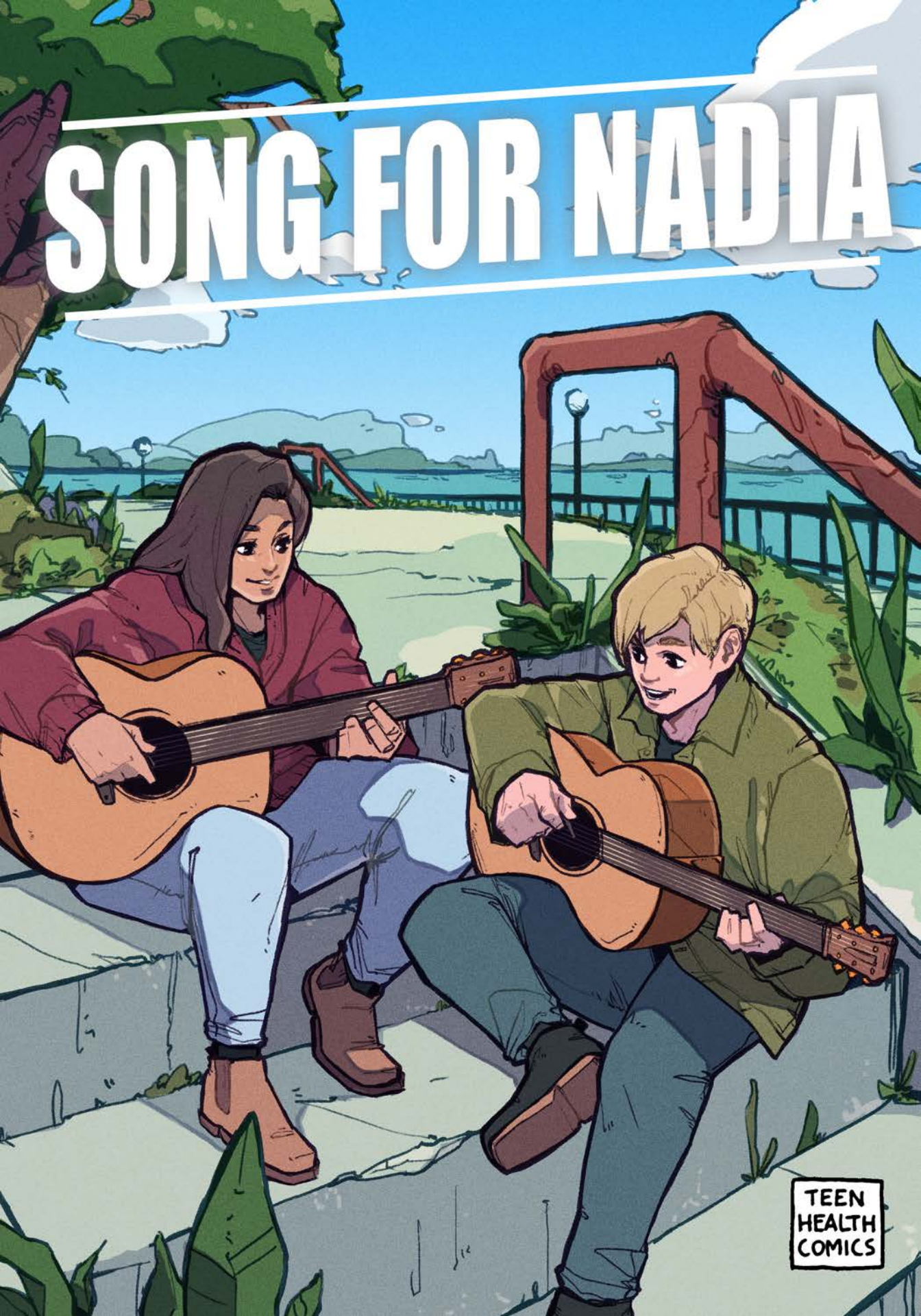
SONG FOR NADIA
TEEN HEALTH COMICS

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