



# Building LifeSkills



January 27- February 2  
National Drug Facts Week



## Shattering Myths about Drugs

Communities, schools and organizations are joining forces with the National Institute on Drug Abuse to encourage teens to get the facts about drugs and drug abuse through community based events and activities. To counteract the myths they get from the internet, tv, movies, music or from friends, scientists from the National Institute on Drug Abuse want to stimulate events in communities so teens can learn what science has taught us about drug abuse and addiction

About a third of high school seniors report using an illicit drug sometime in the past year; more than ten percent report nonmedical use of potentially addictive prescription painkillers; and more than 20 percent report smoking marijuana in the past month.

Many teens are not aware of the risks to their health, to their success in school and the dangers while driving under the influence or their limits to pass a drug test to get a job. When teens are given the scientific facts about drugs, they can be prepared to make good decisions for themselves and they can share this information with other

Teens and Parents can take the National Drug IQ Challenge and learn more about drugs, their dangers and how to help someone who is addicted.

For more information about National Drug Facts Week visit: <http://drugfactsweek.drugabuse.gov> or [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)

### FREE BOOKLET

To get a free copy of the booklet "Drug Facts: Shatter the Myths" for teens – giving answers to most frequently asked questions about drugs: Call Communities That Care of Lorain County at 440.282.9920

#### FACT:

The chances of becoming addicted to marijuana or any drug are different for each person. For marijuana, around 1 in 11 people who use it become addicted.

#### FACT:

Most people who start smoking in their teens become regular smokers before they're 18.

#### FACT:

Prescription Drug Abuse is Drug Abuse

### In Ohio

#### 2009 to 2010

10% of 12-17 years old &  
20% of 18-25 years old  
reported illicit drug use in the past month.

#### 2011- 9th thru 12th grade

23.6% reported using marijuana one or more times during the past 30 days.  
21.3% have used prescription pain relievers/painkillers without a doctor's prescription in their lifetime.



## Start Talking!

Building a Drug-Free Future

Know! Parent Tips

A new effort is underway across Ohio to prevent drug abuse among Ohio's most vulnerable citizens – our children. Governor John R. Kasich and First Lady Karen W. Kasich have launched Start Talking! to give parents, guardians, educators and community leaders the tools to start the conversation with Ohio's youth about the importance of living healthy, drug-free lives.

A majority of substance-free adolescents credit their parents for the decision not to use illegal substances. Likewise, teachers and other authority figures can have a similar influence on youth and their decision-making.

Parents, mentors and peers can make a difference just by talking to the young people in their lives about drug abuse. Please Start Talking!

Know! provides parents with twice monthly, FREE Know! Parent Tips via email that contain current facts about alcohol, tobacco and other drugs, as well as action steps parents can take to help their children resist using.

<http://starttalking.ohio.gov/Home.aspx>



NEED HELP: Call the Alcohol and Drug Addiction Services Board of Lorain County at 440-282-9920 or visit [www.lorainadas.org](http://www.lorainadas.org)