

# Social Cards

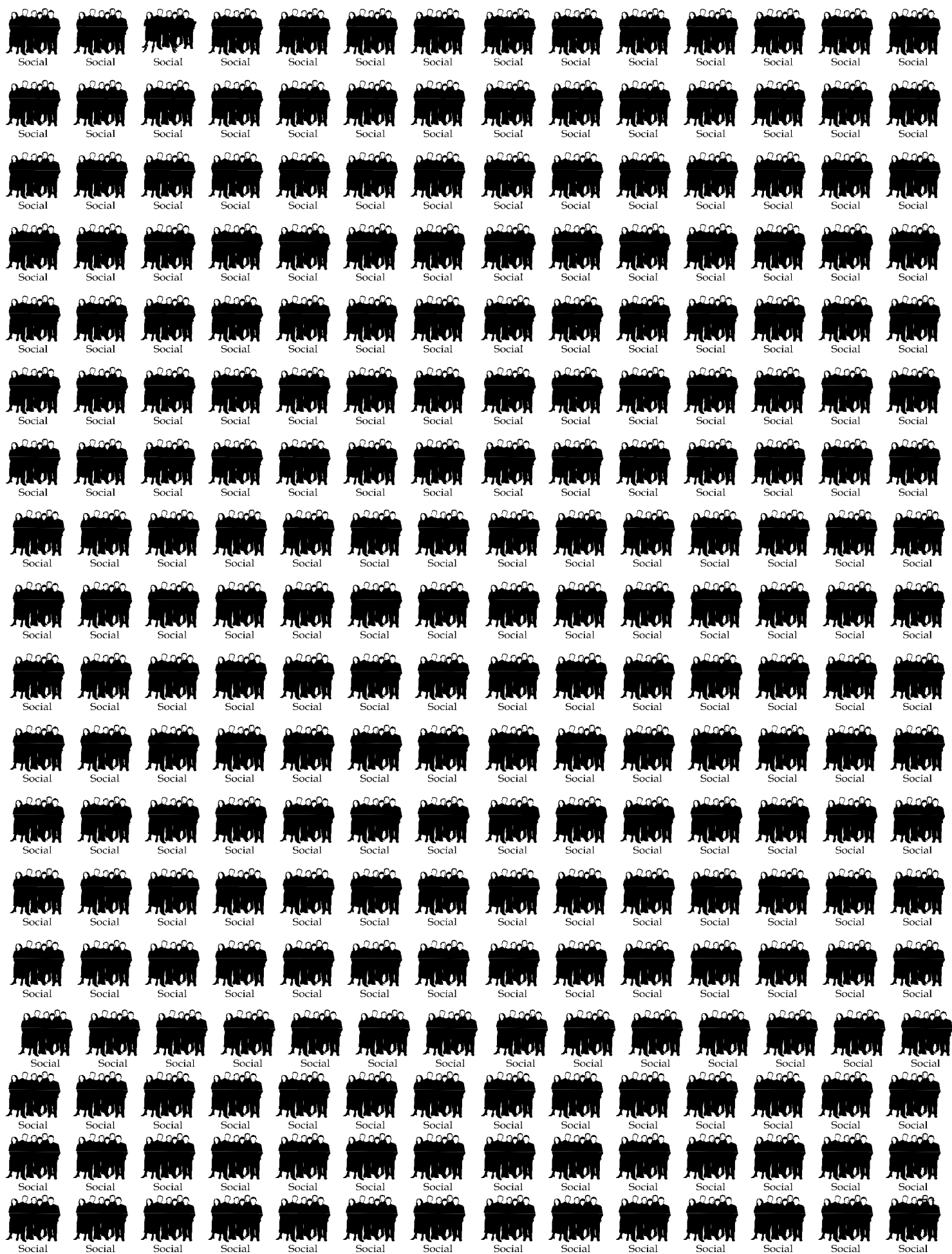
(Print on re-entry red cardstock.)

These cards show how substance abuse can affect family, friends and significant others. Sometimes people think that substance abuse hurts only the abuser. This is not true. Substance abuse also hurts the people closest to the abuser.



