

Suggested POD Notes for Drug Use Prevention

Using drugs will cost you more than a stripe.. It will cost you your career!

Making the right decisions now will have positive impact on the rest of your life. Make the right choice and choose your future not drugs.

Ecstasy is a losing proposition!

Don't jeopardize your future by making the wrong choice. Some people won't get the message until it is too late, Don't you be one of them! Remember, your success in life and your success in the Navy depends on you choosing a drug free lifestyle.

Its Time for a Reality Check!

It's time for a reality check. The fact is, we do drug testing at this command. Any Sailor who uses drugs will be disciplined as appropriate and processed for administrative discharge. It is your choice, make the right one. Choose a drug free life.

Navy develops new reagent for detecting Ecstasy!

This new reagent, approved by FDA, has proven to be at least 3 times more effective in detecting Ecstasy than the current reagent. Don't be a victim of better technology. It is your choice, make the right one. Choose a drug free life.

The Facts about Ecstasy!

Ecstasy is a dangerous drug. Young adults nationwide report that after using Ecstasy they experience depression, sleep problems, anxiety, and paranoia. They also report losing interest in their pursuit of life goals, maintain friendships, and are unable to maintain satisfactory work performance levels. Ecstasy is more than a drug, it is a future killer. Don't kill your future. Don't you be a victim.

Use drugs, lose your education benefits!

If you are discharged due to drug abuse, you lose *all* of your education benefits. This includes your Montgomery G.I. Bill and Federal College Fund benefits. If you apply for student aid, the Department of Education must verify that you have not been convicted of a drug-related offense. Only an honorable discharge guarantees you all the benefits due a veteran.

Think Ecstasy is safe?

Ecstasy-Related Visits to Emergency Rooms increased 58 Percent in one year. The National Institute on Drug Abuse (NIDA) reports the number of drug-related emergency room visits climbed in 2000 with Ecstasy-related visits up 58 percent in one year and the numbers are still increasing. Don't put your life in jeopardy. Ecstasy is a losing proposition.

Misconduct for Drugs Discharge upgrade?

There is nothing automatic about a request for a discharge upgrade. It is an extremely complicated process requiring the petitioner to show the Navy Discharge Review Board that the alleged entry or omission in the records was in error or unjust. The Board receives hundreds of requests annually, and in the last five years not one drug discharge upgrade request has been approved.

Drug use and your Navy career don't mix!

Last year over 4,500 Sailors thought they would not get caught using drugs, they made the wrong choice. They received Other than Honorable discharges and lost all their education benefits. Don't make the wrong choice. It is simply not worth it!

Use your refusal skills and good judgment!

Making the right decisions now will have positive impact on the rest of your life. When you go home on leave you may encounter old friends who are uncomfortable with the new and confident person you are. You may feel pressured to use drugs in order to fit in or show off a new found independence. Make the right choice and choose your future not drugs.

Ecstasy is more than a drug!

Some people think Ecstasy is harmless. For Sailors, it will end your Navy career, leave you with a criminal record, and an Other than Honorable discharge. It is simply not worth it to use drugs. Remember, your life and your future are at stake.

Success or failure?

Its your choice! If you are faced with the decision of whether or not to use drugs remember this: There are two roads you can take in life. You can take the road that leads to opportunity and success or choose drugs and go nowhere. It is your choice. It is that simple.

Ecstasy is not harmless!

Ecstasy can have devastating effects on individuals: stunting emotional and intellectual skill growth, instilling a feeling of apathy, and compromising health. It will also end your Navy career. It is your choice, make the right choice and choose a drug free lifestyle.

You think Ecstasy is harmless?

People who use Ecstasy and other "club drugs" are vulnerable to impairments in thinking, speaking, listening effectively, problem-solving, decision making, and forming concepts. These are skills necessary for a person to achieve their fullest potential. Don't risk your future for a quick "buzz", it is simply not worth it.

Did you know?

Navy has a new method of detecting Ecstasy that is at least 3 times more accurate than the old method. If you use Ecstasy you will be caught during urinalysis. Do not take the chance, it is simply not worth it.

Random Drug tests.

This command conducts unplanned random drug tests. Think before you do something stupid! It is your life and you are responsible and accountable for your actions. This command will hold you accountable. Use drugs and lose your Navy career.

Do the Navy Drug Screening Labs test for Ecstasy?

A myth among Sailors abusing Ecstasy (MDMA) is that Navy Drug Screening Labs (NDSL) do not test for MDMA. **FACT: NDSLs test every urine sample for Ecstasy (MDMA).** NDSLs even have a new method for detecting Ecstasy. It is your life, your choice. Make the right choice and choose a drug free lifestyle.

Do Ecstasy and you will be headed for rough seas!

Navy Drug Screening Labs have begun using a new method for detecting Ecstasy in urine. This new method, which is FDA approved, is at least 3 times more accurate in detecting the presence of Ecstasy in urine. Don't make the mistake of a lifetime. Stay drug free.

Ecstasy... Don't lose your Navy career over it!

Navy Drug screening Labs can determine exactly what drugs a Sailor has taken, including Ecstasy. Don't be fooled or underestimate the drug labs capability. Navy Drug Screening Labs use state-of-the-art technology and test each urine sample for Ecstasy. Don't make the mistake of a lifetime, choose a drug free lifestyle.

Ecstasy is a LOSE - LOSE situation!

If you choose to use Ecstasy, with today's improved technology, you choose to end your Navy career and face an Other than Honorable discharge. It is your choice, make the right choice, choose a drug free lifestyle.

There is no joy in Ecstasy!

Last year almost 500 Sailors thought that Navy Drug Screening Labs didn't test for Ecstasy or that even if the labs did, they wouldn't get caught. Those Sailors were wrong. Some Sailors may believe the Navy does not test for Ecstasy but you can be assured if you are called to take the test, your sample will be tested for Ecstasy.