



**San Antonio Council on
Alcohol & Drug Awareness**



**2024
Red Ribbon
Presentation
for
Middle & High
School**

Our Mission

EMPOWERING OUR COMMUNITY TO LIVE
HEALTHY LIVES; BY PROVIDING **PREVENTION,**
INTERVENTION AND **RECOVERY SUPPORT SERVICES**
FOR **CHILDREN** AND **ADULTS**



San Antonio Council on
SACADA | Alcohol & Drug Awareness

Our Vision

A **SAFE & THRIVING** COMMUNITY

Our Values

EXCELLENCE | GROWTH | IMPACT | INTEGRITY | LEADERSHIP | RESPECT | WORK-LIFE BALANCE

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PROGRAMS & SERVICES AT SACADA



Youth Prevention: [Project Strong Life](#) offers personalized case management for youth ages 12-19, focusing on social and emotional development and substance use prevention through evidence-based strategies. [The Adolescent Substance Use Treatment \(TREE Project\)](#) targets high school students (grades 9-12), providing early intervention, treatment, and recovery support for those with substance use and/or mental health disorders, including case management. Additionally, [awareness presentations](#) on topics such as tobacco/vaping, alcohol, marijuana, and other drug awareness. These services are at no cost to participants.



Coalitions: The [Tobacco Prevention and Control Coalition \(TPCC\)](#) and [Breathe Clear Coalition](#) focus on preventing and reducing tobacco use among adolescents in Bexar County through evidence-based community and environmental strategies. The [Partnership for Success \(PFS\)](#) and [Circles of San Antonio Community Coalition](#) aim to expand and strengthen the capacity of local prevention providers to implement evidence-based programs that reduce substance misuse and its related problems, as well as promote mental health through community-based services.



Intervention, Treatment & Recovery Support services are provided by Peer Recovery Support Specialists for adults struggling with a substance use disorder by promoting all pathways to recovery and partnering with community organizations across the region to enhance recovery-focused efforts. Recovery services are at **no cost** to participants.



Education & Training— Fee for court mandated classes for youth and adults including Driving While Intoxicated (DWI), DWI Intervention (2nd+ offenses), and Alcohol Awareness Court/Minor in Possession. SACADA is a certified provider of DWI and MIP by the Texas Department of Licensing and Regulation. Also available is Marijuana Awareness Course and Drug-Free Workplace Training.



Mental Health Awareness Training - SACADA offers Mental Health First Aid (MHFA) and Youth Mental Health First Aid (YMHFA) training to school personnel, emergency first responders, law enforcement, and other community members, enabling them to provide referrals to mental health services. There is **no cost** but you must register as space is limited.



Prevention Resource Center— PRC serves as a vital data hub and training liaison for Region 8. Through its role, the PRC compiles and disseminates an annual Regional Needs Assessment, offering a valuable community reference tool. This assessment provides region-specific substance use and related information to support informed decision-making and prevention efforts.

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2024 THEME



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This years Red Ribbon Week Theme is Be kind to your mind. .
This year's theme is a reminder to take care of our health and live drug free.

What Is A Drug?

What You(th) Should Know About Tobacco & Vaping

Medicines & Are They Safe?

Alcohol & Underage Drinking

The Truth About Marijuana

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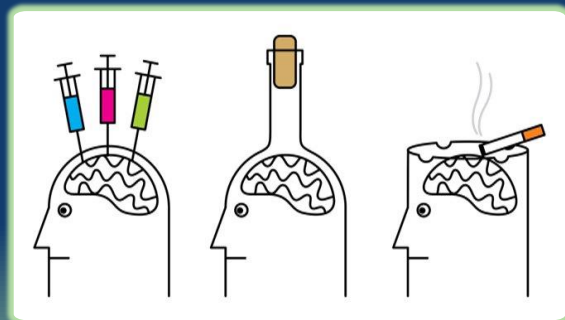
7

What We Will Go Over

Click after saying each point ***5 clicks total***

What is a drug?

A drug is a chemical substance that changes a person's mental or physical state



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Mental(brain) and physical(body)

read after

These includes: alcohol, tobacco, prescription medicine, and marijuana



******* This icebreaker is optional, but it is a great way to get the youth engaged*******

Use these slides as an icebreaker to ask the youth what they see. After they tell you what they see then reveal that the ice cream is really mashed potatoes with food coloring, the images of chicken have black shoe polish to make the grill lines stand out, and the cereal does not actually have milk in it, but glue. These examples of advertising can be used as an eye opener concerning vaping and other drugs. Advertisers are experts at creating a perception. Advertisers understand that if youth think that vaping is harmless, they will be more likely to use. In this presentation we can go beyond the advertising and show you a behind the scenes look at what is really inside of vapes and give science-based information and evidence-based research about these drugs.

