

## Resource 7 (Activity 3)

# Real Life Stories (1 of 2)

The following stories were submitted by young people to the website [www.talktofrank.com](http://www.talktofrank.com). You can find more information on drugs and real life stories on this website.

### **You Never Know Where a Trip Will Take You**

Drugs can affect different people in different ways, but the way it affected my friends and me is an experience we will never forget. We had been taking different drugs all at once and at first, the buzz was amazing we were smoking cannabis, taking ice and some of us had LSD. One of my friends was having a really bad trip from the LSD. He thought at first we were all melting and turning into puddles, which really scared him as we were all really close to each other. Then after a while, he started to think that there were vampires and zombies everywhere which really started to freak me out because I was extremely stoned and nearly having a 'whitey'.

After a while, my friend passed out in the backroom and everyone just went into the front room and left him. Everyone but me, that is. We were really close so I didn't want to leave him, but now I think that's what I should have done. I was talking to my friend even though he was unconscious; well that was what I thought. After a little while, he slowly sat up and leant against the wall next to me. I didn't think anything of the way he was looking at me. I thought he was giving me evils because he was high, not because he was having a bad trip. Then the unexpected happened. I turned to look at him when I felt his hands around my neck. He started squeezing harder and harder and I slowly started to choke and hit him as hard as I could to make him let go. I managed to let out a small scream and my other friends came darting through the door and dragged him off me. I started to cough and get my breath back, but that was the last time he ever took LSD.

### **A Few Tokes Too Many**

I'm 15 and I'm currently at school. I was doing fine until I met someone who could get me hash. This was great because I've always enjoyed smoking it but could never get it so I jumped at the opportunity; I got a half an ounce each Saturday for £30. Me and my best mate would smoke about eight joints between us every night until it was gone, so I got an extra shift at the restaurant I work at so I could start buying more ounces. Soon I started to sleep much longer and school was totally boring. Me and my mate would just leave and go get stoned. We didn't care about our education any more. He was leaving at Christmas anyway to be an electrician but I wanted to go to college and become an officer in the RAF. But now I've missed too much of my education and I can't catch up.

I never thought that hash could do that, I just thought it was a weak drug, something loads of people do. But now, because I wanted to go get stoned, I can't do what I'm really passionate about, because of hash.

### Resource 7 (Activity 3) Real Life Stories (2 of 2)

#### He Doesn't Look Half As Good Anymore

I've been going with this boy for ages and he takes wingers (ecstasy).

I never really minded because he didn't do it that much but now he does it all the time, he's wiped out nearly everyday...

I asked him not to take them one night and he said that's ok, but he was craving for them so much he got really nasty and was really cheeky to me. I just ignored him, but he got that angry he hit me and he's never like that. I'm always really scared around him now just in case he goes to hit me.

He doesn't look half as good any more; he used to be really tall and well-built with loads of muscles. But now he's got loads of spots and he's just really let himself go. He's lost too much weight and he just looks really ill, it's no life for him and he's only 15.

#### Peer Pressure

When I'd just finished Year 10, I didn't want anything scheduled in my summer holidays. I just wanted to go to the park to hang out with my friends. It was fine at first with us chatting around, and someone might bring down a bottle of alcopop.

After about two weeks, we were smoking at least a pack of ciggies every day, and getting through at least a litre of spirits between five of us. My mum asked me about drugs in the park, and I just denied everything. I knew people dealt weed there, but I didn't ask anyone about it because I didn't want to know.

When I came back from a weeks' holiday, it had got even worse. People were stealing alcohol from their homes, and from the local shops. But worst of all, some of my best friends had started smoking cannabis.

"You should try it some time," said my best mate, "don't worry though, we'll look after you". It was so clichéd, I thought it wasn't real. I blocked out any doubts I had, and agreed to go to the park with them the following weekend.

By this time, we were back at school, so afterwards on the Friday we changed and went up to the park. One of my friends didn't come with us, and didn't say anything about it either. I was expecting her to, but didn't say anything back.

On the Monday when I got back to school, I was called into a drugs investigation. We admitted to everything, and some of the people got expelled for supplying cannabis. I was devastated, and I knew I had to tell my mum. The friend who hadn't come along admitted to me that she'd told one of the teachers. At first, I was angry, because I thought it was 'all her fault' - but now I'm so grateful she did that. If it weren't for her, goodness knows where I'd be today.

## Resource 8 (Activity 3) Reasons People Drink

The table below lists some reasons that people give for drinking alcohol. For each statement, decide whether you think that it is 'OK', 'sometimes OK', or 'not OK', and tick the appropriate box (space is provided for you to write in your own ideas also).

	OK	OK sometimes	Not OK
I drink to help me relax			
I drink to show affection			
I drink because it makes me feel good			
I drink because of pressure from friends			
I drink because it helps me sleep			
I drink because I enjoy the taste			
I drink in order to celebrate			
I drink to help me do boring things			
I drink to forget my worries			
I drink because it gives me confidence			
I drink to be sociable			
I drink because there is nothing else to do			
I drink when I am angry			
I drink to get drunk			
I drink because it is a big part of who I am			
I drink out of habit			