

## FORCES THAT CAUSE SUBSTANCE ABUSE

Peer Pressure • Coping  
Experimentation • Recreation

## RECREATIONAL DRUGS

Recreational drugs produce intense chemical reactions in the brain, which may lead to addiction.

### MARIJUANA



#### NEGATIVELY AFFECTS:

- REACTION TIME
- CONCENTRATION
- DECISION MAKING
- BRAIN DEVELOPMENT

### OPIOIDS



#### NEGATIVELY AFFECTS:

- SLEEP
  - BREATHING
  - BLOOD PRESSURE
- some prescription pain medications are opioids

### STIMULANTS



#### NEGATIVELY AFFECTS:

- ANXIETY LEVELS
  - HEART RATE
- examples: adderall, cocaine and nicotine

## RISKS OF VAPING NICOTINE

Addiction • Chest Pain  
Chronic Cough • Lung Disease

**1 IN 4** HIGH SCHOOL SENIORS  
REPORTED **VAPING NICOTINE**  
WITHIN THE LAST MONTH



## COMPOUNDS IN E-LIQUIDS

- Nicotine (Sometimes more than a pack of cigarettes)
- Propylene Glycol (Toxic to lungs)
- Vegetable Glycerin (Toxic to lungs)
- Artificial Flavorings
- Possibly THC



## ALCOHOL

Alcohol use negatively affects athletes at all levels.

### IMMEDIATELY AFFECTS



COMPLEX  
MOTOR SKILLS



BALANCE



INFORMATION  
PROCESSING



HYDRATION

### LONG-TERM EFFECTS

- REDUCED ENDURANCE
- POOR IMMUNE RESPONSE
- INCREASED RISK OF INJURY
- DIFFICULTY RECOVERING