

Great Without Drugs

DEPUTY OF PREVENTION AFFAIR
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Great Without Drugs

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Foreword

Younger siblings are great, regards anti-drug!

Have the brothers heard about drugs? Drugs are very harmful to our bodies. We will learn about drugs and the dangers through this book..

Sisters, this book contains the types of drugs such as marijuana, heroin, inhalants, methamphetamine, ecstasy and danger for our bodies. In addition, the book also discusses the dangers of smoking and drinking.

Younger siblings must have the courage to say no to smoking or try drugs. Remember, once tried to be addictive! Drugs will destroy the future of younger siblings.

May this book be useful for us. Aamiin..

Author

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Know Drugs

This morning, there are counseling the dangers of drugs from the National Narcotics Board (BNN) Terrific Kids in elementary school. Looks Andi and her friends who had been sitting in the fourth grade at the school auditorium busy arranging to make it look attractive. There are some teachers directing Andi and her friends. Promptly at 9:00, the group of BNN's brothers came and gave counseling.

"Good morning, brothers and sisters," said brother Budi from BNN.

"Good morning, brother," said children excitedly.

"Who knows what it drugs?" Asked brother Budi.

"Drugs are dangerous drugs, big brother," said Andi.

"Absolutely, Andi," said brother Budi.

"Who knows what the effects of drugs for us?" Asked brother Budi again. No body answer.

"OK. I will explain about drugs," said Budi he lit LCD projector and looked a picture on the screen. The children watched the screen. Come on, we know the drugs and the danger to the body along with Andi and her friends.

What is Drugs

Drugs is an abbreviation of "narcotics, psychotropic substances and other hazardous materials". There is also a mention of drugs in terms of drugs or narcotics, psychotropic and addictive substances.



The type and the dangers of drugs

Many kinds of drugs such as marijuana, heroin, methamphetamine, ecstasy, LSD and inhalants. In addition, there are other harmful substances such as cigarettes and liquor. We will learn to recognize some types of drugs. Come, see further description.



Marijuana

Meaning

Marijuana is a plant cultivation fiber producer. Latin name is Cannabis sativa. Cannabis containing narcotic substances can be intoxicating. Cannabis herb is often used for smoking tobacco.

The dangers of Marijuana

The negative impact of cannabis use are as follows.

- Red eye
- appetite increases
- The mouth feel dry
- Heart palpitations
- Suffering from bronchitis or lung infection
- Durability of the body decreases
- Being irritable or sensitive
- Experiencing hallucinations
- Do not care about themselves and their environment
- behavior became bizarre
- Excessive fear or suspicion
- Loss of interest in activities
- Lazy to study
- Skills speech impaired.



Tanaman ganja

Sumber: https://upload.wikimedia.org/wikipedia/commons/2/26/Cannabis_01_bgiu.jpg





HEROIN

Meaning

Heroin is a white crystalline powder that is produced from morphine. Heroin is produced from opium or opium.

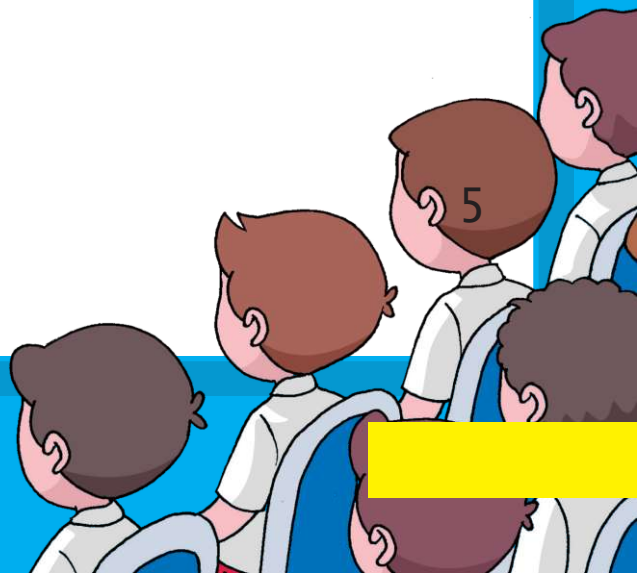
Dangers of Heroin

The dangers of using heroin as follows.

