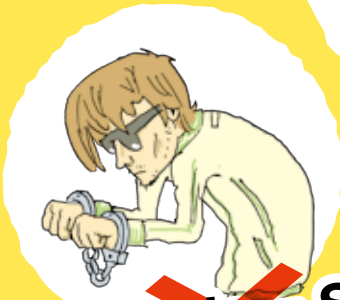
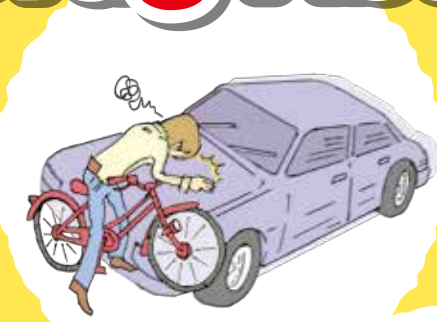


Say "No, Absolutely No!" to Drug Abuse



~~Cannabis = Safe~~



~~Legal = Safe~~



Just once is fine.
It's just a little..



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Main characters
in this booklet



Masaru
(17 years old)
High school sophomore
Ordinary high school
student who likes soccer

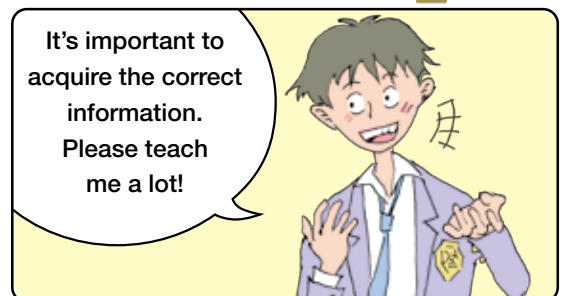
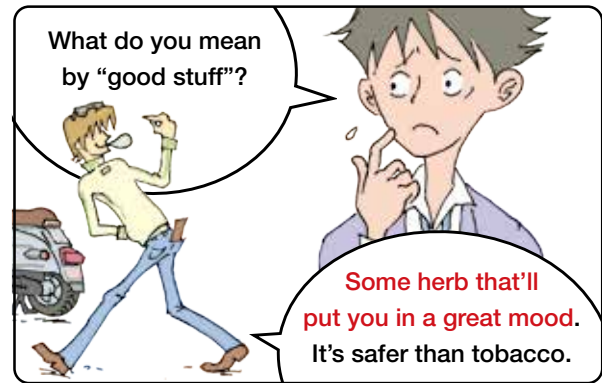
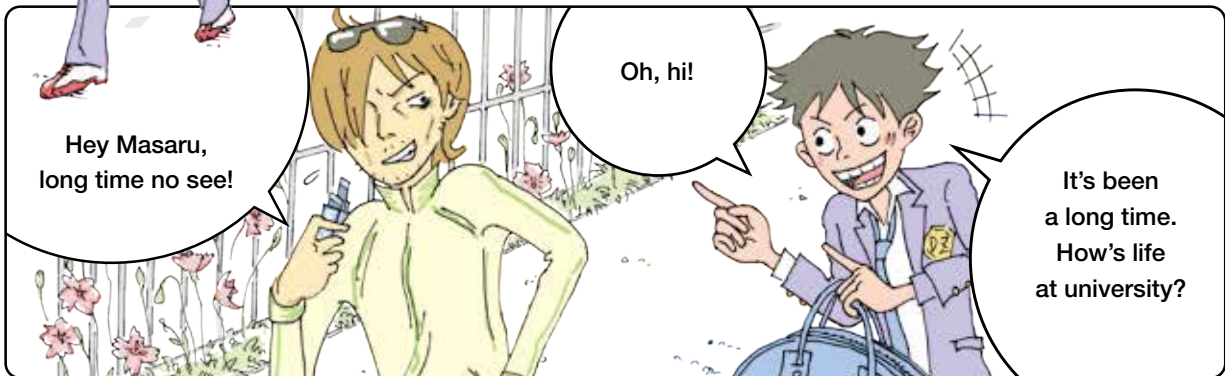


Older student
(19 years old)
Older student
than Masaru
University freshman



Dr. "No, Absolutely No!"

Drug abuse lurking in your familiar surroundings




What drugs are abused?


Drugs that are abused negatively affect our brains (central nerves) that are most important. The use of drugs that are abused can be divided into the following effects on the brain.

Stimulant effect

Stimulants




Cocaine leaves




Hydrochloric acid cocaine

Hallucinogenic effect


MDMA




LSD



Magic mushrooms (hallucinogenic mushrooms)




2C-B




Inhibitory effect

Psychotropic drugs
(sleeping aids, anti-anxiety drugs, etc.)




Opium-type narcotics



Poppyseeds


Poppies

Organic solvents
(Thinners, toluene, glues, etc.)



(Note) Excluding drugs that are properly used based on a doctor's diagnosis.

Cannabis (marijuana)



Cannabis resin

Dangerous drugs



As [legal herbs]



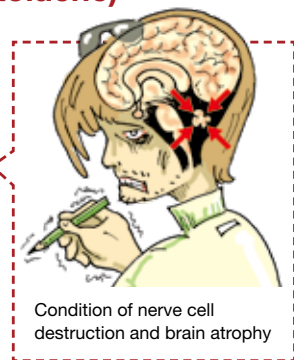
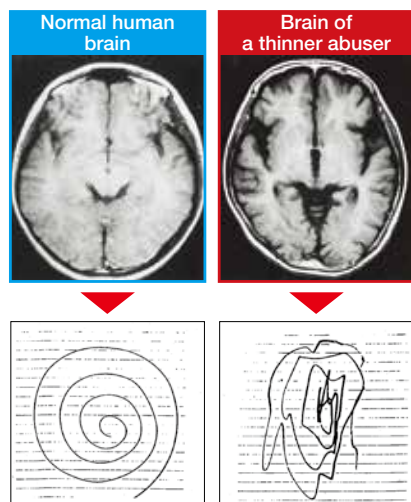
As [aroma oils]



As [bath salts]

*Psychotropic drugs have medical uses, but abusing them causes damage to the mind and body.

Organic solvents (thinners, toluene)



If thinners are abused, they invade your brain and cause hallucinations and delusions and it is not rare for them to decrease eyesight and hearing ability. In addition, they can cause numb limbs due to neurological disorders of the brain, crumbling teeth, and withering muscles. They damage various internal organs like the kidneys and liver, and acute poisoning can lead to death.

If abuse is continued, the healthy development of the mind and body is obstructed.



If nerve cells in the brain are destroyed by thinners, the limbs will tremble.

What is drug abuse?

**Using illegal
drugs just once
is abuse!**



Drug abuse is using drugs in ways and for purposes disconnected from the rules of society. In addition, medical supplies are used for treatment of illnesses and injuries, but using them outside their original purposes is abuse.

The reason why drug abuse is bad is because it invades the brain that is most important for humans to live life. In addition, abusing drugs causes mental disorders and dependence on drugs. Brains that receive damage just once can never go back to their state before. That damage will be a concern throughout one's whole life. Furthermore, the negative effects of drug abuse also widely manifest outside the brain in the internal organs. Moreover, drug abuse causes people to commit crimes such as theft, muggings, prostitution, and even murder to acquire the drug being abused, and causes families to break down, the destruction of public order, and more.

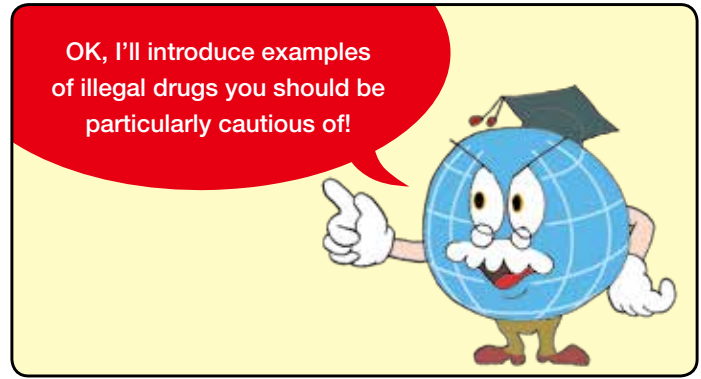
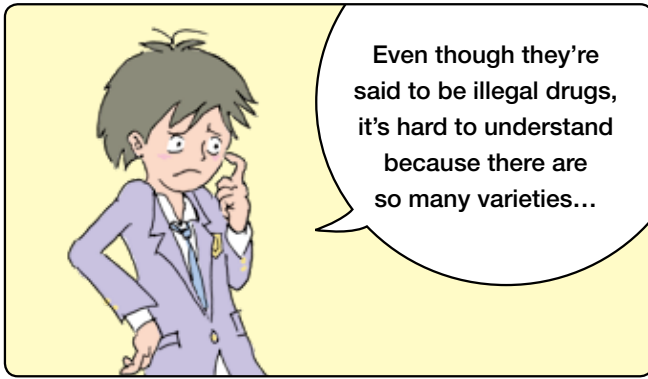
Drug abuse induces major losses for society, so it is important to have the awareness to say, "No, Absolutely No!" even if it's just once. In addition, drug abuse prevention activities are important for creating a social environment unforgiving of drug abuse in which many people not caught up in drug abuse acquire correct knowledge about the dreadfulness of drug abuse and absolutely never reach out for drugs.

Major negative influence on young people

It is said that our brains grow until we are about 20 years old. In particular, the period when we are elementary, junior high, and high school students is a time of rapid growth of the mind and body. By studying at home and school and talking with our families, teachers, and friends, it is an important time for us to learn knowledge and ways of thinking about things and discover our own selves.

If people abuse drugs during this time, growth of their brain and body will stop, their body and mind development will be harmed including not being able to control their emotions, losing their motivation, and becoming quick to anger, and they could become unable to communicate with their family and friends. In addition, they could become unable to become healthy working members of society.

That is why you should say, "No, Absolutely No!" to doing drugs even once.



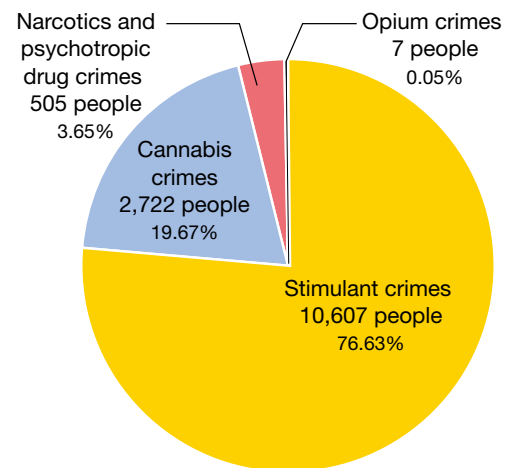
What are stimulants?

Stimulants are the most abused illegal drugs in Japan, and account for over 76% of the people arrested for all drug crimes.

They tend to mainly be white or cream-colored powders and colorless and transparent crystals, and abusing them stimulates the nerves, eliminates drowsiness and tiredness, and produces a condition of clear headedness. However, this is temporary, and when the effect ends users are assailed with intense ennui, tiredness, and feeling washed out.

In addition, they cause hallucinations and delusions, it is easy to develop addiction mental illnesses, and consumption of large amounts can lead to death.

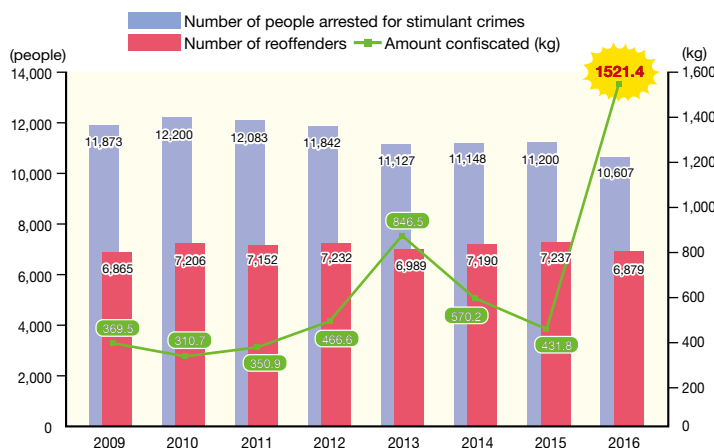
Number of people arrested for drug crimes in 2016



Source: National Police Agency, Ministry of Health, Labour and Welfare, Japan Coast Guard (Ministry of Health, Labour and Welfare tally)

What are the characteristics of stimulant crimes?

