

WASTED

By Kirsten Childs



GEORGE STREET PLAYHOUSE



George Street Playhouse

WORLD-CLASS THEATRE IN NEW JERSEY™

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Cover Photo: Matthew Teague Miller

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My Voice *Daria*, Age 12

Follow your heart
No matter what they say
Because you'll be the one
With the decision at the end of the day

Keep ya head up
No matter how hard it seems
Always remember to try your hardest
And you will achieve your dream

Don't do drugs
And most of all, stay in school
'cause those drugs addicts really
don't look that cool

So let them smoke their stuff
And drink their beer
Don't ever do stupid stuff
Just to please a peer
Don't be like the boys and girls
Whose virginity is already gone
Don't rush to have sex
'Cause something could go wrong

Cause words can hurt like a knife
And parents help prepare you so
you - not them -
will be able to handle your life.

Be there for those who will be there for
you,
Because I've learned a well known fact
That you shouldn't overestimate
people,

choose friends who will have your back
But some friends, just some friends
will always, always be true
no matter Black, White or Puerto Rican
they can be there and care for you.

So don't do drugs and
then later wonder why
Why you didn't just say no
and now you have to die
So let people do their stuff
And drink their drinks and smoke
their weed
Trust and believe that
the people saying no in life will succeed.

And now you know
that bad choices can make you die
I guess I've done my work
And now I can say goodbye.

THEATRE ETIQUETTE

- 1. DO** Talk quietly and stretch before the show. It is easier to sit quietly during the performance once all the chatting and movement is out of the system.
- 2. DO** Laugh and clap at appropriate times of the show. Actors get energy back from the audience and use the audience response as part of their performance.
- 3. DO NOT** Talk, whisper, sing, hum, make unnecessary or rude noises during the performance. It is distracting to the actors and annoying for the other audience members.
- 4. DO** Turn off cell phones, pagers, watch alarms, and other electronic devices.
- 5. DO NOT** Eat or drink during the performance. It's too distracting to the actors and your neighbors.
- 6. DO** Keep feet on the floor, not on the seat in front of you.
- 7. DO** Use the restroom before the performance begins.
- 8. DO NOT** Use cameras or videotape during the performance.
- 9. DO NOT** Put things on the stage. The stage is not a resting spot for your backpack or your playbill or your feet. These items are ugly for the audience to look at and dangerous for the actors.
- 10. DO NOT** Riffle your playbill/program or other papers. Open it in advance to the performance page so you can check for important information if you can read in the dark.
- 11. DO** Remain in your seat until the end. The end means the end of the curtain call. If you are ill and must leave before the show is over, leave as quietly as you can and at an appropriate interval. Please do your best to use the restrooms only during intermission. It is extremely discourteous to the actors to head for the door before the performance has entirely ended.
- 12. DO** Watch for special effects, sounds and other moments that stand out in your mind.

Myth Buster—Alcohol

SIGNS OF ALCOHOL POISONING

- Person may be unconscious and cannot be awoken
- Person will probably have cold, clammy and pale skin
- Person will probably be breathing slowly or irregularly
- Person may vomit while passed out

Myth: Alcohol gives you energy.

No. Alcohol is a depressant, meaning it slows down your ability to think, speak, move and react to situations. Alcohol lowers one's inhibitions, allowing them to do things they would not normally do, giving the illusion of energy (like getting out on a dance floor) when in reality the person drinking does not have more energy. A person may feel more "free" to do things they would not normally do, like being more interested in sex. The danger with this is people can end up going further than they can handle, and the consequences are pregnancy, AIDS, sexual assault, car accidents, jail time or death.

Myth: You'll get drunk a lot quicker with hard liquor than with a beer or wine cooler. No. Alcohol is alcohol. Drinking one type or another will not get you drunk faster.

Myth: All people react in the same way to alcohol. There are dozens of factors that affect reactions to alcohol - body weight, time of day, how you feel mentally, body chemistry, your expectations, and the list goes on and on.