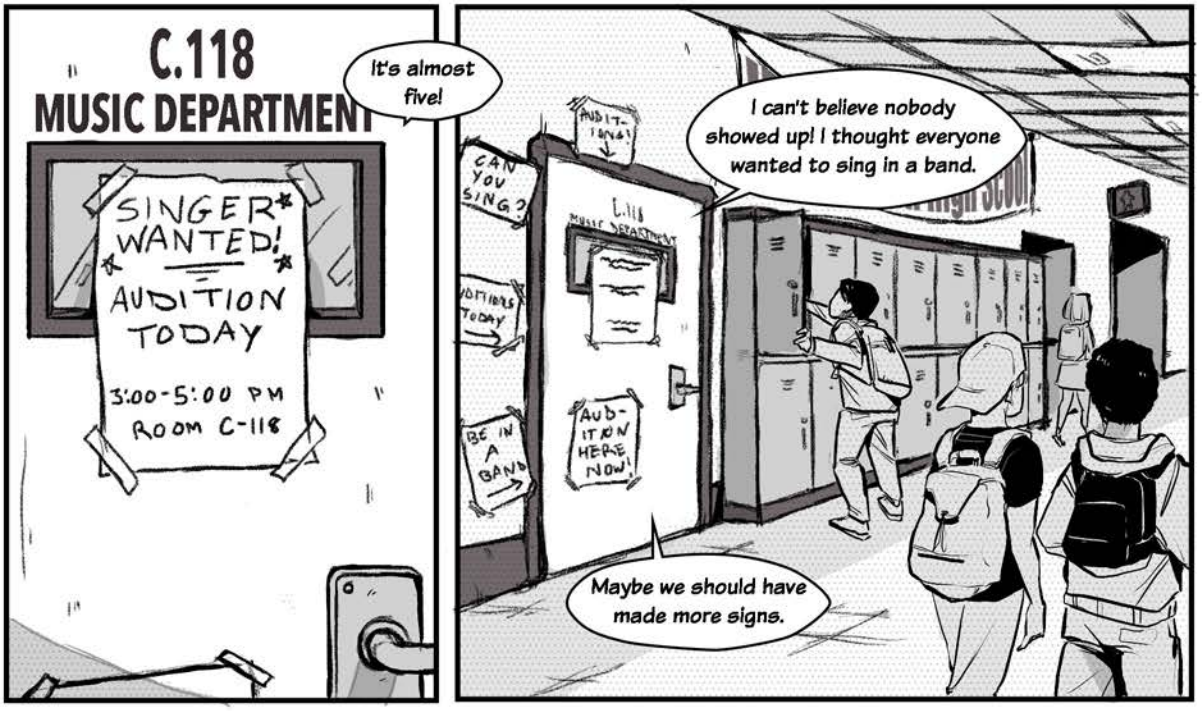
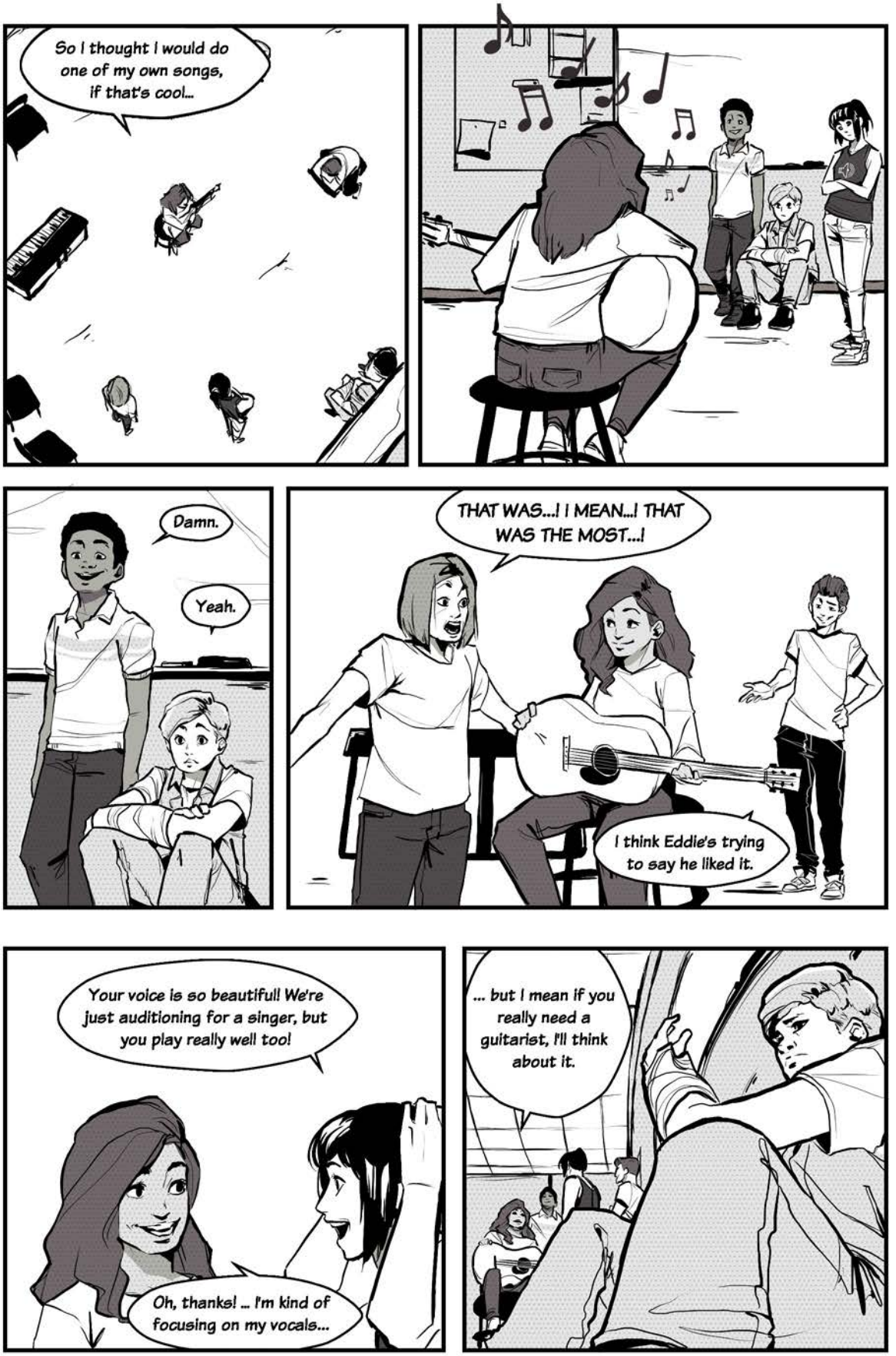
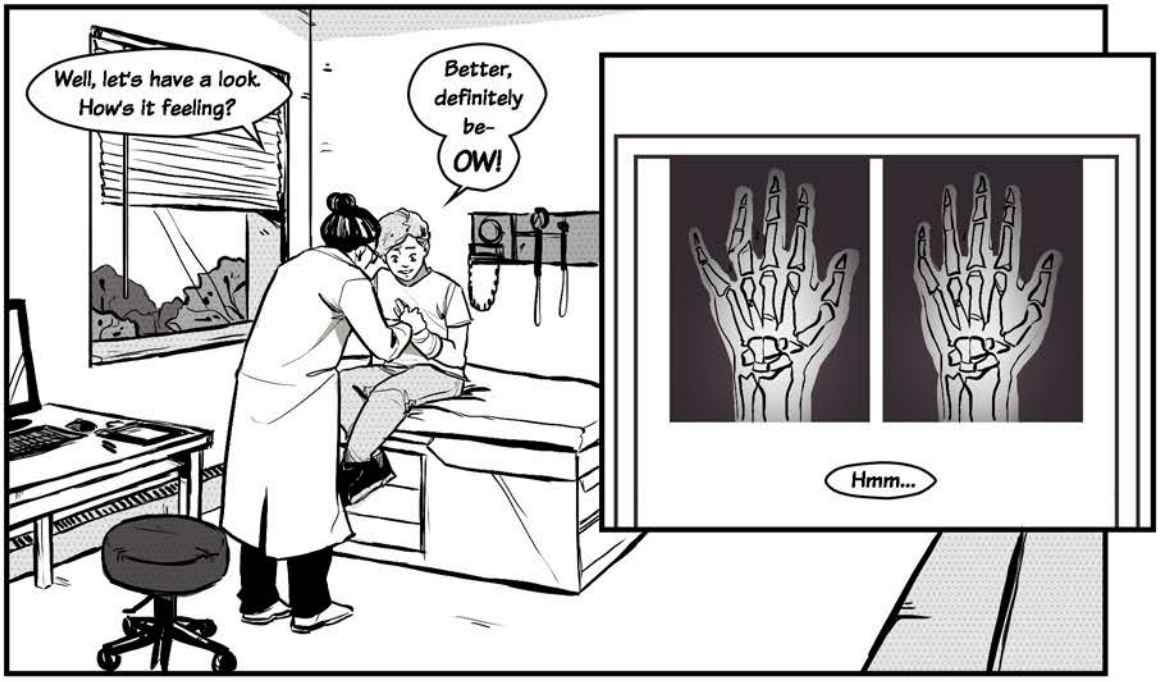