***A habit is no private hell. It is hell for those you love  
and it is the worst kind of hell for those who love you.***

Billy Holliday (1915-1959), *Blues singer.*



**Your family kicks you out of the house because you were stealing money from them to pay for drugs. You think they are being unreasonable, because you really needed the drugs.**

Lose 5 family points.

**Quote**

***He reminds me of the man who murdered both his parents and then...pleaded for mercy on the grounds that he was an orphan.***

*Abraham Lincoln (1809-1865)  
U.S. President*

YSO1

**You and your buddies go on a camping trip. By mischance you end up with no alcohol, nobody brought beer. You discover that you really don't have much in common with your "friends" when you are sober.**

Lose 3 friend points.

**Quote**

***The only way to have a friend is to be one.***

*Ralph Waldo Emerson (1803-1882)  
American poet and philosopher*

YSO2

**You buy drugs on credit and can't pay the dealers the money. They drive by and shoot up your house. Your brother gets shot.**

Lose 6 family points.

**Quote**

***It's not the bullet with my name on it that worries me. It's the one that says "To whom it may concern."***

*Anonymous Belfast Resident  
Quoted in: Guardian  
(London, 16 Oct. 1991)*

YSO3

**You have been "borrowing" your mother's jewelry and pawning it to buy drugs. She finds out and kicks you out of the house.**

Lose 5 family points.

**Quote**

***The greatest punishment is to be despised by your neighbors, the world, and members of your family.***

*Edgar Howe (1853-1937)  
Writer*

YSO4

Print on  
re-entry  
red  
cardstock  
Cut on  
dotted  
lines

**You get wasted and lose your temper.  
You hit your girl/boy friend and she/he  
breaks up with you.**

Lose 5 girl/boy friend points.

Lose 2 emotional health points.

**Quote**

***Whatever is begun in anger ends in  
shame.***

*Benjamin Franklin (1706-1790)  
U.S. politician*

YSO5

**You have been living at home with  
your parents. Recently police raided  
the house and your parents end up in  
trouble for drugs you had stashed in  
your room.**

Lose 5 family points.

**Quote**

***To have a fool for a son brings grief;  
there is no joy for the father of a fool.***

*Proverbs 17:21  
The Bible*

YSO6

**Your brother was killed in a drug war  
because they thought he was you.**

Lose 8 family points.

**Two of your friends were killed in a  
car accident when they were both  
wasted. Now you see how something  
can affect everyone and not just those  
who die.**

Lose 8 friends points.

**Quote**

***Guns are neat little things, aren't they?  
They can kill extraordinary people with  
very little effort.***

*John W. Hinkley (b. 1955)  
Attempted to assassinate U.S. Pres. Reagan*

YSO7

**Quote**

***The world is full of suffering. It is also  
full of overcoming.***

*Helen Keller (1880-1968)  
American author*

YSO8

Print on  
re-entry  
red  
cardstock  
Cut on  
dotted  
lines

**In a drug-induced frenzy, you destroy stuff at a friend's house. You destroyed some stuff that was very important to them. Now you feel like crap, and still have to apologize to your friend.**

Lose 4 friend points.

Lose 2 emotional health points.

**Proverb**

***A broken friendship may be mended but will never be sound.***

YSO9

**Your girl/boy friend can't deal with your drug use and becomes increasingly depressed and attempts suicide.**

Lose 5 girl/boy friend points.

**Quote**

***A habit is no damn private hell. A habit is hell for those you love. It is the worst kind of hell for those who love you.***

*Billie Holiday (1915-1959)  
Blues singer*

YSO10

**You have become so selfish and self-centered concerning your drug use that you lie to and use the people closest to you in order to get drugs.**

Lose 2 family points.

Lose 2 friend points.

Lose 2 girl/boy friend points.