What do you see?



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**What do
you see?**



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Let's look at one young man's experience with Vaping related lung illness... (STOP VIDEO at 4:09)

Mashed potatoes instead of ice cream.
Ice cream melts too quickly under hot studio lights.
Therefore, photographers replace it with colored mashed potatoes or a paste of starch, icing sugar, corn syrup, fat, and other components.







Perception= a way of regarding, understanding, or interpreting something; a mental impression.

If your perception of harm is low, you will be more likely to use the drug.

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This is a great slide to remind youth that the brain develops till the age of 25. Advertisers understand that if they can get youth addicted at an early age the youth will become lifelong customers, therefore putting more money in the pockets of the vape/cigarette companies.

THE NUMBER
ONE CAUSE
OF
PREVENTABLE
DEATH

Tobacco

SMOKING

causes more deaths each year
than all of these combined:

Human immunodeficiency virus (HIV)
Illegal drug use
Alcohol use
Motor vehicle injuries
Microbial agents
Toxic agents

480,000 deaths



caused by cigarette
smoking each year

- 100 million people in the 20th century
- 480,000 Americans
- 7 Million worldwide

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read before Tobacco use is the number one cause of preventable death in the United States and around the world.

1st point Tobacco killed * one hundred million people worldwide in the 20th century — and if current trends continue, it will kill one billion people in the 21st century.

2nd point Every year, tobacco kills more than * 480,000 Americans (**including more than 41,000 deaths resulting from secondhand smoke exposure**)

- And seven million people worldwide.

read after THE MAJORITY STARTED SMOKING AS CHILDREN

Toxic = Poisonous



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These next two key words will be used throughout this section of vaping. It is important to understand that when you hear the word toxic it should be a red flag in your mind because these chemicals are poisonous to the human body.

**Carcinogenic =
Cancer causing**



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It is important to understand what this word means. Sometimes vape/cigarette companies use big words that youth may not understand. Sometimes they will tell you that their product contains cancer causing chemicals, but it can be glossed over if you don't know what the word means. It is important to be informed so you can make the healthiest decision for your life and share this information with others.

WHY DON'T YOU JUST QUIT?



HOOKED
ON
NICOTINE



People who smoke, or vape, know what can happen if they continue to smoke, but they keep doing it anyway. If you ask them if they could go back and do it over, would they start smoking again, most of them would say **"NO"**

So then, why do they continue to smoke? They don't quit because they are hooked!

* **They are addicted to nicotine.**

What's in a Cigarette?



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There are over 7,000 chemicals inside of a single cigarette. Hundreds are toxic and about 70 are known to cause cancer.

There are over 7,000 chemicals in a cigarette – over 70 of which are known to cause cancer.

(Go over each chemical)

“Why do you think they would put lighter fluid in a cigarette?”

(They put lighter fluid in cigarettes so that they light, burn smoothly – but most importantly they add it because it makes the cigarette burn more quickly – the faster a person finishes a cigarette, the sooner they must go buy another pack...)

[CDC - 2010 Surgeon General's Report - Chemicals in Tobacco Smoke - Smoking & Tobacco Use](#)

[Harmful Chemicals in Tobacco Products | American Cancer Society](#)



This slide can be utilized to help the youth understand potency of nicotine in vapes.

Its easy to underestimate the amount of nicotine inside of these vapes because they come very compact. Just because something comes in a small package or compact device does not mean that it is not harmful or not as potent. Remember more potent means more dangerous to your brain and more addictive.,

A good example to help them understand this is relating potency to the one chip challenge on TIK TOK. It was a challenge to eat a single spicy chip that came in a package. This chip was extremely hot. Now remember this was only one chip, but because it was so potent some people ended up going to the hospital. Because of its potency this chip is not the same as a whole bag of hot Cheetos or a whole ag of Takis. Its potency makes it dangerous. Well let's look at the potency of vapes in the pictures above.

Keep in mind that elf bars are not on the image above but they are the most popular vape among youth and come in 2%and 5%

Elf Bar 600 is created with a built-in 550 mAh battery and 2ml of 20 mg nic salt e-

liquid and

The Elf Bar BC5000 has a 5% nicotine concentration, meaning 50mg per ml, or around 0.13mg per puff. (you can use the milligrams to correlate with the image above.

