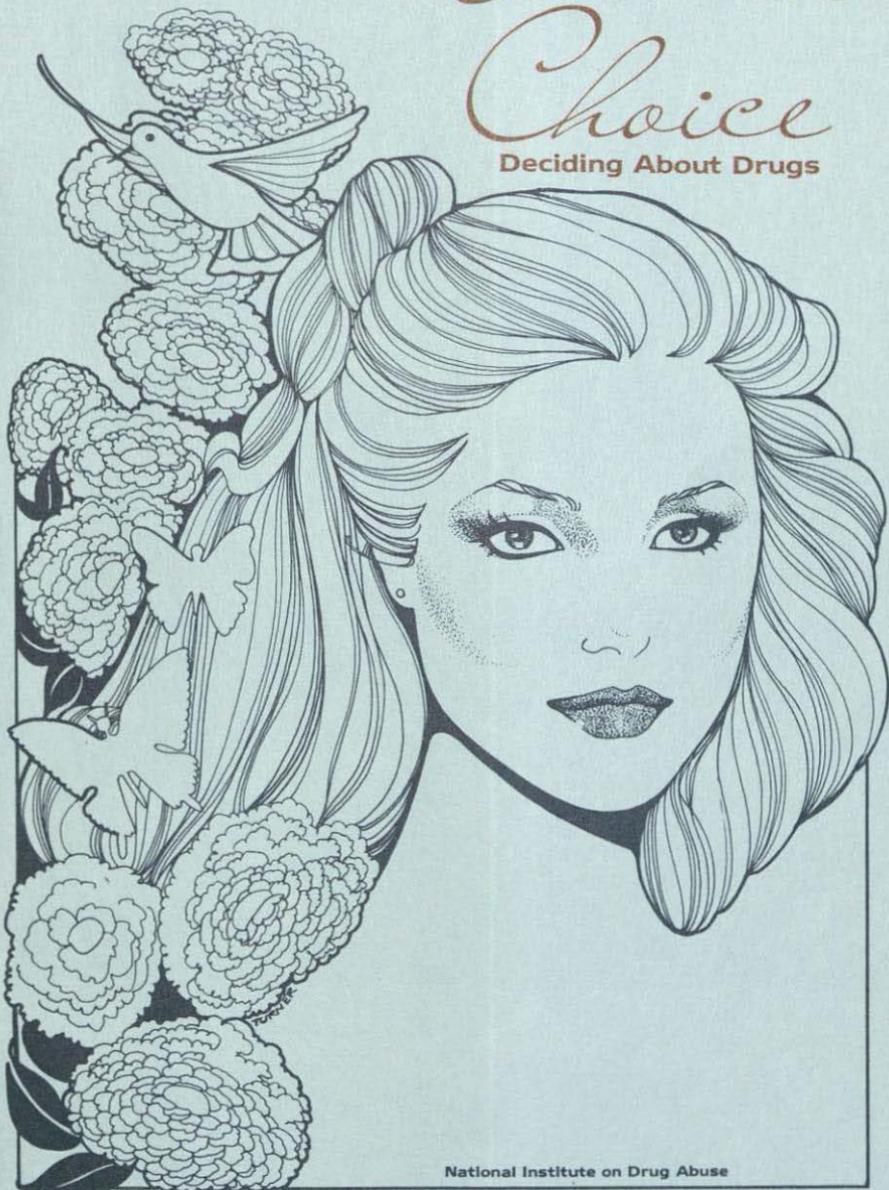


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# A Woman's Choice

Deciding About Drugs



National Institute on Drug Abuse

U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE  
Public Health Service  
Alcohol, Drug Abuse and Mental Health Administration

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Modern women have choices not available to the women of previous generations. Many decisions that in the past were made because of the demands of family and society are now conscious choices. These include: deciding to be single or to marry and when to have children; choosing from a wide variety of career options; deciding to combine a career with parenthood or to pursue one or the other option.

The importance of the work women do, both inside and outside the home, is recognized more and more. Women are increasingly involved in all aspects of today's society: business, politics, education, sports, the arts, the sciences, government and the military.

For most of us, making these choices is stimulating and exciting. We get a great sense of satisfaction in finding and developing our own roles in our communities. However, the normal stress in our lives sometimes seems overwhelming.