



## Say No To Glue & Drugs

Language: \_\_\_\_\_

Translator's name: \_\_\_\_\_ +

Translator's email/phone number: \_\_\_\_\_ +

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**Thare Machi Education,  
PO Box 4040,  
Leamington Spa,  
CV32 5YJ,  
UK.**

mail@tme.org.uk,  
+441926 422711  
[www.tme.org.uk](http://www.tme.org.uk).

Reg Company No 3921677, Charity No 1080131

## Say No To Glue & Drugs

1. In this lesson we will talk about the dangers of both glue sniffing and drug taking. We will then suggest some ways you can try to avoid getting involved in these dangerous activities.
2. Glue and drugs can kill you! Sniffing glue or other chemicals may not seem very dangerous, but it is! Children who sniff glue or other chemicals often move on to using drugs in the future.
3. Some people use glue or drugs because they are bored, or feeling stressed or depressed. Some people think it helps them feel less hungry.
4. Sometimes people follow their friends and try using glue or drugs because their friends are using them.
5. Now try to answer this question using the buttons on the controller.
6. Can glue and drugs kill you?
7. Yes,
8. or no?
9. Press a button now.

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10. That's right. Glue and drugs are dangerous and can kill you.
  
11. Glue and drugs are dangerous chemical substances that are very bad for you.
  
12. Glue and drugs change the way you feel. They often give you a dizzy, "high" feeling similar to the effects of drinking alcohol.
  
13. This can make you feel happy for a short time, but it can also make some people feel aggressive. This aggression often leads to fights and losing friends.
  
14. Now try to answer these questions.
  
15. What are glue and drugs?
  
16. Dangerous chemicals that are bad for your body,
  
17. or natural substances that are good for your body?
  
18. Press a button now.

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19. Yes! Glue and drugs are dangerous chemicals that are very bad for your body.
  
20. Can glue and drugs make you feel aggressive?
  
21. Yes,
  
22. or no?
  
23. Press a button now.
  
24. You're right. Glue and drugs can make you feel aggressive, leading to fights and losing your friends.
  
25. Different drugs have different effects on your body and mind.
  
26. You may feel happy or "high" shortly after taking drugs or sniffing glue, but this effect will not last long. You will soon begin to feel less happy and will probably end up feeling sad or depressed as the effects of the glue or drugs start to leave your body.

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27. This sad or depressed feeling often leads people to want more glue or drugs to try and make themselves feel happy again. So it is very easy to become addicted to glue and drugs.
  
28. Now here are some questions for you.
  
29. How do glue and drugs make you feel?
  
30. All drugs make you feel good,
  
31. or different drugs have different effects on your body and mind?
  
32. Press a button now.
  
33. That's right. Different drugs have different effects on your body and mind. Not all drugs make you feel good.
  
34. Why is it easy to become addicted to glue and drugs?
  
35. Because they taste delicious,

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36. or because the effect of the drugs does not last long and you need more glue or drugs to feel good again?
  
37. Press a button now.
  
38. That's right. After the first effects of the glue or drugs have passed you will usually want more drugs to make you feel good again. This soon leads to addiction.
  
39. Glue and drugs may make you feel good for a short time, but they have many negative effects.
  
40. Using glue or drugs can cause headaches. Using glue and drugs often stops you feeling hungry. This may mean that you don't eat properly and can become malnourished.
  
41. Using glue or drugs will make it more difficult for you to concentrate. They also have a negative effect on your memory. Glue and drugs are very bad for your brain.
  
42. If you continue to use glue and drugs you will eventually damage most parts of your body. For example your skin may look bad, your eyesight may be affected and you may develop problems with your liver or lungs.
  
43. Are glue and drugs bad for your health?

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44. Yes,
45. or no?
46. Yes! Glue and drugs are very bad for your health.
47. Why are glue and drugs bad for your health?
48. They damage many different parts of your body,
49. or they make you feel very hungry?
50. That's the right answer. Glue and drugs damage your body.
51. Another danger of glue sniffing is the risk of suffocation from the bag sticking to your face when you are too "high" to notice. If this happens you will not be able to breathe and will die.
52. Using glue or drugs also increases your risk of accidents.

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53. People who are “high” on glue or drugs are often less aware of dangerous situations and take more risks. For example, they are more likely to step into the road without looking and risk being hit by traffic.
54. Children high on glue or drugs are much more vulnerable to all types of abuse, including sexual abuse, because they are not so aware of what is happening to them.
55. If you sniff glue and the bag sticks to your face, what will happen?
56. You will feel happier,
57. or you will not be able to breathe?
58. That’s right. You may be too “high” to notice that the bag has stuck to your face and you might suffocate.
59. Why are you more likely to have an accident if you use glue or drugs?
60. Because you are frightened,
61. or because you are less aware of dangerous situations?