[How Much Nicotine Is In An Elf Bar BC5000? Vape Nicotine Content & Cigarette Comparison \(westcoastvapesupply.com\)](https://www.westcoastvapesupply.com/elf-bar-bc5000-nicotine-content/)

Flavored E-Cigarette Use

- Almost 9 out of 10 current e-cigarette users (89.4%) used flavored e-cigarettes, with fruit flavors being the most popular, followed by candy, desserts, or other sweets; mint; and menthol
- Over half (57.9%) of students currently using e-cigarettes reported using flavors with “ice” or “iced” in the name

Type of Device

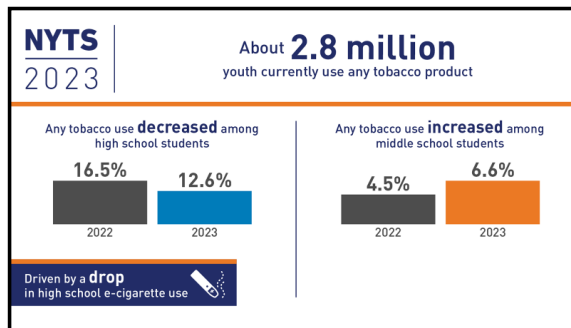
- The most commonly used device among current e-cigarette users was disposables (60.7%), followed by prefilled/refillable pods or cartridges (16.1%)

Commonly Used Brands

- The most commonly reported brands reported among current e-cigarette users were: Elf Bar (56.7%), Esco Bars (21.6%), Vuse (20.7%), JUUL (16.5%), and Mr. Fog (13.6%)

- [Results from the Annual National Youth Tobacco Survey | FDA](https://www.fda.gov/tobacco-products/annual-national-youth-tobacco-survey)

Electronic Nicotine Delivery Systems (ENDS)



- Other names include e-cigarettes, e-cigs, vape pens, vaporizers, and e-pipes
- Vaping is not harmless
- Teens who vape may end up addicted to nicotine faster than teens who smoke cigarettes
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future

According to the National Youth tobacco survey we have seen a decrease in high school students

Among U.S. high school students, current overall tobacco product use declined during 2022-2023 (16.5% to 12.6%). This decline was primarily driven by e-cigarettes (14.1% to 10.0%), which translates to 580,000 fewer high school students who currently used e-cigarettes in 2023. Among high school students, declines were also observed during 2022-2023 for cigars and overall combustible tobacco smoking, representing all-time lows

Although a decrease in e-cigarette use was observed among high school students, there was an increase in current overall tobacco product use among middle school students (4.5% to 6.6%) and multiple tobacco product use (1.5% to 2.5%). However, among middle school students overall, no significant change was observed during 2022-2023 for any individual tobacco product type, including e-cigarettes.

(You can utilize this statistic to empower the youth and encourage them as well as help them understand that not everyone is vaping.

You can explain to them that 1 in 4 or 25.2% is not the majority. Some youth

believe that most youth are vaping. On the other hand, 1 in 4 is still a lot of people that are affected and that adds up to 2.13 million, which is why we are sharing the message.

Frequency of Use

- More than 1 in 4 (25.2%) of current youth e-cigarette users use an e-cigarette product every day
- More than 1 in 3 (34.7%) youth e-cigarette users report using e-cigarettes at least 20 of the last 30 day

[Results from the Annual National Youth Tobacco Survey | FDA](#)

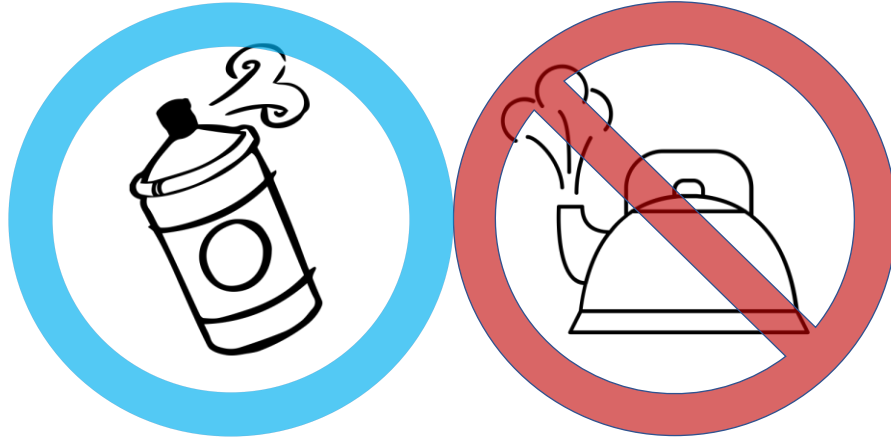
read before Vapes that contain nicotine are a type of tobacco product called electronic nicotine delivery systems (ENDS)

read after 1st point according to the National Youth Tobacco Survey, e-cigarettes have been the most commonly used tobacco product among U.S. middle and high school students since 2014 ***read image***

read after 2nd point youth who use nicotine may experience lasting effects on attention, learning, and memory that promote addiction to nicotine. They also may experience coughing, wheezing, nausea, vomiting, headaches, and dizziness.

read after 3rd point This is because vapes may expose users to more nicotine and may be used more frequently.

