

VAPING

WHAT YOU NEED TO KNOW

"Vaping" is the popular term used to describe the use of e-cigarettes or nicotine vaporizers. You might know people who vape, or you may have even tried it yourself. Regardless of your experience with vaping, it's important that you learn the facts about vaping—and why it's a bad idea.

THE FACTS

- ▶ According to a recent survey, 63% of 15-24 year olds who use vapes either didn't know that vapes contain nicotine, or they didn't realize how much nicotine vapes actually contain. *A single vape pod can contain as much nicotine as an entire pack of cigarettes.*
- ▶ Electronic cigarettes are just as addictive as tobacco cigarettes. Studies have also shown that teens who vape are four times more likely to start smoking tobacco cigarettes.
- ▶ Nicotine use during adolescence (regardless of the method) has been shown to impact brain development. In addition to nicotine, e-cigarettes often contain a number of other potentially harmful ingredients.
- ▶ The long term health effects of vaping are still unknown.
- ▶ Vaping is a costly nicotine addiction. Between starter kits and refills, vape users spend an average of \$1,000 to \$2,000 a year.

ALCOHOL

WHAT YOU NEED TO KNOW

Simply put, underaged drinking is a dangerous practice with a number of risks. Here, you'll learn the facts and the risks, and why it's a good idea to say no to drinking.

THE FACTS

- ▶ Every year there are more than 100,000 alcohol-related emergency room visits by young people between the age of 12 and 21.
- ▶ Drunk driving kills 10,000 people each year.
- ▶ Underaged drinking is illegal, and offenders often face legal consequences (e.g., arrest, fines). If found drinking and driving, the consequences can be very serious.

THE RISKS

Underaged drinking increases the risk of:

- ▶ physical and/or sexual assault
- ▶ the disruption of brain development
- ▶ school absences and lower grades
- ▶ accidental injury
- ▶ legal problems
- ▶ long term health risks, including high blood pressure, stroke, liver and heart disease

BINGE DRINKING

90% of underaged drinkers engage in binge drinking (consuming four or more drinks in about two hours). *Binge drinking makes the risks of consuming alcohol even more dangerous.*



TOBACCO

WHAT YOU NEED TO KNOW

Even though tobacco use among young people is down, millions of students still smoke. Whether you smoke, use smokeless tobacco, or just know others who do, keep reading to get the facts on tobacco use—and learn why it's a very bad idea.

THE FACTS

- ▶ Tobacco products contain nicotine, a highly addictive substance. Because nicotine addiction happens faster in young people, occasional smoking can quickly turn into a full-blown habit.
- ▶ 1,200 people die from smoking every day. For every one of those deaths, at least two young people start smoking.
- ▶ 90% of smokers started smoking before they were 18.
- ▶ By age 26, almost all occasional smokers become daily smokers.

THE RISKS

- ▶ Smoking reduces lung function and growth. Damage from smoking while you're young is permanent, often resulting in lungs that will never reach full growth capacity.
- ▶ Smoking causes irreparable cardiovascular damage. One-third of young smokers will die prematurely from this damage.
- ▶ Smokers are 2-4 times more likely to die from a stroke, and 25 times more likely to die from cancer.
- ▶ Smokeless tobacco can cause oral, throat, and pancreatic cancer, heart disease, and tooth loss.



MARIJUANA

WHAT YOU NEED TO KNOW

Marijuana is the most commonly used drug among young people. THC, a chemical found in marijuana, creates a "high" feeling when it is smoked or consumed orally. While marijuana use is increasingly accepted for medicinal purposes, recreational use by teens can have a number of negative effects.

SHORT-TERM NEGATIVE EFFECTS

- ▶ Impaired body movement
- ▶ Increased heart rate
- ▶ Difficulty thinking and concentrating
- ▶ Delusions, hallucinations, and paranoia

LONG-TERM NEGATIVE EFFECTS

- ▶ Impaired brain functioning with regards to memory, thinking, and learning
- ▶ Decreased verbal ability
- ▶ Irritated lungs leading to breathing problems and an increased risk of lung infection

Using synthetic marijuana ("spice" or "fake weed") can cause severe side effects, such as psychosis, violent behavior, vomiting, and more. Similarly, bootleg marijuana vapes have been linked to several deaths. Consuming marijuana in these ways can be especially risky.



OPIOIDS

WHAT YOU NEED TO KNOW

Opioids include illegal drugs like heroin, as well as prescription painkillers like oxycodone (Oxycontin), hydrocodone (Vicodin), morphine, fentanyl, and codeine. Opioids are extremely addictive and dangerous. *An average of 188 Americans died from an opioid overdose every day in 2020.*

PRESCRIPTION OPIOIDS

Opioids are commonly prescribed for pain following surgery. Prescription opioids are also the most commonly misused drugs in the country. Taking opioids recreationally (when you don't need them for pain) can lead to addiction very quickly. *An addiction to opioids can quickly lead to overdose and death.*

HEROIN

Heroin is an illegal opioid made from morphine. It can be injected, snorted, or smoked. Like prescription opioids, heroin is addictive and extremely dangerous. Many heroin addicts began their opioid addiction by misusing prescription painkillers—and then moved on to heroin when they no longer had access to prescription pills.

Fentanyl (a prescription painkiller almost 100 times more powerful than morphine) is sometimes added to heroin to make it even more powerful. Over 70% of all overdose deaths involve fentanyl.



DRUG MISUSE

WHAT YOU NEED TO KNOW

Using substances to get high, or for reasons other than their intended purpose, is very dangerous. The following includes information on commonly misused substances, as well as their dangerous effects.

PRESCRIPTION PAINKILLERS

Using prescription painkillers like Vicodin and Oxycontin can quickly turn into a dangerous opioid addiction. *An average of 188 Americans died from an opioid overdose every day in 2020.*

ADDERALL

Adderall is an amphetamine prescribed to treat attention-deficit/hyperactivity disorder (ADHD). Using Adderall when you don't need it can result in loss of appetite, memory loss, aggression, anxiety, confusion, and depression.

COLD MEDICINE

Taking cold medicine to get high can cause memory loss and dissociation (feeling detached from reality). Most importantly, taking a dose large enough to feel high borders on overdose levels, which can lead to death.

INHALANTS

Breathing in chemicals such as paint, markers, glue, aerosols, or cleaners can cause vomiting and slurred speech, as well as long-term brain, liver, and kidney damage.

