What is National Drug Facts Week?

*National Drug Facts Week* is a national health observance for teens that use NIDA science to shatter the myths about drugs.
FACT OR FICTION

Everyone uses drugs.

FICTION

FACT:
Not everyone uses drugs! In fact, most people reject drug use. In 2013, only 9.4% of the U.S. population used an illicit drug in the past month. That means that 90.6% did not use drugs!

FACT:
In 2013, only 8.8 percent of youth 12 to 17 years of age used drugs; this means that 91.2 percent did not!

FACT:
At least 50 percent of today’s high school seniors have not tried an illicit drug by the end of high school!
FACT OR FICTION

I’m not hurting anyone else if I use drugs.

FICTION

To pay for their drugs and support their drug habit, people often steal or rob from their parents, friends, or strangers.

FACT:
People that are high and intoxicated by using drugs often drive. This contributes to accidents that cause harm or kill others.

FACT:
Money from drug dealing often ends up supporting crime, gangs, drug cartels, and has been known to help fund terrorist groups.
FACT OR FICTION

Prescription drugs are safe to use because their prescribe by doctors.

FICTION

FACT:
Prescription drugs are not safe to use if these drugs are not prescribed to you by a doctor or taken at the proper dose recommended.

FACT:
Mixing prescription drugs in your system can cause bad reactions and may cause overdose or death. A majority of drug overdose deaths are from prescription drugs.
Marijuana and Rx Drugs are the most abuse drugs in the United States.

FACT:
Alcohol and Tobacco are the most commonly abused drugs in the US. 86 million people have been treated for alcohol and 69.5 million have been treated for tobacco addictions.

FACT:
Alcohol kills over 200,000 Americans each year and claims 50 times more lives than all the illegal drugs combined.
FACT OR FICTION

Young people drink less alcohol than adults.

FICTION

FACT:
Young people do drink less often than adults, but when they do drink, they drink more than adults. Binge drinking (having 5+ drinks on a single occasion) is a real problem among young people. It is very dangerous and many young people die of alcohol poisoning.

FACT:
Alcohol is the drug of choice among teens.
Alcohol and tobacco are not gateway drugs and won’t lead to using other illegal drugs like marijuana.

**FACT**

Using alcohol and tobacco at a young age, especially before high school, increases the risk for using other drugs later down the road, such as marijuana and cocaine.
FACT OR FICTION

It’s ok to smoke marijuana because it’s harmless.

FICTION

FACT:
Smoking three marijuana joints will cause you to inhale the same amount of toxic chemicals as a whole pack of cigarettes.

FACT:
Smoking marijuana is linked with increased risk of the same respiratory ailments as tobacco: coughing, wheezing, chronic bronchitis, shortness of breath, etc.

FACT:
Smoking marijuana interferes with learning and memory, increasing the risk of poor grades and dropping out of school.
FACT OR FICTION

Synthetic marijuana/K2/Spice is safe to use because it’s sold over the counter.

FICTION

FACT:
These products are labeled “not for human consumption.” And many of the synthetic compounds used to make Spice/K2 have been banned because they have no medical benefit.

FACT:
Effects of K2/Spice include paranoia, severe agitation, anxiety, panic attacks, hallucinations, increased heart rate and blood pressure, convulsions, organ damage, and even death!
FACT OR FICTION
It’s ok to drive after smoking marijuana.

FICTION

FACT:
Marijuana is a psychoactive drug that impairs motor skills, balance and coordination, perception, attention, reaction time and judgment.

FACT:
THC, the active ingredient in marijuana, is the substance most commonly found in the blood of impaired drivers, fatally injured drivers, and many motor vehicle crash victims.
Marijuana is not addictive.

**Fiction**

Among all ages, marijuana was the second most common reason people checked into substance abuse treatment programs in 2011.

**Fact:**
Users may feel the urge to smoke marijuana again and again to re-create the “high.” Repeated use could lead to addiction; meaning they cannot stop even though they want to.

**Fact:**
People who use marijuana may feel withdrawal when they stop using the drug; which is a sign of addiction. Withdrawal symptoms may include: Irritability, Sleeplessness, Lack of appetite, Anxiety, Stomach Pains and Nausea.
**FACT OR FICTION**

Medical marijuana and street marijuana are the same.

**FICTION**

**FACT:**
Medical marijuana comes from a company in which the production is standardized and the quality is controlled unlike street marijuana. Most street marijuana could be laced with other drugs such as PCP, cocaine or even cut with other products such as wild vegetation.

**FACT:**
People using it for a medical purpose are trying to modify particular symptoms that make them sick and generally use marijuana that is milder than street marijuana.