It's an Aerosol, Not a Vapor



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tobaccopreventiontoolkit.stanford.edu

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Teacher Talking Points:

- E-cigarettes/vape pens allow the user to make large clouds that many think are just water vapor
- In reality the 'cloud' is a mixture of many different chemicals that were either present in the e-liquid before or produced during the heating process (click)
- A vapor is a chemical that has evaporated
- An aerosol is a mixture of liquid particles suspended in a gas and can contain many chemicals
- Instead of just mixing with the air like a pure gas, aerosols can leave drops behind.

Inside the e-cigarette

RECHARGEABLE BATTERY

CARTRIDGE HOLDING NICOTINE DISSOLVED IN PROPYLENE GLYCOL

1. A sensor detects when a smoker takes a drag, sending a signal to a processor that switches on a heater, known as an atomiser.
2. The atomiser heats up a nicotine solution to produce a vapour that can then be inhaled.
3. As someone draws on the e-cigarette, an LED light is also switched on by the processor, simulating a flame.

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CHEMICALS FOUND IN VAPE AEROSOL

- **BENZENE** (a carcinogen also found in car Exhaust)
- **FORMALDEHYDE** (A carcinogen used to preserve dead bodies)
- **ACROLEIN** (toxic, and can cause irreversible lung damage)
- **PROPYLENE GLYCOL** and/or vegetable glycerin (chemicals used for theatre or stage fog)
- **HEAVY METALS** (such as nickel, lead, and tin)
- **DIACETYL** (a chemical linked to lung damage)

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How do e-cigarettes work? Most e-cigarettes consist of four different components, including:

- 1) a **cartridge or reservoir**, which holds a liquid solution (e-liquid or e-juice) containing varying amounts of nicotine, flavorings, and other chemicals
- 2) a **heating element (atomizer)**
- 3) a **power source** (usually a battery)
- 4) a **mouthpiece** that the person uses to inhale

In many e-cigarettes, puffing activates the battery-powered heating device, which vaporizes the liquid in the cartridge.

The person then inhales the resulting aerosol or vapor (**called vaping**). This vapor, which a lot of young people think is “**just water vapor**” can contain: Benzene, formaldehyde, acrolein (uh CRO lee in), propylene glycol, heavy metals and diacetyl. (die eh CEET il)

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>



<https://youtu.be/uFX9F-KD7co>

This video By Dr. Victor Denoble explains what happens to the brain when nicotine is used.

No matter how it's delivered, nicotine is addictive and harmful for youth and young adults



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read before People who smoke know what can happen if they continue to smoke, but they keep doing it anyway.

If you ask them if they could go back and do it over, would they start smoking again, most of them would say "NO"

So, why do they continue to smoke? Because they are addicted nicotine.

Read after Nicotine has been proven to be as addictive as cocaine and heroin and may even be more addictive



MINORS IN POSSESSION OF THC CONCENTRATE

- Possession of THC is a state jail felony charge
- Possession of THC on school grounds enhances to a **3rd degree felony charge**, resulting in:
 - Being placed in alternative campus Disciplinary Alternative
 - Education Program DAEP
 - Drug Charges
 - Possible Probation with Juvenile Court

[Texas Health and Safety Code 481.134d.](#)

There are the legal consequences of a minor in possession of a vape and **vape with THC**. Reminder, all school properties are drug free zones. Possession of THC is a state jail felony charge. Possession of THC on school grounds on school grounds enhances charge to 3rd degree felony charge.

When its not on school grounds Texas Health & Safety Code 481.403A1

Reference: SAISD Vaping Presentation for FACE Specialists FINAL

Tobacco 21

- On September 1st of 2019 it became illegal for anyone under the age of 21 to purchase tobacco or e-cigarette products
- This law is an important step toward reducing youth smoking and preventing a lifetime of dependency and disease

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Read before In order to Reduce Smoking and Save Lives, Tobacco 21 came into effect

before 2nd point Due to the majority of tobacco users starting before age 18

Minors & Tobacco

- **Must attend a state-approved tobacco awareness class**
- **Perform tobacco-related community service**
- **Pay a fine not to exceed \$250**
- **Suspension of driver's license**



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read before For those minors who do try to possess, consume, or purchase tobacco products, there are legal consequences that come along with that decision

read after along with these legal consequences, keep in mind any consequences that your parent/guardian might add, or consequences if you are found using these products at school

Medicine

OVER-THE-COUNTER

- Allergy medicine
- Pain relievers



PRESCRIPTION MEDICATION

- Opioids
 - To treat pain
- Depressants
 - To treat anxiety and sleep disorders
- Stimulants
 - To treat ADHD

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read before When we talk about medicine, there are two different types we will go over: over-the-counter medicine & prescription medication.

read after OTC points You may have been given Pepto-Bismol for an upset stomach or Tylenol for a headache, those are examples of over-the-counter medicine. These medicines can be helpful when given to you by a trusted adult, like a parent/guardian or a doctor.