C.118
MUSIC DEPARTMENT
SINGER WANTED!
AUDITION TODAY
3:00-5:00 PM
ROOM C-118
It's almost five!
CAN YOU SING?
AUDITIONS TODAY
BE IN A BAND
AUDITION HERE NOW!
I can't believe nobody showed up! I thought everyone wanted to sing in a band.
Maybe we should have made more signs.

Derek, I thought you knew someone who was gonna try out?
Yeah, this girl Nadia. She graduated last year. She said she was definitely coming.
Guess she changed her mind.
Beat Name Note Rest
4 Whole
2 Half
1 Quarter
1/2 Eighth
1/4 Sixteenth
Hey Eddie, do you know anybody?
Nope.

Well if nobody comes, at least we won't have to cover for Chris, the amazing one-handed guitar player!
Ha ha. Very funny.
Seriously though, when does that thing come off?
I dunno. The doctor said a few more weeks, maybe. It still hurts though.
Umm .... sorry I'm late.
I'm Nadia.
I'm here for the audition.
Wait, I remember you! I saw you at Open Mic night freshman year, right? You were awesome!
Thanks.
I'm Maya by the way.
How come you haven't been playing? You were so good!
Oh, you know. Things have been... complicated...


So I thought I would do one of my own songs, if that's cool...
Damn.
Yeah.
THAT WAS...! I MEAN...! THAT WAS THE MOST...!
I think Eddie's trying to say he liked it.
Your voice is so beautiful! We're just auditioning for a singer, but you play really well too!
Oh, thanks! ... I'm kind of focusing on my vocals...
... but I mean if you really need a guitarist, I'll think about it.

Nadia?
Oh, hi Mr. Jackson.
It's good to see you. What brings you here?
Auditioning. I'm going to sing with Derek's band.
Hey, that's great! And how's everything going?
Good I think.
Yeah, one day at a time.
Good to hear. And you know where to find me if you ever need to talk.
HOMETOWN HOSPITAL
DOC I GOTTA GET OUT OF THIS THING!!

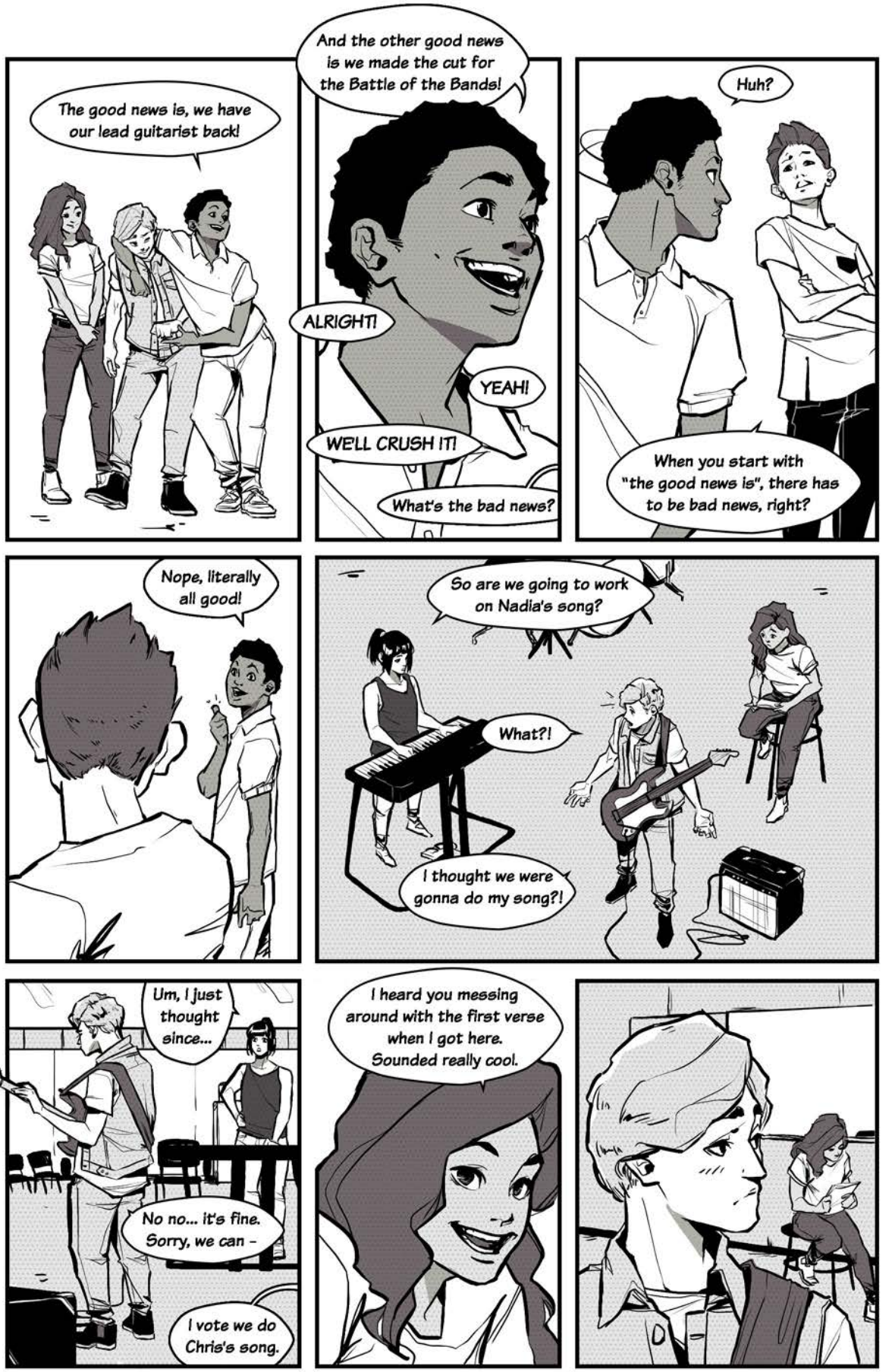

Well, let's have a look. How's it feeling?
Better, definitely be-
OW!
Hmm...

