



# Manitoba Addictions Awareness Week

## Addictions Awareness Week - Sample School Announcements

Your school's public address system may be useful in publicizing ADDICTIONS AWARENESS WEEK. Here are some examples of MAAW announcements.

**Encourage students to write and broadcast their own drug awareness messages**  
**Make this year's theme "The Best of ME!" a reality!**

### SENIOR YEARS MESSAGES

#### **(Impaired Driving)**

- "This is Addictions Awareness Week in Manitoba. Did you know that having just one drink affects the way a motorist drives? They become less co-ordinated, slower to react and brake. Check out the facts on drinking and driving and talk about them with your class!"

**"The Best of ME! – Manitobans making Healthy Choices"**

#### **(Alcohol)**

- "This is Addictions Awareness Week in Manitoba. Consuming large amounts of alcohol or drinking rapidly (chugging, drinking games, etc.) can lead to alcohol poisoning. Alcohol Poisoning is an overdose of alcohol that results in vomiting, passing out and sometimes death. Check out the facts on alcohol and talk about them with your friends!"

**"The Best of ME! – Manitobans making Healthy Choices"**

#### **(Second-hand Smoke)**

- "This is Addictions Awareness Week in Manitoba. Second-hand smoke can cause health problems – even for a non-smoker. This is especially true for children. We all have the right to clean air. If someone smokes around you, politely ask that they smoke outside or in another outdoor area. Get the facts and talk to them about your concerns."

**"The Best of ME! – Manitobans making Healthy Choices"**

#### **(Alcohol/Binge Drinking)**

- "This is Addictions Awareness Week in Manitoba. Alcohol is the drug most used by teenagers and young adults. To avoid the risk of alcohol overdose or alcohol poisoning caused by binge drinking....**get the facts and talk about them!**"

**"The Best of ME! – Manitobans making Healthy Choices"**

#### **(Impaired Driving)**

- "This is Addictions Awareness Week in Manitoba. About 30 Manitobans die each year in alcohol-related crashes. You have the power to change that number! - **If you're going to drink don't drive! Never get in or on a vehicle with a driver who has been drinking. Remember: Snowmobiles are vehicles, too!**"

**"The Best of ME! – Manitobans making Healthy Choices"**

#### **(Crystal Meth)**

- "**Crystal Meth** – one scary drug! Highly addictive, with long-term effects that include: depression, insomnia, psychosis, paranoia, damage to the heart, lungs, liver, kidneys and nerve cells. Possession of this drug is a criminal offence under the law. For your own health and safety, check the facts on Crystal Meth and talk about them!"

**"The Best of ME! – Manitobans making Healthy Choices"**

**(Marijuana)**

- "This is Addictions Awareness Week in Manitoba. 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!**  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Marijuana)**

- "This is Addictions Awareness Week in Manitoba. Did you know that the harmful effects on the lungs of one marijuana cigarette are comparable to smoking a whole pack of cigarettes? Talk about the facts with friends!"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Crack/Cocaine)**

- "This is Addictions Awareness Week in Manitoba. Cocaine and crack cocaine can cause dependency in anyone after only one or two uses. It is the only drug rats will choose instead of food, even if they starve to death. Talk about the facts with friends!"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Illegal Drugs)**

- "This is Addictions Awareness Week in Manitoba. Did you know that a drug conviction might result in restriction of freedom to travel and emigrate, your ability to be bonded or a limitation of job opportunities? Some employers now require prospective employees to be tested for illegal drugs prior to hiring. Talk about the facts with friends – **The Power of Choice!**"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Gambling)**

- "Are you concerned about someone else's gambling? Do you try to control how much that person gambles? Have you given up activities you enjoy to take care of a friend or family member who gambles? Do you sometimes feel angry or hurt by the behaviour of a person who gambles? **Need someone to talk to; help is just a phone call away! Call AFM's Gambling Hotline – 1-800-463-1554.** Talk about the facts with friends!"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Ecstasy)**

- "This is Addictions Awareness Week in Manitoba. Although using ecstasy is often linked to feelings of pleasure, heightened awareness, combining ecstasy with vigorous physical activity such as dancing can also lead to a range of health risks such as dehydration, heat stroke, seizures or liver failure. Using ecstasy can put your life at risk, **for your own safety get the facts!** Talk about them with friends!"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**(Cocaine)**

- "Cocaine is a powerful stimulant and a highly addictive drug. Single high doses of cocaine have been known to result in seizures or death due to stroke, cardiac arrest or respiratory failure. Street cocaine is rarely pure, increasing the risk of overdose. Using cocaine can put your life at risk. Get the facts and talk about them with friends!"  
**"The Best of ME! – Manitobans making Healthy Choices"**

**MIDDLE YEARS MESSAGES****(Second-hand Smoke)**

- "This is Addictions Awareness Week in Manitoba. Second-hand smoke can cause health problems – even for people who don't smoke. This is especially true for children and youth. We all have the right to clean air. If someone smokes around you, politely ask them to smoke outside or in another outdoor area. Get the facts and talk to them about your concerns."

