



#GetTheFacts

Q: IF I USE
OPIOIDS, WILL I
BECOME
ADDICTED?

Rx opioids can cause physical dependence if used as directed, or addiction if misused.

Q: MY DOCTOR
PRESCRIBED ME
OPIOIDS, DOESN'T
THAT MEAN
THEY'RE SAFE?

Prescription opioids- when used long term or incorrectly- can cause the brain to become reliant on the drug and are addictive.



LEARN MORE:
[TEENS.DRUGABUSE.GOV](https://teens.drugabuse.gov)



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#GetTheFacts

Q: IS ALCOHOL AS HARMFUL AS OTHER DRUGS?

Alcohol is a drug. Your brain doesn't stop developing until age 25, and drinking can effect how it develops. Alcohol also impairs your ability to drive, causing accidents, injuries, or death.

Q: ARE BEER AND WINE SAFER THAN LIQUOR?

Alcohol is alcohol. A 12oz. beer, a 5oz. glass of wine, and a shot of liquor (1.5oz) all have the same amount of alcohol.



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Q: WHAT ARE SOME RISKS ASSOCIATED WITH MARIJUANA USE?

In addition to the physical and psychological risks associated with marijuana use, people who use marijuana have reported less academic and career success, as well as lower life satisfaction and more relationship problems.

Q: CAN PEOPLE BECOME ADDICTED TO MARIJUANA?

Marijuana use in any form can lead to marijuana use disorder, which takes the form of addiction in severe cases.



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Q: CAN E-CIGARETTES HELP QUIT SMOKING REGULAR CIGARETTES?

There is no conclusive evidence that using e-cigarettes helps someone to quit smoking for good. The U.S. Food and Drug Administration (FDA) has approved 7 "quit aids" for quitting smoking, but e-cigarettes are not currently one of them.

Q: AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

Cigarettes are very dangerous, and kill half of individuals who smoke long-term. However, youth use of nicotine products in any form is unsafe, including e-cigarettes.



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#SuicidePrevention

ASK FOR HELP:

Don't be afraid to let your friends, family, or teachers know what you need when they ask; they want to help.

Call the Lifeline Anytime, 24/7
1-800-273-8255

REMEMBER THAT THIS FEELING CAN BE OVERCOME:

Family conflict, relationships, grades, sexual identity, and the loss of important people can seem impossible to deal with. But with support from others, you can.



LEARN MORE:
SUICIDEPREVENTIONLIFELINE.ORG



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