

Resist Temptations: Say NO to Smoking, Drinking and Drugs

We may come across temptations like smoking, alcohol drinking, drug taking, etc. during adolescence. If we learn about the potential harms, we shall be able to make a smart choice, and lower the chance of being deceived.

1. Smoking causes harm:

- i) Tobacco is classified as Group 1 carcinogens
- ii) Addiction
- iii) Causes various kinds of diseases, including lung cancer, heart disease, etc.
- iv) Poor physical appearance; dry and coarse skin, more wrinkles, bad breath.

2. Alcohol drinking causes harm:

- i) Alcohol is classified as Group 1 carcinogens
- ii) Physical and psychological dependence
- iii) Disturbs brain function, affect judgement, brings more accidents
- iv) Lower self-protection, doing things that they don't want to do or without thinking about the consequences
- v) Chronic drinking may cause liver cirrhosis and liver cancer.

3. Drug Taking causes harm:

- i) Physical and psychological dependence
- ii) Permanent damage to the brain function, such as losing memory, illusions, etc.
- iii) Mental illnesses, such as depression, psychosis, etc.
- iv) Damage other body organs, including contracted bladder, damaging kidney and liver functions, acute heart disease, stroke, etc.
- v) More serious harm if mixed with alcohol or other kinds of drugs, may even lead to death.

4. Traffickers usually make use of the special features of adolescents like curiosity, peer pressure, avoiding problems, looking for excitement, etc. in tempting them to try drugs. Adolescents have to stand firm, beware of personal safety and use the **seven refusal skills flexibly.**

- i) Firmly say **NO**
- ii) Talk about consequences
- iii) Good friends will say no too
- iv) Talk about something else
- v) Find an excuse to leave
- vi) Suggest other activities
- vii) Mention your parents

5. **Enrich your life by:**

Friends:

- Choose wisely
- Expand social circle by joining interest classes, etc.

Personal:

- Develop a hobby
- Learn the harms of smoking, drinking and drug
- Set goal
- Seek help if necessary

Family:

- Maintain good communication
- Love and care for each other

6. When faced difficulties that cannot be handled, never avoid your problems by smoking, alcohol drinking or drug taking. Instead, seek help or opinions from trusted seniors, such as parents, teachers, social workers or professionals, etc.