**"The Best of ME! – Manitobans making Healthy Choices"**

**(Marijuana)**

- "This is Addictions Awareness Week in Manitoba. Did you know that the harmful effects on the lungs of one marijuana cigarette are the same as smoking a whole pack of cigarettes? Talk about the facts with friends!"

**"The Best of ME! – Manitobans making Healthy Choices"**

**(Gambling)**

- "Do you sometimes feel angry or hurt by the behaviour of a person who gambles? **Need someone to talk to; help is just a phone call away! Call AFM's Gambling Hotline – 1-800-463-1554.** Talk about the facts with friends, your school counsellor or another trusted adult!"

**(Crack/Cocaine)**

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**"The Best of ME! – Manitobans making Healthy Choices"**

**(Impaired Driving)**

- "This is Addictions Awareness Week in Manitoba. About 30 Manitobans die each year in alcohol-related crashes. You have the power to change that number! - **Don't get in the car if the driver has been drinking!**"

**"The Best of ME! – Manitobans making Healthy Choices"**

**(Alcohol/Binge Drinking)**

- "This is Addictions Awareness Week in Manitoba. Alcohol is the drug most used by teenagers and young adults. Be the best you can be: Know the risks of alcohol overdose or alcohol poisoning caused by binge drinking. Help someone you know....**get the facts and talk about them!**"

**"The Best of ME! – Manitobans making Healthy Choices"**

**(Crystal Meth)**

- "**Crystal Meth** – one scary drug! Highly addictive, with long-term effects that include mental health problems and damage to the heart, lungs, liver, kidneys and nerve cells. Possession of this drug is a criminal offence under the law. For your own health and safety, check the facts on Crystal Meth and talk about them!"

**"The Best of ME! – Manitobans making Healthy Choices"**

**EARLY YEARS MESSAGES****(Second-hand Smoke)**

- "This is Addictions Awareness Week in Manitoba. We all have the right to clean air. If someone smokes around you, politely ask them to smoke outside, away from you."  
**"The Best of ME! – I can make Healthy Choices"**

**(Marijuana)**

- "This is Addictions Awareness Week in Manitoba. Did you know that people who use marijuana hurt their lungs? It's like they smoked a whole pack of cigarettes? Talk about the facts with your family and friends!"  
**"The Best of ME! – I can make Healthy Choices"**

**(Gambling)**

- "Do you sometimes feel angry or hurt by someone who is always gambling and betting on things? Talk about the facts with friends, your school counsellor, or another trusted adult! **Talk to someone who understands; help is just a phone call away! Call AFM's Gambling Hotline – 1-800-463-1554.**  
**"The Best of ME! – I can make Healthy Choices"**

**(Crack/Cocaine)**

- "This is Addictions Awareness Week in Manitoba. Cocaine and crack cocaine can cause people to act in hurtful ways. Even after only one or two uses, people can get hooked on it. It is the only drug rats will choose instead of food, even if they starve to death. Be safe. Talk about the facts with friends and trusted adults!"  
**"The Best of ME! – I can make Healthy Choices"**

**(Impaired Driving)**

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**(Alcohol/Binge Drinking)**

- "This is Addictions Awareness Week in Manitoba. Alcohol is the drug most used by teenagers and young adults. Be the best you can be: Know the risks of alcohol overdose or alcohol poisoning caused by binge drinking. Help someone you know....**get the facts and talk about them!**"  
**"The Best of ME! – I can make Healthy Choices"**

**(Crystal Meth)**

- **"Crystal Meth** – one scary drug! When people make it in their homes, they hurt you, your family and even your neighbourhood. When people are addicted to crystal meth, they forget important things like taking care of others and eating healthy foods. To stay safe and healthy, talk about what you see and how you feel with a trusted adult!"  
**"The Best of ME! – I can make Healthy Choices"**



**Promote Addictions Awareness**

**Week in Manitoba**

**MAAW - Manitoba Addictions Awareness Week Committee**