Changes in stimulant crimes



Source: Ministry of Health, Labour and Welfare

The number of people arrested for stimulant crimes, which reached its peak in 2010 and has been decreasing, still exceeds 10,000 people. In addition, if we look at the change in the amount confiscated, the amount in 2016 was over 1,000 kg more than the previous year, and it is necessary to further strengthen countermeasures.

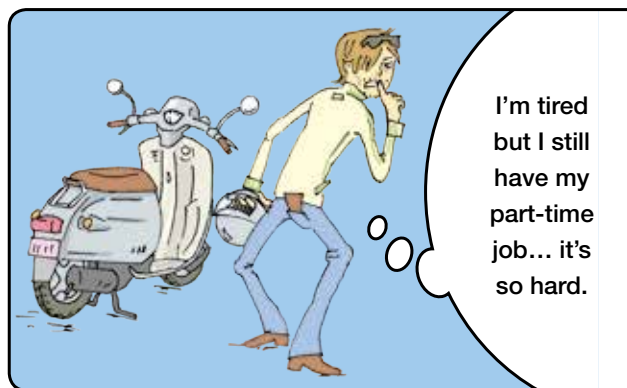
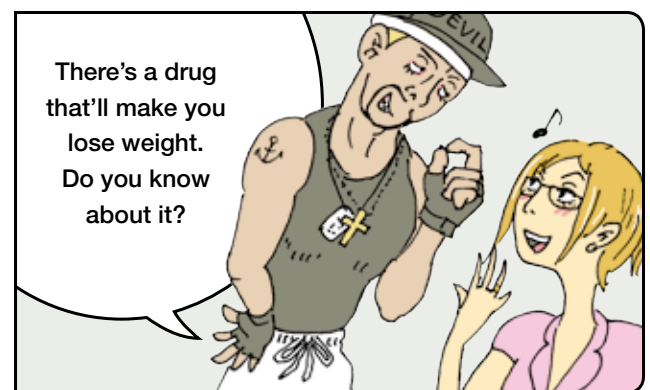
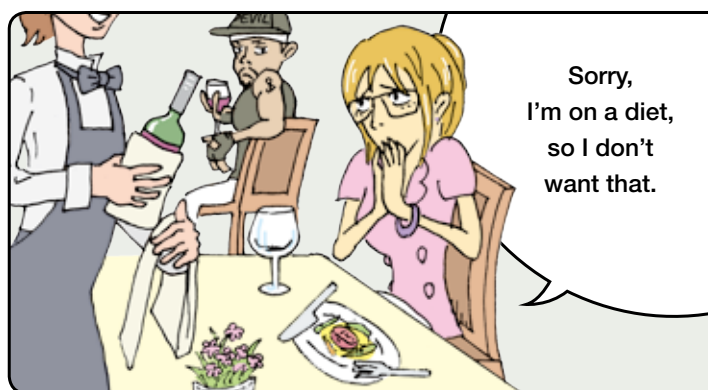
The characteristics of stimulant crimes are that they have high rates of reoffenders, at a high level of over 60% of the total in 2016. As we can learn from this, not starting to use them at all is more important than anything else.

Caution is necessary against gentle tempting phrases!

Many abusers of illegal drugs began abusing them because of being encouraged to use illegal drugs by other people. There are many cases of various effects being proclaimed to tempt people, such as that stimulants will “make you lose weight,” “give you vitality,” “clear your head,” and “make you forget unpleasant things.”

In addition, drugs are sold using street names such as “uppers,” “S,” and “speed” for stimulants and “leaf” and “grass” for cannabis.

It is necessary to be able to realize that it is strange to be recommended such things or to see such things, and to acquire the judgment ability to avoid danger.



Illegal drugs are called various street names.

Stimulants	Uppers/S/Speed/Ice
Cannabis	Leaf/Grass/Herb
MDMA	Ecstasy/X
Organic solvents (thinners, toluene)	Anpan
Heroin	China White/Junk
Cocaine	Coke/Snow/Crack
LSD	L/Acid
PCP	Angel dust
Mushroom varieties containing psilocybin, etc.	Magic mushrooms



What is cannabis?

What did you get?

It's cannabis. It's not as bad for your health as tobacco. It doesn't make you addicted and it only gives good things.

No, Absolutely No!

So trying it once is fine.

Incorrect information is the first step on the road to destruction!

Cannabis is an illegal drug that affects the brain!

Don't be deceived by incorrect information and make decisions based on correct knowledge.

Cannabis ~~X~~ Safe

Cannabis(*) is sold in forms such as dry cannabis for absorption and resin. Recently, there are increasing illegal examples of people acquiring cannabis seeds to grow their own cannabis. It is sold on the internet using various street names.

There is a stream of incorrect information about cannabis such as that it doesn't negatively affect the body and that it doesn't cause dependence. However, it is actually an **illegal drug that causes various problems, including negatively affecting the hippocampus and other body parts that control the brain's intelligence functions and memory formation.**

If cannabis is abused, the **person's perception changes, they lose the ability to concentrate, and have emotional instability.** In addition, if the abuse is continued, it causes a condition of not having motivation to do anything (disorder of diminished motivation), lowered intellectual function, cannabis-induced psychosis, and more, and makes the person become **unable to adapt to life in society.**



Cannabis (marijuana)

(Note) There are many varieties of flax, including linen, ramie, jute, kenaf, Manila hemp, sisal hemp, and more, but these are completely different varieties from cannabis. Among these, linen and ramie are used widely in clothing and jute and kenaf are used to make jute bags, etc.

The number of young people getting arrested is increasing!

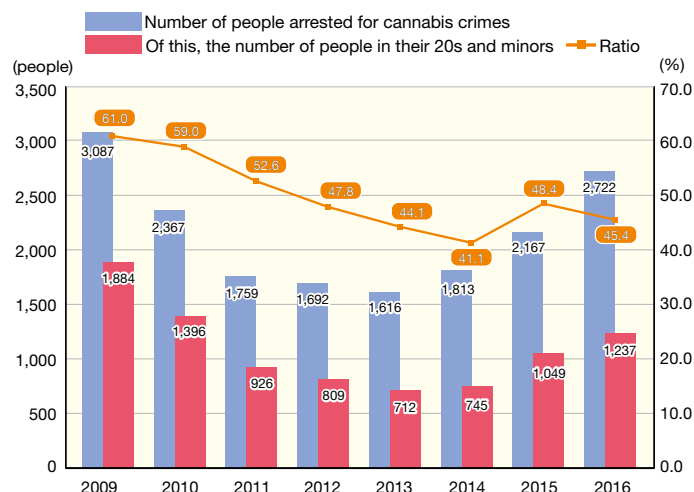
Arrests of people for cannabis amount to about 20% of the total of all drug crimes, and cannabis ranks after stimulants for the illegal drug most abused.

The number of people arrested for cannabis, which reached its peak in 2009 and had been decreasing, switched to an increasing trend in 2014 with a particular increase in the number of minors and people in their 20s being arrested.

There are concerns about the spread among young people, such as arrests of high school students for violation of the Cannabis Control Act in Ibaraki Prefecture and Okayama Prefecture in 2016, and in Nagasaki Prefecture in 2017.

Cannabis is known as a gateway drug because there is a high danger of it becoming an opportunity to use other drugs. In addition, it is clear that abuse of cannabis by minors in particular has a major influence on the development of the mind and body. Cannabis should not be used even once.

Changes in the number of people arrested for cannabis crimes



Source: Ministry of Health, Labour and Welfare

Situation of abuse of dangerous drugs and cannabis by minors

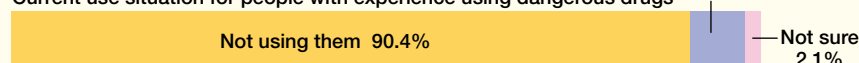
Regulations on dangerous drugs were strengthened from 2014, and in 2015 reports of incidents and accidents caused by dangerous drugs decreased. According to the *Investigation Results Regarding the Situation of Cannabis and Dangerous Drug Abuse by Young People* (National Police Agency, situation of drugs and weapons in 2015), it was reported that among people who were arrested for cannabis crimes under 30 years old at the time of the crime, many answered that the reasons they stopped their continuous use of dangerous drugs were because “the regulations became more severe regarding dangerous drugs” and “it became difficult to acquire dangerous drugs.” In addition, there were many people who gave the reasons that they “began to feel sick when using them” and “understood the danger to their lives when using them,” and it can be said that the market for dangerous drugs has become severely restricted because of the strengthened regulations and their strong toxicity.

On the other hand, if we look at the number of people arrested, the number for cannabis crimes exceeded 2,000 people for the first time in five years in 2015 and within this number there was a major increase to 1,049 people who were minors and in their 20s, suggesting the possibility that dangerous drug users were switching to using cannabis and stimulants.

Whether or not people had experience using dangerous drugs (subjects: 273 people)



Current use situation for people with experience using dangerous drugs



Past use situation for people who are currently not using



Source: *Investigation Results Regarding the Situation of Cannabis and Dangerous Drug Abuse by Young People* (National Police Agency)

If you abuse cannabis...

Perception changes

Sense of time and space becomes distorted



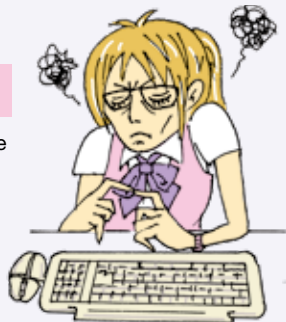
Emotional instability

Become irritated and anxious



Changes in thinking

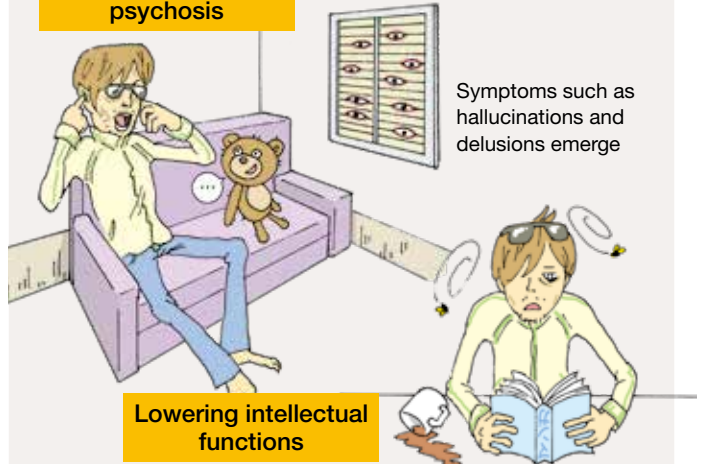
Lose ability to concentrate



If the abuse continues for a long time...

Cannabis-induced psychosis

Symptoms such as hallucinations and delusions emerge



Lowering intellectual functions

Become unable to imagine things

Disorder of diminished motivation

No motivation to do anything



Don't buy, don't use, and don't be influenced!



That was dangerous.

It was dangerous and I was tricked...



What are dangerous drugs?

These drugs are sold by disguising them so they don't seem like dangerous drugs with names like "herbs," "aromas," "aroma oils," "aroma liquids," and "bath salts," and contain added synthetic substances that imitate the chemical structures of drugs like stimulants and cannabis. Thus, they are neither legal nor safe.

