

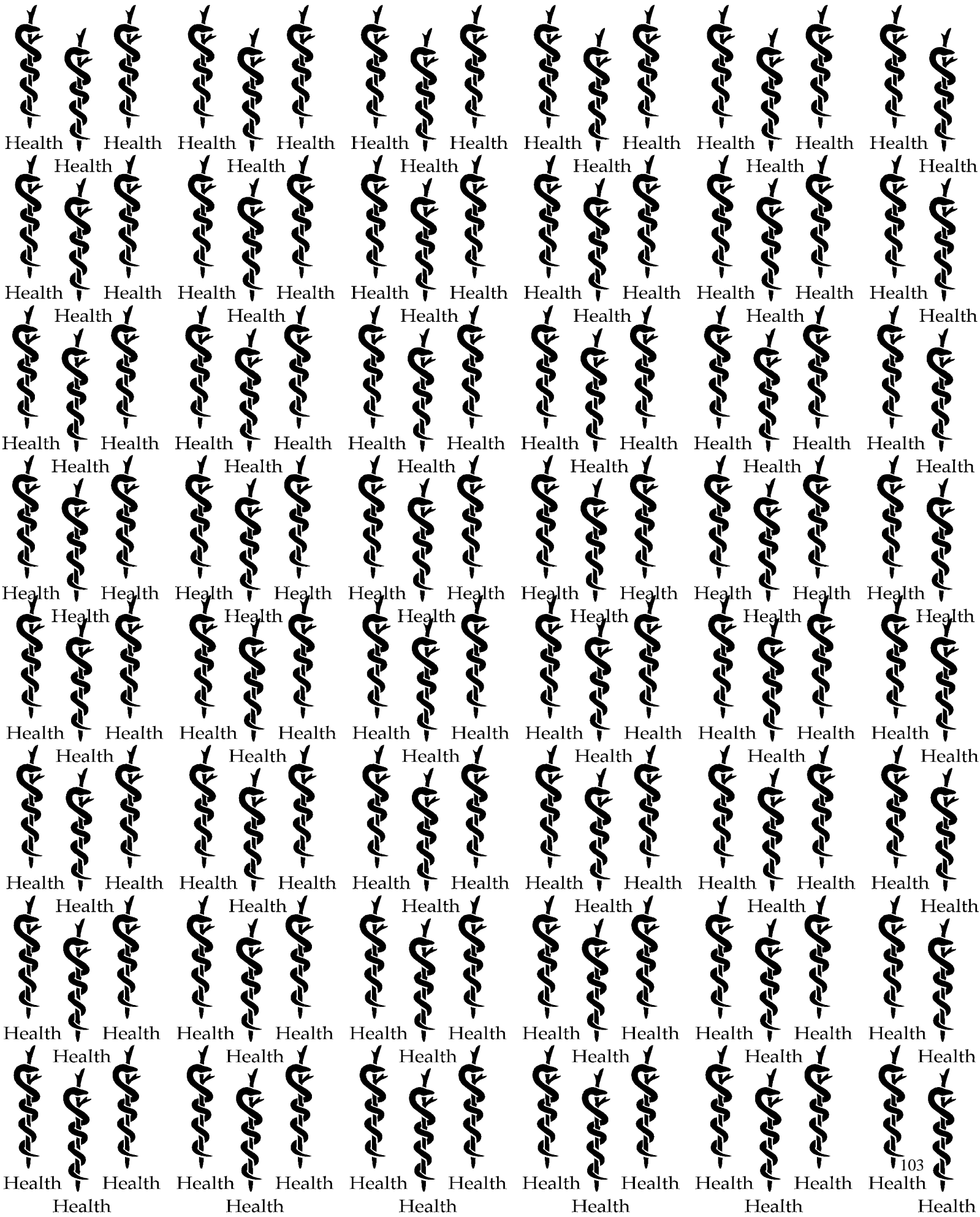
Health/Sanity Cards

(Print on Solar Yellow cardstock.)

