

TEEN DRINKING & MARIJUANA USE



More teens get injured or die from alcohol-related incidents than from all other illegal drugs combined. In fact, 2/3 of underage drinking deaths do not involve a car crash.

TEENS THINK EVERYONE IS DOING IT



FACT: Research shows 2 out of 3 teens DON'T drink.

HOW ALCOHOL IMPACTS THE BODY



FACT: No one who has been drinking can accurately tell how drunk he or she is. Alcohol is a depressant, which impairs judgment, coordination and reaction time.



FACT: Your brain is still developing until about age 25, and alcohol kills necessary brain cells, impairing your ability to make good decisions.

LIFE CHANGING CONSEQUENCES



FACT: Teens who start drinking at age 15 or 16 are more likely to become alcohol dependent than adults who started drinking after age 21.



FACT: Binge drinking can lead to alcohol poisoning where someone passes out and never wakes up, or chokes on vomit.

MARIJUANA - THE BLUNT TRUTH



FACT: Whether you smoke, vape, or swallow edibles, getting behind the wheel when you're high on marijuana poses a risk to everyone on the road. In fact, next to alcohol, marijuana is the drug most commonly found in drivers who have been in a car crash.



FACT: Marijuana is not always what it seems. It can be laced with substances without your knowledge. Sometimes they contain crack cocaine.

Sources:

<https://www.madd.org/the-problem/#teendrinking>

<https://www.madd.org/the-solution/teen-drinking-prevention/>

TIPS TO KEEP YOU SAFE!



Have a **plan in place**, such as a code word or fake text ready to send to your parents or trusted adult if you get into an uncomfortable situation.

Have a **rideshare app on your phone** or the number of a taxi handy in case you can't reach a friend or trusted adult.



Know that your parents or a trusted adult would **rather pick you up** than have you get hurt – or worse.

Use a **cunning ruse...** If you're at a party and feeling pushed to drink, pour something non-alcoholic into your cup. You're less likely to be pressured if you've already got a drink in your hand.



Make a pact. There is power in numbers. Make a pledge not to ingest marijuana, not to drink alcohol before at least age 21, never ride with an impaired driver, or take other drugs.

Blame your parents! Feeling pressured to drink or smoke from a friend? Explain that your mom or dad is waiting up for you to get home and you're not willing to be grounded -- or worse!



If necessary, the safest thing, and one of the hardest things you'll ever do, is to call 911 to report a friend is driving drunk. **It could save their life.**

