



FORCES THAT CAUSE SUBSTANCE ABUSE

Peer Pressure • Coping Experimentation • Recreate

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

ALCOHOL

Alcohol use negatively affects athletes at all levels.

IMMEDIATELY AFFECTS



COMPLEX MOTOR SKILLS



BALANCE



INFORMATION PROCESSING



HYDRATION

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

LONG-TERM EFFECTS

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

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