



NATIONAL  
**DRUG & ALCOHOL**  
FACTS WEEK

SHATTER THE MYTHS

HELP TEENS  
**SHATTER  
THE MYTHS**  
ABOUT DRUGS & ALCOHOL

**JANUARY 23–29, 2017**

**[teens.drugabuse.gov/ndafw](https://teens.drugabuse.gov/ndafw)**



National Institutes of Health  
*Turning Discovery Into Health*

# MAKE NATIONAL DRUG & ALCOHOL FACTS WEEK A PART OF YOUR COMMUNITY

## WHAT IS

## **NATIONAL DRUG & ALCOHOL FACTS WEEK®?**

The National Institute on Drug Abuse (NIDA) has joined forces with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) to shatter the myths about teen substance use!

These two scientific centers at the NIH are partners in the week-long annual observance that brings together teens and scientific experts for an honest conversation about substance use. **Join us January 23–29, 2017!**



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### 2016 NATIONAL DRUG & ALCOHOL IQ CHALLENGE

**Test your knowledge by taking the interactive National Drug & Alcohol IQ Challenge quiz!**

There are 10 questions and 2 Brainiac questions. Quiz will take approximately 10 minutes.

**Good luck!**

Note: If you choose to not complete the quiz you will need to start from the beginning.

[Get Started!](#)

The online *National Drug and Alcohol IQ Challenge* is a 12-question multiple choice quiz that teens and adults can take to test their knowledge about drugs. Past-year challenges can be found at **[teens.drugabuse.gov/2016IQChallenge](https://teens.drugabuse.gov/2016IQChallenge)**. The 2017 challenge will be posted in late 2016.

# HOLD AN EDUCATIONAL EVENT OR ACTIVITY

- ➔ Invite a scientific expert to speak to teens.
- ➔ Organize contests.
- ➔ Coordinate a community 5K or 10K NDAFW walk.
- ➔ Invite professional athletes, entertainers, and politicians to events.
- ➔ Team up with us on Facebook, Twitter, and LinkedIn.
- ➔ Share drug facts through posters, videos, and morning announcements in schools.
- ➔ Host interactive assemblies and presentations.
- ➔ Get an official proclamation from community leaders.
- ➔ Check our online toolkits for more ideas.



Order or  
download our  
popular booklet  
***Drugs: Shatter  
the Myths.***

## QUESTIONS?

Email us at [drugfacts@nida.nih.gov](mailto:drugfacts@nida.nih.gov)

[teens.drugabuse.gov/ndafw](https://teens.drugabuse.gov/ndafw)

# DRUGS + YOUR BODY

Click below to find out how drugs affect the body — **It Isn't Pretty!**



BRAIN

SKIN

LUNGS

MOUTH

HEART

DEATH



The interactive version of the popular poster *Drugs + Your Body: It Isn't Pretty* highlights the effects drugs have on the teen body. It was created in partnership with Scholastic. Order it for free at [scholastic.com/drugs-and-your-body/](https://www.scholastic.com/drugs-and-your-body/)

CHOOSE YOUR PATH

TELL MARIO YES.

TELL MARIO NO.

*Choose Your Path* interactive videos encourage students to make decisions about the abuse of prescription drugs using scenarios from their everyday lives. Check it out at [teens.drugabuse.gov/videos](https://teens.drugabuse.gov/videos)





Teens and volunteers share information about drugs and addiction during NDAFW. Event sponsored by Family & Friends United, Inc., and the Orange County Drug Free Coalition during Parent Academy. Orlando, FL, Jan. 2016



Teens from Marathon Middle School show off their FREE science-based resources during NDAFW. Marathon, FL, Jan. 2016



Georgia teens and volunteers want to SHATTER THE MYTHS of drugs and alcohol. GUIDE, Inc., held two events for NDAFW. Lawrenceville, GA (Gwinnett County), Jan. 2016



Drug Facts Game Night was organized by the staff of Montgomery County, OH, Juvenile Drug Court and Reclaiming Futures. The night was hosted by the Honorable Anthony Capizzi and 24 Drug Court youth attended the event. Jan. 2016

# DON'T FORGET

# DRUGS & ALCOHOL

## CHAT DAY



## ON JANUARY 26, 2017

**National Drugs & Alcohol Chat Day** is an annual live online chat held between high school students and National Institutes of Health (NIH) scientists during National Drug & Alcohol Facts Week® (NDAFW). Students from around the country ask questions about drugs and drug abuse, including drug effects, how to help friends or family who are abusing drugs, and what causes addiction. Our expert scientists give them the facts.

You can search any previous Chat Day transcripts by school name, drug type, or scientist name at [teens.drugabuse.gov/2016chat](http://teens.drugabuse.gov/2016chat)

Space is limited, so register early. Teachers can register classes at

[drugabuse.gov/chat/](http://drugabuse.gov/chat/)



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