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62. Yes! If you are “high” on glue or drugs you will be less aware of dangerous situations. So you are more likely to have an accident.
63. Using glue or drugs doesn’t only affect you. It has a bad effect on your family and community too.
64. Remember: Glue and drugs change how you feel and change how you behave. People who use glue or drugs often stop being able to tell the difference between what is right and wrong.
65. Family relationships can break down if someone in the family is using glue or drugs.
66. People who use glue or drugs often steal to get money to buy more glue and drugs. Crime in the community increases and relationships with your family and people around you are destroyed. Everyone feels bad.
67. If you use glue or drugs, you may think this is only your problem. Is this true?
68. Yes,
69. or no?

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70. That's right. If you use glue or drugs it is a problem for you, your family and your community.
71. Why are you more likely to steal if you use glue and drugs?
72. Because you need money to buy more glue and drugs,
73. or because you want to buy presents for your family?
74. Yes! As you become addicted to glue and drugs, you are more likely to steal money to buy more glue and drugs.
75. If you use glue or drugs you may find that people begin to treat you differently. You may feel excluded from your community and people may discriminate against you.
76. If you are a child using glue or drugs, you will probably stop going to school.
77. If you are older you will find it very difficult to have a job.
78. If you use glue or drugs your future will be very bad. Living on the streets, collecting cans or stealing to support your drug habit will become your only future.

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79. If you use glue or drugs what sort of future will you have?
80. You feel happy, so you will have a good future,
81. or you will probably be excluded from your community and have no chance of a good future?
82. That's right. Glue and drugs destroy your chances of a good future.
83. We have now looked at many of the bad effects of glue sniffing and drug taking. You may think that glue and drugs will make you feel good, but the long term effects of these dangerous substances are always bad.
84. Glue and drugs are very addictive. This means it is very difficult to stop using them once you have started.
85. So it is best NOT TO START using glue and drugs. Even if your friends use glue or drugs, you should not copy them.
86. Is it difficult to stop using glue and drugs once you have started?

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87. Yes,
88. or no?
89. That's right. Glue and drugs are very addictive. It is very difficult to stop using them once you have started.
90. Instead of using glue and drugs try to get involved in other activities you enjoy.
91. For example: playing football or other games, reading or listening to music. Anything which makes you feel good about yourself can help you to avoid the temptation of glue and drugs.
92. Helping other people in your community can also help you to feel good about yourself. If you feel good about yourself you are less likely to feel you need glue or drugs.
93. What can you do to help yourself avoid glue and drugs?
94. Steal money,
95. or chat and play games with your friends?

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96. You're right. Doing other activities you enjoy can help you avoid glue and drugs.
97. Can helping other people make it easier for you to avoid glue and drugs?
98. Yes,
99. or no?
100. Yes! Helping others will make you feel good about yourself. When you feel good about yourself you are less likely to need glue or drugs.
101. Talking about the dangers of glue and drugs with your friends will help you to educate each other about how dangerous they are. You and your friends can help each other to avoid glue and drugs.
102. Together you can help educate your families and the people around you about the dangers of glue and drugs. Talk to your family and friends and try to share your feelings. Talking about how you feel can be difficult, but it can really help if you share your feelings with people you love and trust.
103. If you are already using glue or drugs, ask your family and friends to help and support you as you try to stop.

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104. If your friends or people around you are using glue or drugs, try to help them stop. Give them your support.
105. Why is it good to talk about the dangers of glue and drugs with your friends and family?
106. You will encourage more people to use glue and drugs,
107. or you will help to educate each other?
108. That's right. Talking about the dangers of glue and drugs with your friends and family will help to educate everyone around you.
109. If you are addicted to glue or drugs there may be some help available . In some areas there are groups who can help you stop using glue and drugs.
110. Your local health centre should be able to tell you if there is any help available in your area.
111. If possible it can be a good idea to go and stay with family members in another area to get away from bad influences and temptations.
112. Often there is no help available for people addicted to glue or drugs. This is why it is so important to be aware of the dangers. DO NOT START using glue or drugs.

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113. What can you do to help yourself stop using glue or drugs?
114. See if there is any help available in your area,
115. or make friends with other people who use drugs?
116. Yes! Check at your health centre if there is any help available in your area.
117. You need courage and strength to say no to glue and drugs, but you can do it! Ask your family and friends for their support.
118. If people around you are using glue or drugs, do not copy them. Try to help them understand the dangers of using glue and drugs, and support them when they try to stop.
119. Remember: Glue and drugs might make you feel good for a short time, but the long term effects are always bad.
120. Be strong! Say NO to glue and drugs!
121. That was the wrong answer. Let's go back and listen again.

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122. Sorry! Wrong answer.
123. Hello. The title of this lesson is “ Say No to Glue and Drugs”. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
124. You’ve now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
125. Correct!
126. “Say No to Glue and Drugs”