These cards show how substance abuse can affect a person's health and sanity. Negative effects of substance abuse are sometimes dramatic (death or insanity), at other times they are not (making a person more susceptible to colds).



*If you don't have your health,
You don't have anything.*



You used a contaminated drug and now have brain damage that makes it hard to recognize faces.

Lose 5 physical health points.

Proverb

What's done cannot be undone.

YHS1

You continue to do drugs over the years. The damage to your body has taken its toll. You find it difficult to communicate clearly and often hallucinate.

Lose 5 emotional health points.

Quote

All sin tends to be addictive and the terminal point of addiction is what is called damnation.

*W. H. Auden (1907-1973)
American poet*

YHS2

You've become afraid that no combination of drugs will be able to keep you from being nervous, twitchy, and jumpy anymore.

Lose 3 emotional health points.

Quote

No passion robs the mind of its power of reasoning as much as fear.

*F. H. Bradley (1838-1879)
Geologist and Writer*

YHS3

You have unprotected sex while trashed even though you knew the possible consequences. When you get a blood test a year later you discover that you are HIV+.

Lose 6 physical health points.

Fact

Worldwide 3 out of 4 victims of AIDS contracted it through heterosexual contact.

1 in 5 victims of AIDS contracted it through intravenous drug use.

YHS4

Print on solar yellow cardstock
Cut on dotted lines

You were so trashed that you drove the wrong way down the highway. You ran head-on into a van carrying 5 passengers, some of whom were children. You were badly injured and the driver and one child from the other car are killed.

Lose 4 physical health points.

Lose 4 thinking/judgment points.

Lose 4 emotional health points.

Quote

And if any mischief follow, then thou shalt give a life for a life, eye for eye, tooth for tooth, burning for burning, wound for wound, stripe for stripe.

*Exodus 21:23
The Bible*

YHS5

You get drunk, get laid, and pass out almost every weekend. You are not always very careful. You get an STD and don't find out about it for quite a while. The doctor says you may not be able to have children now.

Lose 3 physical health points.

Facts

Many STDs can make a person unable to have kids if they do not get appropriate medical attention.

YHS6

You wake up from a daze not completely aware of where you are or what you did last night. Your friend tells you that she found you lying on your back in the bathroom, vomiting. She had to stay with you in the bathroom for hours to make sure you wouldn't choke on your own vomit.

Lose 2 physical health points.

Lose 2 friend points.

Quote

In order to change we must be sick and tired of being sick and tired.

Author Unknown

YHS7

You get involved with some dangerous people when buying some drugs. You knew it could cause trouble since you couldn't pay for them. They end up shooting at your house as a warning. You are terrified that they will do something else.

Lose 4 thinking/judgment points.

Pay \$200 for fixing a window and the wall.

- No money? Sell possessions.
- No possessions? Borrow from friends or family but it will cost you 2 additional social support points.

Proverb

He who seeks trouble never misses.

YHS8

Print on
solar
yellow
cardstock
Cut on
dotted
lines

You have been selling drugs for some time now. You are beginning to get paranoid that people are out to get you and you are constantly "looking over your shoulder."

Lose 4 emotional health points.

Quote

Just because you're paranoid doesn't mean people aren't out to get you.

Author unknown

YHS9

Your drug use has lowered the defenses of your immune system. You seem to get every cold and flu that comes around.

Lose 2 physical health points.

Fact

Some research suggests that alcohol, marijuana, and nitrite inhalants decrease your body's ability to deal with airborne germs.

YHS10

You go to the store to buy food with some money that your mom gave you. You fully intend to buy the food, but when someone offers to sell you some drugs, you decide to buy drugs instead. You figure you'll have plenty of time to eat healthy later on.

Lose 2 thinking/judgment points.

Quote

Nothing is more dreadful than ignorance in action.

