

Substance Abuse Prevention Facts and Tips for Teens

- The term **opioid or opiate** refers to a drug or chemical that attaches to sites in the brain called opioid receptors. Opioids are used to relieve pain. They are also VERY addictive. Examples of prescription opioids include: Oxycontin, Percocet, Vidodin, Demerol, Morphine, and Methadone. Heroin is also an opioid.
- The chances of becoming **addicted** to any drug are different for each person. For marijuana, around 1 in 11 people who use it will become addicted. For kids who begin drinking alcohol at or before age 15, 4 in 10 will eventually become alcoholics. Four out of 5 people who are addicted to heroin started with prescription drug misuse.
- Never take a **prescription drug** (opiate for pain or stimulant for ADHD) from a friend or relative. If you suffer from an injury which causes pain, go see your own doctor. Abuse of these drugs can cause serious health problems, including panic attacks, seizures, heart attacks, and death.
- Never **share** your prescription pain or ADHD medication with a friend or relative. You may think you are helping but taking a medicine not prescribed can be very dangerous.
- Different drugs do different things, but they **ALL affect the brain**- that's why drugs make you feel high, low, speeded up, or slowed down, or see things that aren't there.
- Repeated drug use can reset the **brain's pleasure meter**, so that without the drug you feel helpless and sad. Eventually, every day fun stuff doesn't make you happy anymore.
- Kids who drink or take drugs are more likely to be **victims** of violent crime, to be involved in car crashes, and to have serious school-related problems.
- If you smoke a lot of marijuana or other drugs, you could lose **IQ points** that you never get back.
- Most people who smoke **cigarettes** started before the age of 18. E-cigarettes are just as harmful as they also contain nicotine and other harmful chemicals.
- When you can't think straight because you are drunk or high, you may forget to **play it safe**. Having unprotected sexual intercourse can lead to chronic diseases such as HIV and Hepatitis C.
- **Mixing** pills with other drugs or alcohol REALLY increases your risk of death from accidental overdose.
- If you think you have a problem with drugs or alcohol, please seek help. Talk to your parent, school nurse, counselor, doctor, or other trusted adult. Addiction is real but help is available: 1-800-662-HELP (confidential hotline) or www.helpline-online.com

Get more tips and information from the National Institute on Drug Abuse at www.drugabuse.gov, www.teens.drugabuse.gov, or <http://teen-safe.org>