



Have a drug problem—need help?

Teens: Drug Use and the Brain / Drug Facts

## Drug Facts

Get the facts about the most commonly used drugs. Learn what they are and how using drugs can affect your body and your mind.



### 10 Questions Teens Ask About Drugs and Health

Learn what was top of mind for over 100,000 teens.



## Brain and Addiction

What role does your brain play in drug addiction? Learn more about the science, risks and treatment of addiction.

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## Mental Health

It is not uncommon for someone with a substance use disorder to also experience a mental health disorder, such as depression or anxiety.

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## Drug Overdoses in Youth

How many young people die from drug overdoses? Find data by drug type.

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## Commonly Used Drugs Charts

Provides information on the short- and long-term effects of commonly used illegal drugs and treatment options.

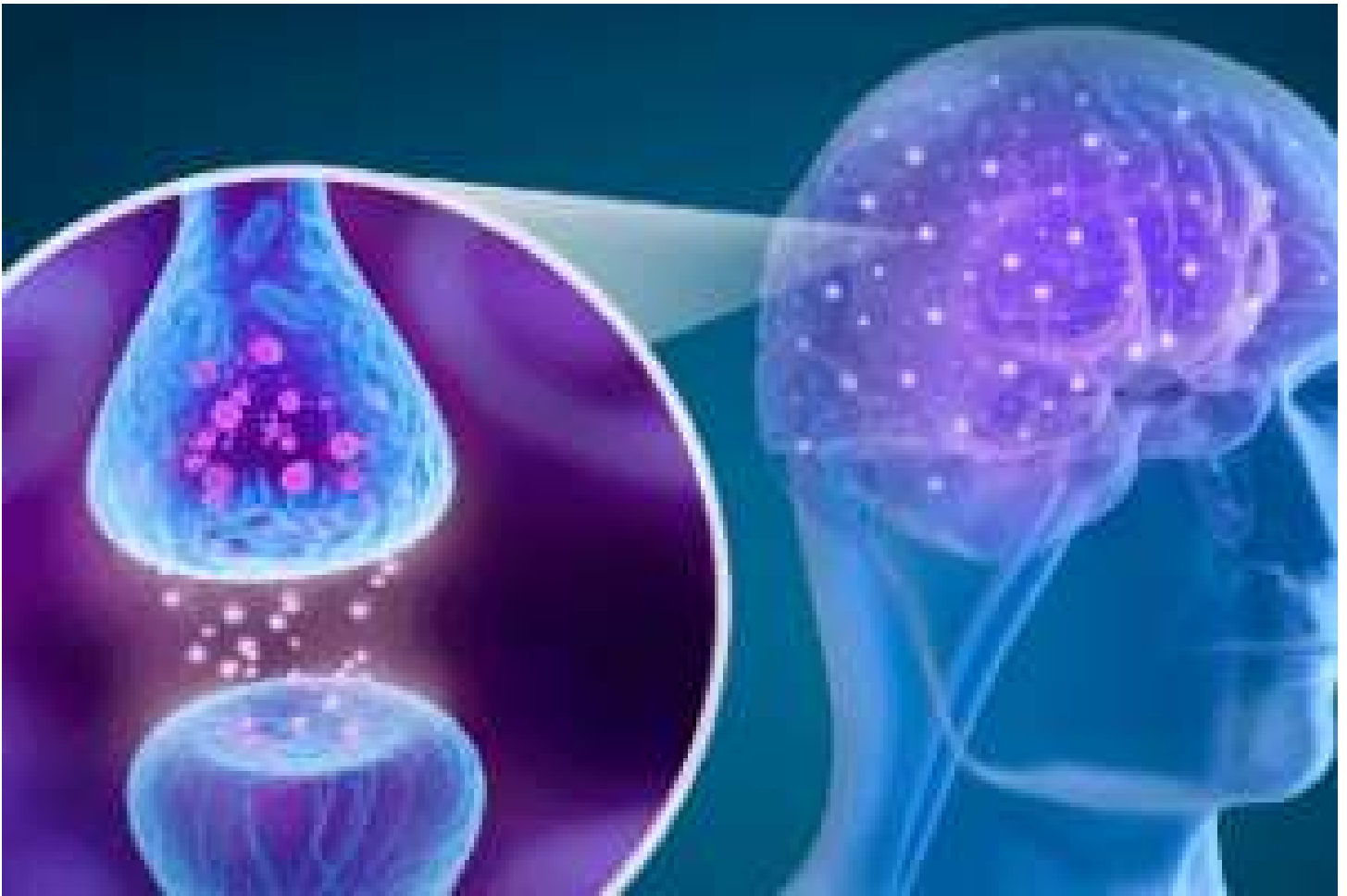
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## What Are Drugs and How to Recognize Them

Gives brief descriptions of different types of drugs.

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## How Do Drugs Affect the Brain

Briefly describes how more than 15 different types of drugs affect the teen brain.

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## Alcohol

Teen drinking can put teens' health and safety at risk. Find out how drinking can affect brain development and put teens at risk for alcoholism in the future.

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## Bath Salts

Use of “bath salts” can cause severe intoxication (a person seems very drunk or “out of it”) and dangerous health effects.