- Damaging the brain
- Feeling chills throughout the body
- Stomach cramps
- Throws up
- Bones and joints ache
- High fever
- Depression
- Insomnia (sleeplessness)
- Irritability and anger
- Can not concentrate
- There is a tendency of suicide



uploads/2015/03/492863897-1880x1254.jpg



CRYSTAL METH

Meaning

Methamphetamine is a chemical that can cause hallucinations. Crystal shape such as sugar or MSG. Usually, crystal meth white. Some types of methamphetamine known, among other things Chrystal, Coconut, and Gold River.

Danger of Crystal Meth

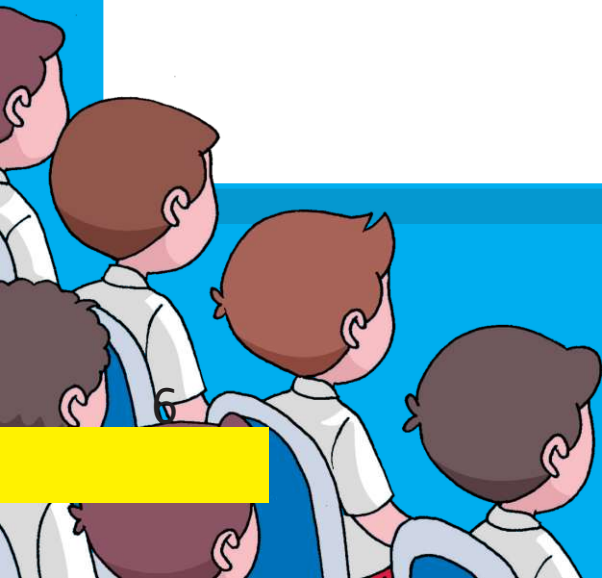
The dangers of methamphetamine use as follows.

- Damaging the brain
- Difficulty breathing
- Difficulty concentrating
- Nausea and vomiting
- Restlessness
- Feeling chased
- Always nightmare
- Loss of confidence
- Often confused and hallucinating



Sabu-Sabu

Sumber: <http://img1.beritasatu.com/data/media/images/medium/331457323741.jpggbgiu.jpg>



Ecstasy

Meaning

Ecstasy is a tablet containing addictive substances that could stimulate the power of the body for hours. Ecstasy also cause feelings of pleasure, joy, and cheerfully outstanding against something.

Dangers of Ecstasy

The dangers of using ecstasy as follows.

- Damaging the brain
- Damaging the optic nerve
- Damaging heart
- porous bones and teeth
- Always scared
- Deaths from heart failure or asphyxiation (loss of oxygen) Ecstasy



Ekstasi

Sumber: <http://poskotanews.com/cms/wp-content/uploads/2016/05/ekstasi1.jpg>



LSD

Meaning

LSD is a semisynthetic compound prepared from a fungus that grows on rye plant (rye). Shaped like a small box-sized paper by a quarter of stamps with many colors and images.

Danger of LSD

The dangers of the use of LSD as follows.

- Can not sleep
- hallucinations as a wall as if breathing, changes shapes into other forms
- auditory hallucinations so the music as if echoing
- Emotional instability
- Change in perception of time
- Many sweating
- Lack of concentration
- Paranoid
- There is a tendency to commit suicide.



Sumber: <http://www.punkerslut.com/pictures/lsdblotter.jpg>

INHALANTS

Meaning

Inhalants are addictive substance that is abused by inhalation through the nose. Society have called ngelem.

Danger of Inhalants

The dangers of inhalant use as follows.

