

Facts about Alcohol:

- 40% of children who start drinking before the age of 15 will meet the criteria for alcohol dependence at some point in their lives
- Over 67 % of young people who start drinking before the age of 15 will try an illicit drug. They are 7.5 times more likely to try an illicit drug, more than 22 times more likely to try marijuana, and 50 times more likely to use cocaine than children who don't drink.ⁱ
- According to a study in 2012, teens that consume alcohol are more likely to have irreversible brain tissue damage. Teens also performed more poorly on learning verbal material than nondrinkersⁱⁱ
- 1 out of 3 eighth graders has tried alcoholⁱⁱⁱ

Fact about Drugs:

- Short term effects of marijuana can include: impaired short-term memory, euphoria, increased appetite, increased heart rate, impaired coordination and balance, impaired judgment, attention, and other cognitive functions^{iv}
- Young people who use marijuana weekly have double the risk of developing depression^v
- High doses of "club drugs" can cause severe breathing problems, coma, and even death^{vi}
- Ecstasy, GHB, Rohypnol, methamphetamine, and LSD are sometimes referred to as "club or party drugs" because some are colorless, tasteless, and odorless, they can be added unobtrusively to beverages by individuals who want to intoxicate themselves or sedate others
- Methamphetamine, or meth, is a highly addictive synthetic chemical that acts as a stimulant and is snorted, injected, smoked, or swallowed^{vii}

Facts about Prescription Drugs:

- 1 out of 5 teens has abused prescription pain medication -1 out of 10 teens has abused cough medication^{viii}
- Prescription narcotics were involved in more drug overdose deaths in 2007 than heroin and cocaine combined. In some states, the number of deaths from prescription painkiller overdose is higher than suicide or car crashes
- 8% of 12th graders have abused Vicodin in a 2010 Monitoring the Future Study
- Nearly two-thirds of teens report that prescription pain relievers are easy to find at home
- Almost 50% of teens believe that prescription drugs are much safer than illegal street drugs—60% to 70% say that home medicine cabinets are their source of drugs
- In 2009, 7 Million Americans reported current (past month) prescription drug abuse: more than the number abusing cocaine, heroin, hallucinogenics and inhalants combined

Signs and Symptoms of alcohol/drug use:

- Negative changes in schoolwork, missing school or declining grades
- Increased secrecy about possessions or activities
- Changes in: friends, mood, attitude, energy levels, sleeping habits, or unusual temper or outbursts
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol

Resources: www.niaaa.nih.gov, www.cdc.gov, www.TheAntiDrug.com, www.Streetdrugs.com, www.teendrugabuse.us/teendrugstatistics, TheAntiDrug.com, www.ncadi.samhsa.org

ⁱ Cigarettes, Alcohol, Marijuana: Gateways to Illicit Drug Use, Center on Addiction and Substance Abuse, Columbia University, 1994.

ⁱⁱ Trudeau, Michelle. "Teen Drinking May Cause Irreversible Brain Damage." *NPR*. NPR, 25 Jan. 2010. Web. 10 Jan. 2013.

ⁱⁱⁱ Johnston, L D, O'Malley P M, Bachman, J G, & Schulenberg J E. "[Monitoring the Future national results on adolescent drug use: Overview of key findings.](#)"

^{iv} [2011](#) [PDF 1.64 MB] Ann Arbor, MI: Institute for Social Research, The University of Michigan.

^v "How Does Marijuana Use Affect Your Brain and Body?" *How Does Marijuana Use Affect Your Brain and Body?* National Institute on Drug Abuse, Sept. 2010. Web. 10 Jan. 2013.

^{vi} Patton, George C. "Cannabis Use and Mental Health in Young People: Cohort Study." *Cannabis Use and Mental Health in Young People: Cohort Study*. BMJ Group, 15 Aug. 2002. Web. 10 Jan. 2013.

^{vii} "The Truth About "Club Drugs"" *Children's Hospital at Dartmouth*. New Hampshire Department of Health and Human Services, 2011. Web. 10 Jan. 2013. <<http://www.dhhs.nh.gov/dphs/documents/club-drugs.pdf>>.

^{viii} "Methamphetamine Addiction." *Narconon Rehab Center*. Narconon Arrowhead, 2009. Web. 10 Jan. 2013. <<http://www.narcononcenter.com/amphetamine-information/methamphetamine-addiction.html>>.

^{viii} "The Partnership Attitude Tracking Study." *The Partnership at Drugfree*. MetLife Foundation, 2 May 2012. Web. 10 Jan. 2013. <<http://www.drugfree.org/wp-content/uploads/2012/05/PATS-FULL-Report-FINAL-May-2-PDF-.pdf>>.