**Quote**

***You have no right to be born for you make no use of life. Instead of living for yourself... you seek only to fasten your feebleness onto other strengths.***

*Charlotte Bronte (1816-1855)  
English novelist*

YSO11

**Friends keep giving you a hard time about your "substance abuse problem." You wish they'd mind their own business. You know that it's not doing you any harm. So you start avoiding anyone who has said anything about it.**

Lose 2 friend points.

**Quote**

***The way of the fool seems right to him, but a wise man listens to advice.***

*Proverbs 12:15  
The Bible*

YSO12

Print on  
re-entry  
red  
Cardstock  
Cut on  
dotted  
lines

**You drink daily but even the alcohol doesn't help. You are becoming more and more depressed. You think that it can't possibly be affecting your schoolwork until the school counselor calls you in to talk.**

Lose 4 family points.

Lose 2 emotional health points.

**Quote**

***No individual is isolated. He who is sad saddens others.***

*Antoine De Saint-Exupery (1900-1944)  
French novelist*

YSO13

**You're angry at your parents and leave home because their rules about drinking, parties, and curfew are too strict for you. You crash on a friend's sofa. But when you come home drunk one night, your friend's mom kicks you out.**

Lose 6 family points.

**Proverb**

***Anger begins with foolishness and ends in asking for forgiveness.***

YSO14

**Your friend invites you to his house to play X Box one weekend. One day when your friend is out you attempt to break in and steal his gaming system but he catches you in the act.**

Lose 6 friend points.

**Sometimes you don't feel any emotions at all. You don't even care about your family or friends anymore.**

Lose 2 emotional health points.

Lose 2 family points.

**Quote**

***It is easier to forgive an enemy than to forgive a friend.***

*William Blake (1757-1827)  
English poet and artist*

YSO15

**Quote**

***The worst sin toward our fellow creatures is not to hate them but to be indifferent to them; that's the essence of inhumanity.***

*George Bernard Shaw (1856-1950)  
Anglo-Irish playwright, critic*

YSO16

Print on  
re-entry  
red  
cardstock

**You are so busy getting and using drugs that you have no time left to spend with friends and family.**

Lose 3 family points.

Lose 2 friend points.

**Quote**

***Lost time is never found again.***

*Benjamin Franklin (1706-90)  
U.S. statesman, writer*

YSO17

**You try to get friends to use drugs with you so you will feel less guilty about using. You don't feel bad about encouraging friends to use because that is really their own decision.**

Lose 4 friend points.

**Quote**

***All a man can betray is his own conscience.***

*Joseph Conrad (1857-1924)  
English novelist*

YSO18

**You ask your brother to pick up a package for you. Although he didn't know it, he was picking up your supply of drugs. Your brother gets stabbed and nearly dies when the deal goes bad. Now you wish you hadn't gotten him involved.**

Lose 6 family points.

**Proverb**

***Guilt: the gift that keeps on giving.***

YSO19

**Your family says that they can no longer tolerate your drug use. They can't stand watching you hurt yourself and it is hurting the family. They tell you that if you mess up once more they will no longer consider you family.**

Lose 4 family points.

**Quote**

***Sin lies only in hurting other people unnecessarily. All other "sins" are invented nonsense. (Hurting yourself is not sinful—just stupid.)***

*Robert Heinlein (1907-1988)  
Science fiction author*

YSO20

Print on  
re-entry  
red  
cardstock

**You were driving while intoxicated (DWI) and lost your license. The whole thing would be sort of funny if you didn't have to bum rides off your friends, who are getting sick of being your driver.**

Lose 4 friend points.

**Proverb**

***A fool will laugh while he is drowning.***

YSO21

**Your mother got a Christmas bonus and was going to use it to buy Christmas presents. You took the money without saying anything to buy yourself drugs.**

Lose 4 family points.

**Quote**

***Whenever a man commits a crime, God finds a witness... every secret crime has its reporter.***

*Ralph Waldo Emerson (1803-82)  
U.S. essayist, poet, philosopher*

YSO22

**You were on drugs and hit on your best friend's girl/boy friend. Your best friend was so upset that she/he never wants to have anything to do with you again.**

Lose 4 friend points.

