NAPWA-US) to encourage at-risk individuals to receive voluntary HIV counseling and testing. NAPWA distributes campaign kits so that community groups and health departments of all sizes—with budgets large and small—can create NHTD campaigns and events targeting their own communities. Your first resource for National HIV Testing Day (NHTD) is their website at [www.napwa.org/hivtestinfo](http://www.napwa.org/hivtestinfo). Here you can order copies of the kit, posters and flyers, and link to the Center for Disease Control's database of voluntary HIV counseling and testing locations throughout the U.S. Here's an opportunity for you to help bring awareness of HIV to our Aloha State!



## ADAD Training

### Underage Drinking Speaker Training

The Coalition for a Drug-Free Hawaii is seeking volunteers to train as speakers for our new underage drinking awareness power-point presentation. Speakers would learn facts and dangers about underage drinking as well as how one can make a difference in their communities by promoting education and awareness about this detrimental issue affecting our youth & families.

**When:** August 5, 2004—Thursday

**Time:** 9:00am-2:00pm

**Where:** *Place to Be Announced...*

**Cost:** **FREE!**

For more information contact Cliff Lim at 545-3228 ext. 38

### WHAT'S ALL THE "YAPP" ABOUT?

Kauai's Youth Center (KYC) is a prime example that proves working together through collaborative efforts helps to positively impact youth, families and communities. As Diana Puahala (a representative of KYC) explained, through funding provided by the Department of Health-Alcohol and Drug Abuse Division, KYC is able to offer their services in a variety of ways. The center's Youth Alcohol Prevention Project (YAPP) is one of their special programs. It offers 12 interactive sessions where youth are able to gain knowledge and skills to help them steer clear of substance use, as well as reduce involvement in other at-risk behaviors. At the end of the 12 sessions youth have an opportunity to apply learned leadership skills as peer educators who train incoming youth. YAPP is also offered both as an alternative after school curriculum, and on an as-needed-basis within the community. Collaboration with key organizations, such as YMCA and the Boys and Girls Club, is also a major factor in keeping this program alive and ongoing. But youth are not the only ones who get to benefit from KYC. For families who are interested, the center also offers an "ohana" based curriculum through the FAN (Family Advocacy Network) Club. FAN's alternative drug-free activities are intended to empower families by establishing a sense of "ohana" and by giving the participants the life skills needed to conquer obstacles they may be facing. To learn more about YAPP, FAN or KYC overall, you can call (808)245-8545.

### Hana: Where the Heart of Ohana Is!

After hundreds of twists and turns through rugged roads, majestic green mountains, towering cliffs, wild shores and waterfalls, we finally arrived safely. The road to Hana (in east Maui) is a representation of its population: beautiful, unique, but isolated. Yet it is this isolation that has preserved its beauty, separating it from the rest of Maui by a little over 50 miles. Unfortunately, with remoteness comes a price. Like any community in our state, drug abuse, alcohol abuse and child abuse are subjects of concern. But here, in Hana the ohana mentality has kept its people hopeful and strong, especially with the help of prevention role-models like Alu Like's, Auntie Dona Lyn Naihe, and Ohana Makamae's, Auntie Uilani Phillips-Tehiva. Our annual visits with Hana's Alu Like brings new resources and gives us a chance to find out information about the community's needs, it is good to know that prevention providers here are fully aware of what is good for their own community and adapt our resources accordingly. Providers such as Auntie Dona Lyn and Auntie Uilani, help us understand further of all the issues affecting this area, especially with youth and families. Each visit becomes an essential way of gaining insight about the special prevention methods, tools and resources that are effective in the Hana community. Our visits are also an opportunity to build a bridge of support for the Hana prevention providers and residents, so that in the future they realize, though isolated, they are not alone in the struggle against the detrimental effects of substance abuse.

## Web Links

Log on to these sites for expert prevention & treatment information.

- [http://www.theantidrug.com/drug\\_info/drug\\_info\\_truth\\_mj.asp](http://www.theantidrug.com/drug_info/drug_info_truth_mj.asp)

*Bringing awareness about the facts on marijuana into your home has never been easier. This website focuses on the signs, symptoms and short-term, as well as long-term effects of marijuana use. Since the motto is : Parents, the Anti-Drug, the site is geared toward parents providing them with ideas on how to approach their kids on the subject.*

- [www.dol.gov/workingpartners/](http://www.dol.gov/workingpartners/)

*This web-site provides employers as well as employees a chance to explore the infinite possibilities of a drug-free workplace. From information on addiction, to treatment and recovery...all the way to helping parents who want to start a program at their work-sites. Great information to cover during staff meetings!*

- [www.knowhivaids.org](http://www.knowhivaids.org)

*The name says it all. Know about HIV/AIDS. This website is the perfect place to go if you want to get informed about the latest information on this important subject. It talks about ways of getting infected, to testing, treatment, how to protect yourself, your family and your friends, etc. Check it out! Get Informed!*

Newsletter published by the Coalition for a Drug-Free Hawaii.  
Visit us at [www.drugfreehawaii.org](http://www.drugfreehawaii.org).