



JUST SAY NO

Drug Facts for Florida Students

Drugs and Alcohol

**THE
FACTS.
YOUR
FUTURE.**

Drug and Alcohol Facts

Drug and alcohol use in teens can lead to juvenile justice involvement such as fines, probation, and juvenile detention. For all substances, continued use and misuse can lead to addiction and other harmful effects.

FENTANYL → Opioid



! THE FACTS

Six out of 10 fentanyl-laced pills contain a potentially lethal dose of fentanyl.

🧠 THE EFFECTS

Short-Term: Nausea, dizziness, vomiting, confusion, trouble breathing, relaxation, euphoria, drowsiness
Long-Term: Clammy, bluish skin, trouble breathing, potential death

ALCOHOL ↘ Depressant

! THE FACTS

Mixing alcohol with energy drinks increases potential health risks.

🧠 THE EFFECTS

Short-Term: Slurred speech, lack of coordination, engage in risky behavior
Long-Term: Memory problems, weight gain, difficulty recovering from injury, damage to the liver, stomach, and heart



MARIJUANA → Depressant, hallucinogenic, and stimulant properties

! THE FACTS

Since the teenage brain is still developing, regular use can harm the brain's ability to learn and process new information.

🧠 THE EFFECTS

Short-Term: Slowed speech and reaction time
Long-Term: Impacted brain development, loss of memory and problem-solving skills, trouble learning, impaired coordination, schizophrenia



VAPING ↗ Stimulant (Nicotine)

! THE FACTS

Vaping liquid can contain chemical, solvents, and heavy metals such as nickel, lead, and tin.

🧠 THE EFFECTS

Short-Term: A buzz, higher heart rate, headache, dizziness, raised blood pressure
Long-Term: Addiction, impacted brain development

Prescription Drugs



BENZODIAZEPINES ↘ Depressant

! THE FACTS

If you are addicted, abruptly stopping use of the drug can cause can cause deadly withdrawal effects like seizures.

🧠 THE EFFECTS

Short-Term: Drowsiness, confusion, dizziness, impaired coordination
Long-Term: Serious memory issues, blackouts, mood swings



OPIOID PAINKILLERS → Opioid

! THE FACTS

Prescription opioids are easy to get, and many teens don't realize they can be as harmful as illegal street drugs when misused.

🧠 THE EFFECTS

Short-Term: Mood changes, anxiety, depression, euphoria, relaxation
Long-Term: Trouble breathing, potential death



AMPHETAMINES ↗ Stimulant

! THE FACTS

Nearly half of teens with real prescriptions are approached by peers to sell or give away their medication.

🧠 THE EFFECTS

Short-Term: Higher blood pressure, difficulty sleeping, low appetite, exhaustion
Long-Term: Repetitive skin picking, psychosis, paranoia

HOW TO GET HELP

If you or someone you know has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

988 Florida Suicide & Crisis Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/
SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[CRISITEXTLINE.ORG](https://crisistextline.org)

ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/
SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

The Facts. Your Future. is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about
Drugs and Alcohol

TheFactsYourFuture.org