For most of the substances added to dangerous drugs, it is unknown what effects they will have on the body, so it is absolutely not the case that they are less risky to the brain and body than stimulants and cannabis. Among these there are included substances that are even more dangerous than stimulants, cannabis, and other drugs, and there are cases of death among people who abused them. Also, they not only cause health damage to the people using them, but there are also many reports of cases in which they involve other people in incidents resulting in injuries and casualties and traffic accidents.

Due to legal reform in 2014, it is prohibited to possess, use, purchase, or transfer "dangerous drugs" that are designated drugs, and street stores were destroyed due to the strengthened regulation. However, they are still being sold on the internet and other places. It is absolutely forbidden to acquire them.



How are they sold?

They are sold on drug specialty websites, etc. on the internet under pretenses like "herbs," "aromas," "aroma oils," "aroma liquids," and "bath salts."

They contain completely different ingredients from regularly-sold "herbs," "aromas," "aroma oils," "aroma liquids," and "bath salts."

Selling on the internet

There are websites that sell products with names like legal herbs, legal aromas (aroma liquids), and herbal essences.



This is how they're sold on the internet! Don't be fooled!

*Selling by pretending they are legal by adding instructions such as those below.

Examples of product instructions

- ◇ This product is sold as an aroma.
- ◇ Please never consume this into your body.
- ◇ Purchase by minors is strictly prohibited.
- ◇ This product does not contain regulated substances.



Laws regarding drug abuse in Japan

Rather than including all penal regulations, this document publishes penal regulations regarding abuse of drugs that are generally abused and related actions.

Stimulants	Stimulants Control Act	Manufacturing for export and import, transfer and conveyance, possession, use
Narcotics and psychotropic drugs	Narcotics and Psychotropics Control Act	Export and import, manufacturing, transfer and conveyance, possession, use, cultivation
Cannabis	Cannabis Control Act	Export and import, cultivation, transfer and conveyance, possession
Opium	Opium Control Act	Export and import, manufacturing, cultivation, transfer and conveyance, possession, use
Thinners	Poisons and Deleterious Substances Control Act	Transfer and conveyance, possession, use
Dangerous drugs Designated drugs	Pharmaceutical and Medical Devices Act	Manufacture, import, sales, conferment, possession, use, purchase, transfer, storage and display for selling and conferment purposes

What is inclusive designation of designated drugs?

As a countermeasure for dangerous drugs of the Ministry of Health, Labour and Welfare, the Minister of Health, Labour and Welfare specifies designated drugs based on the Pharmaceutical and Medical Devices Act that are substances that have a high possibility of psychological toxicity (agitation, suppression, hallucinations) and have the danger of causing health damage in the case of use. In addition, in order to further strengthen regulations, from March 2013 “inclusive designation” of designated drugs was started. Through this, it widely regulates substances that are dangerous to the body by collecting substances with imitative chemical structures and designated them as designated drugs.

Furthermore, as of November 11, 2017, there are 2,363 designated substances.

What happens when you abuse drugs?



Your brain has many neural circuits composed of millions of neurons!

Your brain is a super computer!

Your brain also controls your emotions and body and also operates your internal organs such as your heart!

These neural circuits are destroyed when drugs come in!

What happens when you do it...

Hallucinations!

Your brain can't differentiate between a memory of a disgusting bug you saw in the past and what you're seeing now...

Body control!

You can't stop the handle when driving a car and you crash into a telephone pole!

Traffic accident

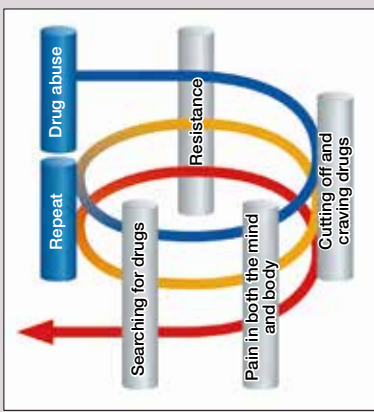
You could even die!

Cardiac arrest

Labored breathing

Although it becomes such a dangerous situation, your neural circuits change and you develop a dependence that makes you unable to quit even if you want to!

Dependence spiral



Effects on the brain

1 Hallucinations



▲ A disgusting bug you saw in the bag



▲ Your hand now



The present and your past memory come together!



Antisocial actions

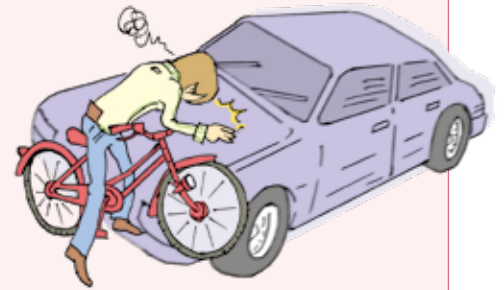
Murder due to hallucinations and delusions

2 Decreasing motor functions

I have to turn the handle to the right or I'll hit the car!



He couldn't move his body like he thought!

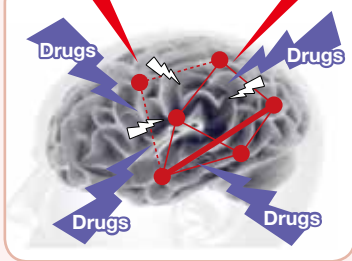


Traffic accident

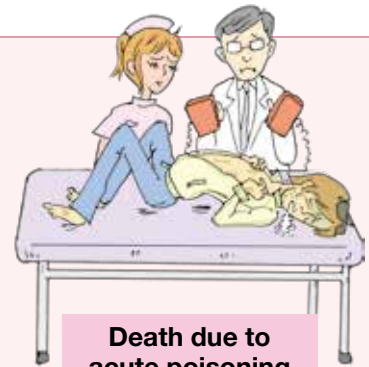
3 Decreasing internal organ functions

Beat the heart!

Breathe!



Commands aren't sent to the internal organs!



Death due to acute poisoning

4 Become unable to control emotions

Kind heart

Sympathy



Emotional control is inhibited



Personal difficulties



Unable to fit into society

Effects on the body



Due to drug abuse, problems appears in the body including the brain.



Brain

Brain atrophy due to the destruction of brain neurons (Decreased memory, recognition problems)

Organic solvent-induced psychosis (Hallucinations, delusions, etc.)

Normal	Abnormal

Liver

Partial cell death (Loss of appetite, jaundice, ascites)

Kidneys

Partial cell death (Protein in urine)

Bone marrow

Become unable to produce red blood cells (Anemia)

Genitals

Atrophy (Irregular menstruation, decreased reproductive ability)

Eyes

Invasion of optic nerves, occurrence of eye fundus hemorrhage (Lowered and loss of eyesight)

Teeth

Teeth crumble

Bronchial tubes

Lungs: Invasion of mucus membrane (Causes coughing)

Heart

Rise in blood pressure

Esophagus, stomach

Invasion and hemorrhaging of the stomach lining (Stomach pain, nausea, vomiting)

Normal	Abnormal

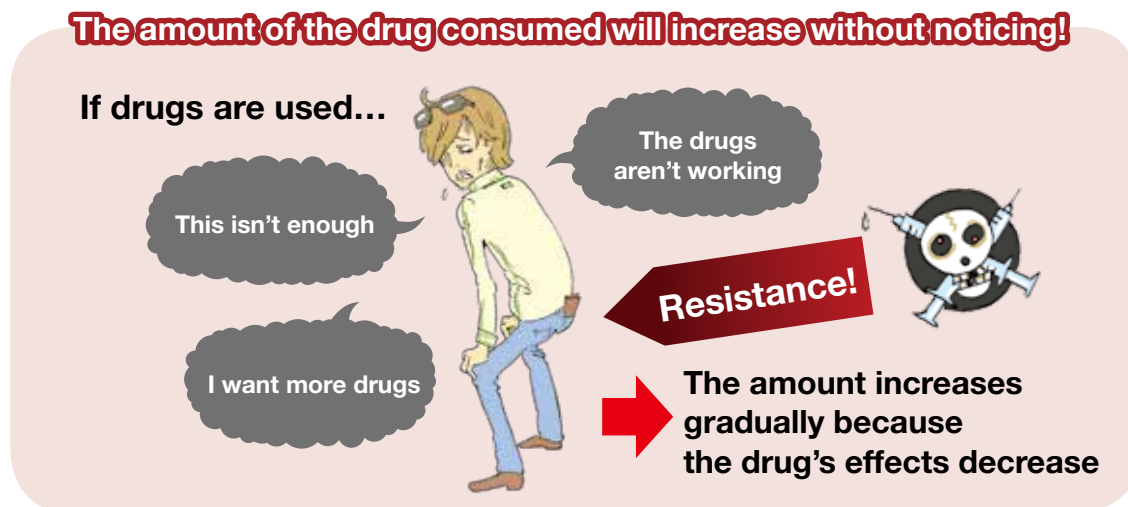
Resistance and dependence

1 Resistance

While drug abuse is continued, resistance occurs in which the same amount of the drug has a lowered effect, which causes unconscious increased consumption.

Resistance is a phenomenon in which repetitive drug use forces the user to increase the amount of the drug, which was effective at first, to get the same effect. If drug abuse is continued, the drug's effects gradually fade and the same amount does not produce the same effect, causing the user to fall into a vicious cycle of gradually increasing the amount consumed and the frequency. When this happens, dependency deepens further, causing more serious damage to the brain and body.

The amount of the drug consumed will increase without noticing!



2 Dependence

If you abuse drugs, you fall into a state of dependence in which you cannot stop even if you want to.

All drugs that are abused affect the nervous system (A10 nerves) that are known as the brain's "reward system." The intracerebral reward system has the function of secreting the neurotransmitter dopamine (connected to joy, pleasure, motivation, and motor functions). Drugs that are abused primarily stimulate this reward system and force dopamine to be secreted. By continuously stimulating the reward system, changes occur in the neural nervous system that cannot be undone, and people lose the ability to control their drug use. Furthermore, they repeat the drug abuse in order to avoid the dreadful discomfort and pain that occur when the drug effects stop, and fall into a state of dependence in which they cannot quit even if they want to.

If you abuse drugs and then the effects are cut off, a craving bursts forth and you rush to take action to search for drugs, and then further abuse causes the state of dependence to worsen. Formation of resistance causes you to fall into a vicious cycle (dependence cycle) in which the amount and frequency of drug use increases. What is frightening about drug abuse is such dependence formation, and recovery from dependence is a lifelong problem.

