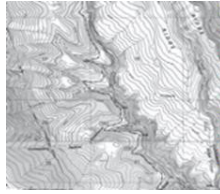
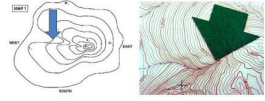


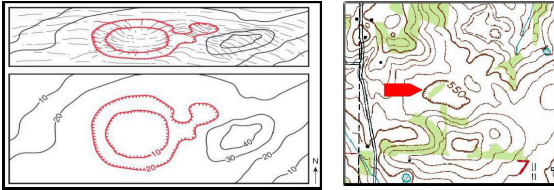
- Valley - A valley is level ground bordered on the sides by higher ground. Contour lines that indicate a valley are somewhat U-shaped.



- V's in contour lines show valleys
- V's point uphill or upstream.
  - The stream or river flows in the opposite direction.
  - The width of the V shows the width of the valley



- Depression - A depression is a low point or hole in the ground surrounded by higher ground. Circles of contour lines are also used to show depressions, but they will have tick marks on them as well, similar to cliffs, that point into the lower ground.



## Marginal Information

It is always important to examine the margins of your map because it contains important information that will help you interpret the map's features, colors, and symbols. Some important information that could be included along your map's margins are:

- Name of the map - The name of the map is usually the name of the community, district, or area the map covers. This can be found at the bottom center or bottom right corner of the map margin.
- Number of the map sheet and index of adjoining maps - If your map is one of a series of maps for a large area, the center block of the index identifies your map plus the number of maps surrounding it. You can find this information in the bottom right corner.
- Date of map data - This is important because it can help indicate if any changes may have occurred since the map has been printed. This information is printed in the copyright information in the bottom left and right corners. Be sure to choose the most up-to-date map possible.
- Map scale - The ratio scale for the map tells you how many units on land are equal to one unit on the map, e.g. "Scale of 1:50,000." This can be found under the map name in the bottom center of the map.
- Scale bars - Scale bars are used to help measure distance on the map. The left end of the scale bars are divided into tenths for measuring accurate distances. Scale bars are located under the map scale in the bottom center of the map.
- Contour interval - These indicate the distance between the contour lines and can be described in feet or meters. Be sure to check the bottom margin next to the scale bars for this information.
- Legend of conventional signs - Legends help you to interpret the conventional signs used on the map. This can be found both in the bottom margin and on the back of the map.

## Chapter 5 – Drug Resistance

### PO.5 – DDR Knowledge

EO.1 – Identify drugs, alcohol, and tobacco.

#### EO.1 – Identify Drugs, Alcohol, and Tobacco

A key pillar in the Young Marines program is DDR or Drug Demand Reduction. This means that we focus our efforts on educating Young Marines about the dangers of drugs and alcohol and give them the tools

to resist social pressures and to spread awareness to their peers and community members. As Young Marine recruits, it is important to be able to identify common forms of drugs, alcohol, and tobacco and the dangers they pose to everyone.

## Alcohol

Alcohol is also commonly referred to as booze, sauce, brews, brewskis, hooch, the hard stuff, and juice. In the United States, it is illegal for anyone under the age of twenty-one to buy or consume alcohol.

### Negative Effects:

Alcohol is absorbed into your bloodstream which means that it effects every organ in your body.

- It leads to a loss of coordination, poor judgment, slow reflexes, distorted vision, memory lapses, and even blackouts when consumed in extreme quantities.
- Alcohol also depresses your central nervous system. This means it slows down everything that goes on in your brain, making thinking and decision making much harder which usually leads to people making poor decisions. People will sometimes get into fights or make the choice to drink and drive and can end up seriously hurting other people because they could not think clearly.
- Large amounts of alcohol can lead to coma or even death because it effects so many of your organs.



## Tobacco

Tobacco comes in two common forms: cigarettes and smokeless tobacco. Cigarettes are often known as cigs, smokes, or butts. Smokeless tobacco is sometimes called chew, dip, spit tobacco, and snuff.

### Negative Effects:

Tobacco in any form is extremely damaging to your health and your development. The chemicals in it are also highly addictive.

- Smoking cigarettes is a leading cause of lung cancer. It can also cause cancer of the mouth, throat, bladder, pancreas, and kidney. Smokeless tobacco can cause mouth cancer, tooth loss, and diseases of the throat and digestive system since the chemicals are often swallowed during use.
- There are approximately 600 ingredients in cigarettes which combine to create more than 7,000 chemicals when burned. Sixty-nine of these chemicals are known to cause cancer (American Lung Association, 2018). They can also cause heart disease, chronic bronchitis, and stroke.
- Cigarettes and smokeless tobacco are highly addictive because they contains a chemical called nicotine. Three-quarters of young people who start using tobacco products do so daily because it is incredibly difficult to quit once started.



Smoking is the leading preventable cause of death in this country. More than 400,000 American die from tobacco-related causes each year, and most of them began to use tobacco before age eighteen.

## Marijuana

Marijuana is becoming increasingly common with certain states legalizing the drug. However, this does not decrease the dangerous effects of marijuana on the body, especially for young people. There are more than 400 known chemicals in marijuana. A single joint can contain four times as much cancer-causing tar as a filtered cigarette.

The street terms for marijuana are weed, pot, grass, reefer, ganja, Mary Jane, blunt, and joint.



### Negative Effects:

Marijuana contains a chemical called THC which affects the nerve cells in the part of the brain where memories are formed. Marijuana can affect your sense of time and coordination.

- Marijuana can limit your body's ability to fight off infection, and long-term use can increase the risk of developing certain mental illnesses.
- Marijuana can be laced with other dangerous drugs without the user's knowledge such as crack cocaine, PCP, or embalming fluid.
- Marijuana can also be addictive, and while not everyone will become addicted, some users develop signs of dependence.

### Inhalants

Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage in less time than other drugs.

### Negative Effects:

- Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly.
- People who use inhalants can lose their sense of smell, experience nausea and nosebleeds, and develop liver, lung, and kidney problems. Chronic use can lead to muscle wasting and reduced muscle tone and strength.
- Inhalant users sometimes die instantly with use by suffocation, choking on vomit, or by heart attack.



### Prescription and Over the Counter Drugs

Prescription and Over the Counter (OTC) Drugs go by many names depending on the type of medication. These are drugs that are typically prescribed by a doctor or taken to manage minor injuries or illnesses. However, they function as other illegal drugs when taken in higher than recommended doses.

### Negative Effects:

- Just like illicit drugs, prescription and OTC medications can lead to dependence and withdrawal symptoms including anxiety, increased pain, vomiting, sleep problems, and depressions.



[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)  
[www.prevention.samhsa.gov](http://www.prevention.samhsa.gov)  
[www.cdc.gov](http://www.cdc.gov)

[www.ed.gov](http://www.ed.gov)  
[www.dea.gov](http://www.dea.gov)  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)

- Short term use of these drugs leads to increased heart rate and blood pressure, stomach pain, loss of consciousness, and kidney failure.
- In cases of extended or long-term overuse, people who abuse these drugs are at an increased risk for overdose, heart disease, psychosis or mental health problems, and seizures. People inject these drugs put themselves at risk for HIV, hepatitis, and other blood-borne infectious diseases.