



# STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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## “Reasons Why People – Even Smart People – Try Drugs!”

One reason often heard from people using drugs is that they do them to feel good. **The problem?** Drugs don't care what the reason is. The same effects can occur no matter why you choose to use them.

Another reason people give for using drugs is they want to change their situation. **The problem?** It isn't real. You haven't changed your situation; you've distorted it for a little while. To learn more, visit [www.abovetheinfluence.com](http://www.abovetheinfluence.com)



### 1. Because they want to fit in!

No one wants to be the only one not participating. No one wants to be left out. **So sometimes they make bad decisions, like taking drugs, to cover up their insecurities. They don't think how drugs can isolate you from your friends and family.** They forget to look past that one party to see how things could turn out. Or **maybe they just don't see the people around them who aren't using drugs.**



### 2. Because they want to escape or relax!

You'll hear a lot of people saying things like, “I'm so stressed, I need to get messed up!” or “Drugs help me relax” or whatever. What they're really saying is, **drinking or doing drugs is just easier than dealing with my problems or reaching out for help.** The thing is, the problems are still there when they come down – and not only do they still have to deal with their problems, **they have to deal with them when they're not at 100 percent and they're feeling guilty, or even worse,** when they're not thinking straight.

### 3. Because they're bored!

**Lots of people turn to drugs for a little excitement** because they say there's nothing else to do but watch the same “Heroes rerun” for the tenth time or hang out at the Burger King. But people who make these kinds of decisions usually find out that drugs are ultimately really a waste and painful. **Drugs don't change the situation, and they just might make it worse.**



### 4. Because the media

**says it's cool!** Even though there's an anti-drug ad on every minute and more rock stars and ball players than you can shake a stick at tell you to stay away from drugs, **the truth is the entertainment world still manages to make drugs appear very attractive.** Kind of like how they encourage people to be really skinny even when they say anorexia is bad. Or when they say you should be super muscular but steroids are bad. **But if you're wise, you'll understand that the entertainment world is not the real world, and basing your life on these messages is superficial.**

### Some Helpful Resources

- NIDA For Teens [www.teens.drugabuse.org](http://www.teens.drugabuse.org)
- Partnership At DrugFree.org [www.drugfree.org](http://www.drugfree.org)
- Phoenix House [www.phoenixhouse.org](http://www.phoenixhouse.org)
- SADD (Students Against ...) [www.sadd.org](http://www.sadd.org)
- Substance Use & Mental Health [www.samhsa.gov](http://www.samhsa.gov)



### 5. Because they think it makes them grown-up.

This is one of the weirdest reasons. **Think about it: Why would an adult want to use drugs?** Probably for many of the same reasons you would consider. **The reality is that the most grown-up people out there aren't users. They're too busy living their lives to bother with stuff, like drugs, that will interfere.**

### 6. Because they want to rebel.

Sometimes people turn to drugs not so much for themselves, but **to make a statement against someone else, such as their families or society in general.** Somehow taking drugs makes them outlaws or more individual. **The problem is taking drugs, ultimately, robs people of their ability to be independent, because it makes them dependent – on drugs and their drug connections.**

### 7. Because they want to experiment.

**It's human nature to want to experiment.** Trying things out helps you decide if they're right for you. But **it's also human nature to avoid things that are obviously bad for you.** You wouldn't experiment with jumping off the Brooklyn Bridge. The point is, there are zillion better things to experiment with > sports, music, dying your hair, seeing bad movies, eating spicy food ....