Experiment on mice

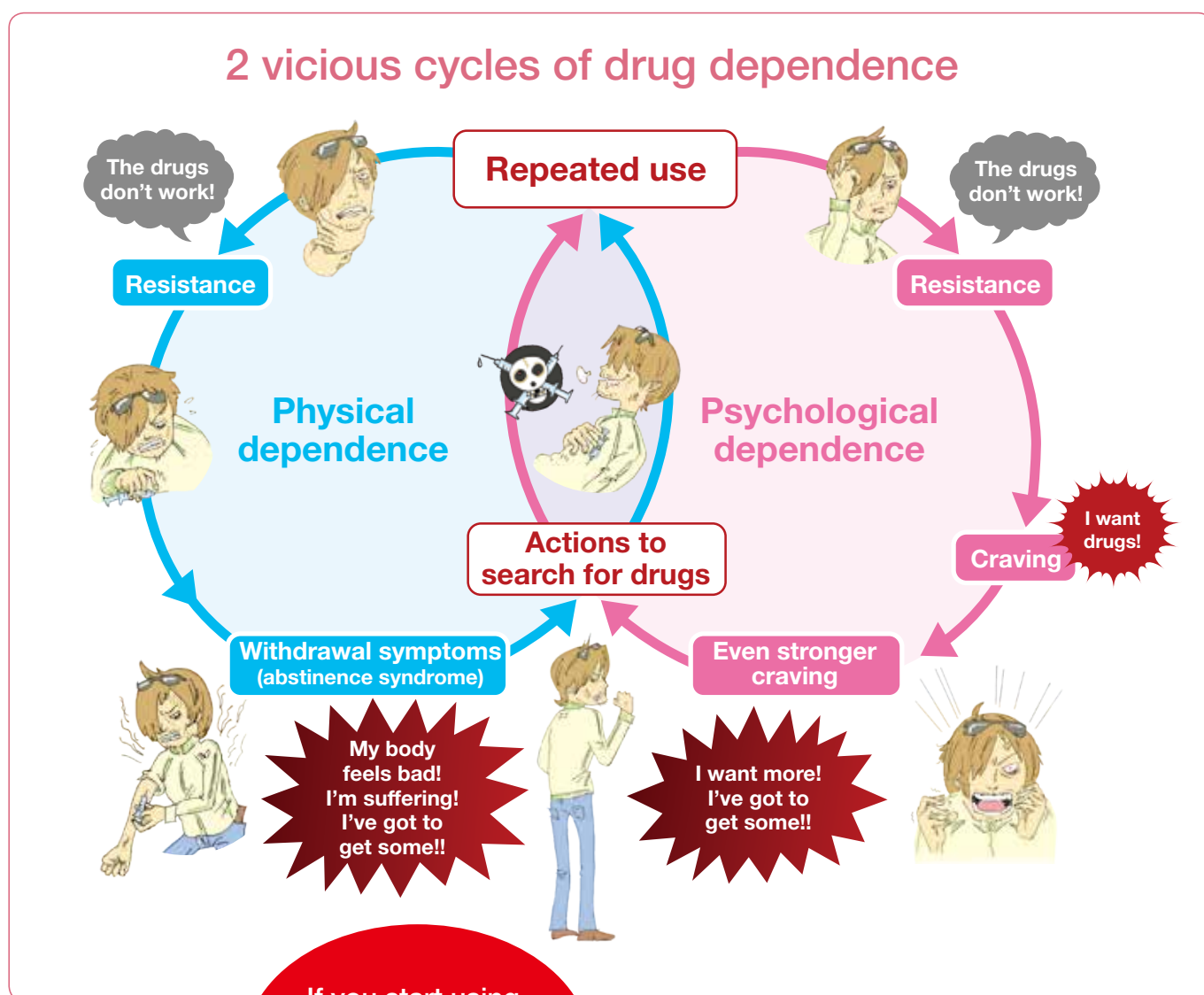
A structure was created in which an electrode directly stimulated the neural reward system of mice and dopamine (pleasure) flowed when a lever was pushed and there was electric current, which made the mice fully concentrate on pushing the lever. Some mice even pushed it over 1,000 times in one hour until they were tired out.

In this way, it is difficult for the brain to be able to forget the sensation remembered once.

Kinds of dependence

Drug abuse causes high dependence, which makes it considerably difficult to stop using one's own power. Cutting off the drug effects makes people irritated and depressed, making them want the drug again and becoming unable to control it using their own will. The desire for drugs becomes more intense, leading to forceful use (**psychological dependence**).

The drugs cause the vicious cycle of **physical dependence** to grow further and deeper. Thus, **drug dependence** is known as the state of being unable to control use of drugs with one's own will.



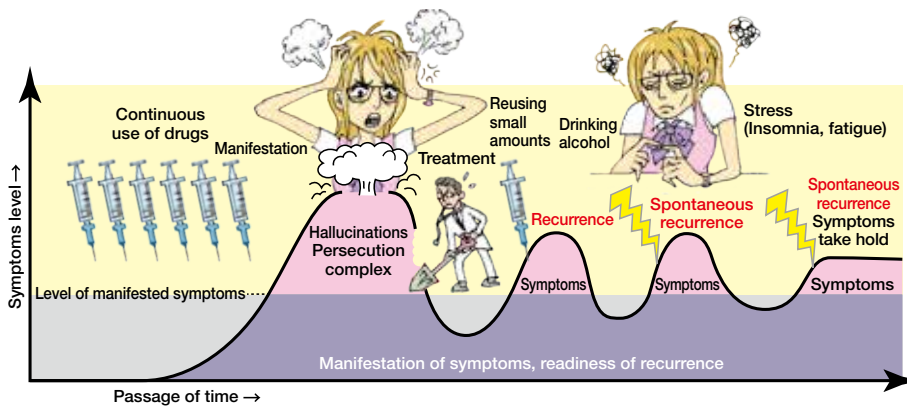
If you start using drugs once, you will be unable to stop.

What are flashbacks?

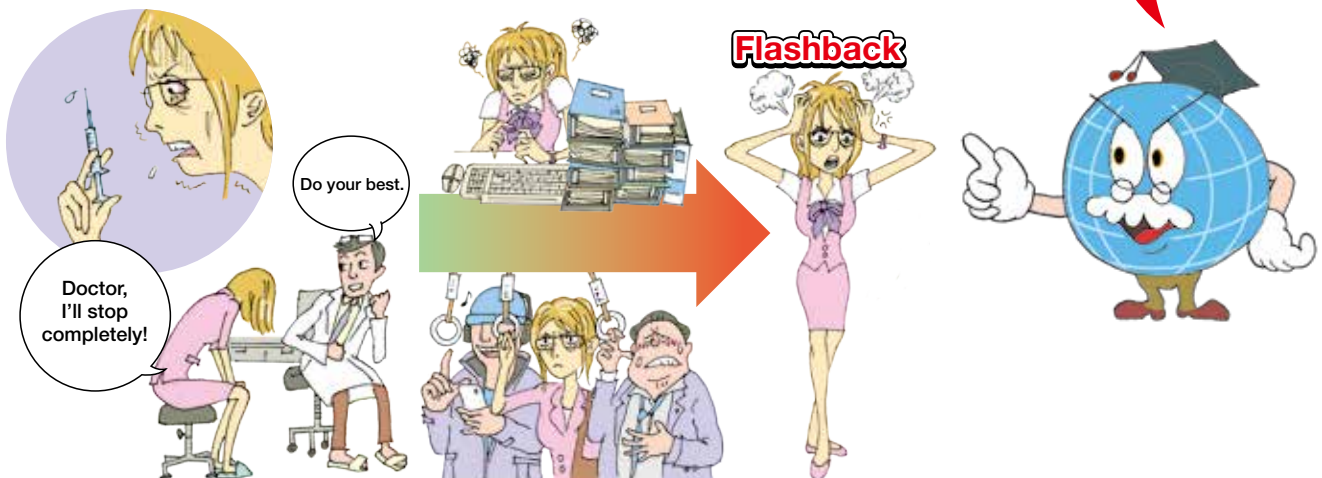
Brain circuits destroyed by drug use do not return to the way they were. Damage from drug abuse will continue your whole life.

If psychosis symptoms such as hallucinations and delusions occur once due to drug abuse, although on the surface treatment might seem to grant recovery, the groundwork will remain making it easy for these symptoms to recur.

Even if drug abuse is stopped and it seems the person returns to a normal life, small stresses and other matters can cause the sudden recurrence of hallucinations, delusions, and more. This is known as the **flashback (recurrence) phenomenon**. Drinking alcohol can also cause recurrence.



Although flashbacks do not always occur, it is impossible to predict at what timing they might occur.

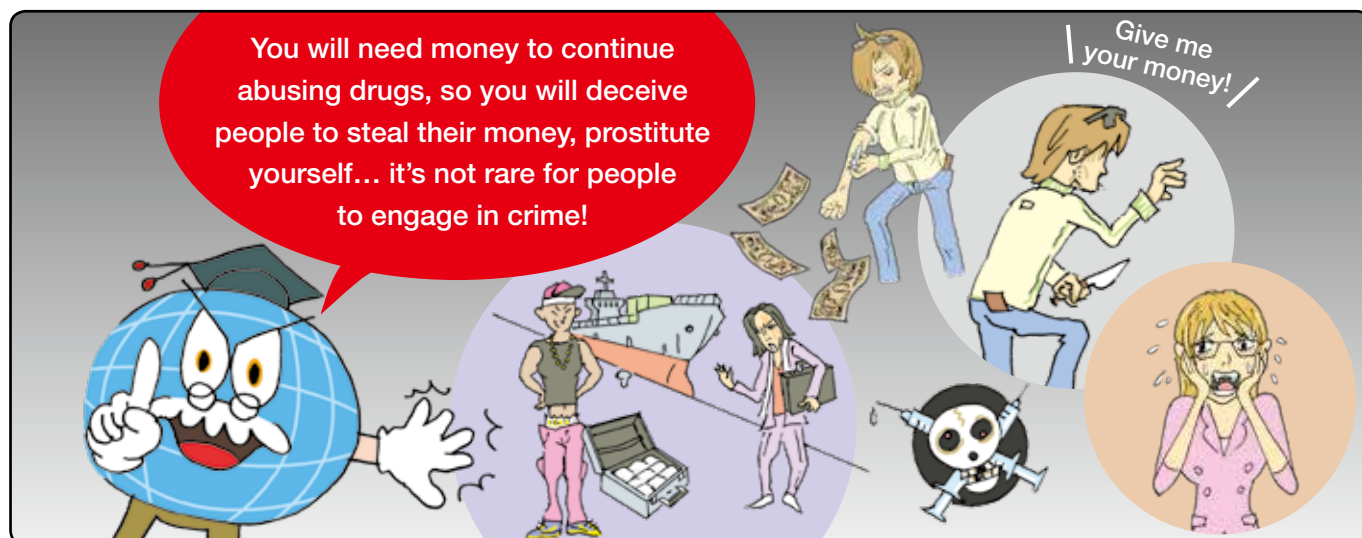
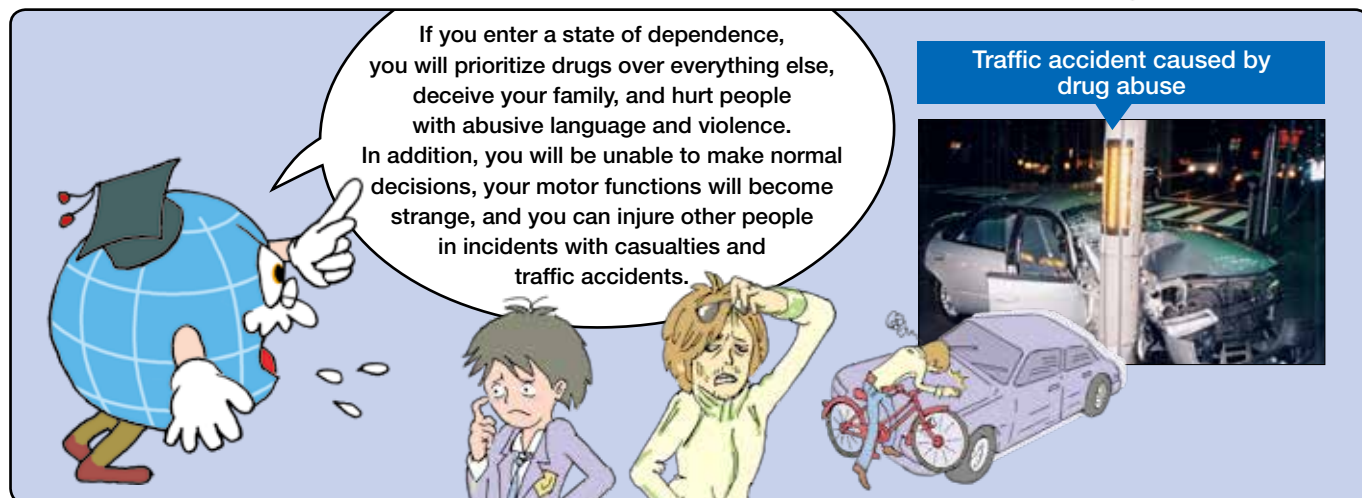
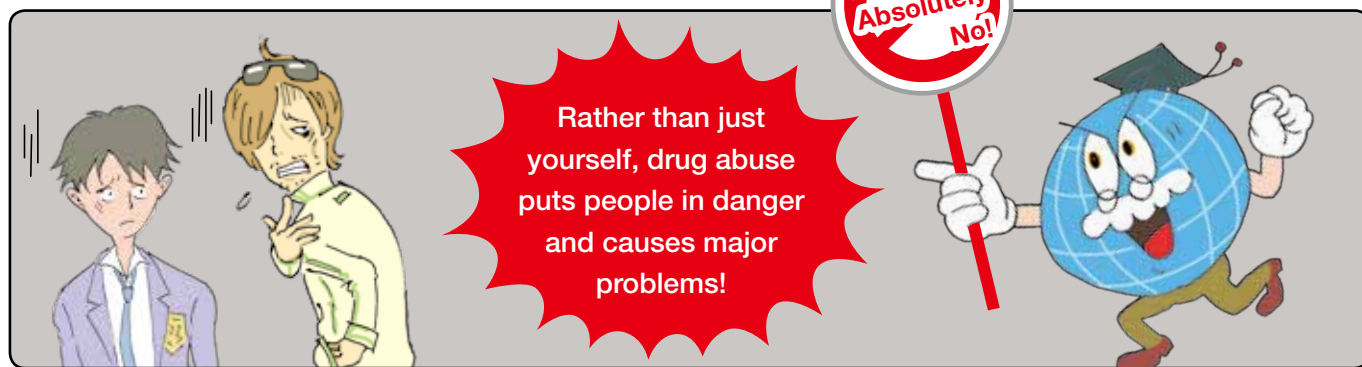
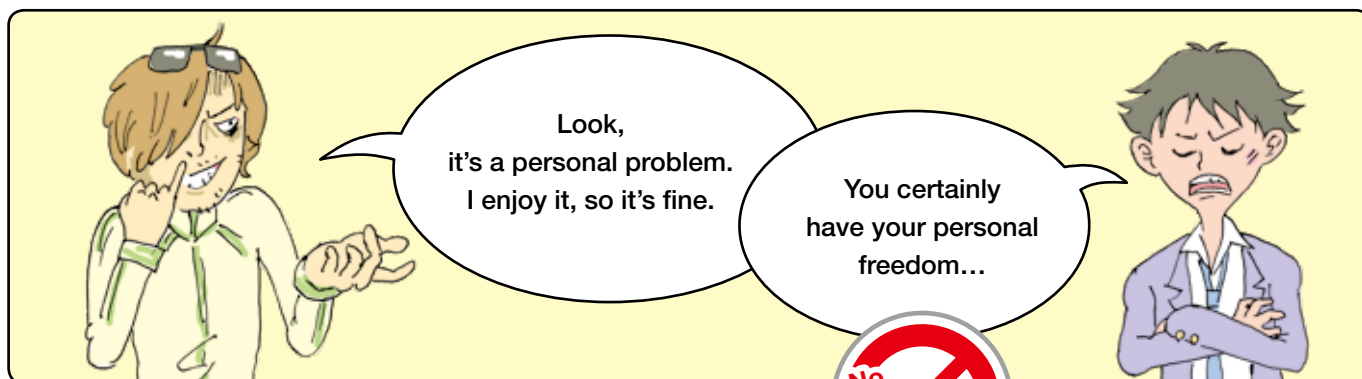