**Proverb**

***They hurt themselves that do wrong.***

YSO23

**Your six-year-old brother was visiting you and you were high on drugs. You didn't think it was noticeable, but your brother became upset and frightened and said that you were "different" and that he "didn't like you anymore."**

Lose 4 family points.

**Quote**

***There are lasting consequences for using drugs.***

*Layne Stanley (1967-2002)  
American musician*

YSO24

Print on  
re-entry  
red  
cardstock



**You are wasted and started to kiss a friend. The next morning that person was really angry and complained that you had been sexually harassing them.**

Lose 4 friend points.

**Proverb**

*Drunkenness makes some men fools, some men beasts, and some devils.*

YSO25

**You need some extra money to support your drug use. You are too embarrassed to ask your parents for money so you lie to your family saying you need the money for an activity at school. They later find out you spent the money on drugs. They no longer trust you.**

Lose 4 family points.

**Proverb**

*Trust can take years to build but only a second to break.*

YSO26

**You get high at a party and try to get someone you know to have sex with you. Your girl/boy friend finds the two of you together and breaks up with you.**

Lose 6 girl/boy friend points.

**You are depressed and drunk and decide that you are going to shoot yourself. Your sister tries to stop you and you accidentally shoot her.**

Lose 6 family points.

**Quote**

*The accidental reveals the man.*

*Pablo Picasso (1881-1973)  
Artist*

YSO27

**Fact**

*1/2 of all homicides and 1/3 of all suicides in the U.S. are alcohol related.*

YSO28

Print on  
re-entry  
red  
cardstock

**You have wanted to "get to know" someone better for quite some time. At a party, you try to make sure that they get drunk so you can take advantage of them. They figure out what you were trying to do and lose all respect for you and tell their friends about what you tried to do.**

Lose 4 friend points.

**Proverb**

***Forced love does not last.***

YSO29

**You were out with some friends getting high on drugs. When your girl/ boy friend asks where you have been, you lose your temper and start screaming at her/him. You say a lot of things that you now wish you hadn't.**

Lose 4 girl/boy friend points.

Lose 2 emotional health points.

**Quote**

***When angry count to ten before you speak; if very angry, a hundred.***

*Thomas Jefferson (1743-1826)  
U.S. President*

YSO30

**Your sister called while you were high and you don't really remember what you said to her. When you call her in the morning she is mad and says she does not want to talk to you anymore. You wish you could go back and say things differently.**

Lose 4 family points.

**Quote**

***It's the things I might have said that fester.***

*Clemence Dane (1888-1965)  
British playwright*

YSO31

**You were too high to go to school. The school counselor says that the next time you miss school you'll be sent to an alternative school for truant kids. You have an argument with your parents about not taking school seriously.**

Lose 4 family points.

**Quote**

***There is nothing worse than an idle hour. People who have many such hours are simply animals waiting docilely for death.***

*H.L. Mencken (1880-1956)  
U.S. journalist*

YSO32

Print on  
re-entry  
red  
cardstock

**You get trashed at a party and end up taking a date back to a back bedroom for unprotected sex. Your girl/ boy friend catches you and leaves you.**

Lose 6 girl/boy friend points.

That's not all, folks!!! Roll a die...

If you roll a:

- |        |  |
|--------|--|
| 1 or 2 | You are lucky—no STDs this time.   |
| 3 or 4 | You get a curable venereal disease—<br><u>Lose 2 physical health points.</u>   |
| 5 or 6 | You get infected with the AIDS virus—<br><u>Lose 6 physical health points.</u> |

**Fact**

***More than 1.5 million Americans are now believed to be HIV+.***

YSO33

**You sold the present your girl/ boy friend got you for your birthday so you could spend the money on drugs.**

Lose 4 girl/boy friend points.

**Quote**

***Men are divided between those who are as thrifty as if they would live forever, and those who are as extravagant as if they were going to die the next day.***

*Aristotle (384-322 B. C.)  
Greek philosopher*

YSO34

**Several of your friends have gotten into fights trying to keep you from getting into one when you are drunk or high.**

Lose 4 friend points.