Myth: A cold shower or a cup of coffee will sober someone up.

Not on your life. Nothing sobers you up but time. With coffee, you're simply a wide-awake drunk!

Myth: It's just beer. It can't permanently damage you.

Large amounts of alcohol can do major damage to your nervous and digestive system, eventually causing your heart, liver, stomach, and several other critical organs to fail.

Myth: The worst thing that can happen is a raging hangover.

If a person drinks enough alcohol, fast enough, they can get alcohol poisoning, which can lead to death in only a few hours.

Myth: It's none of my business if a friend is drinking too much.

If you are a real friend, it is your business. You can't make someone change, but you can be honest. Maybe they'll listen. You may be saving their life or the lives of others.

Myth: People who drink too much only hurt themselves.

Every person who drinks has a mother, grandfather, sister, aunt, best friend, boyfriend or girlfriend who worries about them. The 12 million problem drinkers in this country affects at least four other people; do the math.

<http://www.madd.org/under21/1,1056,1157,00.html>

DID YOU KNOW?

It is illegal to buy or sell marijuana. In most states even having small amounts can lead to fines or being arrested.

Myth buster-Marijuana and Inhalants

Myth: I never have to worry about the contents of marijuana.

Marijuana can be and is often laced with other dangerous drugs without the smoker's knowledge, including crack cocaine, PCP or embalming fluid.

Myth: Marijuana is not addictive. Not everyone who smoked marijuana becomes addicted; however many users do develop signs of dependence. Many drug treatment centers have programs for marijuana smokers.

DID YOU KNOW?

The three leading causes of death for 15- to 24-year-olds are automobile crashes, homicides and suicides; alcohol is a leading factor in all three.

Myth: Inhaling or doing whippets is a quick and harmless high.

While inhaling fumes does give a quick high, they are far from harmless. Inhaling fumes affects the brain with greater speed and force than many other substances, causing irreversible physical and mental damage. Some users have died within minutes of inhaling fumes, including first time users.

TEST YOURSELF

A MESSAGE TO TEENAGERS...

How to tell when drinking is becoming a problem

ALCOHOLISM is a rough word to deal with. That's because alcoholism is an illness. It can hit anyone. Young, old, rich, poor, black, white. And it doesn't matter how long you've been drinking or what you've been drinking. It is how you are affected by drinking. To help you decide whether you might have a problem with your own drinking, answer these 12 questions. The answers are nobody's business but your own. If you can answer yes to any one of these questions, maybe it's time you took a serious look at what your drinking might be doing to you. And, if you do need help or if you'd just like to talk to someone about your drinking, talk to someone.

A Simple 12-Question Quiz Designed To Help You Decide

1. Do you drink because you have problems? To relax?
2. Do you drink when you get mad at other people, your friends or parents?
3. Do you prefer to drink alone, rather than with others?
4. Are your grades starting to slip? Are you goofing off on your job?
5. Did you ever try to stop drinking or drink less — and fail?
6. Have you begun to drink in the morning, before school or work?
7. Do you gulp your drinks?
8. Do you ever have loss of memory due to your drinking?
9. Do you lie about your drinking?
10. Do you ever get into trouble when you're drinking?
11. Do you get drunk when you drink, even when you don't mean to?
12. Do you think it's cool to be able to hold your liquor?

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FRIENDS CAN HELP

“By the time a parent or teacher realizes a student has a problem it may be too late.”

-Steve Ligia, Executive Director, NCADD of Middlesex County Inc.

You talk to your friends about everything from school to boyfriend / girlfriends to family issues. But do you talk about drugs and alcohol? And do you talk when you see your friend is in trouble or when you are in trouble? It may be the most difficult thing you will face in your life at this point in time, talking to your friends about their drinking or drug problems. But when you do get the conversation started you could be saving your friend life. These issues are serious, and as you’ve discovered, they are deadly. Here are some ways to start the conversation and some places to get help for you and your friend.

