Monday

DUI is the abbreviation for driving under the influence; this refers to driving under the influence of drugs or alcohol. Since alcohol is a depressant drug, it causes our body to process information at a much slower rate. Thus, when a person is driving a vehicle, their coordination and motor skills are impaired causing the driver to react at a much slower rate. This results in people blowing through red lights, swerving, changing lanes without notice, unnecessary breaking, and, worst of all, deadly car accidents. In fact, a third of traffic deaths in 2013 were a result of someone driving while intoxicated.

In Delaware, the consequences for a first offense DUI are a maximum of six months in jail, $500-$1500 in fines and penalties in addition to other cost, 12-24 months without a license, and a system, similar to a breathalyzer, installed in your car.

Please, never drink and drive!

It’s National Drug and Alcohol Facts week 2016. “Know the Facts, Shatter the Myths.”

Tuesday

Tobacco use continues to be on a decline; on the other hand, marijuana usage is rising as the perceived risk decreases. Here is the truth about marijuana. When comparing marijuana to cigarettes, marijuana actually does more damage to your lungs and contains 50%-70% more cancer-causing substances. In addition, marijuana affects many areas of the brain. The areas that are impacted are movement, sensations, judgment, vision, memory, coordination, and rewards (the area that tells us to repeat an activity because it was pleasurable). In fact, brain studies have shown that teens who use marijuana have a 10% reduction in their ability to remember.

If we all share these effects with at least one person, hopefully the perceived risk of marijuana will go back up.

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Wednesday

The number of students who smoke cigarettes has decreased by more than 20% over the past 15 years due people becoming educated about the negative effects. However, we now have new products that are trending amongst students called vape products. These included e-cigarettes, vapor pens, and hookah pens.

The big question is, “Are e-cigarettes safe?” There is much more research that needs be done before this question can be fully answered. However, the following is what we know so far about e-cigs: electronic malfunctions have resulted in them blowing up in people’s faces, a
large number of young teens start using tobacco products once they have a tried e-cigs, and one e-cig contains anywhere from two cigarettes to a whole entire pack worth of nicotine.

Remember, in Delaware, it is illegal for anyone under the age of 18 to purchase tobacco products; this includes vape products

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**Thursday**

Marijuana and alcohol are the two most popular addictive drugs that are abused by teens; however, did you know that K2/Spice is the next most used addictive drug amongst teens? What is K2/Spice you may ask? It is synthetic marijuana that is resulting in many phone calls being placed to Poison Control, increased hospital visits, and even death in some cases. Here are a few facts about this trending drug. K2/Spice has an extremely quick reaction time on the body and has a high that lasts for a few hours; some of the short-term effects are vomiting, excessive sweating, increased heart rate and blood pressure, involuntary body movements, and hallucinations. Since this drug is still relatively knew, the long-term effects are still unknown.

Please be aware of this trending drug as it is making many young people very sick and even taking some lives.

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**Friday**

Everyone, take a second to think about a goal. It can be something you want to accomplish in the near future or years from now. How important are those goals to you? Now consider how substances could ruin or interfere with those dreams. You see, it is more than just thinking about the negative effects substances have on our body; what is even better to think about is what are my goals and staying focused on achieving those goals. If you have drive and passion to achieve something, you are going to be more focused on that then using substances. Why? Because, if you feel like you have a purpose, goal, and motivation, you will be able to build more self-esteem and will not be drawn to using substances.

Believe it or not your goals don’t always have to be large; set small goals throughout the day that will help you to accomplish an even greater goal in the years to come. So consider, what is one goal you would be motivated to accomplish within the next week?

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