

The friends I want are ...

bullies: Being teased, threatened, hit, kicked, or excluded by a student or group of students hurts. But using drugs or withdrawing in other ways doesn't help cope. Besides, those who bully others have a greater tendency to do drugs or harm themselves in some other way. Stay true to yourself and don't let that win. (Bucchianeri, Eisenberg et al. 2014).

deceptive: *"He said it wouldn't hurt me."* Drugs are not "safe" just because they can be obtained with a prescription. Nearly 2.3 million Emergency Room visits involve drug abuse. 343,000 involved prescription opioid pain relievers, a rate more than double that of 5 years prior and 10x the number seen a decade ago. 93,562 involved stimulants and 376,467 involved marijuana (2009 Drug Abuse Warning Network (DAWN) statistics. DAWN monitors only selected areas across the Nation).

dopers: *"I wanted to win so badly. Even before they found out about the steroids and kicked me off the team. But I hadn't won anything—not really."* Boys developing boobs and girls appearing too masculine, becoming aggressive and unusually competitive are just some of the many effects of using steroids (Nieschlag and Vorona 2015, Piacentino, Kotzalidis et al. 2015).

cheaters: *"I thought I'd get better test scores—so much pressure—I wasn't being smart; I was using drugs..."* Amphetamines like Adderall, Concerta and Ritalin do not result in better test scores despite popular beliefs (Dodge, Williams et al. 2012; Ilieva, Boland et al. 2013). But they can cause high blood pressure, irregular heartbeat, seizures, insomnia, aggression, mood and behavior changes. They are addictive, which is why they're classified as Schedule II controlled substances.

numb: About 85 percent of teens in treatment for heroin said they abused opioid painkillers, which include Vicodin and OxyContin, before trying heroin. Abuse of prescription drugs may be a gateway to abuse of hard, illegal drugs such as heroin. On average, the painkiller abuse started two years before heroin use (Lankenau, Teti et al. 2012).

Prescription drug withdrawal feels like:

Tremors	Nausea and vomiting
Sweating	Diarrhea
Craving	Anxiety
Headaches	Depression

Said no one, ever.

What *really* matters?