



# **DRUGS:** **SHATTER THE MYTHS**

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# What are drugs?

Drugs are chemical substances that affect both your mind and your body.

- physical and/or psychological dependence
- lead to death



# How to Help Yourself

- Get educated
- Know your facts
- Take advantage of activities and events that do not involve alcohol or drugs
- Choose to stay in control



# Lies About Drugs

- Spice or synthetic marijuana is natural and safe to use
  - Drugs wear off and don't cause any permanent damage to your body
- Prescription drugs can't hurt you
  - Drugs will help you fit in, if you don't do them, you are not cool.
  - Drugs make you feel better



# Facts

- Alcohol and drugs are the leading causes of crime among youth.
- Not everyone is using drugs.
- Alcohol and drugs are the leading factors in teenage suicide.
- More than 23 million people over the age of 12 are addicted to alcohol and other drugs.



**Drugs & alcohol are  
neurotoxins and the younger  
you are the greater the injury to  
the brain.**



# Medications





**FACT**

**RX DRUG ABUSE IS  
DRUG ABUSE.**

More than  
**40**  
PEOPLE

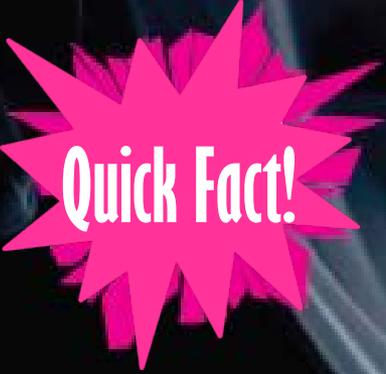


die every day from  
overdoses involving  
**prescription opioids.**

# Epidemic

<https://www.youtube.com/watch?v=UtMi9ciJN70>





**Quick Fact!**

# **Leading cause of death among teens?**

**More Americans die each year from overdosing on prescription medications than die from heroin, methamphetamine, and cocaine combined.**

# Counterfeit Painkillers

OxyCodone  
or Xanax



Fentanyl

Heroin



Fentanyl/  
Carfentanil



# Counterfeit Painkillers



# Counterfeit Painkillers



On the left is a lethal dose of heroin, on the right is a dose of fentanyl, enough to kill an average-sized adult male.



# Legal Drugs

The vast majority of cocaine users (99.9%) began by first using a “gateway drug” like marijuana, cigarettes or alcohol.





**AKA: (Cigarettes) smokes, cigs or butts. (Smokeless tobacco) chew, dip, spit tobacco, snus or snuff**



**In 2014, there were about 14,000 cases of acute exposures to tobacco and liquid nicotine products reported to poison centers, nationwide.**





## What is nicotine?

- Nicotine is the main drug in all forms of tobacco.
- Nicotine is one of the most heavily used and most addictive drugs in the U.S.

4,000 chemicals in tobacco, including 43 known cancer-causing compounds

- Carbon monoxide
- Tar
- Formaldehyde
- Cyanide
- Ammonia





AKA: Drink, booze, brew,  
liquor, sauce





## What is alcohol?

- Alcohol is a depressant derived from the fermentation of natural sugars in fruits, vegetables and grains.

## The Risks

- Small doses
  - Reduced tension
  - Relaxation
  - Reduced inhibition
  - Coordination and reaction time
- Binge drinking
  - Alcohol poisoning
  - Risky and reckless things



# Alcohol Poisoning

- Confusion
- Vomiting
- Seizures
- Slow breathing (less than eight breaths a minute)
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Blue-tinged skin or pale skin
- Low body temperature (hypothermia)
- Passing out (unconsciousness) and can't be awakened



# Illegal Drugs

Smoking



Injecting



Snorting



Swallowing





AKA: Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed, hash, tea, chronic, loud





- Addictive
- It affects the brain's reward system in the same way as all other drugs of addiction
- An irritant to the lungs
  - daily cough
  - phlegm production
  - frequent acute chest illness
  - greater risk of chest infections.



# What happens if you consume too much marijuana?

- Rapid heart rate
- Hallucinations
- Mental confusion
- Panic attacks
- Extreme paranoia

If the marijuana is laced with other drugs, some common adverse effects can include seizures, strokes, or irregular heartbeats





**IF YOU SMOKE MARIJUANA  
A LOT IN YOUR TEENS, YOU  
COULD LOSE IQ POINTS THAT  
YOU MIGHT NEVER GET BACK.**



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Meier MH, Caspi A, Ambler A, et al. Persistent cannabis users show neuropsychological decline from childhood to midlife. *Proc Natl Acad Sci USA*. 2012;109:E2657-2664.



ITS SMOKE CONTAINS A MIXTURE OF GASSES  
AND PARTICLES THAT ARE HARMFUL TO YOUR LUNGS.