- Dizzy
- Sleepy
- Happy
- flu-like symptoms
- Diarrhea
- Headache
- Trembling and tired
- Damage to the heart, liver, kidney, lungs and brain



Cigarettes

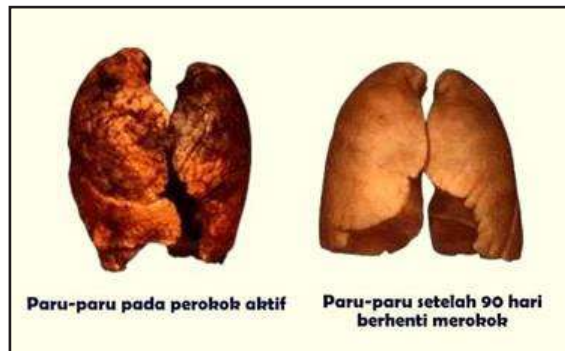
Meaning

Cigarettes are rolls of tobacco (roughly the size of the little finger) wrapped (palm leaf, paper). The basic ingredients for the manufacture of cigarettes is the tobacco leaf that has been destroyed. In tobacco leaf, there is nicotine.

Danger of cigarettes

The dangers of smoking are as follows.

- Lung Damage
- Hard to breathe
- Damage to brain nerves
- It's hard to think and remember
- Damaging heart and kidney



Nikotin dapat merusak organ tubuh seperti paru-paru

Sumber: <http://health.inputbali.com/wp-content/uploads/2016/01/paru-paru-perokok.jpg>

LIQUOR (BEVERAGES)

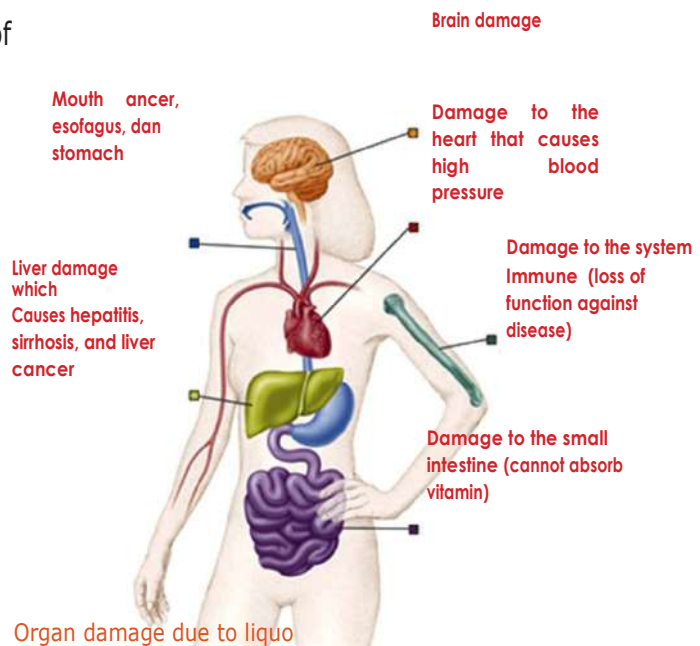
Meaning

Liquor is a drink containing alcohol. Alcohol is produced through the fermentation process or the fermentation of sugars or starches. These substances are usually found in sugar, fruit juice, or tubers.

Danger of liquor

The dangers of the use of liquor as follows.

- Throws up
- Blurred vision, staggered, lost balance, until no
- unconscious
- Difficulty concentrating
- Memory disturbed