*Johann Wolfgang Von Goethe (1749-1822)
German playwright*

YHS11

You have had several "black outs" due to your drug use. You are not certain whether or not someone has taken advantage of you sexually.

Lose 3 emotional health points.

Fact

"Black outs," (memory lapses), are one of the symptoms associated with the development of alcoholism.

YHS12

Print on
solar
yellow
cardstock
Cut on
dotted
lines

At a school function you got pretty drunk. You started talking to a teacher whose class you enjoy. You thought it was a good opportunity to make a good first impression. Lately, the teacher no longer says “hi” and you are not sure if it has something to do with how you were acting that time.

Lose 4 thinking/judgment points.

Fact

Short-term use of alcohol can lead to memory impairment and long-term use of alcohol can lead to permanent memory impairment.

YHS13

You have not been able to get any drugs for a while now and you are feeling really sick. You never thought you had a problem with drugs before, but now you are pretty certain you need a doctor immediately.

Lose 4 physical health points.

Pay \$200 for a doctor's fee.

- No money? Sell possessions.
- No possessions? Borrow from friends, family, or girl/boy friend at a cost of 4 additional social support points.

Quote

Illness is the doctor to whom we pay the most heed; to kindness, to knowledge, we make promises only; pain we obey.

*Marcel Proust (1877-1922)
French novelist*

YHS14

You get wasted on drugs and trash your parents’ house. At the time it seemed like good fun, but when you were asked to clean up you become really angry with yourself for destroying some of your favorite things.

Lose 3 thinking/judgment points.

Roll the die to see which possession you lose.

If you roll a:	You lose:
1 or 2	your cell phone
3 or 4	your jewelry
5 or 6	your iPod

Proverb

Drunkness turns a man out of himself and leaves a beast in his place.

YHS15

You have been using drugs excessively. You notice that lately you are having trouble controlling your emotions.

Lose 4 emotional health points.

Proverb

Good health and good sense are two of life’s greatest blessings.

YHS16

Print on solar yellow cardstock
Cut on dotted lines

You have been stealing from classmates to get money to buy drugs. You tell yourself you won't do it again, but the next time you want drugs you find yourself looking for people who are careless with their belongings. You are starting to realize that it is just a matter of time before you get caught.

Lose 4 thinking/judgment points.

Quote

I don't want to spend my time in hell looking at the bars of a prison cell.

*Sting (b. 1951)
English Rock musician*

YHS17

You got high on drugs and had unprotected sex. This results in an unplanned pregnancy. Neither you nor your partner want the child. Nevertheless you mutually decide to have the child because neither of you have the money for an abortion and you can get federal aid if you have the kid.

Lose 5 thinking/judgment points.

Quote

I wish either my father or my mother or indeed both of them, had minded what they were about to do when they begot me.

*Lawrence Sterne (1713-1768)
Anglo-Irish Novelist*

YHS18

You agree to sell some drugs to some other kids, but then decide to keep the drugs for yourself. You think the kids are too dumb to know what the "real stuff" is like anyway. So you mix up some stuff in your kitchen that looks just like it. They find out and beat you up, trash your house, and take the real drugs.

Lose 4 physical health points for the beating.

Cross off 2 of your possessions (you pick).

Quote

The evil plan is most harmful to the planner.

*Hesiod (C. 700 B. C.)
Roman author*

YHS19

You want to quit using drugs but after a few days you become angry and aggressive and only using drugs seems to help. You feel hopeless and depressed.

Lose 3 emotional health points.

Quote

I am in that temper that if I were under water I would scarcely kick to come to the top.

*John Keats (1795-1821)
English poet*

YHS20

Print on
solar
yellow
cardstock

You missed four days of class this past month because you were too hung over or simply “forgot” where or when the class met.

Lose 4 thinking/judgment points.

Lose 2 personal accomplishment points.

Fact

Students with grades below C drink 3 times as much as A students.

YHS21

You are convinced that you could never use a tainted drug because you "test" the drugs before using them. Tonight, however, you use a drug that has an odorless poison in it and you must be taken to the hospital.