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## Cocaine

Stimulants like cocaine can disrupt how the brain's dopamine system works, reducing a person's ability to feel pleasure from normal, everyday activities.

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## Cough and Cold Medicines

Did you know you can overdose on cough medicine ('tussin', 'lean')? Learn about the health effects of using cough medicine & what to do if someone you know needs help.

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## Heroin

Heroin is a very addictive drug made from morphine, a psychoactive (mind-altering) substance taken from the resin of the seed pod of the opium poppy plant.

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## Inhalants

Chemicals found in these products can change the way the brain works and cause other problems in the body.

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## Marijuana

THC can affect decision making, concentration, and memory for days after use, especially in people who use regularly.

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## MDMA (Ecstasy or Molly)

MDMA can cause problems with the body's ability to control temperature, especially when it is used in active, hot settings (like dance parties or concerts).

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## Methamphetamine (Meth)

Meth can have dangerous effects like raising heart rate and blood pressure, and use can lead to addiction.

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## Prescription Drugs

Prescription drug misuse has become a large public health problem, because misuse can lead to addiction, and even overdose deaths.

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## Prescription Depressant Medications

Depressants should not be combined with any medicine or substance that causes sleepiness. If combined, they can slow both the heart rate and breathing.

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## Prescription Stimulant Medications (Amphetamines)

Taking high doses of a stimulant can raise a person's body temperature and blood pressure to dangerous levels and make the heart beat irregularly.

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## Prescription Pain Medications (Opioids)

Mixing prescription opioid medications with alcohol can cause a dangerous slowing of the heart rate and breathing.

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## Salvia

Researchers are studying salvia to learn exactly how it acts in the brain to produce its effects.

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## Spice

Spice can have unpredictable and dangerous health effects.

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## Steroids, Anabolic

People who misuse anabolic steroids can experience many effects, some of which are serious.

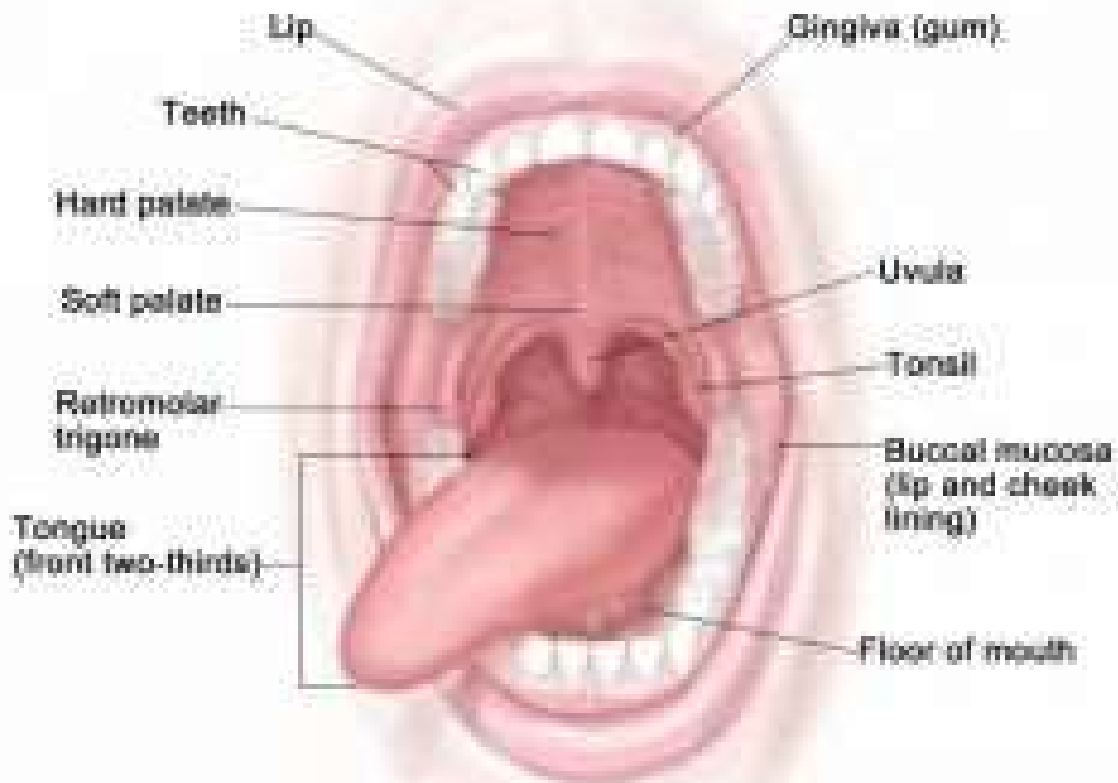
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## **Tobacco, Nicotine, & Vaping (E-Cigarettes)**

Tobacco use is the leading preventable cause of disease, disability, and death in the United States.

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## Drug Use and Your Mouth

Drug use can affect your teeth, gums and tongue. Learn more about what damage your dentist can see.

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## **Viral Infections (HIV, Hepatitis) and Drug Use**

Drug use can increase a person's risk for getting a viral infection, like HIV or hepatitis.

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## **Past Chat Day Transcripts**

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