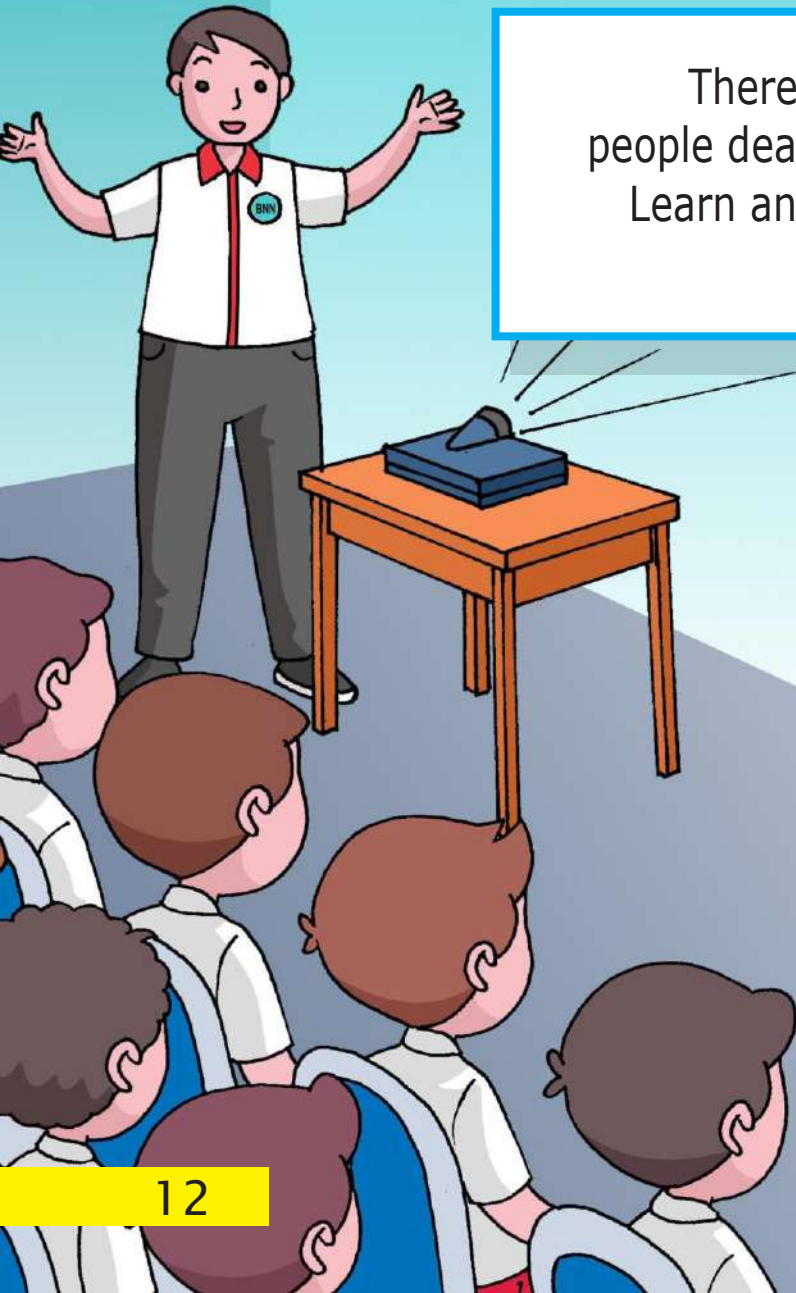


Sumber: <http://health.inputbali.com/wp-content/uploads/2016/01/paru-paru-perokok.jpg>

- Emotional outbursts so often brutalize
- Inflammatory bowel disease,,
- Diseases of the liver
- Damage to the heart, pancreas, and brain.

Causes People Caught Drug

There are several causes people dealt drugs are deadly. Learn and stay away from drugs.



Want to Try Something New

One of the children's character is curiosity is high. Additionally, wanted to try something new. It is a weapon traffickers try. They like to lure kids to try drugs. Besides that they did not hesitate to give free drugs to people who first tried drugs. Remember, once tasted, you'll be hooked. As a result, drugs will destroy your future! Use curiosity for things that are positive so that you avoid drugs!



Want Looks Great

One of the reasons people dealt drugs was to look great. Certain types of drugs can cause users more bold and confident. However, it was only temporary. After the reaction of the drug runs out, users will become timid and insecure again.

Remember, you can be a great person without drugs. Do things that are useful such as sports or other extracurricular activities. Be diligent study so that you can become a useful person to the nation.



Want bbefamous



The cause of the trapped drug is wants to look famous and be recognized by his friends. You must be good at choosing a good friend so that you avoid the snares of drugs. Stay away from a friend who asked you smoke or try drugs.