Okay, we can take the cast off early and start you on PT.
But take it easy with that hand.

You're still taking percocet for the pain?
Actually, I'm almost out.

I can write you a prescription for a few more...

... but be careful.
These meds can be very addictive.


The good news is, we have our lead guitarist back!
And the other good news is we made the cut for the Battle of the Bands!
ALRIGHT!
YEAH!
WE'LL CRUSH IT!
What's the bad news?
Huh?
When you start with "the good news is", there has to be bad news, right?
Nope, literally all good!
So are we going to work on Nadia's song?
What?!
I thought we were gonna do my song?!
Um, I just thought since...
No no... it's fine. Sorry, we can –
I vote we do Chris's song.
I heard you messing around with the first verse when I got here. Sounded really cool.

Hey sorry for kind of losing it about the song before. I've been a real jerk lately.
No it's cool, I understand.
It's like your whole band has this big music crush on me. It's a little awkward.
But you're the creative center of the group, anyone could see that.
I dunno about that. Thanks, though. And I really do want to learn your song.
We should work on it together. You could come over to my house, tomorrow after school?
That'd be cool, sure.
Later at Eddie's house...
You are so dead! Chris you STINK at this game!
FINAL SCORE
EDDIE 15
CHRIS 2
Whatever...
REWIND
You got an ice pack? My wrist is killing me.
Better than that. Come with me.
My dad hurt his back last year and he still has some of the pills. Oxy, bro!
Yeah! Give me a couple of those for later, too.

I love that chord progression.
Yeah, you got it!

For me, this is what it's all about, just making music.
I don't really care about all this competition, Battle of the Bands stuff.
Yeah, definitely.

How's your wrist?
It's ok.
What happened to it?

Uh, well... it'll sound really bad.

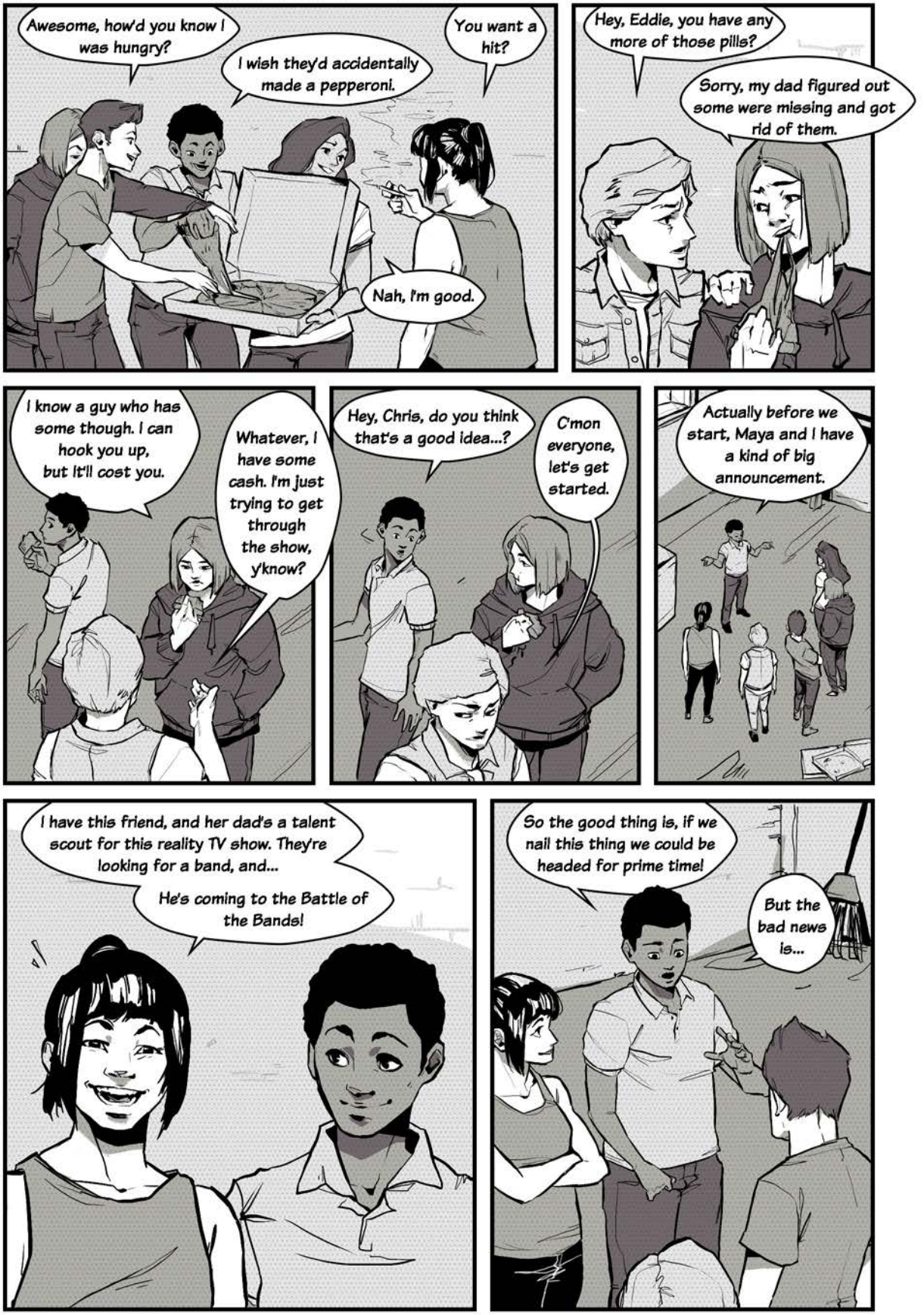
Nevermind, it's none of my business.
No, it's ok.
I had this — I was going out with this girl.