**Quote**

***The first thing in the human personality that dissolves in alcohol is dignity.***

*Author unknown*

YSO35

**You were in a drinking contest at a party and managed to drink the most of anyone there. You thought you were pretty cool and very amusing, but your date thought you were a "slobbering pig" and went home with someone else.**

Lose 3 girl/boy friend points.

**Fact**

***The life expectancy for heavy drinkers is 12 years shorter than for moderate or non-drinkers.***

YSO36

Print on  
re-entry  
red  
cardstock

**You get drunk at the bowling alley and pass out. Your girl/boy friend has to pick you up and is very embarrassed.**

Lose 3 girl/boy friend points.

**Fact**

*At blood alcohol levels of .20 (twice the legal limit for driving) most people have difficulty staying awake and moving one's arms and legs can only be done with someone's help.*

YSO37

**You often encourage your friend to drink because he does really stupid things when he's drunk that you think are funny. But last night wasn't funny. You got your friend drunk and he crashed his motorcycle and nearly killed himself.**

Lose 4 friend points.

Lose 2 personal satisfaction points.

**Quote**

*We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.*

*Jim Rohn (1930-2010)  
Business Philosopher*

YSO38

**You are driving your girl/boy friend home. You are wasted and end up crashing the car. You survive the accident but your friend is dead. You feel that if you had just not driven everything would still be all right.**

Lose 8 girl/boy friend points.

**Quote**

*For of all sad words of tongue or pen, the saddest are these; it might have been.*

*John Greenleaf Whittier (1807-1892)  
Poet*

YSO39

**You are wasted. You lose your temper when your father asks why you weren't home for supper. You shove your father into a wall and give him a bloody nose. Your mother calls 911.**

Lose 5 family points.

**Quote**

*How much more serious are the consequences of anger than the causes of it.*

*Marcus Aurelius (121-180)  
Roman Emperor*

YSO40

Print on  
re-entry  
red  
cardstock

**Your brother sees you shooting up and loses all respect for you.**

Lose 5 family points.

**Quote**

*It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities.*

*Josiah Stamp (1880-1941)  
British banker*

YSO41

**Some of your friends who had never touched alcohol started drinking after you pressured them. Now one of them has become obnoxious about drinking, it's all they talk about, and they have lost interest in other activities that they used to enjoy.**

Lose 3 friend points.

**Quote**

*I believe in recovery, and I believe that as a role model I have the responsibility to let young people know that you can make a mistake and come back from it.*

*Ann Richards (1933-2006)  
2<sup>nd</sup> female Governor of Texas  
Recovering Alcoholic*

YSO42

**A friend of yours was really depressed. You thought it would do him good to get drunk to get his mind off his problems. He got drunk all right - he became so bummed out that he was no fun to be around, so you left him and went to a party. That night your friend killed himself. You wonder if you should have gotten him drunk after all.**

Lose 6 friend points.

Lose 2 personal satisfaction points.

Lose 2 emotional health points.

**Fact**

*35% of all people who commit suicide were drinking before they killed themselves.*

YSO43

**You are high on crack and hear a noise in the house. You shoot at the noise only to discover that it was the dog. Your parents are furious and your brothers and sisters are afraid of you.**

Lose 4 family points.

Lose 2 thinking/judgment points.

**Proverb**

*All asses do not walk on four feet.*

YSO44

Print on  
re-entry  
red  
cardstock

**You went out with a friend you had not seen in a long time. You got high on cocaine as usual. The next day your friend says, "You seem like a completely different person now and I don't like how you are when you're high." Your friend suggests you quit drugs, if you want to hang out with him or her.**

Lose 3 friend points.

**Quote**

***Where did I go wrong? I lost a friend somewhere along in the bitterness. And I would have stayed up with you all night had I known how to save a life.***

*"How to Save a Life"  
Lyrics from The Fray*

**YSO45**

**Your younger sister found marijuana in your room and tried it. Now she wants more.**

Lose 5 family points.