Flashback example

It was close to about 10 years ago when I was 29 and had quit stimulants. I was busy at work and had repeated sleepless nights, when suddenly my heart beat faster and I felt like all the hair stood up on my body, and my mind was a blur. I thought, "I'm having a flashback!" It was a sensation just like the sensation of when I did stimulants. Because of that, when I felt stressed or tired, I felt like I took out a syringe and injected myself and I was dumbfounded. It's completely terrible to think about when that sensation might assail me again.

*The above is one example of a flashback. In addition to this, drinking alcohol, stress, and more can trigger them, and there is a possibility of various symptoms occurring.

Drug abuse that involves the abuser's surroundings



Incidents caused because drugs were abused

Because drug abuse changes the brain's functions and structure, it causes problems such as losing the ability to make normal decisions, motor functions becoming strange, and being assailed by hallucinations and delusions, which causes many incidents.

The abuser used drugs and drove a car, became deluded and thought he/she was being chased, and hit a pedestrian.

(2012, Osaka)



The drug abuser used dangerous drugs, invaded a neighboring woman's home, cut her face, arms, and more, and injured her.

(2014, Tokyo)



The abuser smoked a dangerous drug and drove a vehicle, successively and hit 7 people near a station, killing 1 person and injuring 6 other men and women.

(2014, Tokyo)



The drug abuser used stimulants and drove a car, collided into a parked truck, and injured the driver.

(2016, Tokyo)

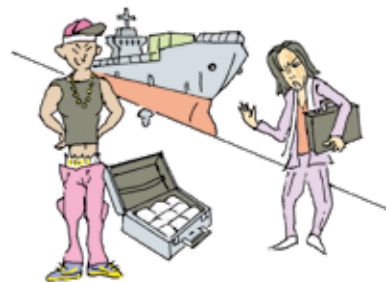
Incidents caused to continue drug abuse

Money is of course needed to continue using drugs, so if you become addicted to drugs your priorities in life change, how you can continue abusing drugs becomes your number one concern, and you become unable to choose methods.

For this, at first you trick your family and friends for a little money, which gradually escalates and leads to various crimes.

An unemployed person (34 years old) was injecting an illegal drug that cost 10,000 yen each time. In order to obtain money to buy drugs, he/she shoplifted high quality alcohol at the supermarket and made money selling it to bars.

(2000, Fukuoka)



An unemployed man (42 years old) arrested for a violation (possession) of the Stimulants Control Act successively snatched bags in order to buy stimulants.

(2012, Tokyo)

Two sisters who were then a high school sophomore (17 years old) and a third year student in junior high school (14 years old) bought stimulants from a male acquaintance (22 years old), smuggled it to a friend who was a third year female student in junior high school (15 years old), and also abused it themselves.

(2000, Kanagawa)



Confessions of drug abusers

Example 1

I began using cannabis when I was offered it by an older student who was a musician. However, my visibility in my hometown rose and I was targeted, arrested, and lost everything. The judgment was to give me a suspended sentence and I used this as an opportunity to start living a serious life and had a wife and children, but I obtained cannabis again and got divorced. After that I had a shotgun marriage with my new girlfriend, but I was arrested again for cannabis possession.

If I reflect on it, at that life turning point, I realized that my life was destroyed by cannabis. I also caused major trouble for the people around me. I'm now filled with regret.

Example 2

At the time, I had graduated high school and had just begun working as a part-timer. I was feeling stressed because it was a lifestyle I was unaccustomed to, and I would unwind by drinking and hanging out with my friends.

On one of those days, I was offered grass from one of my friends. When I first used herb, I sensed the effects in my whole body and felt a shock. However, when I did it many times one time made me feel sick. Even so, I relished the good feeling I got through herb and unintentionally began spending my days using it.

After that, I learned that herb, which I was told would not get people arrested, was actually illegal. However, I couldn't imagine life without herb and was addicted to it.

Then I was finally arrested. Narcotics agents taught me that herb is an illegal substance known as a designated drug and that it is very dangerous, and I froze inside.

Example 3

Female student A, a sophomore in high school, had a good school life including excellent grades, entering a prep school for university, and joining the tennis club continuing from her activities in junior high school. However, she had trouble with an older student and quit the club.

Feeling a sense of failure in this, her studying did not progress, she repeatedly went out at night saying she needed to relieve stress, and before long she began going to clubs with her friends from junior high school, dancing through the night, and occasionally drinking alcohol.

One day, friends she knew from a club took out some stimulants and said, "If you do these, you'll feel really good and you'll lose weight." The friends around her who offered glue and stimulants did not look abnormal, so she received a stimulant injection and instantly became its captive. She stopped going to school, was eventually arrested with her friends, and had to drop out of school.

Example 4

When I used stimulants, I was always agitated. I imagined that the police were tailing me when I rode the train and sometimes hit the regular office workers behind me with all my strength and ran away.

I hit a person when driving after using stimulants, and I just ran away because I was afraid that my stimulant use would be exposed. The victim was a child.

It started when I was curious and tried marijuana (cannabis), and from there I became addicted to stimulants. It's impossible to take it back even if I repent, but I wish I had never done marijuana that first time.

Drug abuse will
ruin your life.



What should you do if you're invited?



Maybe you think that drugs are only done by entertainers and some bad people and have nothing to do with you?

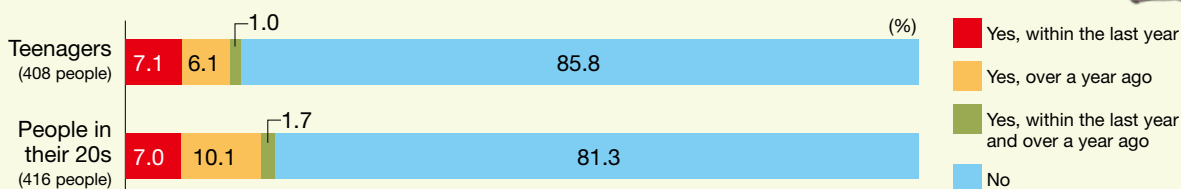
However, in an internet survey, about 1 in 5 people in their 20s and about 1 in 7 people in their teens answered that they know people who might be using drugs.

It's an unexpectedly familiar problem, right?



Question

Have you seen or heard of people around you who have used drugs in about the last three years?



Source: Research Regarding Drug Abuse by Young People on the Internet in 2009 (Cabinet Office)

Recently stimulants can be used more easily than with syringes, and the method of warming them and smoking them, which does not leave track marks, is spreading. There is also circulation of incorrect information such as that cannabis does not cause major damage. In this way, a situation is being created in which it is easy to receive tempting introductions to drug abuse.

Tempting invitations to drug abuse

- It's fine if it's just once
- Let's mess around a little with drugs
- I have an interesting drug
- It'll make you lose weight
- Everyone's doing it (you're the only one not doing it)
- Life is about experiences
- It'll take away your sleepiness and help you study
- Just try a little
- You'll be less irritated and be refreshed
- It's just a nutrient
- You'll enjoy the best feeling
- I'll take care of you
- You can pay me next time

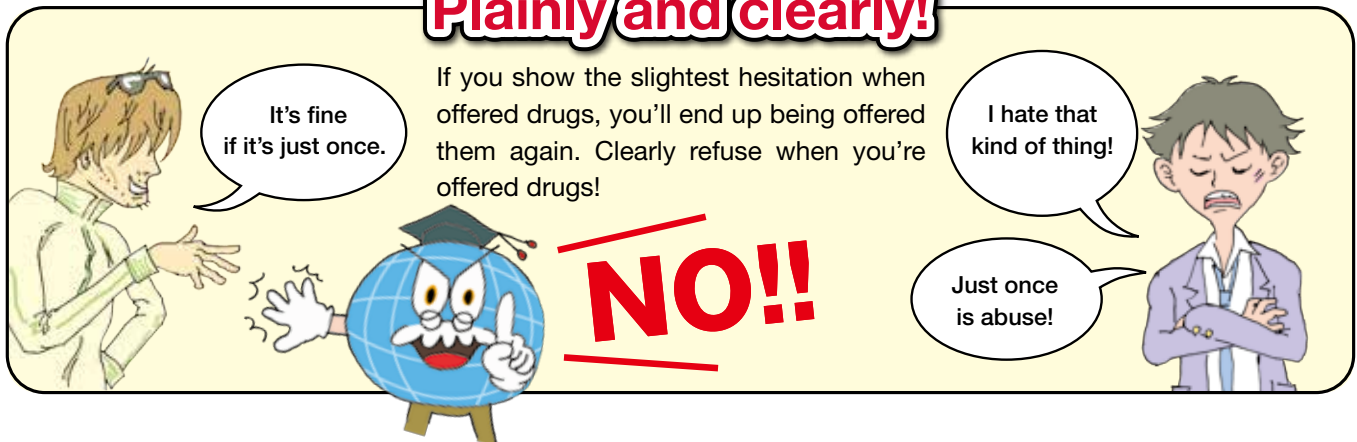


Plainly and clearly refuse! Then immediately get away from that place!