And it was... really good.
... until it wasn't. She wanted space, and I got possessive, started trying to control her.

No. That's not what happened.
What happened was FIRST I got possessive and controlling, and THEN she wanted to break up and...

... anyways, I punched a wall.
Yeah.
When she was there?
...Oh.

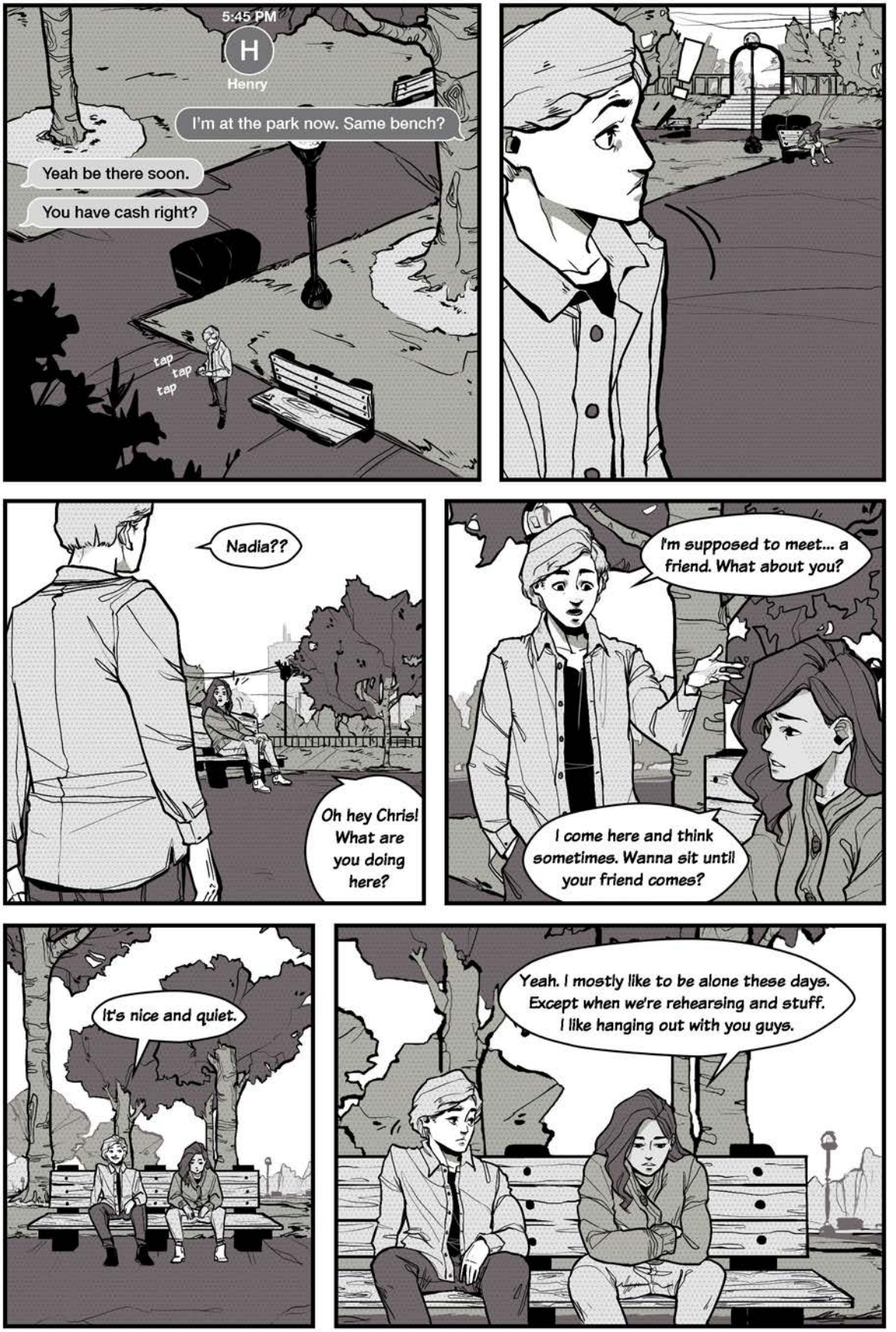
I don't ever want to be that way again.
I know how you feel. You grow up, thinking you know who you are. Then one day you look in the mirror and you don't recognize yourself anymore.
And don't like what you see.
And the thing is, I don't know if I even deserve another chance. Not just with her. I messed that up for good.
I mean with anyone ever.
No.
Don't give up on yourself. You screwed up. Everyone screws up...
...but anyone can change, too. Give yourself some time.
And until then, take all those feelings and put them in the music. That's what music is for.
Hey everyone, look what I have! My work made extra pizza by mistake and they let me take it!


Awesome, how'd you know I was hungry?
I wish they'd accidentally made a pepperoni.
You want a hit?
Nah, I'm good.
Hey, Eddie, you have any more of those pills?
Sorry, my dad figured out some were missing and got rid of them.
I know a guy who has some though. I can hook you up, but it'll cost you.
Whatever, I have some cash. I'm just trying to get through the show, y'know?
Hey, Chris, do you think that's a good idea...?
C'mon everyone, let's get started.
Actually before we start, Maya and I have a kind of big announcement.
I have this friend, and her dad's a talent scout for this reality TV show. They're looking for a band, and...
He's coming to the Battle of the Bands!
So the good thing is, if we nail this thing we could be headed for prime time!
But the bad news is...

No just kidding! Still all good!
So, the sooner you can get ahold of your friend...
Texting him as we speak.
... and here you go!
That's all? For fifty bucks?
It is what it is.
You got my number now, go get some more cash and hit me up anytime!