**Quote**

***We are not only our brother's keeper; in countless large and small ways we are our brother's maker.***

*Bonaro Overstreet (1902-1984)  
Author*

**YSO46**

**You hook up your friend with some heroin from some people you trust. The heroin is really pure, high-grade stuff and it kills him.**

Lose 8 friends points.

**You shoot up heroin with a dirty needle and you get AIDS. A year later you have unprotected sex and give AIDS to your partner.**

Lose 6 physical health points.

Lose 6 girl/boy friend points.

**Quote**

***Just say NO.***

*Nancy Reagan (b. 1921)  
1<sup>st</sup> Lady*

**YSO47**

**Quote**

***AIDS obliges people to think of sex as having possible direct consequences; suicide or murder.***

*Susan Sontag (1933-2004)  
Essayist*

**YSO48**

Print on  
re-entry  
red  
cardstock

**You shoot up with a dirty needle and get hepatitis and then pass it on to your girl/boy friend.**

Lose 4 physical health points.

Lose 4 family points.

Lose 2 thinking/judgment points.

**Quote**

***A junkie runs on junk time. When his junk is cut off, the clock runs down and stops.***

*William Burroughs (b. 1914)  
U.S. author*

YSO49

**While on inhalants you hallucinated that one of your best friends was a vampire-monster-alien-robot and that you needed to kill him. Luckily, you didn't manage to hurt him, but he is still very angry with you.**

Lose 5 emotional health points.

Lose 5 friend points.

**Quote**

**There is no sin except stupidity.**

*Oscar Wilde (1854-1900)  
Anglo-Irish playwright, author*

YSO50

**You find that you use school as an excuse to continue using stimulants. You feel you can stay energized and focused for weeks on end. Your parents only see you when you come home to crash. The drug makes you feel like the Bunny from the battery commercial -only you crash.**

Lose 2 physical health points.

Lose 2 family points.

**Quote**

***Slow but steady wins the race.***

*Aesop's Fables*

YSO51

**You make a lot of money dealing. You buy new clothes and your mom wants to know where you got the money.**

Lose 2 family points.

Lose 2 personal satisfaction points.

Lose 2 personal accomplishment points.

**Quote**

***Better honor than shameful wealth.***

*Eustace Deschamps (1345-1406)  
Poet*

YSO52

Print on  
re-entry  
red  
cardstock

**There is a dry spell for drugs and you are getting desperate. You ask your friend if he/she knows anyone at school who sells dope. Your friend gets in trouble at school for soliciting illegal substances.**

Lose 5 friend points.

**Proverb**

***With friends like this, who needs enemies.***

YSO53

**Your sister is so embarrassed by your drug use that she refuses to be seen with you in public and will even pretend that she doesn't know you.**

Lose 5 family points.

**Quote**

***Reputation, Reputation, Reputation. I have lost my reputation, I have lost the immortal part of myself and what remains is bestial.***

*William Shakespeare (1564-1616)  
English dramatist, poet*

YSO54

**You are caught with drugs and you say they belong to your parents.**

Lose 5 family points.

**Fact**

***Serious involvement with drugs is related to whether other family members are also drug users.***

YSO55

**Your parent blames himself/herself for your drug use and threatens suicide.**

Lose 6 family points.

**Quote**

***The scars of others should teach us caution.***

*St. Jerome (342-440)  
Christian Saint*

YSO56

Print on  
re-entry  
red  
cardstock



**You get drunk and pass out. You wake up after curfew and drive home but the police pull you over.**

Lose 5 family points.

**You are high on drugs but decide to drive your friend to school anyway. You get into an accident and your friend loses a leg.**

Lose 4 friend points.

**Quote**

*And often times, the excuse of a fault makes the fault the worser by the excuse.*

*William Shakespeare (1564-1616)  
English dramatist, poet*

**YSO57**

**Quote**

*There's no greater sorrow than to recall in our misery the time when we were happy.*

*Dante Alighieri (1265-1321)  
Italian poet*

**YSO58**