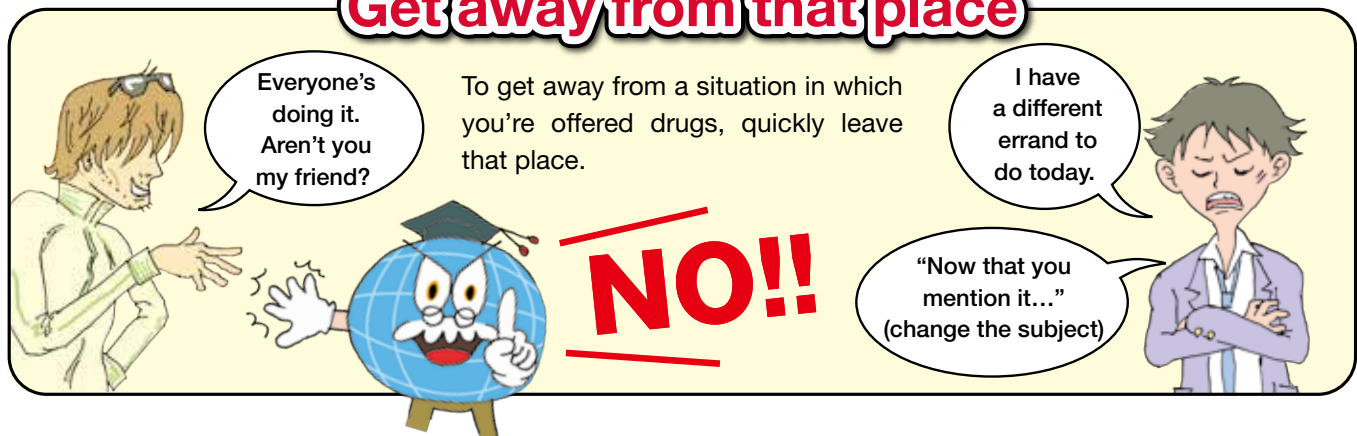


Tips for refusing

Plainly and clearly!



Get away from that place



It's important to value yourself!



You understand what you have to refuse.

But feelings such as "Won't this cause distance with my friends?"

Maybe it'll make me be bullied?" will get in the way and you might feel worried.

However, abusing dangerous drugs **even once** has the potential to **destroy your future!**

Think about your family, friends, and people who are important to you...

Drugs will not only hurt you but also the people who are important to you.

Firmly refuse if you are offered drugs!



Think about this

We learned to refuse drug invitations plainly and clearly on the previous page, but what should be done in worrying cases in which familiar people who are important to us become involved? Drugs will change form and confuse you.

Think about what you would do if you were Boy A's friend in the following two cases.

Case 1

Boy A has been invited to do drugs from an older person at his part-time job. The first time he was somehow able to not receive them, but he is worried about being invited the next time they have the same shift.

What would you do if you were Boy A's friend?

Case 2

Boy A couldn't refuse and finally received drugs. The older person told him, "I'll kill you if you snitch," but he gradually became afraid of receiving the drugs and was worried about what to do.

What would you do if you were Boy A's friend?

Remember this when you're worried.



Please remember this!



First get a consultation, whether it is about you or your friend.

1 The power of adults is necessary for resolving problems involving drugs.

Unfortunately, many drug-related problems cannot be resolved with everyone's power alone. There are many people who didn't want to do them but ended up doing them due to pressure from friends, threats, etc. However, doing drugs once will mess up your life. It's truly a waste. Quickly consult with an adult you can trust.

2 There are no "acts of betrayal" regarding drug problems.

Although there might be people who think that consulting with an adult would mean betraying their friends, not talking to anyone though you know about it and not stopping someone from abusing drugs is the real "betrayal."

This is because the more time passes with drug problems, the more serious the situation becomes.

★ **Consulting will lead to you and your friends being saved.**



An outline of consulting services is published on page 29

Five points for valuing and protecting yourself

You yourself have an irreplaceable, valuable presence, so if you have feelings of protecting yourself and the people you value, you'll be able to keep away negative factors. You'll not only be able to protect yourself from temptation from others but also your own negative curiosity, and you won't fail if you have strong feelings of wanting to protect your future.

Well, let's think together about the **“five points for valuing and protecting yourself!”**

Step

1

List up the people you value

Please think carefully.
Who do you value?
Some people can only think of one or two people. That's fine. It's not a contest with other people, so please recognize the feeling of valuing.
There might also be people worried because they cannot think of anyone. The truth is that there are definitely familiar people even if you do not realize it.
Later, please spend some time and think carefully.



Step

3

List up the things you like

What do you like?
Please think about many things, such as sports, studying, hobbies, songs, making people laugh, etc. Rather than what other people see, please raise what you yourself like.

Step

2

List up the people who value you

The parents who raised you, older students and teachers who you consulted with...
Please remember people who value you.

Step

4

List up what you would like to do going forward and your future dreams

What goals do you have now? Where do you want to go? Anything is fine, such as the school you want to go to, the occupation you want to have, travel, the World Heritage Sites you want to see, etc. For people who cannot really think of anything, please think of what you want to do next weekend. Anything is fine, such as a place you want to go, what you want to eat, or a comic you want to read.

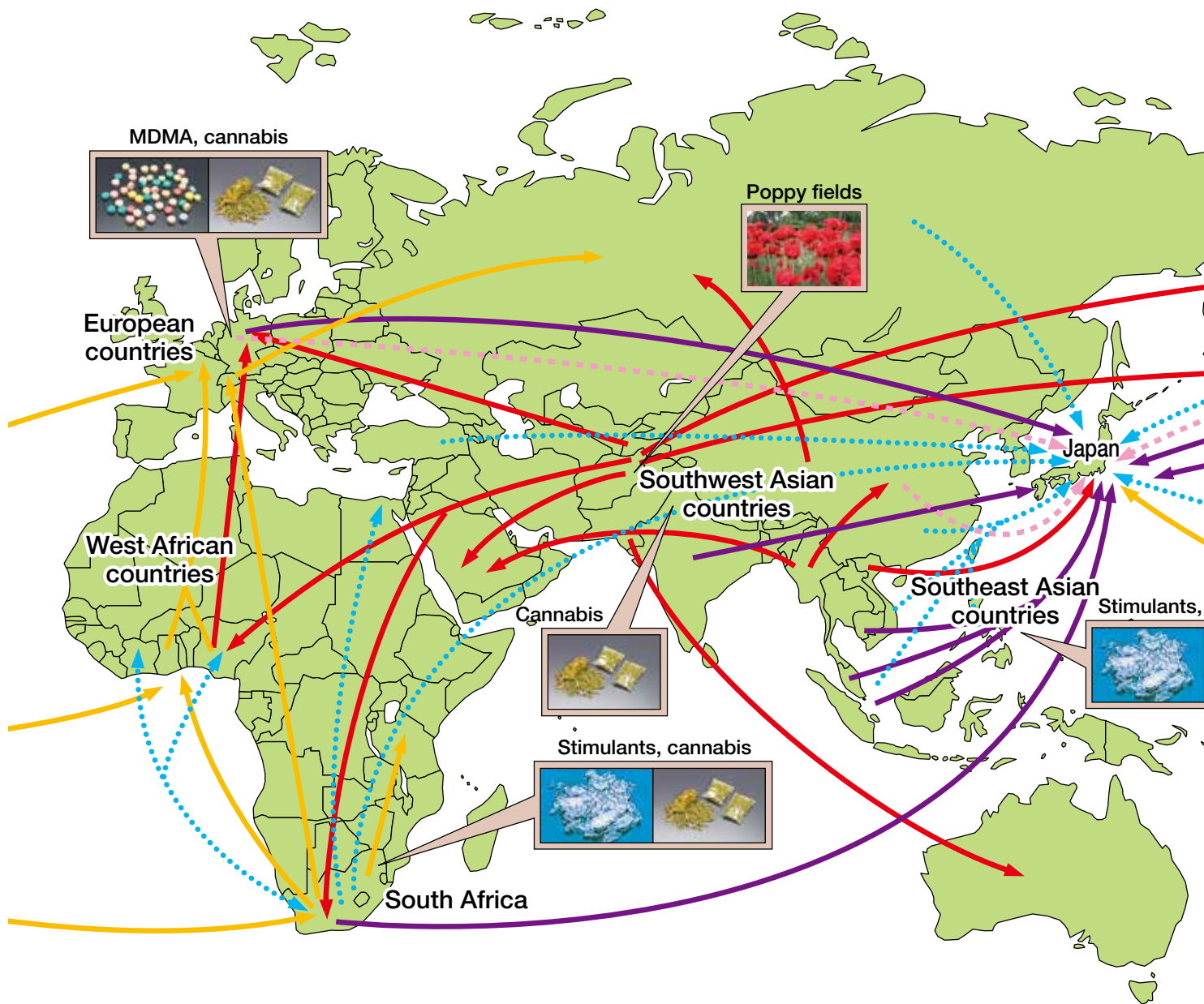
Step

5

Increase your correct knowledge about drugs and self-confidence ↗

The world is overflowing with information. Even if various people say such things, you won't be swayed if you have the correct knowledge. Please obtain the correct information from the correct information sources. If you do so, you can have self-confidence and protect your future.

Worldwide circulation of illegal drugs



Opium, etc.
(Heroin)



Cannabis
(Marijuana)



Cocaine

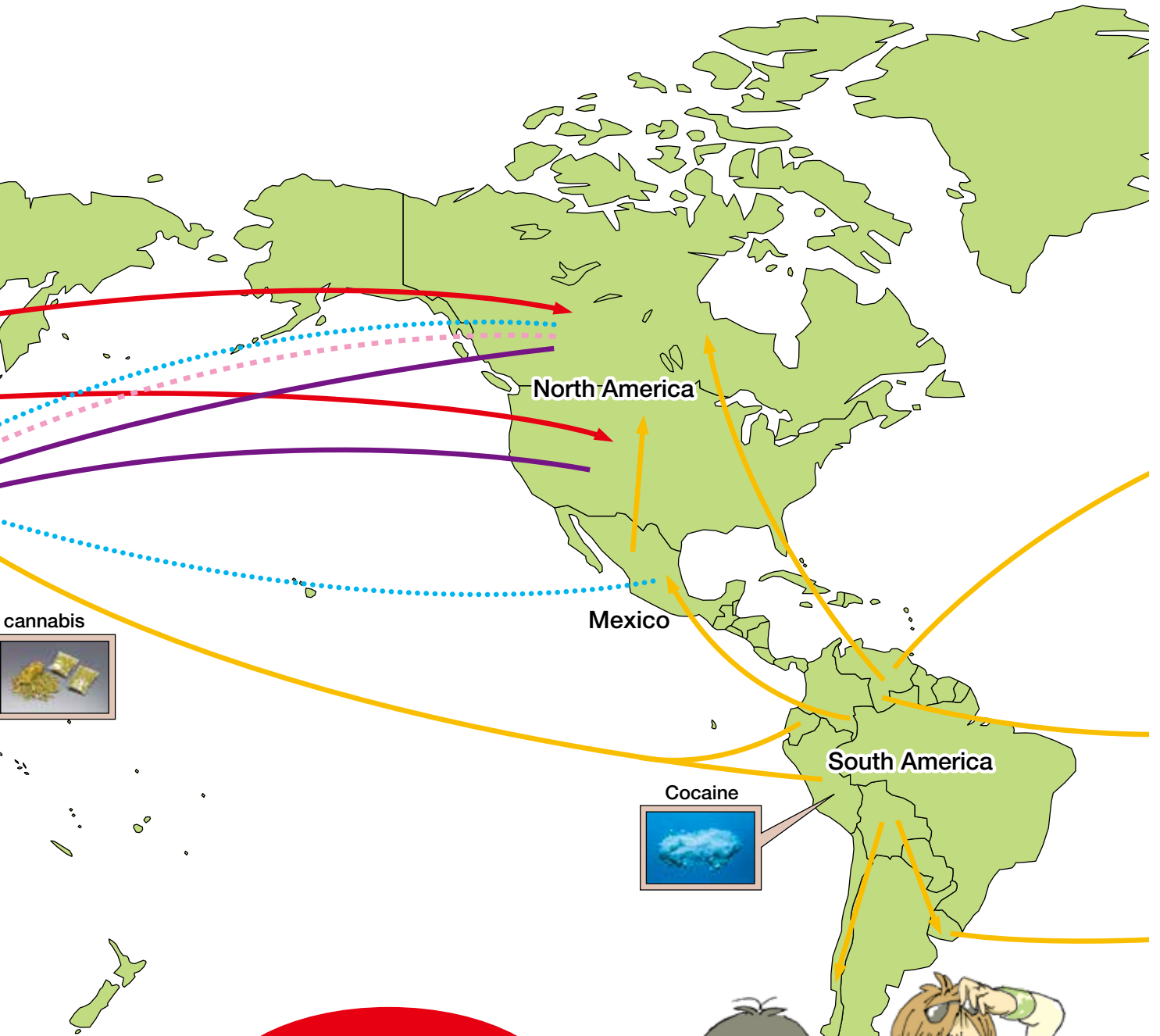


Stimulants



MDMA





Drug abuse also leads to providing money to drug smuggling organizations such as crime syndicates.