Then we have prescription medication ***read after prescription medication*** These are medications prescribed specifically for **you** by a dr to prevent, treat, or relieve symptoms of an injury or disease



True or False? Prescription Drugs are Safer

False

Misuse can look like:

- Not following the directions
- Taking someone else's medication
- Taking medication to get “high”

This is a common misperception: Many people believe that prescription drugs are safer to abuse than illicit drugs (illegal to have) because they are prescribed by a doctor, or since medicine is created and tested in a scientific environment. They don't necessarily see this behavior as risky.

Most prescription drugs are safe and effective when used correctly for a medical condition and under a doctor supervision. But they can have serious side effects if not used correctly.

Did you know?

- OPIOID DEPENDENCE CAN HAPPEN AS FAST AS FIVE DAYS!
- PRESCRIPTION DRUG MISUSE IS AMONG THE FASTEST GROWING DRUG PROBLEM IN THE UNITED STATES.



Using an opioid — a class of drug that includes prescription painkillers like oxycodone (OxyContin®) and hydrocodone (Vicodin®), as well as the illegal drugs heroin and fentanyl — for [just five days](#) causes a sharp increase in the likelihood that a person will use the drug long term. For many people, it can lead to a [lifetime of addiction](#). Opioid dependence can happen after just **five** days because the drugs are some of the strongest on the planet. Prescription opioids are chemically similar to heroin, one of the most addictive drugs. The National Institute of Drug Abuse reports [nearly 80 percent of heroin users started with prescription opioids](#).

While Rx drugs serve an important purpose when under a doctor's care, the misuse of prescription medicines is a growing problem that puts lives at risk for dependence, overdose and death.

[Opioid dependence can happen after just 5 days \(truthinitiative.org\)](https://truthinitiative.org)

Fentanyl

- Fentanyl can be **50 times more powerful** than heroin and **100 times more powerful** than morphine

- **What to Do If You Think Someone Has Overdosed or is Poisoned**

- 1) **Call 911 Immediately***
- 2) Administer Naloxone, if available**
- 3) Try to keep the person awake and breathing
- 4) Lay the person on their side to prevent choking
- 5) Stay with the person until emergency assistance arrives

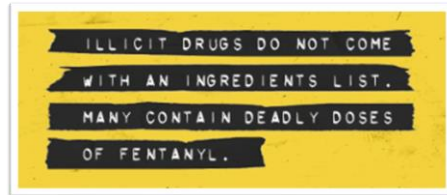


Image from Centers for Disease Control



Touching fentanyl will not cause a person to overdose. Even if they have an open wound. It is not possible. Illicit fentanyl cannot be absorbed through the skin or by touching an item or surface where it is present. (tn.gov) This is important for youth to know because they may have the false perception that something may not be fentanyl if they see others touching it with no reaction to it, therefore deeming it safe.

[Fentanyl Facts](#) | [Fentanyl Takes All](#)

Fentanyl has been found in virtually all street drugs today including Cocaine, Heroin, Xanax, Oxy, Percocet, Adderall and **Marijuana**.

[Fentanyl Facts](#) | [Facing Fentanyl \(facingfentanylnow.org\)](http://facingfentanylnow.org)

Just two milligrams of fentanyl, which is equal to **10-15 grains of table salt**, is considered a **lethal dose**.

[DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans](#)

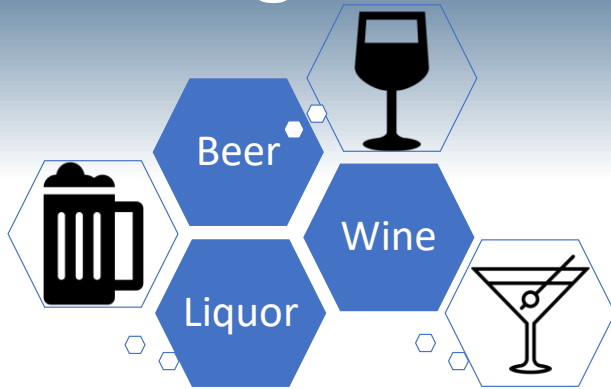
Please share with youth that it is vbery important to call 911 immediately if they see symptoms.

It may be hard to tell whether a person is high or experiencing an overdose/poisoning. If you aren't sure, treat it like an overdose – you could save a life

***Most states have laws that may protect a person who is overdosing or the person who called for help from legal trouble.**

****Naloxone is a life-saving medication that can reverse the effects of opioid overdose and save lives**

Alcohol & Underage Drinking



Underage drinking is when anyone under age 21 drinks alcohol

Alcohol is the most used substance among young people in the U.S.