Lose 3 thinking/judgment points.

Lose 2 physical health points.

Pay the bank \$350 to cover medical costs.

- No money? Sell possessions.
- No possessions? Borrow from friends, girl/boy friend, or family but it will cost 2 additional social support points.

Fact

1 in 29 people admitted to the emergency room for drug-related treatment will die

National Drug Institute

YHS22

You have gotten it into your head that anytime a drug starts affecting you too much you can get rid of the effects by drinking alcohol. Tonight, however, you end up overdosing and a friend has to keep you from drowning in your own vomit.

Lose 2 thinking/judgment points.

Lose 2 physical health points.

Quote

This is the way the world ends, not with a bang but with a whimper.

*T. S. Elliot (1888-1965)
British Poet*

YHS23

You and your friends get wasted while watching a movie and are goofing around with a gun. Not realizing it was loaded, you shoot yourself in the leg.

Lose 4 physical health points.

Lose 2 thinking/judgment points.

Proverb

A fool brings a baseball bat to beat his own head.

YHS24

Print on solar yellow cardstock

You have very specific ideas of what your body should look like. Nothing seems to give you the results you want. You start using diet pills/steroids and end up in the hospital.

Lose 4 physical health points.

Lose 4 personal accomplishment points.

Fact

** Some of the bad side effects associated with steroids are:*

FACE: acne in both sexes; facial hair growth and baldness for women.

MIND: increased hostility, depression, anxiety, and hallucinations.

HEART: increased risk of heart attack.

CHEST: breast cancer in females.

YHS25

Your parents keep bringing up your past mistakes and the only way you can deal with it is to use drugs.

Lose 2 thinking/judgment points.

Lose 2 emotional health points.

Quote

Nobody can go back and start a new beginning but anyone can start today and make a new ending.

*Maria Robinson (1758-1800)
English author*

YHS26

You are selling some drugs on the street. A friend steals \$2,000 worth of the drugs. You don't have enough money to pay the supplier and they think you stole the drugs. They stop by your parents' apartment. You aren't home but they beat up your little sister and threaten to return and "finish the job" if you don't find the money.

Lose 4 family points.

Quote

If stupidity got us into this mess, then why can't it get us out?

*Will Rogers (1879-1935)
U.S. Actor*

YHS27

Sometimes you are amazed by how your attitudes toward other people, toward stealing, and even killing have been changed through continued drug use.

Lose 3 thinking/judgment points.

Quote

A drug is a chemical compound. The compound is not a menace until a human being treats it as if consumption bestows a temporary license to act like an asshole.

*Frank Zappa (b.1940)
Rock musician and Song Writer*

YHS28

Print on
solar
yellow
cardstock

Your emotions seem to be out of control. It seems like everything sets you off into an uncontrollable rage. You get in fights all the time now. The only time you feel good is when you are high.

Lose 4 emotional health points.

Proverb

*A man is a crazy fool
all the time he is angry.*

YHS29

You wake up in bed with someone you don't know and who you never remember having met. You're not even sure if you had sex or not but now you wonder if you've caught AIDS or herpes.

Lose 3 emotional health points.

Fact

Drug use can lead to episodes where individuals experience "black outs," where they continue to behave and interact with people but later have no recall of what they did or said.

YHS30

You did some drugs and didn't think that it would affect your driving. But on the way home you lose control of your car and slam into a telephone pole causing severe neck and back injuries.

Lose 6 physical health points.

Lose your car.

Quote

*Yet is every man his own greatest enemy
and as it were his own executioner.*

*Sir Thomas Browne (1830-1897)
English doctor & author*

YHS31

Your drug use affects your reproductive system. The doctor says you may not be able to have children now.

Lose 5 physical health points.

Quote

It is horrible to see oneself die without children.