HOMETOWN HIGH SCHOOL
BATTLE OF THE BAND
WE KILLED IT! WE TOTALLY KILLED IT!
Yeah, you kids were awesome.
I'm Paul, I work for—
We know who you work for!!
You should definitely try out for the show. Send me a demo tape as soon as you can. Here's my card. I'll put in a good word for you.

RESTROOM
SWISH
GULP
...betteeerrrrrr.
...much...
Well I feel...
Hey Chris!
It's all set for the video shoot. I got this kid who's done band demos before.
Cool...very...cool...
Hey you okay?
I'm awesome.


5:45 PM
H
Henry
I'm at the park now. Same bench?
Yeah be there soon.
You have cash right?
tap
tap
tap
Nadia??
Oh hey Chris! What are you doing here?
I'm supposed to meet... a friend. What about you?
I come here and think sometimes. Wanna sit until your friend comes?
It's nice and quiet.
Yeah. I mostly like to be alone these days. Except when we're rehearsing and stuff. I like hanging out with you guys.

What about those kids you used to hang out with?
My so called "friends"? They didn't really care about me. They talked me into doing a lot of dumb things...
No. I have to stop blaming other people. No one forced me to do anything I didn't want to do!
Hey...
No matter what you did, you're okay. You're an amazing person.
Thanks, Chris.
Hey that's cool about the video and everything. Want to come over and work on the songs some more?
Uh well I'm waiting for... oh this is him now.
5:59 PM
H
Henry
Running late. Be there in 20.
Meet me at my friend's house instead?
122 Borland St.
Sure, I know the address!!
tap tap tap
tap tap tap
Um, okay if this guy stops by your house while I'm there?

You finished your new song?
Not yet. Maybe you can help?
These lyrics are deep. Is this about those friends you were telling me about?
Do you like it?
Oh okay, here's my friend. Be back in a sec.
Is that all you have?
Yeah but I can get some for it, right?
Hi Henry.

Heyyy Nadia, long time no see, what's up?
Nothing much. How's it going?
Good, good...

Well don't be a stranger. You know I'm easy to get hold of. See ya, Chris.

Let's work on the song tomorrow, okay?
Chris!

Be careful with that stuff. It can really mess you up!

It's just for my wrist. I got it under control.

Yeah.
Good luck with that.

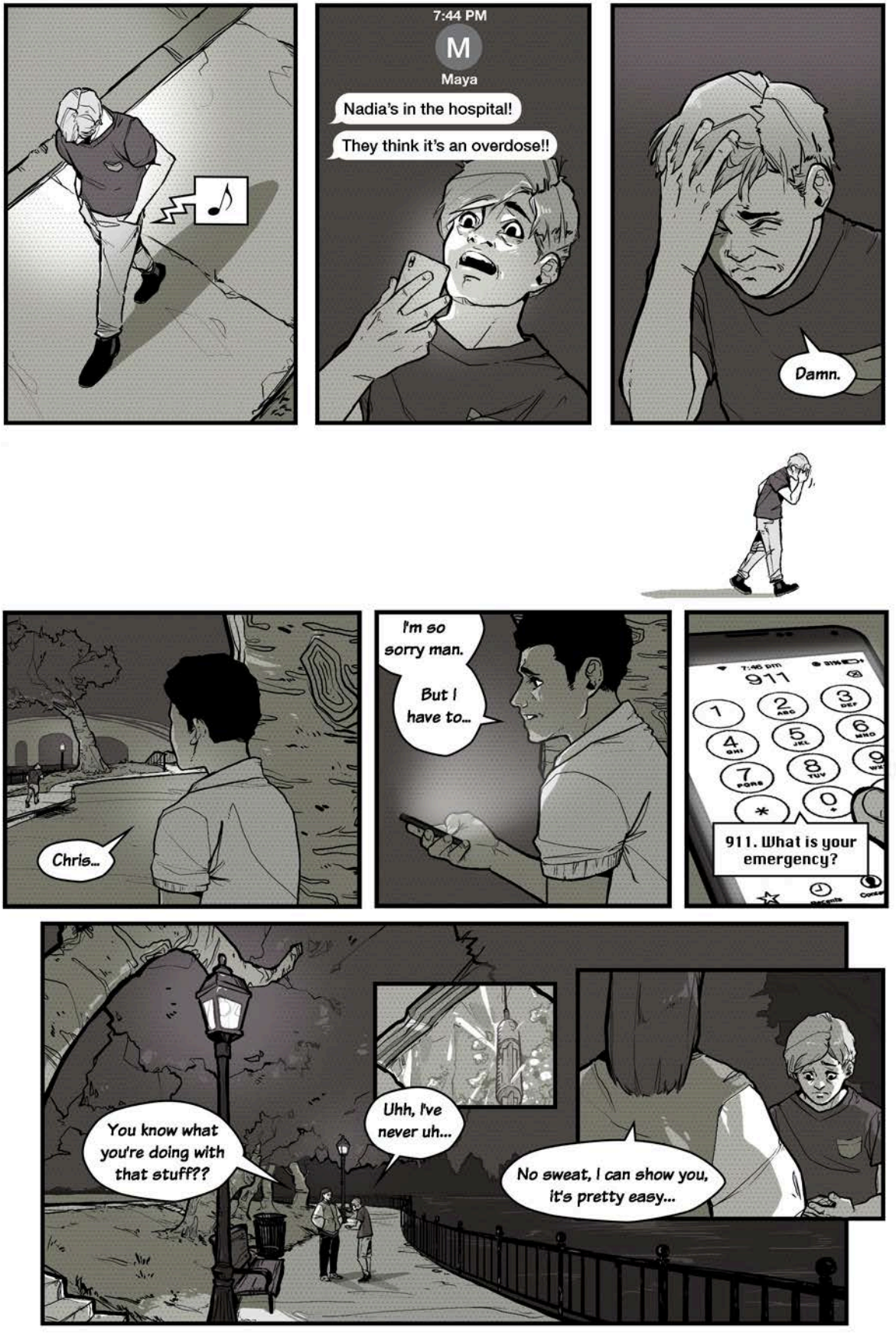
SLAM!
Chris is that y—?
GULP

So this friend of yours... do you know what he's taking?
Uh, pain pills. Oxy, maybe?
MR. JACKSON
That's serious stuff.
I know.
If you're worried, don't be afraid to act. I know it's hard, but between feeling like a snitch and saving someone's life...
Because that's what we're talking about, Derek.
Hi Henry.
Oh HEY Nadia!! How's it going?
I've been better.
Well have a seat. I've got just the thing for you!