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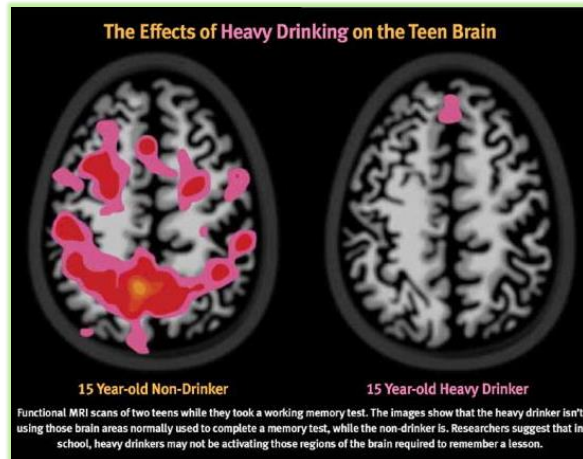
read before An alcoholic drink can come in many forms. There are:

Alcohol & the Teen Brain

Alcohol before age 15

=

5 times more likely to have an Alcohol Use Disorder



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read before The adolescent brain continues to develop and mature until the age of 25, and drinking alcohol at a young age has been known to have a negative impact on the way it develops.

Such as, alcohol use lowering educational achievement in later years, and the image of these MRI scans further proves that.

explain picture

The MRI scans were done of two 15-year-olds while they took a working memory test; one is a non-drinker, while the other is a heavy drinker.

The results of the scan showed that unlike the non-drinker who was able to complete the memory test, the heavy drinker wasn't using the areas of the brain that would be used to complete the same test. This leads to researchers suggesting that in school, heavy drinkers may not be activating the parts of the brain needed to remember a lesson.

Along with the negative impact on your learning, drinking alcohol at a young age also increases your chance at becoming dependent on it.

click-box appears

Alcohol use disorder (AUD) is a condition characterized by an impaired ability to stop or control alcohol use despite social, occupational, or health consequences.

-this means despite all the problems that come along with alcohol use (relationship problems, bad grades, injuries) the person is unable to quit drinking.

before transition to next slide

“Adolescent alcohol use is not an acceptable rite of passage, but a serious threat to adolescent development and health.”

UNDERAGE DRINKING
is never a good idea

SHORT-TERM

Someone who is drunk:

- Has a hard time making good decisions.
- Is less aware that his/her behavior may be inappropriate and is more likely to engage in risky behavior.

LONG-TERM

Drinking during the teen years could interfere with normal brain development and also:

- Have negative effects on information processing and learning.
- Increase the risk of developing an alcohol use disorder later in life.

ABOVE ALL

... it can kill you.

- Alcohol plays a role in the deaths of approximately **4,358 people under age 21** in the U.S. every year.

What can happen when you drink?

UNDERAGE DRINKING IS DANGEROUS

5,000 young people die each year

SOURCES: National Institute of Drug Abuse for Teens
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read before

Not only does alcohol have a negative impact on your brain development, but there are also other risk you take when drinking at a young age.

read points from image

after above all

Underage drinking deaths includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings.

read after The Bottom Line: Teens aren't prepared to deal with the risks of alcohol on their own.

Before you risk it



Minor In Possession



Know the law



Know the risks



Look around you

DRIVING UNDER THE INFLUENCE OF ALCOHOL BY A MINOR (DUIA) - PENALTIES - Under 17 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	20-40 hours	60-180 days	Required	None
2nd Offense	Up to \$500.00	40-60 hours	120 days - 2 years	Required	None
3rd Offense	Up to \$500.00	40-60 hours	180 days - 2 years	Option of Judge	

DRIVING WHILE INTOXICATED (DWI) BY A MINOR - PENALTIES - 17 to 21 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$2,000.00		1 year		72 hours - 180 days
2nd Offense	Up to \$4,000.00		180 days - 18 months		30 days - 1 year
3rd Offense	Up to \$10,000.00		180 days - 2 years		2 - 10 years

ZERO TOLERANCE: Penalties for non-driving alcohol related offenses by minors (under the age of 21) include purchasing or attempting to purchase alcohol, falsely identifying as 21 years of age or older to a person engaged in the selling or serving of alcoholic beverages, and consuming or possessing an alcoholic beverage.

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	8-12 hours	30 days	Required	None
2nd Offense	Up to \$500.00	20-40 hours	60 days	Required	None
3rd Offense (10-17 years of age)	Up to \$500.00	20-40	180 days		
3rd Offense (17-21 years of age)	\$250.00 to \$2,000.00	40-60	180 days		Up to 180 days

Source: Texas Department of Public Safety—Driver License Division

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read after each point

1. **KNOW THE LAW.** The minimum drinking age in the United States is 21. Having a national minimum drinking age saves lives and improves health. There is even evidence that the law protects people from other drug dependence and suicide.