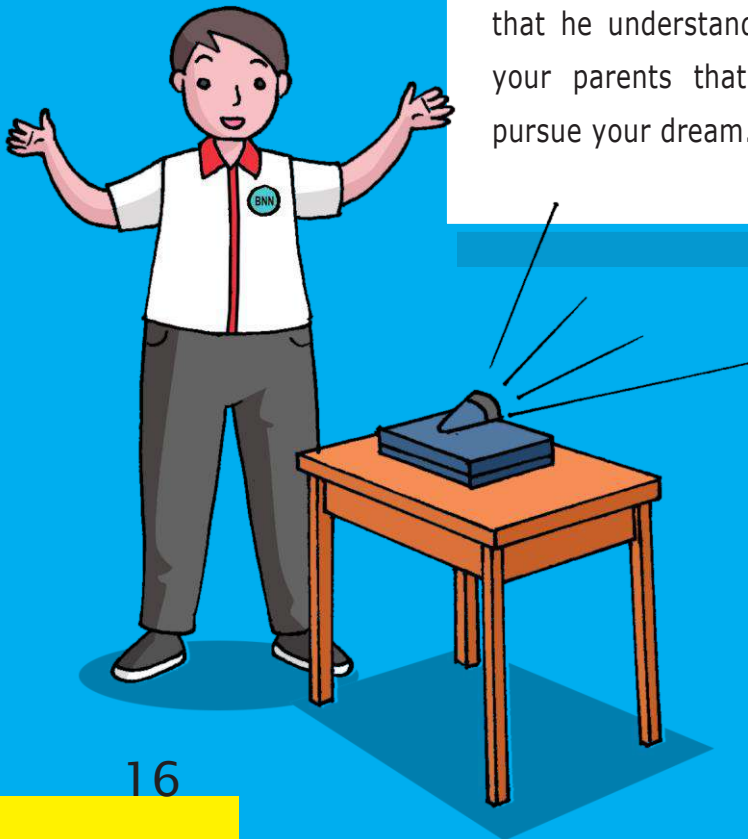
Do not be provoked because practically squirt (less socially). Exactly the opposite, narkobalah users who will become squirt and isolated.



Want Recognized as a Class Member

Other causes someone stuck a drug is to be recognized as a member of the group. For example, one gang at school all the members of smokers. Thus, new members must smoke also to be recognized as a member of the group.

Be careful choosing friends or gang. If invited to smoke or try drugs, say no firmly that he understands. Remember the message your parents that you will always learn to pursue your dream.



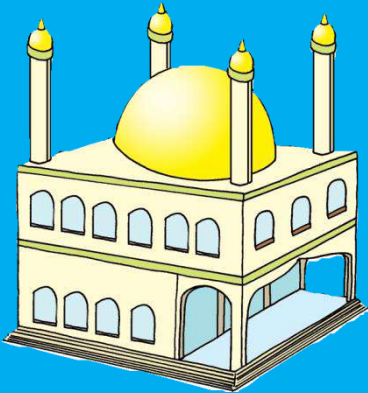
How to Avoid Drugs

There are several ways to avoid drugs that kill.
Learn and stay away from drugs.



Increase Faith and Piety

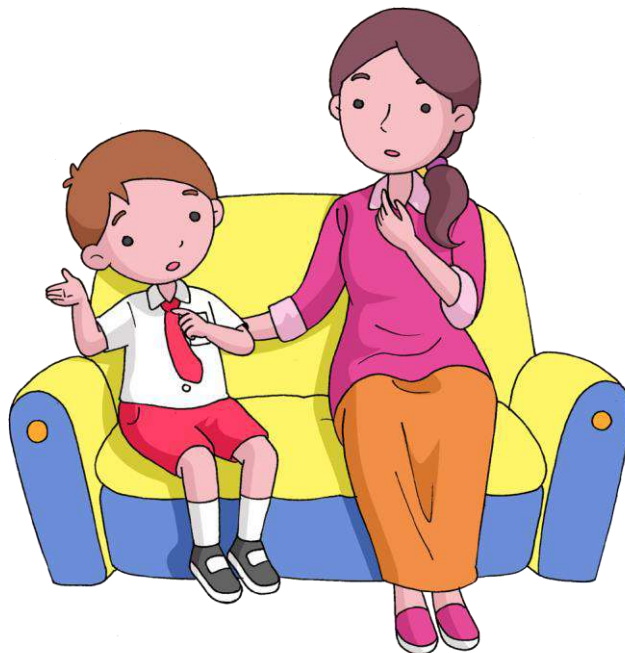
One way to avoid the drug is to increase faith and piety to God Almighty. Perform appropriate worship religion you profess. For example, if you are Muslim, execute timely prayer, fasting, and is active in the youth mosque. Likewise, if you are religious Christian, active to church every week.



