

Alcohol Statistics and Facts

Alcohol is the **most misused substance** among youth in the U.S.

Teens with **unmanaged stress** are more likely to engage in underage drinking.

Youth drink less often than adults, but they tend to drink more. Over 90% of all underage consumption takes the form of **binge drinking**, defined as 4 drinks for a woman and 5 drinks for a man in any 2-hour span.

Teens who drink are more likely to experience:



Use these statistics from the CDC, American Psychological Association, National Institute on Alcohol Abuse and Alcoholism, The Foundation for Advancing Alcohol Responsibility, National Transportation Safety Administration, and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.

Marijuana Statistics and Facts

Marijuana is the **second most misused substance** among youth in the U.S.

The amount of **THC** in marijuana has been **increasing steadily**, creating more harmful effects.

Short-Term Risks



Feeling
Anxious or
Paranoid



Rare Cases of
Psychosis with
Hallucinations



Impaired
Driving and
Car Crashes

Long-Term Risks



Marijuana Use Disorder:
Social Difficulty, Memory
Problems, School and
Work Struggles



Coughing, Lung Infections
and Scarring



Trouble with Memory,
Multitasking, Attention



Depression, Anxiety, and
Suicide

How Do I Quit?

You may experience withdrawal symptoms for a week or two like irritability and trouble sleeping. Talk to a counselor for help quitting.

Use these statistics from the CDC, SAMSHA, National Institute on Drug Abuse, Nemours Teen Health, and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.



Vaping Statistics and Facts

According to the 2024 Missouri Student Survey, **13% of high schoolers** report vaping in the past 30 days.

That also means **87% of high school students do not vape**. So if you don't vape, you're in the majority!

Why do so many students vape?

Vaping has become more common among teens because of the many **flavors**, colors, and shapes that vapes come in. Half of teens also report them being easy to access.



Vapes contain many harmful substances, including nicotine, cancer-causing chemicals, volatile organic compounds, ultrafine particles, and heavy metals like nickel, tin, and lead.



Nicotine is highly addictive - as addictive as cocaine and heroin.

Nicotine can also harm brain development and impact learning, memory, and attention.

How Do I Quit?

Make a plan and use resources offered in your school and online. Talk to a counselor about quitting or talk to friends about accountability. Learn how you can respond to withdrawal symptoms healthily.

Use these statistics from the CDC, SAMSHA, National Institute on Drug Abuse, Nemours Teen Health, and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.



Prescription Drugs Statistics and Facts

Prescription drug misuse means taking a prescription drug in **different amounts or for other reasons than prescribed.**

Over half of teens who misuse prescription drugs obtain them from a **friend or relative.**

Prescription drugs can be very **addictive.** That's why prescription drug misuse can lead to heroin use.

The Risks:

Opioids - Oxycotin, Vidocin, and Demerol are used to treat pain or relieve coughs or diarrhea.

Vomiting, mood changes, decrease in ability to think, and even decreased respiratory function, coma, or death.

Central Nervous System (CNS) Depressants - Valium, Luminal, and Xanax are used to treat anxiety, panic attacks, and sleep disorders.

Seizures when stopping or reducing too quickly. Slowed heartbeat and breathing and even death when taking other medications.

Stimulants - Ritalin and Adderall are used to treat narcolepsy and ADHD.

Heart failure and seizures, especially when taking other medications. Dangerously high body temperature, irregular heartbeat, aggression, and paranoia.

Signs of Abuse

Medication bottles missing, mood changes, lower grades, changes in friends, sleep, and appetite, fatigue, confusion, weight loss, slurred speech, dizziness.

Use these statistics from the CDC, SAMSA, DEA.gov, Nemours Teen Health, Mass.gov Bureau of Substance Addiction Services, and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.

Fentanyl

Statistics and Facts

One pill can kill.

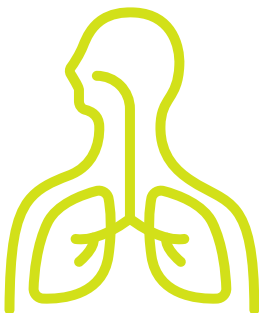
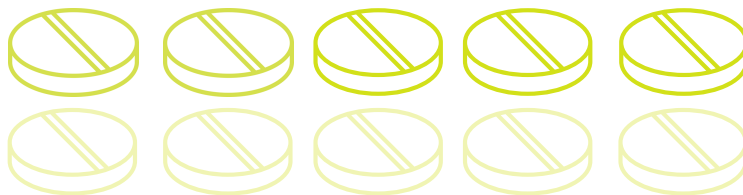
300 people die every day from overdoses related o fentanyl.

Fentanyl is tasteless, odorless, and too small to see. An amount the **size of two grains of salt can cause an overdose or death.**



Only take prescription drugs that your doctor prescribes you, and never take prescription drugs obtained from anywhere other than your pharmacy.

The DEA found that **5 of every 10 illicitly manufactured pills** contain a potentially lethal dose of fentanyl. These pills are often fake oxycodone.



Opioid overdoses have **quick and lethal symptoms** that can only be reversed with naloxone, which stops the opioid from cutting respiratory functions.

Use this information from DARE, The American Medical Association, and the National Coalition Against Prescription Drug Abuse, and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.

The Teen Brain Statistics and Facts

Adolescence is an important time for brain development.

The brain finishes developing and maturing in the mid-to-late 20s. The part of the brain behind the forehead, called the prefrontal cortex, is one of the last parts to mature. This area is responsible for skills like planning, prioritizing, and decision-making.



Youth who begin drinking before age 15 are **4 times more likely to develop an alcohol use disorder** than those who wait until age 21.



Marijuana can cause damage to areas of the teen brain responsible for **learning, attention, and memory**.



Nicotine affects brain areas controlling memory and self-control, leading to **learning problems**.



Dependence on prescription drugs can **damage cognitive functioning** and increase risk of substance use dependence later in life.



Mental illnesses may begin to appear during adolescence.

This may be due to the changes in the brain and physical, emotional, and social changes in teens.

Use this information from the National Institute of Mental Health and others at your discretion to support your implementation of Safe and Sober. These facts can be used to highlight the program's importance for your students.