I'm texting them both. Again!
Where the heck is Chris?
And Nadia?
7:16 PM
D
Derek
Chris where are u??
Ohh no. The video shoot...!
Nadia?
Nadia are you in there?
Nadia??
Are you asleep?!
Nadia, open the door!!

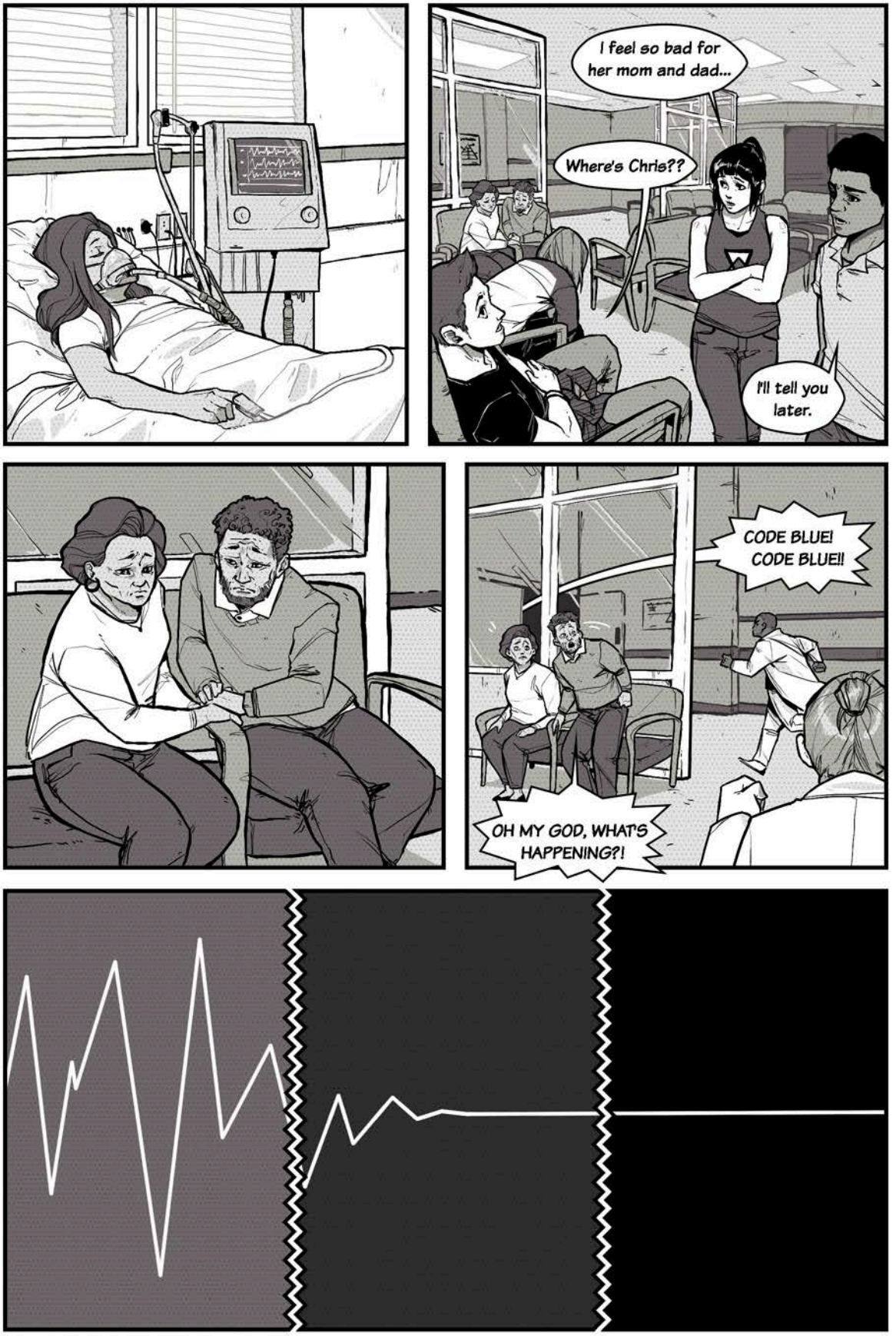
Sorry I'm late.
Chris!
Chris, where have you been? You look like crap!
I'm fine.
I just gotta make a phone call.
NOW?!
Derek, we have to get started soon.
What about Nadia?
She still hasn't answered! I'm going over to her house!
I need more Henry, but I'm low on cash.
Hey, you're not the first guy who couldn't afford Oxy. I got something else, just as good. But way cheaper.
Heroin? I dunno...
Ok, I guess. I'll meet you at the river, in twenty minutes.

Chris... dude... what are you doing??
I need something so I can play!! My wrist is KILLING me!!
Chris you're holding the wrong wrist.
EVERYTHING HURTS!!
Great, now Derek's gone too.
Oh my God, it's Nadia's mom...
Nadia is in the hospital!

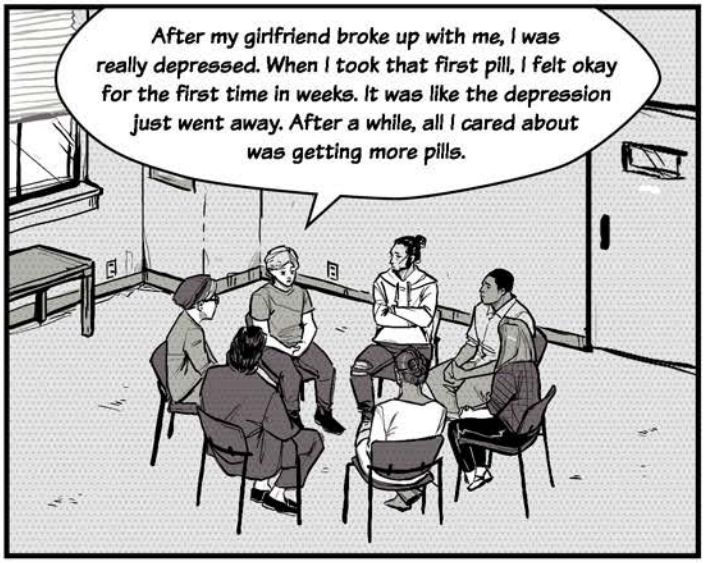

7:44 PM
M
Maya
Nadia's in the hospital!
They think it's an overdose!!
Damn.
Chris...
I'm so sorry man.
But I have to...
911
911. What is your emergency?
You know what you're doing with that stuff??
Uhh, I've never uh...
No sweat, I can show you, it's pretty easy...