DID YOU KNOW?

People who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who wait until age 21 to try alcohol.

- Start by telling your friend that you care about them and are worried.
- Give specific examples of when the drug use or drinking has affected you and others.
- Let them know you want to help.
- Talk to them when they are not high or drunk.
- If you need to get other friends to join you in the conversation, be careful not to “gang up” on the friend in trouble.
- Talk to an adult you trust and in confidence before talking to your

friend. They may have other ways to approach the situation.

- If you are not comfortable talking face to face, email or text message your friend.
- Remember that this may be the first step in getting them help. Be patient with your friend and with yourself.

Know the Signs–Alcohol

- Getting drunk on a regular basis
- Lying about how much s/he is using
- Believing alcohol is necessary to have fun
- Frequent hangovers
- Feeling run-down, depressed or having suicidal thoughts
- Having problems at school or getting in trouble with the law

Knowing the signs–Marijuana

- Seems dizzy and has trouble walking
- Has red, bloodshot eyes, smelly hair and clothes (marijuana has a strong sweet smell)
- Has a difficult time remembering things that may have just happened
- Acts silly for no apparent reason

Knowing the Signs-Inhalants

- Slurred speech
- Drunk, dizzy or dazed appearance
- Unusual breath odor
- Chemical smells on clothing
- Paint stains on body or face
- Red eyes
- Bloody or runny nose

DID YOU KNOW?

It is illegal to buy or possess alcohol if you are less than 21 years of age.
If a parent offers a minor, either their own child or their child’s friend, alcohol the parent can be charged with Endangerment of a Minor, which is a heavy fine and possible jail time.

CAN'T DO IT ALONE

There are numerous people and places you and your friends can go to get help or answers to your questions. The following are a few of the places and people who can help.

Check Yourself—a place for teens to check where they are with drugs and alcohol. Includes quizzes, games, and stories from other teens.
www.checkyourself.org

The Cool Spot—facts and information about alcohol and the “truth” about peer pressure and more.
www.thecoolspot.gov

National Council on Alcoholism and Drug Dependence (732) 254-3344—live counselors available to ask questions, talk and can refer you to treatment centers if needed.
www.ncadd-middlesex.com

Alcoholics Anonymous—(go online to find a group in your area) A non-profit program for those who struggle with drugs or alcohol.
http://www.alcoholics-anonymous.org

Alateen—branch of Alcoholics Anonymous specifically designed for teens.
North Jersey Information Services
(973) 744-8686
9 A.M. to 5 P.M.
Monday through Friday
South Jersey Information Service
(856) 547-0855
10 A.M. to 3 P.M.
Monday through Friday
http://www.nj-al-anon.org

WHAT CAN YOU DO?

- Call 9-1-1 immediately—do not think about legal ramifications, a quick response could mean life or death.
- Do not leave the person alone.
- Turn the person on their side. If they vomit they will be less likely to choke.
- Watch their breathing closely. If they stop be prepared to do CPR.

GSP EDUCATION STAFF

Director of Education
Danny Tamez

Assistant Manager
Amanda Hinkle

Wasted Essay Contest Winner

Chelsea

Mr. Totka Class – 7-3

Hope

The character I can relate to the most is Ty for many reasons. He cares a lot about his brother and is worried about him. My older sister just started high school and sometimes I worry about her. My sister would never do drugs or anything like that. She is a great athlete. She's only a freshman and made varsity soccer, basketball, and softball. She is a great big sister and I love her with all my heart, but there are a lot of kids that make the wrong choices in high school. I feel very proud of my sister and her accomplishments. I just hope she doesn't make a decision she will regret. She has too much to offer, and I would be devastated if anything happened to her. Ty feels the same way. He loves his older brother and just wants him to make the right decisions.