Communication with family



The family is where we share joy and sorrow. When we encounter a problem, you should tell our parents. They will help us solve the problem. Establish good communication with families. Remember, many people dealt drugs because there is no communication within the family. From now on, live a good communication with our families.



Get used to Healthy Living

Make a habit of healthy life so that you are not caught drug. Here is how to implement a healthy lifestyle.

1. **The food is nutritious and healthy**

Nutritious and healthy foods will make your body and mind healthy. We have the energy to do activities that we like such as jogging, swimming, playing football with friends.

2. **Exercise regularly**

Exercise can help relieve anxiety, improve appetite and confidence. By exercising regularly, your body will be healthy. You will easily receive lessons in school.

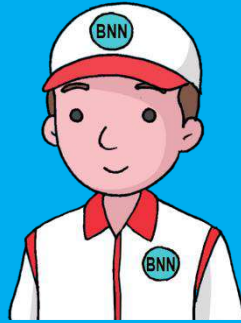
3. **Get enough rest**

After the move all day, you have to rest. Get plenty of sleep. With sleep, your brain will take a break from the exhausting activity. Resting can reduce your mind and release tension.

4. **The routine medical examination**

Regular health checks to the doctor is also very important for diseases that arise can be detected by faster. Treatment can be done early before the disease worsens