WREEEE!!!
WREEEE!!!
What the...?!
COPS!
RUUUN!!

THUD!
FREEZE!
HANDS WHERE WE CAN SEE THEM!!

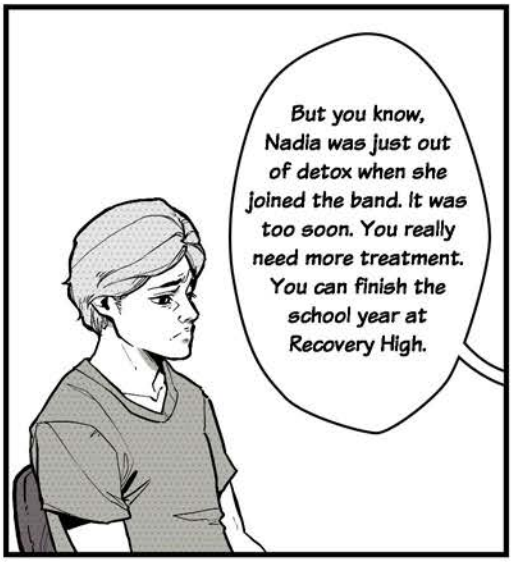

I feel so bad for her mom and dad...
Where's Chris??
I'll tell you later.
CODE BLUE! CODE BLUE!!
OH MY GOD, WHAT'S HAPPENING?!

I lied to everyone, including myself. I wasn't taking the oxy just for my wrist.
Rehabilitation Center


After my girlfriend broke up with me, I was really depressed. When I took that first pill, I felt okay for the first time in weeks. It was like the depression just went away. After a while, all I cared about was getting more pills.

I can't help thinking it was my fault that Nadia started using again.
I saw the text, I saw that she OD'd. And I kept right on going. I had to meet my dealer.
Anyway...
I'll never get to tell her my story.

I think I'm ready to go back to school.
Chris, you have to give it more time. You finished detox, you're doing better. That's great.


But you know, Nadia was just out of detox when she joined the band. It was too soon. You really need more treatment. You can finish the school year at Recovery High.

Hey.
Hey.
I didn't know if you'd want to talk to me again.
Are you kidding? You saved my life!
I'm sorry, about the demo and the TV show and everything.
Oh man, don't worry about that.
STOP
Nadia's parents want to talk to you before the memorial.
Yeah.
That's going to be tough.

We wanted you to see this, Chris.
She finished the song.
Look what it says at the top.
For Chris
You finished your new song?
Not yet. Maybe you can help?
It's just the words. We were hoping you could write a melody for it.
Maya said she'd sing it at the memorial.
Me?
But all I did was let her down.
I don't think Nadia felt that way, Chris.
Please think about it? Help us keep her memory alive?

HOMETOWN HIGH SCHOOL
In loving memory of
Nadia
In loving memory of
Nadia
I... um...
I didn't know Nadia for very long.
But I'll never forget her.

She was so cool and smart and talented and wise. I was a wreck when I met her and she helped me, she really did.
But Nadia's gone. And I'm still here? Why? I've been wondering about that a lot lately. Maybe I'm just lucky.
I think she was too good at using all that cool and smart and talent to hide her pain. The only thing she wasn't wise enough to do was know when to ask for help.
I wish I could have told her the one thing I've learned...
...No one can make it alone.
This is the last song she wrote. She dedicated it to me.
But this song is for Nadia.

OPIOID ADDICTION

WHAT YOU NEED TO KNOW

What are Opiates?

Opiates are highly addictive drugs such as heroin, fentanyl and some prescription drugs.

What Prescription Drugs are Opiates?

CODEINE

MORPHINE

VICODIN (hydrocodone)

DILAUDID (meperidine)

PERCOCET (oxycodone)

OXCYCONTIN (oxycodone)

Why are Opiates DANGEROUS?

Misuse of opiates can result in dependence and addiction. Accidental overdose can lead to coma or death.

To Avoid ADDICTION:

ALWAYS FOLLOW THE DOCTOR'S GUIDELINES IF AN OPIATE IS PRESCRIBED FOR YOU.

NEVER TAKE PRESCRIPTION DRUGS THAT HAVE BEEN PRESCRIBED FOR SOMEONE ELSE.

IF SOMEONE OFFERS YOU DRUGS FOLLOW THESE TIPS TO SAY "NO" AND STAY SAFE:

Just say: "No, thanks. I'm good" and walk away

Make an excuse "I'm probably allergic to that"

Change the subject: "Hey... did you see my Snapchat story yesterday? It was EPIC"

Use humor: " Man, I need all the brain cells I can get for the MCAS"

Surround yourself with friends who make good choices!!!

THERE IS HELP

If opiates are a problem for you, don't struggle alone. There are people and resources to help you.

Talk to your PARENTS
Ask your DOCTOR
See your GUIDANCE COUNSELOR or SCHOOL NURSE
Ask a FRIEND for help

RESOURCES

MA Substance Abuse Info & Education Helpline
(toll free) 1-800-327-5050 TTY: 617-536-5872

www.helpline-online.com

Substance Abuse and Mental Health Services and Administration (SAMHSA)
(toll free & confidential) 1-800-662-HELP

www.findtreatment.samhsa.gov

Learn More About Opiate Addiction:

www.mass.gov/stopaddiction
www.toosmarttostart.samhas/gov/teen
www.thecoolspot.gov
www.abovetheinfluence.com
www.underyourinfluence.org
www.getsmartaboutdrugs.com
www.theantidrug.com

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