



**JUST SAY NO**

**Drug Facts for  
Florida Youth**

**Just say no,  
and here's why...**

**THE  
FACTS.  
YOUR  
FUTURE.**

## The Facts

Drug and alcohol abuse in teens can lead to juvenile justice involvement such as fines, probation, juvenile detention, or jail. For all drugs, continued abuse can lead to addiction and other harmful effects, including death.

### FENTANYL

Apache, Dance Fever, and Friend



#### ! THE FACTS

Seven 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, skin discoloration, trouble breathing, death

### ALCOHOL

Booze, Juice, and Liquid Courage

#### ! 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, death



### MARIJUANA

Pot, Weed, Dope

#### ! THE FACTS

Regular use can harm the brain's ability to process new information.

#### 🧠 THE EFFECTS

**Short-Term:** Slowed speech and reactions

**Long-Term:** Impacted brain development, loss of memory and problem-solving skills, trouble learning, impaired coordination, death





## E-CIGARETTE

Vaping, Juuling

### ! 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, death

## Prescription Drugs



## BENZODIAZEPINES

Xannies, Tranks, and Benzos

### ! THE FACTS

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

### 🧠 THE EFFECTS

**Short-Term:** Drowsiness, confusion, dizziness, impaired coordination

**Long-Term:** Serious memory issues, blackouts, mood swings, death



## OPIOID PAINKILLERS

Hillbilly Heroin, Perc, and Oxy (oxycodone)

### ! THE FACTS

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

### 🧠 THE EFFECTS

**Short-Term:** Mood changes, anxiety, depression, relaxation

**Long-Term:** Trouble breathing, death



## AMPHETAMINES

Speed, Addies, and Amps

### ! 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, death

# HOW TO GET HELP

If you or someone you know has issues with continued opioid or 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:

## CORE Network

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

[FLCORENETWORK.COM](http://FLCORENETWORK.COM)

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## 988 Florida 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.

[988LIFELINE.ORG](http://988LIFELINE.ORG)

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## 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](http://ISAVEFL.COM)

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## School Counselors

Visit your school counselor if you or someone you know needs immediate assistance, or if you need support in making defining decisions.

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**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 for  
Teens about **Opioids  
and Substance Abuse**

[TheFactsYourFuture.org](http://TheFactsYourFuture.org)