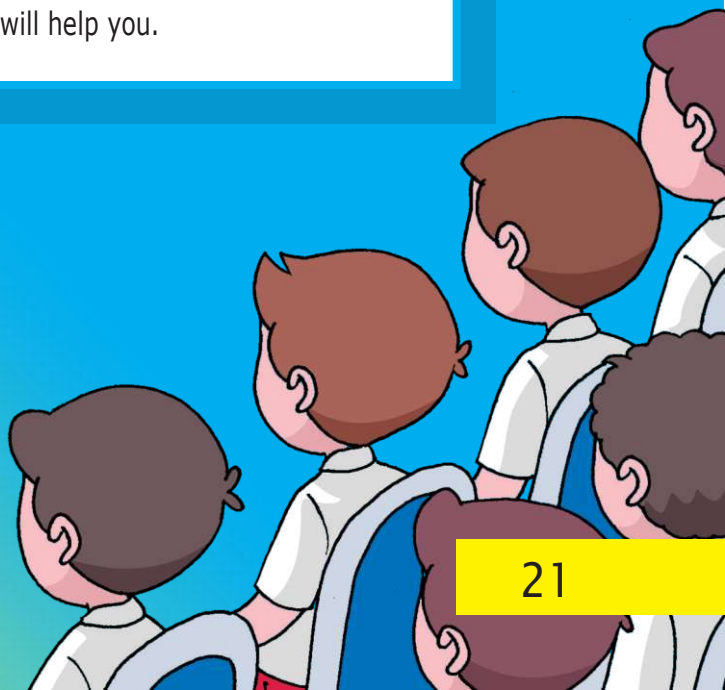




Dare to Refuse

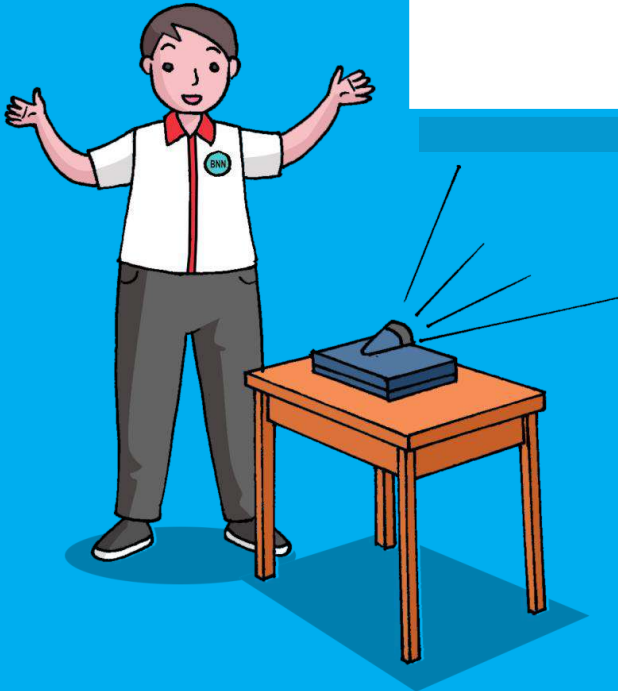
If anyone asked you to try drugs, resist firmly. You must have the courage to say no for the sake of your future. Here are some examples of denial of what you can do.

- Sorry, I do not want to use drugs.
- No, thank you for the offer.
- If anyone is forcing you, do not be afraid. Report to your parents or teachers. They will help you.



Never Tried Drugs

Do not ever try drugs. The drug dealers are always deceptive to say if trying completely harmless. It was a great one! When you are taking drugs for the first time, of hazardous substances that will react in the body. As a result, you'll be hooked. Your future be destroyed.



Choose a Good Friend

A good friend will support you to achieve fulfill your ideals. Bad friend will sucked to do bad deeds. Therefore, choose a good friend to learn and play together.angan tergoda mengikuti ajakan teman untuk merokok atau mengonsumsi narkoba.

You already know the dangers of smoking and drugs. Care about yourself and remember your family. If you find yourself drug, your parents will be sad and disappointed.



Find Positive Activity



Follow the positive activities in school such as scouts, martial arts, sports, and the arts. Follow a group of students doing positive activities such as process waste into compost, planting trees or making creations out of trash. By doing positive activities, you will be spared from the drug.

Ayo, daur ulang sampah

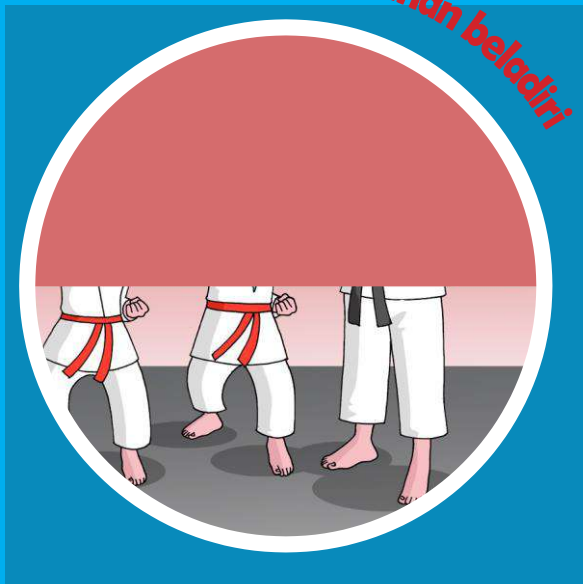


Ayo, menanam pohon





Ayo, ikut latihan beladiri



Ayo, ikut kegiatan pramuka



Tips to avoid Drugs

1. Close to God
 - Obey worship
 - Increase faith and piety to God Almighty
 - Be grateful
2. Love Your family
 - As a role model / mentor
 - As the story friend / chat
 - Adhere to the rules of the family
3. Healthy Living
 - Eat healthy foods
 - Sport
 - Reduce jajan
 - Avoid people who are smoking
4. Dig Potential
 - Ballet
 - Soccer
 - Basketball
 - Singing
5. Beware
 - Do not easily believe strangers
 - Do not easily accept the lure of something interesting

Let's, Sing

The title song: Drugs There Everywhere
Creation : Komjen Pol Drs. Budi Waseso
Rhythm : Discho Cha Cha Cha
Tempo : 120
Basic tone : D

SMART

CHILDREN

MUST LEARN

DILIGENT

FAILURE TO ideals

HEALTHY CHILDREN

ALWAYS EAT NUTRITIOUS FOOD

DO NOT FORGET

DRINK MILK EVERYDAY

REFF:

DO NOT BUY FOOD

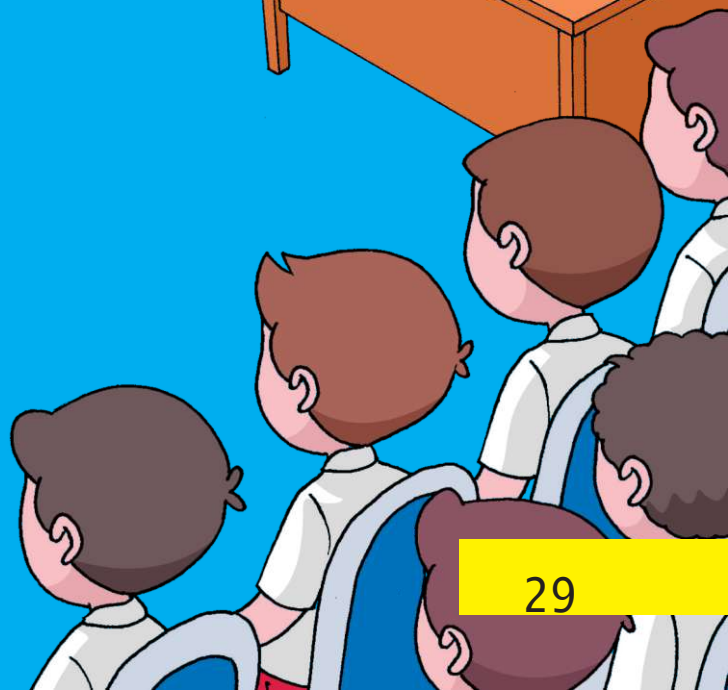
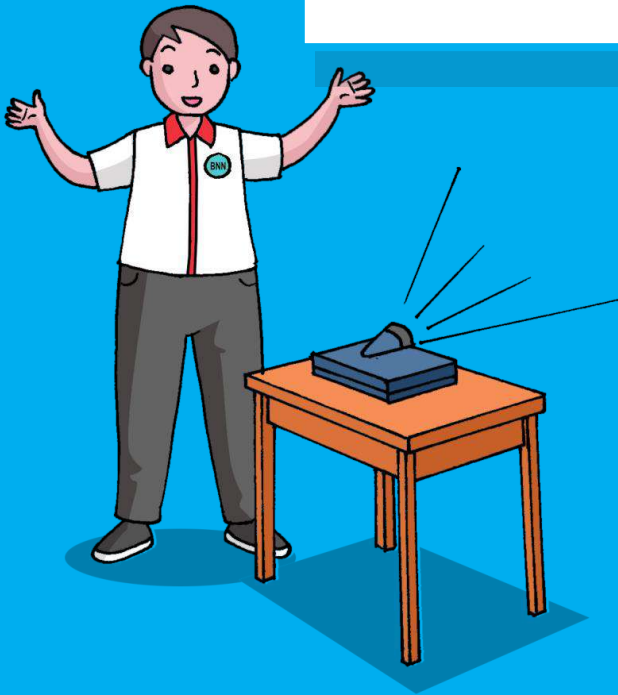
GRATUITOUS

BE CAREFUL

IF THERE IS GERMS
BECAUSE DRUGS IS EVERY WHERE
BE CAREFUL AND ALERT

SMART CHILDREN
CERTAINLY CAN NOT LAZY
REMEMBER TO PRAY
TO THE MIGHTY GOD

Thus our counseling today. Stay
away from drugs and achieve your
dream.
Thank you



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Instructions For Teachers/Parents

1. It is expected that parents or teachers accompany children when using this book.
2. Try parents or teachers to get involved in children's activities.
3. Parents or teachers to teach children how to communicate well.
4. Parents and teachers provide good examples in everyday life.
5. Parents create and apply the family rules clear and unequivocal.
6. Parents develop family traditions and religious values.
7. Parents act as mentors and educators.
8. Parents provide opportunities for children to express their opinions.
9. Parents and teachers directing the child to resist the lure of a stranger (unknown).