*Napoleon Bonaparte (1769-1821)
French Emperor*

YHS32

Print on
solar
yellow
cardstock

You got into a fight with one of your close friends while you were high on drugs. You felt like your friend was trying to annoy you, even though she wasn't doing anything specific. Later you realize it was a stupid reason to get into a fight. You wish you could control your emotions better.

Lose 2 friends points.

Lose 2 emotional health points.

Proverb

Peace flourishes when reason rules.

YHS33

You start selling drugs to get some easy money for your habit. While selling dope you were stabbed for a \$20 “rock.” You survive but have scars and muscle damage.

Lose 4 physical health points.

Quote

The road to Easy Street goes through the sewer.

*John Madden (b. 1936)
Football coach*

YHS34

You were driving drunk and got into an accident. The glass from the rear view mirror got embedded in your eyes. The doctor said that you might not recover your vision.

Lose 5 physical health points.

You and your friend are in a car wreck. Both of you had been drinking. You were not wearing a seatbelt. Your friend is O.K., but you injure your legs and will be confined to a wheelchair for the rest of your life.

Lose 6 physical health points.

Fact

1 in 140 people die in automobile accidents.

1 in 3 people are injured in automobile accidents.

National Highway Safety

YHS35

Fact

500,000 people are injured or disabled in drunk driving wrecks yearly.

YHS36

Print on
solar
yellow
cardstock

You were really drunk and totally spaced out at the time, but you saw someone slip something into a woman's drink. After nearly finishing the glass, she seemed to pass out and a guy helped her out to his car. You are disgusted with yourself for not doing anything. You keep having nightmares that the woman was one of your friends or your sister.

Lose 3 emotional health points.

Lost 2 thinking/judgment points.

Lose 2 personal accomplishment points.

Quote

You, yourself are guilty of a crime when you do not punish crime.

*Pubilius Syrus (1st century B.C.)
Roman Writer*

YHS37

You got drunk at a party and got hit by a car trying to walk across the street. Your leg was badly injured and you'll always have a limp to remind you of how one stupid thing can affect you for a lifetime.

Lose 4 physical health points.

Fact

Of the alcohol-related deaths in the U. S., 1 out of 2 are accidents and 1 in 4 are suicides.

YHS38

You get pretty drunk at a party. You lean too close to a fire and burn off your hair. Your clothes catch on fire. You have scars that will be with you the rest of your life.

Lose 3 physical health points.

You drink too much and pass out in a hot tub. Luckily your friend finds you. You wake up dehydrated and confused.

Lose 3 thinking/judgment points.

Quote

We drink to one another's health and spoil our own.

*Jerome K. Jerome (1829-1927)
British author*

YHS39

Quote

An overflow of good converts to bad.

*William Shakespeare (1564-1616)
English Writer*

YHS40

Print on
solar
yellow
cardstock

You get drunk, lose your temper and pick a fight in a bar. You break your arm and now the person is considering suing you. To make things worse, you are caught drinking underage and are thrown in jail.

Lose 4 physical health points.

GO TO JAIL!!!

Quote

Alcohol gives you infinite patience for stupidity.

*Sammy Davis, Jr. (1925-1990)
Entertainer*

YHS41

You were partying and got really drunk. On the way home from the party you thought it was funny to spray paint clever sayings on the city hall.

Lose 2 thinking/judgment points.

Fact

Nearly half of all convicted U.S. inmates were under the influence of alcohol at the time of the criminal offense.

YHS42

Over time snorting cocaine causes the cartilage in your nose to dissolve.

Lose 5 physical health points.

Fact

Prolonged use of cocaine can result in dissolving the cartilage of the nose, poor nutrition, vitamin deficiency, loss of interest in sex, and the inability to have kids.

YHS43

You used cocaine and had a heart attack and are now stuck in the hospital.

Lose 5 physical health points.

Fact

Cocaine abuse results in 75,000 emergency room visits yearly.

YHS44

Print on
solar
yellow
cardstock

Last night a few of your friends and you were snorting coke and drinking. Some of the things they said really upset you and you ended up trashing your room and breaking some of your stuff.