Drug abuse and laws in countries around the world

Drug abuse is a crime. The penal regulations vary by country, but in all countries drug crimes are very severely punished. There are countries where the highest penalty is capital punishment. Also, not only that country's people but also foreign tourists visiting are arrested as criminals for drug abuse. What is important for preventing drug abuse is that the majority of people who do not abuse drugs create a society that absolutely does not forgive drug abuse near them. This becomes a common circle around the world.

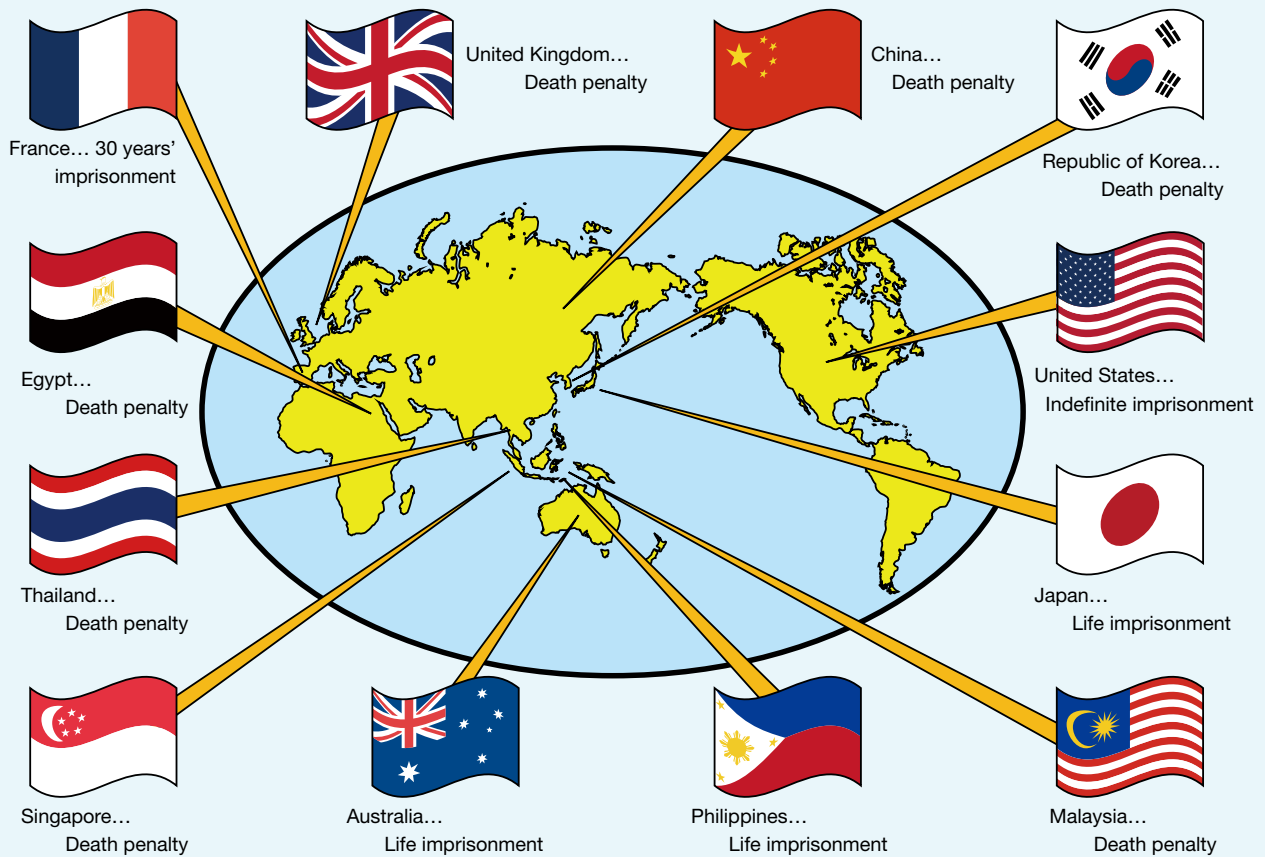
Drug abuse is an international problem with serious penalties imposed.



You will be punished if you abuse drugs.

Maximum punishment in the countries of the world

In order to prevent drug abuse in Japan, there are laws such as the Stimulants Control Act, the Narcotics and Psychotropic Drugs Control Act, the Opium Control Act, the Cannabis Control Act, the Poisons and Deleterious Substances Control Act, the Act on Special Measures for Narcotics, etc.



Your father and mother will be sad if you're arrested.

That's true, it's not just your own problem. It will cause major trouble to your friends and family.



Awareness activities by the Ministry of Health, Labour and Welfare

The Ministry of Health, Labour and Welfare conducts nationwide campaigns with prefectures and others to prevent drug abuse.

Crusade against for illegal cannabis and opium poppies (every year from May 1 to June 30)

From 1960, the prefectures have been joining together with the support of related organizations to implement the Crusade against for Illegal Cannabis and Opium poppies. In addition to the related organizations and volunteers conducting detection and elimination of illegal cannabis and poppies, posters and awareness booklets are created and distributed in order to spread correct knowledge about cannabis and poppies.



The “No, Absolutely No!” General Publicity campaign (every year from June 20 to July 19)

The United Nations Political Declaration on Global Drug Control was adopted at the United Nations General Assembly Special Session on Drugs in June 1998. As a support project for this declaration, the government and people joined together to raise awareness of drug abuse problems to each citizens and awareness activities such as street campaigns were implemented throughout Japan in order to contribute to drug abuse prevention.

In addition, mostly during this period and centered on the Drug Abuse Prevention Center, the “No, Absolutely No!” United Nations support fundraising campaign was developed, which was used for necessary funding for drug abuse prevention movements in and outside Japan.



Drug Abuse Prevention Campaign (every year from October 1 to November 30)

From 1963, the prefectures have been joining together with the support of related organizations to implement the Drug Abuse Prevention Campaign.

It works to spread knowledge on the terrors of narcotics, stimulants, cannabis, dangerous drugs, etc. and prevent abuse to the general population.



Other awareness activities

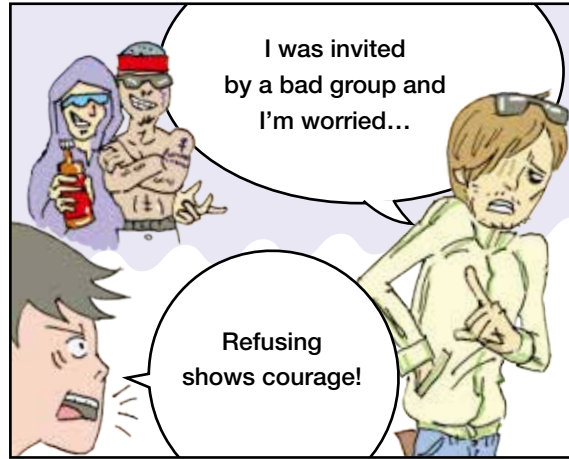
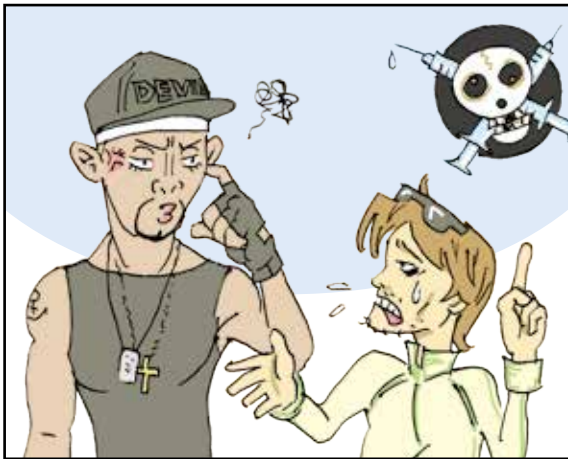
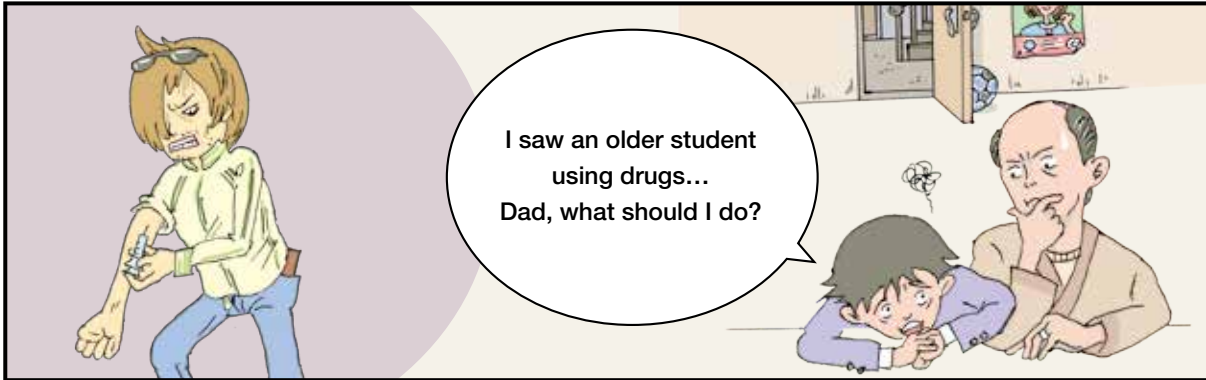
In addition to the above, the Ministry of Health, Labour and Welfare creates and distributes various booklets and implements awareness activities entrusted to NGOs.

For details, please see the Ministry of Health, Labour and Welfare website (Ministry of Health, Labour and Welfare homepage → Policy information, “Health, Medical Care,” “Pharmaceuticals and Medical Devices” → Policy information “Information on Preventing Drug Abuse”).

http://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/iyakuhin/yakubuturanyou/index.html

Consultation services that protect privacy

If you feel worried or doubts about drugs, please consult with a nearby adult you can trust. Please consult with an expert in the case you are not familiar with such a person.



If you are facing such things, please consult with someone before it's too late. Services are established for consultations that protect privacy in the prefectures throughout Japan. Please calm down and get a consultation as quickly as possible.

