SALTWORKSANSWERS

Believing that students can be positively changed through the power of live theatre

How do I approach a friend with a drug habit?

First, be sure your friend really has a drug problem and then prepare a plan of action. You may even want to ask yourself what you want to get out of the meeting. Approach your friend with a nonjudgmental voice; confrontations that begin with "You should…" or "You shouldn't…" will turn the discussion into a battle that will force your friend to defend themselves. Try talking about you feel when they take drugs instead. Always state your commitment to your friend if they do need help.

What if I'm being pressured to take drugs?

It may help you to know that by saying 'no' you are in the majority. Part of being an individual involves making decisions based on what is best for you. Also, valuing common interest by hanging out with people who like doing similar stuff may help to avoid a situation where you feel pressured into stuff you don't want to do. Try not to be judgmental of others and take action.

What's the big deal if I only use drugs once in a while?

It is a fact that as people consume drugs, they are making changes in their brain and the way it functions. No one can predict how many times it takes for a recreational drug user to become an addict. However, the majority of recreational drug users find their habit becomes an obsession. They begin to abuse the drugs that once brought them so much pleasure and find that they rely on them just to get through the day. Eventually, they lose control over their actions and become drug addicts who will do whatever it takes to get high. Once a user becomes an addict, they lose control of their higher faculties of the brain. They begin to abuse the drug to achieve its beneficial effects in vain.

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Please contact us (412.621.6150 or nalrutz@saltworks.org) for additional school assembly information to bring these quality educational dramas to your school.