

## Student Take-Home Resources

### Alcohol and Substance Abuse Prevention

#### Grade 10

**Key Takeaways:**

1. Vaping may seem healthier than smoking cigarettes to youth but is actually harmful to one’s health as evidenced by links to recent deaths.
2. Drug use impacts the growth and development of the brain so it can be particularly impactful to youth as their brains are not yet fully developed until early adulthood.
3. The impact on one’s physical health and also emotional/behavioral response to substances varies widely depending upon the drug taken.

**Vocabulary:**

1. Vaping - inhaling and exhaling vapor from an e-cigarette or similar device.
2. Marijuana is from the cannabis plant, also known as weed and pot. It can be smoked or eaten.
3. Opioids are a compound resembling opium in addictive properties or physiological effects. Heroin is the most commonly known opioid.
4. Prescription drug misuse is when someone takes a medication inappropriately. This can be taking too much of a drug prescribed to them or taking a drug that was prescribed to someone else.
5. Drug addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain.

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it’s time to HELP.</p> <p><b>H</b>elp as soon as you can.</p> <p><b>E</b>mpathize with others.</p> <p><b>L</b>isten without trying to fix it.</p> <p><b>P</b>lan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they’re keeping you from being able to do what you need or want to do, it’s time for you to ACT.</p> <p><b>A</b>pply coping strategies.</p> <p><b>C</b>onsider your options for help.</p> <p><b>T</b>alk to a person you trust.</p>
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**Resources:**

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:  
<https://suicidepreventionlifeline.org/chat/>