

TOBACCO AND ATHLETIC PERFORMANCE

- Don't get trapped! Nicotine in cigarettes, cigars and spit tobacco is addictive.
- Nicotine narrows your blood vessels and puts added strain on your heart.
- Smoking can wreck lungs and reduce oxygen available for muscles used during sports.
- Smokers suffer shortness of breath (gasp!) almost 3 times more often than nonsmokers!
- Smokers run slower and can't run as far, affecting over-all athletic performance.
- Cigars and spit tobacco are NOT safe alternatives.

SO...

- **KNOW THE TRUTH!** Despite all the tobacco use on TV and in the movies, music videos, billboards and magazines – most teens, adults and athletes DON'T use tobacco.
- Make friends, develop athletic skills, be independent, be cool ... **PLAY SPORTS!**
- **GET INVOLVED:** make your team, school, and home tobacco-free; teach others; join community efforts to prevent tobacco use.



**TO BE THE BEST ATHLETE
YOU CAN BE,
STAY DRUG & ALCOHOL FREE!**

PARENTS!

For your athlete to succeed in sports and in life, you must be the coach and referee. Teach your kids and enforce the rules of the game of life.



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To learn more about how to talk to your athlete about substance use prevention, go to:
www.chi-parentnetwork.org

YOUTH SPORTS & ACTIVITIES



**THE ANTI-DRUG:
GET INVOLVED!**

**Give yourself a chance to
be a winner!
Sports & Drugs DON'T Mix!**



To learn more, go to:
www.chi-parentnetwork.org



WINNING ISN'T EASY!

But you know what? It isn't supposed to be. It's reward for hard work and the desire to be your very best. If you use drugs for a competitive edge, you're not only cheating, but you may be endangering your health.

MYTHS & FACTS

MYTH: Marijuana is harmless.

FACT: Marijuana is the most widely used illegal drug among youth today and is more potent than ever (about 23 times more potent than 20 years ago). Marijuana use can lead to a host of significant health, social, learning, and behavioral problems at a crucial time in a young person's development.

MYTH: Only high school kids drink.

FACT: Many kids start drinking in middle school. In fact, one out of every two 8th graders has tried alcohol. Additionally, more kids use alcohol than use tobacco or illicit drugs and more children are killed by alcohol than all illegal drugs combined.

MYTH: Prescription drugs are safer than other drugs.

FACT: There are serious health risks related to abuse of prescription drugs. A single large dose of prescription or over-the-counter painkillers or depressants can cause breathing difficulty that can lead to death. Stimulant abuse can lead to hostility or paranoia, or the potential for heart system failure or fatal seizures. Even in small doses, depressants and painkillers have subtle effects on motor skills, judgment, and ability to learn.

The abuse of Over-the-counter (OTC) cough and cold remedies can cause blurred vision, nausea, vomiting, dizziness, coma, and even death. The abuse of prescription and OTC drugs are very dangerous and addictive.

**DON'T LET YOUR TEAM DOWN
STAY DRUG & ALCOHOL FREE!**

PLAYBOOK FOR PARENTS: ENSURE A WINNING SEASON

While involvement in sports and extra-curricular activities can play an important role in preventing teen drug use, don't assume your child is immune to the pressures of using drugs, alcohol, tobacco and steroids because of their participation in athletics. In fact pressure to win may increase the odds of steroid use, even by teenagers. **ALL kids are at risk!**

Win or lose, support your teenager's participation in sports. Whether at the team or individual level, in sports that are recreational or competitive, the benefits of being involved are immeasurable. Being active in sports builds character, commitment, good judgment, healthy bodies, social skills and life-long friendships.

Even though professional sports and athletes may send especially confusing signals to a young athlete about the consequences of drug use, parents can set the record straight by explaining the repercussions and understand prevalence of drug use.

When attending sporting events with your athlete, remember to be a good role model. As adults it is our responsibility to show our youth that not all celebrations or after game events need to contain alcohol. As parents, decide that you will not drink alcohol during the game (if allowed), or after the game. As a parent or chaperone, it is your responsibility to be a great role model.



Teens who learn anti-drug messages at home are 42% less likely to use drugs

PARENTS AND COACHES: THE ANTI-DRUG

Parents and coaches must make the rules clear. **NO DRUGS AND NO DRINKING.**

Parents, you are the first line of defense when it comes to your teen's drug use or drinking. And you do make a difference! Nearly two-thirds of teenagers see great risk of upsetting their parents or losing the respect of family and friends if they smoke marijuana or use other drugs.

You can influence your teenager's behavior, particularly if you are armed with the facts about drugs. Having a clear understanding about the risks of illicit drugs and knowing the signs to watch for in your teenager is a critical first step.

Go to www.theantidrug.com for great parent resources; signs of alcohol and drug use, drug identification and risks of illicit drugs, tips on how to talk to your child and much more.

Communicate: The most important thing to remember when it comes to talking about difficult subjects like drinking and drugs is that it's not a five-minute "talk" — it's about building an ongoing dialogue. As your children grow up, they will need more and more information, so start early and build on the conversation as your teen matures.

Virtually all parents in America (98 percent) say they've talked with their children about drugs; however, only 27 percent of teens (roughly one in four) say they're learning a lot at home about the risks of drugs. Talk to your kids on a regular basis. They want to be listened to and heard. They also value your opinion.

With your encouragement young athletes can be winners in sports and in the game of life.

