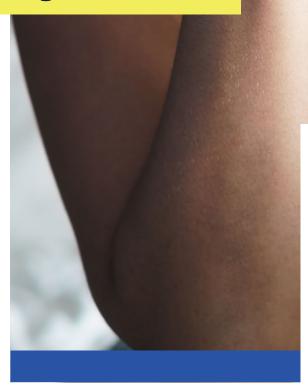
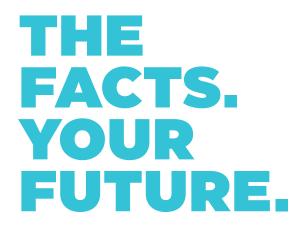
JUST SAY NO Drug Facts for Florida Students

Drugs and Alcohol





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 fentanyllaced 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.

W 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 problemsolving skills, trouble learning, impaired coordination, schizophrenia



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.

(P) THE EFFECTS

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

VAPING Stimulant (Nicotine)

THE FACTS

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

THE EFFECTS

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





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 additionalresources if necessary.

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.

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

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

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