<https://www.justthinktwice.com/video/video-marijuana%E2%80%94facts-and-fiction>





AKA: Molly, ecstasy, XTC, X, E, Adam, Eve, clarity, hug, beans, love drug, lovers' speed, peace, uppers





## What is it?

- MDMA (methylenedioxy-methamphetamine)
- Synthetic, mind-altering
- Stimulant & hallucinogenic

## The Risks

- Increase your heart rate and blood pressure
- Tremors, muscle cramps, nausea, faintness, chills, sweating and blurred vision
- Risk of dehydration





**AKA: Laughing gas, poppers,  
snappers, whippets**





## What is it?

- Common, but highly toxic, substances
  - Paint thinners, glues, cleaning products, gases, lighter fluids and aerosol sprays
- Can cause damaging, mind-altering effects and sudden death
- Solvents, gases and nitrates



## The Risks

- Heart failure, suffocation, convulsions, seizures and coma.

**22% of inhalant abusers  
who died of Sudden  
Sniffing Death Syndrome  
had no history of previous  
inhalant abuse—they were  
first-time users.**





**AKA: K2, fake marijuana, Blaze, Yucatan Fire, Skunk, Moon Rocks**







## What is it?

- Spice is a mildly hallucinogenic mix of dried plant material that is laced with synthetic cannabinoids
- The chemical composition of many products sold as spice is unknown

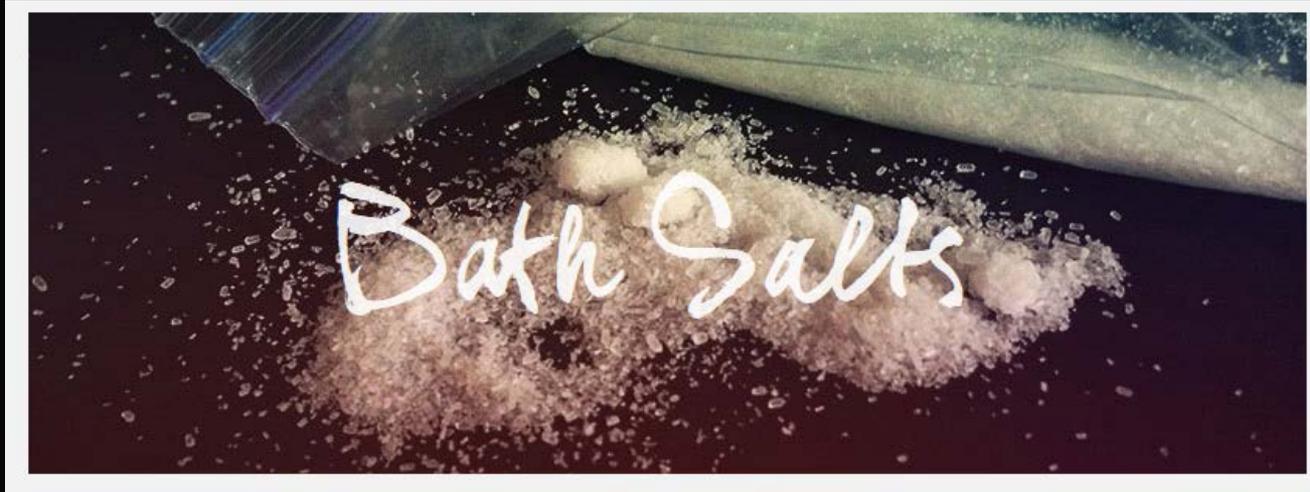


# Health Effects

- Extreme anxiety
- Confusion
- Paranoia
- Hallucinations
- Rapid heart rate
- Vomiting
- Seizures
- Fainting
- Kidney failure
- Reduced blood supply to the heart

If you see anyone who is unconscious, unresponsive, or experiencing a seizure, call 911.





**AKA: Blizzard, Blue Silk, Charge+, Ivory Snow, Ivory Wave, Ocean Burst, Pure Ivory, Purple Wave, Snow Leopard, Stardust, Vanilla Sky, White Dove, White Knight and White Lightning**





## What is it?

- Synthetic stimulant
- White or brown crystalline powder
- Amphetamines and MDMA (ecstasy)

## The Risks

- Full risks and effects are still unknown
- Rapid heartbeat, high blood pressure, chest pains, agitation, hallucinations, extreme paranoia, aggressive behaviors, and delusions
- Fatal in several instances



# 1ST

*SYNTHETIC  
DRUGS ARE SAFE...*

**COOL PACKAGES**



**IN STORES**

**ONLINE**



<https://www.justthinktwice.com/video/video-synthetic-drugs>



**In 2015, poison control centers across the country fielded around 7,700 calls about synthetic cannabinoid substances, more than double the number received in 2014.**



# Poison Control

Free Service 24/7

Specialists: Nurses, doctors and pharmacists that are specially trained in toxicology.

You can call anytime, day or night to ask questions about the effects of chemicals on your body, or if you have a poison exposure.



# Why call us?

16 year old female calls because she drank a lot last night and is still feeling weird. Was she drugged?

13 year old male calls to say his friend took 20 Tylenol. What should he do?

Last week, a 12 year old's friend gave her a pill and told her it was Xanax, and she's been in the ICU on a ventilator ever since – we still don't know what it was, but obviously NOT Xanax. Call us to identify pills!

14 year old male took a double dose of ADHD meds. Should he try to throw up?

18 year old female calls after getting gasoline on her skin while pumping gas (can cause burns!)

Hospital calls about 15 year old male that does K2 often, this time he did it, he began to seize and is now in vegetative state.



# 911 Lifeline Law



**Questions?  
Call US  
1-800-222-1222**