2. **KNOW THE RISKS.** Underage drinking contributes to more than 4,300 deaths among people below the age of 21 in the U.S. each year. Drinking under age 21 is also strongly linked with death from alcohol poisoning.

3. **LOOK AROUND YOU.** Although alcohol is the most commonly used substance by teens, most teens don't drink. Each year, teens' alcohol use continues to drop

The Truth About Marijuana

- Marijuana refers to the dried leaves, flowers, stems, and seeds from the Cannabis sativa plant
- Slang: Weed/Pot/Grass/Reefer/Ganja/Mary Jane/Blunt/Trees
- Contains the mind-altering chemical THC

Why do young people use marijuana

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before 2nd point Marijuana goes by many different names, such as

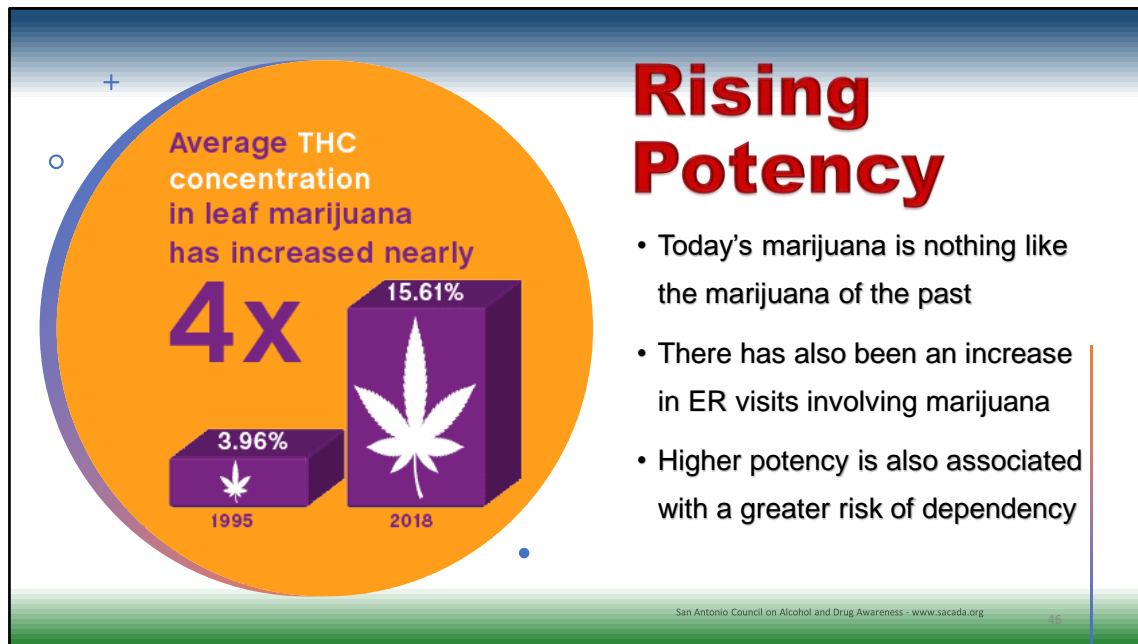
after 3rd point which of the roughly 400 chemicals found in the cannabis plant affects the brain the most.

before why they use Approximately 1.2 million kids ages 12 to 17 used marijuana for the first time in the past year. That is about 3,300 kids a day

mental health Some young people use marijuana to try to relieve their feelings of depression or anxiety, sometimes the result of more responsibilities or school pressures.

friends & peers Research shows that having peers who use substances is one of the strongest predictors of a young person's likelihood of trying and using a drug.

after media & pop culture Movies, TV shows, music and social media are strong influences in young people's lives which tend to glorify marijuana use and downplay its harms. Also receives a lot of attention due to nationwide legalization efforts. It's often viewed as a harmless substance.



after 1st point Marijuana potency has steadily increased over past decades
after 2nd point suggesting that the drug's current strength is responsible for worse health consequences than decades past.

What about Marijuana edibles?

Edibles can be presented in candy form that may make them appear less harmful. This can be deceptive and harmful.

Let's start with the fact that we have already established that marijuana edibles are illegal for any minor to take and harmful to the developing brain.

The amount of THC is difficult to measure and is often unknown in many edibles. Regulations and quality assurance regarding the determination of THC content and product labeling are generally lacking, and as a result the dosage estimation for many edibles is often inaccurate.³

Consequently, many products contain significantly more THC than labeled and people who consume these edibles can be caught off-guard by their strength

and [long-lasting effects](#).⁴

Please make note to explain that more THC means more harmful to the developing brain and the body.

Due to the delayed onset and uncertain potency of edibles, many people who use these products may unintentionally consume excessively high amounts of THC.