Outline of consultation services

Narcotics Control Department, Hokkaido Regional Bureau of Health and Welfare.....	☎011-726-1000	Mental Health and Welfare Center, Shizuoka Prefecture.....	☎054-286-9245
Narcotics Control Department, Tohoku Regional Bureau of Health and Welfare.....	☎022-227-5700	Mental Health Center, Shizuoka Prefecture.....	☎054-262-3011
Narcotics Control Department, Kanto-Shinetsu Regional Bureau of Health and Welfare....	☎03-3512-8690	Mental Health and Welfare Center, Hamamatsu City.....	☎053-457-2709
Yokohama Office, Narcotics Control Department, Kanto-Shinetsu Regional Bureau of Health and Welfare....	☎045-201-0770	Pharmaceutical Safety Division, Aichi Prefecture.....	☎052-954-6305
Narcotics Control Department, Tokai-Hokuriku Regional Bureau of Health and Welfare.....	☎052-961-7000	Mental Health and Welfare Center, Aichi Prefecture.....	☎052-962-5377
Narcotics Control Department, Kinki Regional Bureau of Health and Welfare.....	☎06-6949-3779	Mental Health and Welfare Center, Nagoya City.....	☎052-483-2095
Kobe Office, Narcotics Control Department, Kinki Regional Bureau of Health and Welfare....	☎078-391-0487	Pharmaceutical Affairs and Infection Control Measures Division, Mie Prefecture.....	☎059-224-2330
Narcotics Control Department, Chugoku-Shikoku Regional Bureau of Health and Welfare....	☎082-228-8974	Mental Health Center, Mie Prefecture.....	☎059-223-5241
Narcotics Control Department, Chugoku Regional Bureau of Health and Welfare.....	☎087-823-8800	Pharmaceutical Affairs and Infection Control Measures, Shiga Prefecture.....	☎077-528-3634
Narcotics Control Department, Kyushu Regional Bureau of Health and Welfare.....	☎092-431-0999	Mental Health and Welfare Center, Shiga Prefecture.....	☎077-567-5010
Kokura Office, Narcotics Control Department, Kyushu Regional Bureau of Health and Welfare....	☎093-591-3561	Pharmaceutical Affairs Division, Kyoto Prefecture.....	☎075-414-4790
Okinawa Narcotics Control Office, Kyushu Regional Bureau of Health and Welfare.....	☎098-854-0999	Mental Health and Welfare General Center, Kyoto Prefecture.....	☎075-641-1810
Medical and Pharmaceutical Division, Hokkaido Prefecture.....	☎011-204-5265	Mental Health Promotion Center, Kyoto Prefecture.....	☎075-314-0355
Mental Health and Welfare Center, Hokkaido Prefecture.....	☎011-864-7121	Pharmaceutical Affairs Division, Osaka Prefecture.....	☎06-6941-9078
Sapporo Mental Center.....	☎011-622-0556	Mental Health General Center, Osaka Prefecture.....	☎06-6691-2811
Medical and Pharmaceutical Division, Aomori Prefecture.....	☎017-734-9289	Mental Health Center, Osaka Prefecture.....	☎06-6922-8520
Mental Health and Welfare Center, Aomori Prefecture.....	☎017-787-3951	Mental Health Center, Sakai City.....	☎072-245-9192
National Health Insurance Division, Iwate Prefecture.....	☎019-629-5467	Pharmaceutical Affairs Division, Hyogo Prefecture.....	☎078-362-3270
Mental Health and Welfare Center, Iwate Prefecture.....	☎019-629-9617	Mental Health and Welfare Center, Hyogo Prefecture.....	☎078-252-4980
Pharmaceutical Affairs Division, Miyagi Prefecture.....	☎022-211-2653	Mental Health Center, Kobe City.....	☎078-371-1900
Mental Health and Welfare Center, Miyagi Prefecture.....	☎0229-23-0021	Pharmaceutical Affairs Division, Nara Prefecture.....	☎0742-27-8664
Mental Health and Welfare General Center, Sendai City.....	☎022-265-2191	Mental Health and Welfare Center, Nara Prefecture.....	☎0744-47-2251
Medical and Pharmaceutical Division, Akita Prefecture.....	☎018-860-1407	Pharmaceutical Affairs Division, Wakayama Prefecture.....	☎073-441-2663
Mental Health and Welfare Center, Akita Prefecture.....	☎018-831-3946	Mental Health and Welfare Center, Wakayama Prefecture.....	☎073-435-5194
Health and Welfare Planning Division, Yamagata Prefecture.....	☎023-630-2333	Medical Instruction Division, Tottori Prefecture.....	☎0857-26-7203
Mental Health and Welfare Center, Yamagata Prefecture.....	☎023-624-1217	Mental Health and Welfare Center, Tottori Prefecture.....	☎0857-21-3031
Pharmaceutical Affairs Division, Fukushima Prefecture.....	☎024-521-7233	Pharmaceutical Affairs and Hygiene Division, Tottori Prefecture.....	☎0852-22-5259
Mental Health and Welfare Center, Fukushima Prefecture.....	☎024-535-3556	Mental and Body Consultation Center, Tottori Prefecture.....	☎0852-21-2885
Pharmaceutical Affairs Division, Miyagi Prefecture.....	☎029-301-3388	Pharmaceutical Safety Division, Okayama Prefecture.....	☎086-226-7341
Mental Health and Welfare Center, Miyagi Prefecture.....	☎029-243-2870	Mental Health and Welfare Center, Okayama Prefecture.....	☎086-201-0850
Pharmaceutical Affairs Division, Ibaraki Prefecture.....	☎028-623-3119	Mental Health Center, Okayama Prefecture.....	☎086-803-1273
Mental Health and Welfare Center, Ibaraki Prefecture.....	☎028-673-8785	Pharmaceutical Affairs Division, Hiroshima Prefecture.....	☎082-513-3221
Pharmaceutical Affairs Division, Gunma Prefecture.....	☎027-226-2665	General Mental Health and Welfare Center, Hiroshima Prefecture.....	☎082-884-1051
Mental Health center, Gunma Prefecture.....	☎027-263-1166	Mental Health and Welfare Center, Hiroshima Prefecture.....	☎082-245-7746
Pharmaceutical Affairs Division, Saitama Prefecture.....	☎048-830-3633	Pharmaceutical Affairs Division, Yamaguchi Prefecture.....	☎083-933-3018
Mental Health and Welfare Center, Saitama Prefecture.....	☎048-723-3333	Mental Health and Welfare Center, Yamaguchi Prefecture.....	☎0835-27-3480
Mental Health Center, Saitama City.....	☎048-851-5665	Pharmaceutical Affairs Division, Tokushima Prefecture.....	☎088-621-2233
Pharmaceutical Affairs Division, Chiba Prefecture.....	☎043-223-2620	Mental Health and Welfare Center, Tokushima Prefecture.....	☎088-625-0610
Mental Health and Welfare Center, Chiba Prefecture.....	☎043-263-3891	Pharmaceutical Affairs and Infection Control Measures, Kagawa Prefecture.....	☎087-832-3301
Mental Health Center, Chiba Prefecture.....	☎043-204-1582	Mental Health and Welfare Center, Kagawa Prefecture.....	☎087-804-5565
Pharmaceutical Affairs Division, Tokyo.....	☎03-5320-4505	Pharmaceutical Affairs and Hygiene Division, Ehime Prefecture.....	☎089-912-2393
Chubu General Mental Health and Welfare Center, Tokyo.....	☎03-3302-7575	Mental and Body Health Center, Ehime Prefecture.....	☎089-911-3880
Tama General Mental Health and Welfare Center, Tokyo.....	☎042-376-1111	Medical and Pharmaceutical Division, Kochi Prefecture.....	☎088-823-9682
Mental Health and Welfare Center, Tokyo.....	☎03-3834-4102	Mental Health and Welfare Center, Kochi Prefecture.....	☎088-821-4966
Pharmaceutical Affairs Division, Kanagawa Prefecture.....	☎045-210-4972	Pharmaceutical Affairs Division, Fukuoka Prefecture.....	☎092-643-3287
Mental Health and Welfare Center, Kanagawa Prefecture.....	☎045-821-8822	Mental Health and Welfare Center, Fukuoka Prefecture.....	☎092-582-7500
Mental Health Consultation Center, Yokohama City.....	☎045-671-4455	Mental Health and Welfare Center, Fukuoka City.....	☎092-737-8825
Mental Health and Welfare Center, Kawasaki City.....	☎044-200-3195	Mental Health and Welfare Center, Kitakyushu City.....	☎093-522-8729
Mental Health and Welfare Center, Sagami City.....	☎042-769-9818	Pharmaceutical Affairs Division, Saga Prefecture.....	☎0952-25-7082
Medical and Pharmaceutical Division, Niigata Prefecture.....	☎025-280-5187	Mental Health and Welfare Center, Saga Prefecture.....	☎0952-73-5060
Mental Health and Welfare Center, Niigata Prefecture.....	☎025-280-0111	Pharmaceutical Affairs Administration Office, Nagasaki Prefecture.....	☎095-895-2469
Mental Health Center, Niigata City.....	☎025-232-5560	Children, Women, and Disabled Persons Support Center, Nagasaki.....	☎095-844-5132
Pharmaceutical Policy Division, Toyama Prefecture.....	☎076-444-3234	Pharmaceutical Affairs and Hygiene Division, Kumamoto Prefecture.....	☎096-333-2242
Mental Health Center, Toyama Prefecture.....	☎076-428-1511	Mental Health and Welfare Center, Kumamoto Prefecture.....	☎096-386-1255
Pharmaceuticals / Hygiene Division, Ishikawa Prefecture.....	☎076-225-1442	Mental Health Center, Kumamoto Prefecture.....	☎096-362-8100
Mental Health Center, Ishikawa Prefecture.....	☎076-238-5761	Pharmaceutical Affairs Office, Oita Prefecture.....	☎097-506-2650
Pharmaceutical and Food Safety and Hygiene Division, Fukui Prefecture.....	☎0776-20-0347	Mental and Body Consultation Support Center, Oita Prefecture.....	☎097-541-5276
General Welfare Consultation office, Fukui Prefecture.....	☎0776-24-7311	Office for Countermeasures for Pharmaceutical Affairs, Medical and Pharmaceutical Division, Miyazaki Prefecture.....	☎0985-26-7060
Hygiene, Medical, and Pharmaceutical Division, Yamanashi Prefecture.....	☎055-223-1491	Mental Health and Welfare Center, Miyazaki Prefecture.....	☎0985-27-5663
Mental Health and Welfare Center, Yamanashi Prefecture.....	☎055-254-8644	Pharmaceutical Affairs Division, Kagoshima Prefecture.....	☎099-286-2804
Pharmaceuticals Control Division, Nagano Prefecture.....	☎026-235-7159	Mental Health and Welfare Center, Kagoshima Prefecture.....	☎099-218-4755
Mental Health and Welfare Center, Nagano Prefecture.....	☎026-227-1810	Pharmaceutical Affairs and Illness Measures Division, Okinawa Prefecture.....	☎098-866-2215
Pharmaceutical Affairs and Water Supply Division, Gifu Prefecture.....	☎058-272-8285	General Mental Health and Welfare Center, Okinawa Prefecture.....	☎098-888-1443
Mental Health and Welfare Center, Gifu Prefecture.....	☎058-231-9724		
Pharmaceutical Affairs Division, Shizuoka Prefecture.....	☎058-221-2413		

● Healthcare centers throughout Japan

● Police stations in all prefectures of Japan

Say, “No, Absolutely No!” to Drug Abuse

Booklet on Drug Abuse Prevention

Let's live healthily

Part

31

Ministry of Health, Labour and Welfare

1-2-2 Kasumigaseki Chiyoda-ku, Tokyo 100-8916 TEL: 03-5253-1111 (main number)

Please see the Ministry of Health, Labour and Welfare website for more information on the issue of drug abuse.

Ministry of Health, Labour and Welfare homepage

Policy Information on “Health,” “Medical Care” and “Pharmaceuticals and Medical Devices”

Policy information “Information regarding preventing drug abuse”

http://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/iyakuhin/yakubuturanyou/index.html