

National Drug & Alcohol Facts Week

National Drug & Alcohol Facts Week strives to educate teens on drug use and addiction and aims to counteract the myths about drugs and alcohol that teens get from the Internet, social media, TV, movies, music, or from friends.



TEEN DRUG ABUSE PREVENTION

Research shows that parents can help prevent drug abuse and reduce the risk of their children using drugs or alcohol by 50% if they talk to their children about the dangers of drugs and alcohol and let them know that they do not want them to use.

POSITIVE PARENTING PREVENTS DRUG ABUSE

Good communication between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

Good Communication Tips:

- Be present and tuned in.
- Show understanding.
- Listen with respect.
- Be interested.
- Avoid negative emotions.
- Give encouragement.

ABOUT ADDICTION

People who have an addiction cannot control their need for alcohol or other drugs, even in the face of negative health, social or legal consequences. An addictive substance feels good because it stimulates the pleasure center of the brain. Some people have a genetic predisposition which causes addictive substances to feel so good they are willing to do anything to continue to feel the high.

Teens are more likely to abuse substances if they suffer from depression, low self-esteem or impulse control, have a history of being abused, or family history of substance abuse. Teens who feel different than their peers and those that have low parental supervision or communication are also at a higher risk for drug abuse.

TEST YOUR KNOWLEDGE

Which of these is a symptom of alcohol overdose?

1. Irregular breathing
2. Confusion
3. Vomiting
4. All of the above

Answer: All of the above

Some synthetic drugs are illegally made in laboratories. Check all drugs that are synthetic.

1. K2/Spice
2. Bath salts
3. Fentanyl
4. MDMA (Molly or Ecstasy)
5. All of the above

Answer: All of the above

The brain is particularly vulnerable to damage from alcohol while it is still developing. Until about what age does the brain continue to develop?

1. Until around age 18
2. Well into the 20s
3. Around age 35
4. Until around age 1

Answer: Well into their 20s