My sister means the world to me. She's my hero, and I look up to her. Ty feels the same way, and that's the way I view his feelings toward his brother. However once his brother starts doing drugs and dealing them, he seems ashamed. He seems disappointed, but willing to help his brother. If my sister was doing things like that I would feel the same way Ty felt. In a way, Ty feels helpless like there is nothing he can do to change his brother's mind about drugs. Ty just seems to give up, losing hope in his brother and accepts this part of his life.

However if that was my sister I would not be like Ty. I would accept this part of her life and I would not give up hope because when you have nothing left to lose you still have hope. Hope is something you never lose. It's always there whether you believe in it or not. It's a part of everyone. Hope is what every one of us keeps holding on to for, whether it is a missing loved one or a family member off to war. You hope they are okay and will return home safely, that they're safe and won't get hurt. Never give up hope because it does not give up on you.

Ty is someone I can relate to because I love my sister, and if anything happened to her I would go crazy. There is so much pressure on teenagers today that I believe it makes them turn to drugs and alcohol. However we cannot blame it all on pressure, but also on the kids themselves, because they make the choice to say "yes." Kids don't become drug addicts overnight, and they won't stop being drug addicts overnight either. When teens turn to drugs it is a sign that they need help and they need someone to help them. If my sister or anyone I love is hurt I will help them, because if you really care about someone that's what you do: you help them, not hurt them.



About George Street Playhouse

9 Livingston Avenue • New Brunswick, NJ 08901

Box Office: 732-246-7717 • www.GSPonline.org

David Saint, Artistic Director • Mitchell Krieger, Managing Director

George Street Playhouse's nationally recognized Touring Theatre, currently in its eighteenth season, reaches more than 80,000 students in over 300 schools annually. The Touring Theatre currently has five plays in its repertory: *Peacemaker*, *New Kid*, *In Between*, *Tomato Plant Girl*, and *Wasted*. Each play is targeted for a specific age group and addresses such issues as tolerance, prejudice, bullying, substance abuse and the Holocaust. In addition to traveling throughout the Mid-Atlantic region, GSP and its Touring Theatre produce an annual Focus on Youth Issues symposium (FYI) and a week of student matinees at the theatre. For further information on George Street Playhouse's Touring Theatre, Theatre Classes, workshops and other educational programs, call 732-846-2895 x115.

George Street Playhouse, New Brunswick, New Jersey's first professional theatre, was established in 1974. Since then, its body of work has been marked by a strong sense of community and a commitment to new work. Under the leadership of Artistic Director David Saint, GSP has become a nationally recognized theatre, presenting an acclaimed five-play mainstage season while providing an artistic home for established and emerging theatre artists.

About the New Jersey State Bar Foundation

Dedicated to educating the public about New Jersey law, the New Jersey State Bar Foundation provides a wide variety of free, law-related education services to the public and school community. Our seminars, publications and video loan library offer information on many legal topics, and our Speakers Bureau fills requests for attorneys to speak to school and community groups. The Foundation also sponsors school-based initiatives, such as our Conflict Resolution and Peer Mediation Program for educators and administrators, and mock trial programs for students in kindergarten through high school. As part of our violence prevention initiative, the Foundation also offers its Teasing and Bullying Program where teachers and administrators are educated about the myths and facts of bullying and developing a school-wide approach to combat the problem. Our legal newspaper for kids, *The Legal Eagle*, which is geared toward fifth through eighth grade students and published three times a year, featured a special Diversity Issue. The special edition of the newspaper contained articles on hate crimes, eyewitness identification and affirmative action. As a result of the popularity of this special issue, the Foundation launched a new publication, intended for middle and high school students, that highlights the issues of tolerance and diversity. The newsletter, which is called *Respect*, is published three times a year and has featured articles on such issues as hate speech in music lyrics, Arab-American discrimination and human rights.

For more information about the Foundation or to order any of our publications, visit our Web site at www.njsbf.org or call 1-800 FREE LAW.



The New Jersey State Bar Foundation

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