Roll a die to see which possessions you lose.

If you roll a: then you lose.

1 or a 2	your laptop.
2 or a 3	your jewelry and TV.
4 or a 5	your iPod and cell phone

Proverb

Drunkenness is nothing but voluntary madness.

YHS45

You have been smoking crack for awhile now and feel like you've become brain dead. Even the simplest decision seems to take tons of effort.

Lose 2 thinking/judgment points.

Lose 4 physical health points.

Quote

You are killing time, and it will kill you right back.

*Meatloaf (b. 1947)
Rock musician group*

YHS46

You go to the doctor to get a physical for your sports team at school. The doctor says you won't be eligible to play with the team because your crack smoking has damaged your heart.

Lose 5 physical health points.

Even after you stop using cocaine for awhile you continue to have sweaty palms, panic attacks, and a racing heart.

Lose 4 physical health points.

Proverb

Diseases are the tax on pleasure.

YHS47

Quote

The greatest wealth is health.

*Virgil (70 BC-19 BC)
Roman poet*

YHS48

Print on solar yellow cardstock
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It seems odd but most of the time when you are on crack you just forget to eat. One time, while relatively sober, you were frightened by how thin and pale you looked.

Lose 4 physical health points.

Proverb

The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

YHS49

You were drinking heavily at a party. You think someone slipped one of those "rape" drugs into your drink. You can't remember anything, but your money is gone and you are afraid of what else may have happened. You wish you had kept a closer eye on your drink.

Lose 2 thinking/judgment points.

Lose 4 physical health points.

Fact

The drugs GHB and Rohypnol, which are odorless and colorless, are frequently combined with alcohol to commit sexual assaults due to their ability to sedate and incapacitate unsuspecting victims.

YHS50

You did too much cocaine and haven't been able to sleep for days. Your principal at school noticed your erratic behavior and threatened to expel you if you didn't straighten up.

Lose 4 physical health points.

You really wanted to get high. Your friends offered to share their needle with you and you decide it was worth the risk. Unknown to you, one of your friends has AIDS and now so do you.

Lose 6 physical health points.

Fact

Regular users of cocaine report feelings of restlessness, irritability, anxiety, and sleeplessness.

YHS51

Fact

32% of AIDS cases are related to intravenous drug use.

72% of AIDS cases in women are related to drug use.

YHS52

Print on
solar
yellow
cardstock

You trust that the people above you will always get high quality heroin. To your surprise, you end up using some heroin that is so pure that it nearly kills you.

Lose 2 thinking/judgment points.

Lose 2 physical health points.

Pay \$200 for emergency room fees.

- No money? Sell possessions.
- No possessions? You may borrow from your friends or family but it will cost you 6 additional social support points.

Fact

One out of seven drug-related hospitalizations are due to heroin use.

National Institute on Drug Abuse

YHS53

You use drugs to get through finals week. You can study non-stop, without sleep. The drugs make you feel like the toy bunny from the battery commercials; but you crash and miss two of your finals.

Lose 2 thinking/judgment points.

Lose 2 self-esteem points.

Proverb

Any job worth doing is worth doing well.

YHS54

You smoke some marijuana without knowing that it has been laced with PCP. Your hallucinations are so vivid and long lasting that you question your sanity and are rushed to the emergency room.

Lose 4 emotional health points.

Pay \$200 for medical treatment.

- No money? Sell possessions.
- No possessions? You may borrow from friends or family at the cost of 6 additional social support points.

Quote

Good judgment comes from experience, and a lot of that comes from bad judgment.

*Will Rogers (1879-1935)
U. S. Actor*

YHS55

You use drugs a lot and you know your little brother is aware of it. You don't really want him hooked on drugs so you keep telling him to stay off drugs.

Lose 2 thinking/judgment points.

Quote

Am I my brother's keeper?

Genesis 4:9
The Bible

YHS56

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