

# Substance Use

You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.



## Substance Use Facts

Our brain continues to develop until **age 25**. When teens and young adults use substances or alcohol, it can affect their brain development.

Substance use is even more dangerous during pregnancy because chemicals can move through the placenta.



### Vaping

E-cigarettes contain the same dangerous chemicals as cigarettes. Vaping creates a chemical build-up in the lungs, causing severe illness.



### Marijuana

Marijuana can lead to risky behavior with negative consequences. You may be more likely to get an STD, drive while intoxicated, or ride in the car with someone who is intoxicated.



### Alcohol

Binge drinking alcohol can lead to alcohol poisoning and even death. Binge drinking is defined as four to five drinks in 2 hours.



### Prescription Medication

Misusing prescription medication can cause dangerous side effects and even death. Prescription medication misuse is:

- taking medication not prescribed to you.
- taking medication in a manner not prescribed.



Use the QR reader on your phone to watch a video about how to be substance free for your future.



Practice using refusal skills with the **Refusal Skills Handout**.