



Manitoba Addictions Awareness Week

Public Service Radio Announcements For Community Use

MAAW Theme for 2008/09 – *The Best of Me!*

10 seconds

Children of parents who smoke have a higher incidence of asthma, bronchitis, ear infections and pneumonia than children of non-smoking parents. Get the facts and talk about them with other parents! **“The Best of Me – Manitobans making Healthy Choices”**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



This is Addictions Awareness Week in Manitoba. Although using ecstasy is often linked to feelings of pleasure and heightened awareness, combining ecstasy with vigorous physical activity such as dancing can also lead to dehydration, heat stroke, seizures or liver failure. Using ecstasy can put your life at risk. For **your own safety...get the facts and talk about them with your friends!** **“The Best of Me – Manitobans making Healthy Choices”**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Binge drinking can raise the risk of an alcohol overdose or alcohol poisoning. The first episode often happens with friends. For your own personal safety and the safety of your friends....get the facts and talk about them! **“The Best of Me – Manitobans making Healthy Choices”**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.

15 seconds

Using **Club Drugs** (Ecstasy, LSD and Rohypnol) can lower inhibitions and lead to high-risk sexual behaviour increasing the risk of Hepatitis C, HIV/AIDS, and other Sexually Transmitted Infections. Using **Club Drugs** can put your life at risk. Get the facts on **Club Drugs** and talk about them with your friends! **“The Best of Me – Manitobans making Healthy Choices”**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Cocaine, marijuana, alcohol, tobacco and other drugs, if used during pregnancy, can damage a developing fetus. For your unborn child’s safety...check out the facts on substance use and pregnancy. **“The Best of Me – Manitobans making Healthy Choices”**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Single high doses of cocaine have been known to result in seizures or death due to stroke, cardiac arrest or respiratory failure. Protect yourself and others, get the facts and talk about them! **“The best of Me – Manitobans making Healthy Choices”**. This message is brought to

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Community PSA's

30 seconds

Are you gambling more than you intended! Are you arguing with family, friends or co-workers about your gambling! Feeling guilty - feeling criticized? Running out of cash? Borrowing from friends? These problems can be signs that your gambling is out of control. Need someone to talk to; help is a phone call away! **Call AFM's Gambling Hotline - 1-800-463-1554.**

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Magic Mushrooms can be laced with LSD or PCP. It can trigger psychotic episodes. There is danger in mistaking poisonous mushroom for those with hallucinogens, as they are not easily identified. Using Magic Mushrooms can put your life at risk. Get the facts and talk about them! **"The Best of Me – Manitobans making Healthy Choices"**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Alcohol is the most commonly used drug amongst teenagers. Like other drugs, it affects both the mind and the body and can lead to making risky choices. Binge drinking is especially hazardous. It can raise the risk of an alcohol overdose or alcohol poisoning. For your safety and the safety of your friends get the facts and talk about them!

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Experiments have demonstrated that marijuana interferes with skills essential for safe driving, such as: motor co-ordination, depth perception, judgement and concentration. **Friends don't let friends drive stoned.** For your safety and the safety of others, get the facts! **"The Best of Me – Manitobans making Healthy Choices"**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Crystal Meth – one scary substance! Highly addictive, with long-term effects including: depression, insomnia, psychosis, paranoia, damage to heart, lungs, liver, kidneys and nerve cells. Possession of this substance is a criminal offence under the law. For your own health and safety check out the facts on Crystal Meth and pass them on! **"The Best of Me – Manitobans making Healthy Choices"**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.



Do you know that three out of ten motor vehicle deaths in Manitoba involves a drinking driver? **Addictions Awareness Week, November 16th to 23rd**, urges you to be **High on Life**, not on alcohol or drugs! The choices you make can help change those statistics. **If you're going to drink, don't drive!** **"The Best of Me – Manitobans making Healthy Choices"**. This message is brought to you by your local radio station and the Addictions Awareness Week Committee.

