

## **Marijuana –like all recreational (Wreck-creational) drugs. . .**

**Impairs Minds:** School dropouts & failure; impaired drivers & car accidents; mass shootings; increased mental and physical health problems—related to schizophrenia and suicide; damages teen brain development, 30% of users are addicted. Addiction is the loss of the healthy self.

**Damages Bodies:** child abuse; unemployable-living-off-the-government individuals, damaged relationships; work accidents and injuries, cancers, scromiting

**Destroys Spirits:** lack of enthusiasm for real life joys because of changes in the brain; escape from taking responsibility for one's own life; unhealthy self-care; financial ruin of users and their families

**Creates Unhealthy, Unsafe Environments:** increased crime and homelessness; family breakdown; costs to deal with problems outweigh tax money 4 to 1; cartels illegal sales increase to undercut legal sales; business can't find dependable workers, other countries than US and Canada are making more restrictions

## **Marijuana is still illegal federally—let's keep it that way.**

### **Websites:**

- 1) <https://www.protectingsdkids.com/> This is our website—Protecting SD Kids –group which in less than 3 months helped defeat recreational marijuana
- 2) <https://iasic1.org/> INTERNATIONAL ACADEMY ON THE SCIENCE AND IMPACT OF CANNABIS --DOCTORS EDUCATING ON MARIJUANA—15 NEGATIVE IMPACTS FROM MARIJUANA USE—OUTSTANDING SITE—CHECK IT OUT!
- 3) <https://johnnysambassadors.org/> Great website with handouts for youth and free materials for a course for youth—started by a mother who lost her son to suicide after he became a marijuana user.
- 4) [www.drugwatch.org](http://www.drugwatch.org) Drug Watch International
- 5) <https://parentmovement2-0.org/> This is a parent group that started in the 80s when they realized their children were being harmed by marijuana. We could use such a group again.
- 6) <https://www.samhsa.gov/marijuana/resources> Government site—worthwhile, but not as good as others.
- 7) <https://www.facebook.com/sd.against.pot/Protecting SD Kids Facebook page>.
- 8) <http://wfad.se/> World Federation Against Drugs

**Books:** 1) **MARIJUANA DEBUNKED** –A handbook for parents, pundits and politicians who want to know the case **against** legalization by Ed Gogek, MD

2) **TELL YOUR CHILDREN**—The Truth About Marijuana, Mental Illness and Violence by Alex Berenson

3) **REEFER SANITY**—Seven Great Myths About Marijuana by Kevin A. Sabet PhD

4) **Weed, Inc.** The Truth about THC, the Pot Lobby, and the Commercial Marijuana Industry by Ben Cort

5) **Clearing THE HAZE**—Helping Families Face Teen Addiction by Christian Thurstone, MD and Christine Tatum

**Movies/Videos:** 1) [smokescreenmovie.org](http://smokescreenmovie.org) Chronic State (56+ minutes First 1:20 shows beautiful ID, then best video on marijuana impact) <https://vimeo.com/280127474> Chronic State trailer 3:10 minutes <https://vimeo.com/285486451>

2) <https://www.youtube.com/watch?v=Y04mde0o0H4> (2 hrs. & 39 minutes MJ Debunked ED Gogek 061019—This is the best instructive video on the true dangers of marijuana by a psychiatrist who has worked with addicts for 30+ years. Watch it!

3) [https://www.youtube.com/watch?v=k\\_IWMzeUTok](https://www.youtube.com/watch?v=k_IWMzeUTok) (2 minutes) Protect True Freedom in SD | Vote NO on IM27 –An amazing video made by SD youth)

For more information Contact Education Committee of Protecting South Dakota Kids <https://www.protectingsdkids.com/605-641-2815>

**Instead of Wreck-creational drugs--CREATE a BETTER LIFE with HEALTHY SKILLS & HABITS:**

**Improve Your Mind:** Read, learn, think critically, analyze—if something seems crazy it probably is. Learn a skill—play a musical instrument, cook, garden, sew, car/home repair. Volunteer! Get a job. Use God-given talents & abilities to spread **GOODNESS**. Tell the **TRUTH**. Learn how to form mutual respect relationships. Find your passion to do Good and do it.

**Develop Your Body:** Exercise by **cleaning, repairing, improving, or building** something. Mend a shirt, a relationship, or a heart. Do self-care—sleep when tired, only eat when hungry & move your body & connect with others—walk/hike/swim. Pet the cat/dog. Hug loved ones. **Anger = Aggression Needing Good Energy Redirection**—so clean your room, pick up messes, do a difficult task you have been putting off.

**Enlighten Spirits:** Go to church/pray. **Do:** a family reunion, a neighborhood party, a family adventure, a date with spouse, a family cook & eat meal, a child's bedtime story, or any kind action. Write a thank you, paint a room, or plant a tree. Rights are earned by responsible, hardworking, caring actions. Be the solution not the problem. **FEAR= Face Each Anxiety Rationally.**

**Create Healthy Environments:** Be **GRATEFUL**, appreciative, kind, encouraging, fun, & loving. Teach something. Learn a new skill and use it to do Good. Listen & share-- improves relationships. Recycle, repair, build-up, improve & preserve. Peace in the World starts with Peace in the Home. Develop moral, strong, healthy, loving values & live them. Smile & greet people on the street & in your own home. Develop these **7 Life Principles: Optimism, Moral Values, Healthy Self-Care, Mutual Respect Relationships, Safe Caring Community, Enjoy & Preserve Nature, and Serve Others.**  
**HOPE = Having Optimistic Positive Energy**

**Books:** Gary Chapman's *The 5 Love Languages*; Steven Stosny's *Soar Above—How to Use the Most Profound Part of Your Brain Under Any Kind of Stress and Love Without Hurt—Turn Your Resentful, Angry, or Emotionally Abusive Relationship into a Compassionate, Loving One*; Michele Weiner Davis's *Divorce Busting*; Jordan Peterson's *The 12 Rules for Life*; Daniel Amen's *Feel Better Fast*; Stephen Covey's *The 7 Habits of Highly Effective People*; Allen Carr's *The Easy Way* books such as *QUIT DRINKING WITHOUT WILLPOWER—Be a happy nondrinker* and *EASY WAY TO QUIT SMOKING WITHOUT WILLPOWER*; Edward Hallowell's *Connect*; Adele Faber & Elaine Mazlish's *How to Talk So Kids Will Listen & Listen So Kids Will Talk*; Thomas Moore's *The Re-Enchantment of Everyday Life*; Dale Carnegie books including *How to Stop Worrying and Start Living*, *How to Enjoy Your Life and Your Job*, *How to Win Friends & Influence People*; Sally Coleman & David S. Anderson's *Charting Your Course—a life-long guide to health and compassion.*

**Websites:** <https://www.passiton.com> <https://www.prageru.com> <https://www.americanessence.com> <https://www.dibbleinstitute.org/> [https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend)

Jordan Peterson videos like <https://www.youtube.com/watch?v=3uLDin9A9pc> Jordan Peterson: How to Become the Person You've Always Wanted To Be | E113  
Victor Davis Hanson videos like <https://www.youtube.com/watch?v=EZEgFbPYNoM> Victor Davis Hanson Lecture | September 8, 2021

**Movies:** At theaters starting July 4<sup>th</sup> *Sound of Freedom* For information about this unforgettable movie go to: <https://www.youtube.com/watch?v=rTBGNeliczc&t=1625s> The Fight Against Worldwide Child Slavery & the Sex Trade | Jim Caviezel and Tim Ballard | EP 372

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