One of the consequences of taking in too much of the drug too quickly is users can become violent or unaware of their actions. These individuals may exhibit self-harming behaviors or hurt others while in this state, behaviors that they likely never would have engaged in while sober.

[Marijuana Edibles: Risks, Dangers & Effects of Edibles](#)
(americanaddictioncenters.org)



Legal Status

- Marijuana is the most used federally illegal drug in the United States
- Under Texas law it is still illegal to use or possess marijuana
- **Recreational marijuana use by children and teenagers is not legal anywhere in the United States.**

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After 1st point

Many states allow recreational use of marijuana in adults ages 21 and over.

Effects of Marijuana

- Difficulty with thinking and problem-solving
- Changes in mood
- Impaired memory
- Distorted perception
- Increased risk of mental health issues

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after 4th point

Distorted perception: sights, sounds, time, touch

after last point

Marijuana use has been linked to a range of mental health problems, such as depression and social anxiety. People who use marijuana are more likely to develop temporary psychosis (not knowing what is real, hallucinations, and paranoia) and long-lasting mental disorders, including schizophrenia (a type of mental illness where people might see or hear things that aren't there)

The infographic is divided into two main sections. The left section has a white background and contains three horizontal callout boxes. The top box is orange and features a brain icon in a head profile, with the text 'is not good for your brain'. The middle box is grey and features a muscular arm icon, with the text 'it interferes with growing up healthy'. The bottom box is yellow and features a thought bubble icon, with the text 'it can interfere with, or prevent you from reaching your goals and dreams'. The right section has a dark green background and features the title 'The Bottom Line' in large, bold, white letters with red outlines and underlines. At the bottom of this section, in small white text, is 'San Antonio Council on Alcohol and Drug Awareness - www.sacagp.org'.

is not good for your brain

it interferes with growing up healthy

it can interfere with, or prevent you from reaching your goals and dreams

The Bottom Line

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read before

I know this was a lot of information, but the main thing I would like you to remember is this:

Using drugs at an early age:

read after 1st point Your brains are still growing and developing

read after

Take a moment and think about what your goals are in life. Will any of these substances help you get there?

How to Celebrate Life



Fall in love with something



Use your days



Keep a journal



Be grateful



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50

read before

So how are you going to **film your life drug free** and make healthy choices, and live Drug-Free? Here are just a few things you can do!

read after each click

- Fall in love with a hobby (reading, hiking, making TikTok videos), fall in love with yourself and discover what makes you , YOU.
- Get out of bed early on the weekend and go and do things. Spend more time with your friends/family, and less time on your phone. Get the most out of your day!
- Whether it be in a notebook or the notes app on your phone, take time to write down and reflect upon your day. What were some moments that made you happy? What about today frustrated you?
- Be thankful for what you have done with your life so far, and thankful for those that you have in your life. Look to the future and all the dreams/goals that are waiting for you to accomplish.

read after

Remember that you are worth it, you are special, and have a lot to contribute to this

world! Make your life goals your priority and don't let anything get in the way of you achieving those goals.

Resources

- <https://kidshealth.org/en/teens/prescription-drug-abuse.html>
- <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-03-001.pdf
- <https://www.hhs.gov/sites/default/files/underage-drinking-community-guide.pdf>
- <https://www.talkitoutnc.org/underage-drinking-facts/>
- <https://www.brainandlife.org/articles/how-does-alcohol-affect-the-teenage-brain>
- <https://www.cdc.gov/healthreport/publications/compendium.pdf>
- <https://www.cancer.gov/publications/dictionaries/cancer-terms/def/drug>
- <https://year13.com.au/articles/14-things-need-teenage-years?next=14-things-need-teenage-years>
- <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-alcohol-use-disorder>
- https://www.aacap.org/aaCaP/Families_and_Youth/Facts_for_Families/FFF-Guide/Marijuana-and-Teens-106.aspx/
- <https://www.cdc.gov/marijuana/health-effects/teens.html>
- <https://drugfree.org/drugs/cannabis-marijuana/>
- <https://truthinitiative.org/thisisquitting#:~:text=What%20is%20This%20is%20Quitting,successfully%20quit%2C%20e%2Dcigarettes.>
- https://teen.smokefree.gov/quit-plan?variant_key=teen_smoking_quit_plan
- <https://digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf>
- [Fentanyl Facts | Fentanyl Takes All](#)
- [Fentanyl Facts | Facing Fentanyl \(facingfentanylnow.org\)](#)
- [DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans](#)
- [Opioid dependence can happen after just 5 days \(truthinitiative.org\)](#)
- [Marijuana Edibles: Risks, Dangers & Effects of Edibles \(americanaddictioncenters.org\)](#)
- [Results from the Annual National Youth Tobacco Survey | FDA](#)



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