

## Prevention and Help

- Do not leave a friend who you suspect is under the influence alone and contact an adult.
- If you have questions about drugs or alcohol you are welcome to talk the nurse or counselor.
- Talk to your parents about drugs and alcohol.
- If you are struggling with peer pressure, talk to an adult at home or in school.
- If you have a suspicion that another student may be using or selling drugs please inform an adult right away.
- Stay active! (Ex. sports, yoga, art)
- Surround yourself with friends who do not use drugs or alcohol.
- If you are concerned about yourself or a friend's safety in school, please contact the nurse or counselor.

## Works Sited

Blaha, M. (2018, January). *Know Your Risks; 5 Truths You Need to Know about Vaping*. <http://hopkinsmedicine.org/>

Elements Behavioral Health. (2018, August). *The Long-Term Effects of Substance Abuse on Youth Development*.

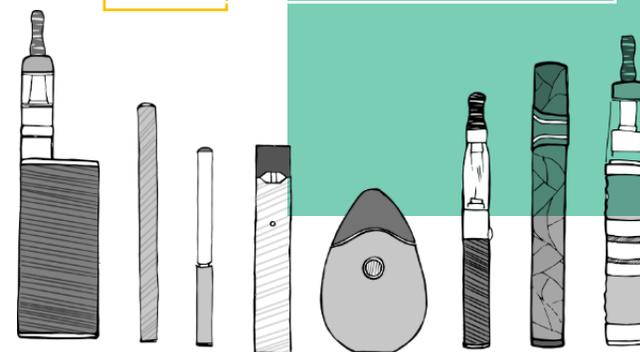
Kunh, C., Swartzwelder, S., & Wilkie, W., (2014). *Buzzed*. New York: W.W. Norton & Company, Inc.

MASBIRT. (2018, August). *About MASBIRT TTA*. <http://www.masbirt.org/>

Volkow, N., Hitzemann, R., Wang, G., Fowler, J., Wolf, A., & Dewey, S. (2007, January). *Long-term Effects of Drug Abuse*. <http://drugabuse.gov/>

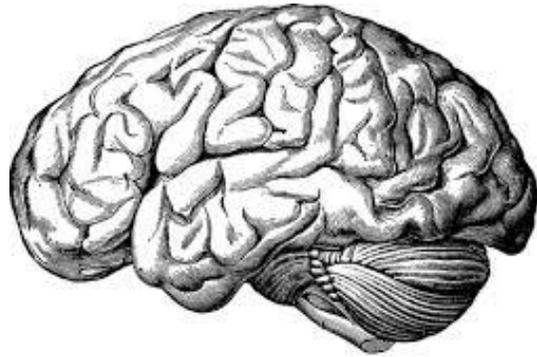
## Resources for Students

- Project Know: [projectknow.com](http://projectknow.com)
- National Institute on Drug Abuse for Teens: [teens.drugabuse.gov](http://teens.drugabuse.gov)
- Society for Adolescent Health and Medicine: [adolescenthealth.org](http://adolescenthealth.org)
- Substance Abuse and Mental Health: Services Administration [samhsa.gov](http://samhsa.gov)
- Teen Drug Abuse: [teen-drug-abuse.org](http://teen-drug-abuse.org)
- Know the Risks E-Cigarettes and Young People: [e-cigarettes.surgeongeneral.gov](http://e-cigarettes.surgeongeneral.gov)



# Drugs, Alcohol, and Teens

A Resource for Students



## The Brain

- Controls basic and critical body functions: heart rate, blood pressure, breathing.
- Drugs can affect critical brain functions.
- There are thousands of different sites for drug action on nerve cells which is why people react differently to drugs.
- Drugs can alter the ability to learn.
- The brain continues to develop through adolescence.
- Drugs can affect memory.
- Adolescents react differently to drugs than adults.
- The CNS (central nervous system) has the capacity to change in response to experiences, especially in teens.

## Long Term Effects

- Drug use disturbs development of the brain including areas responsible for organization, risk assessment, impulse control, consequence prediction and planning.
- Processes like critical thinking, planning and complex attention are all shown to be diminished by heavy marijuana use.
- Lowered serotonin levels (associated with emotional happiness) have been observed seven years later in laboratory animals after they've been given Ecstasy.
- Heavy drinking in teens has been shown to lower the ability to problem solve, understand spatial relationships, and memory and vocabulary impairment.
- There are unknowns about vaping including what chemicals make up the vapor and how they affect our health.
- Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine

**“Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine”**

**-M. Blaha, MD response to vaping**

## Support in School

- Guidance Counselors
- Nurses
- School Psychologists
- Resource Officer
- Administration
- Teachers

Many of the support staff mentioned above are trained to work with teens who are struggling with drugs and alcohol. If you or a friend needs help, please feel free to reach out to any of the above support staff. The school staff work together to help all students get the resources they need to be successful.

