

# DRUGS: HIDDEN TRAPS

Does marijuana harm your mental health?

Youth using marijuana are at an increased risk for anxiety, depression, schizophrenia, other psychosis, and suicide.

Does Marijuana impact your intelligence?

Marijuana exposure starting in adolescence predicts an 8 point drop in IQ. Average IQ is 100, so 8 points is significant loss. Some people lose more than 8 points, others less. But no one gets smarter using marijuana.

If I use marijuana now, will it change my future?

The answer is different for every individual, but a fair generalization is 'likely yes, and in different ways.' Persistent marijuana users show neuropsychological decline from childhood to midlife. For some, marijuana use becomes a major de-motivator to gain independence through the power of work.

Can Marijuana impact my driving?

Like all drugs, marijuana changes how you feel and how you behave. And that changes how you drive. Marijuana use affects reaction time, road tracking, lane keeping and attention, all of which can make a crash more likely. Impairment for any reason is a threat to safety.

**DON'T DRINK DRUGS**

**ALCOHOL IS A DRUG**

Your brain will not finish developing until age 25! The brain goes through rapid change between the ages of 10 and 21. Drinking alcohol before age 21 can cause lifelong damage to brain function, especially memory, motor skills, and coordination.

Underage drinking increases the risk of developing alcoholism (when you want to stop drinking, but can't). If you drink alcohol before age 15, you are 3.5X more likely to develop alcoholism at some point in your life.

Every day, an average of 28 people in America die in drunk-driving crashes. Riding with a drunk driver is dangerous! Even if you haven't been drinking, you could still end up injured or killed in a drunk-driving crash.

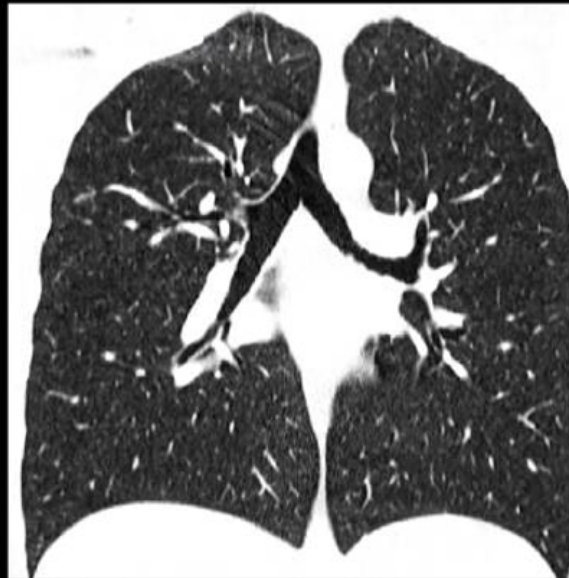
Alcohol poisoning is a serious - and sometimes deadly - result of drinking large amounts of alcohol in a short period of time. Alcohol poisoning occurs when life-sustaining parts of the brain begin to shutdown.

# DON'T VAPE YOUR LIFE

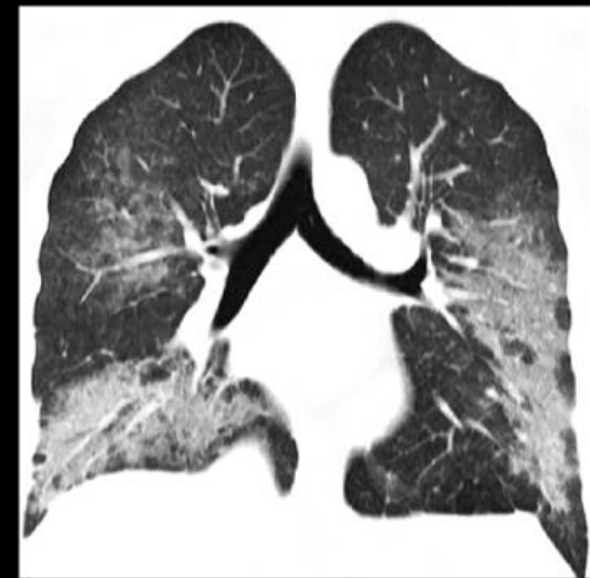
# AWAY

- NEVER TRUST THE LABEL ON A VAPE CARTRIDGE/POD! There is no regulation of vapes; the carts/pods do not have to be labeled correctly and often they are not.
- Vaping can cause Irreversible lung damage and lung disease. Once you damage your lungs by vaping, they may not be able to heal fully. Don't vape, period! But if you are vaping, stop now. The lung damage will only get worse the more you vape.
- How Hot? The most common vape temp is between 374 to 455°F. Even if there were no harmful substances, the heat of the vapor will damage your lungs.
- How much nicotine on average? Individual vape carts/pods vary, but the average pod contains as much nicotine as 1.5 packs of cigarettes.
- A brand new disease! E-Cigarette or Vaping Product Use Associated Lung Injury (EVALI). EVALI is a hazardous lung injury and is the most severe vaping-related side effect that we know of. In 2019, a number of hospitals in the United States saw a rise in extreme and even fatal lung infections. Doctors and researchers could only find one thing in common among all of these patients... all of patients who contracted EVALI reported using vaping products.

NORMAL LUNG



VAPING LUNG



- You can get addicted quick! No one starts vaping and thinks they will develop an addiction. But vapes contain many damaging and addictive substances: nicotine, marijuana, heavy metals, and ultrafine particles that can get deep into your lungs.