Too Smart to Start

Be too smart to start. Know the facts.

* Teens who use tobacco for more than a year have more than an 80% chance of becoming dependent on it.
* People who begin drinking before age 15 are four times more likely to develop alcohol dependence at some time in their lives compared with those who have their first drink at age 20 or older.
* The leading cause of death for teens is car crashes related to alcohol.
* Drinking can lead teens to have unprotected sex. This raises the chance of pregnancy and infection with sexually transmitted infections, such as herpes, chlamydia, and HIV.
* Marijuana can hinder memory, problem-solving, and learning. It can also cause mood swings, anxiety, and depression.
* Meth can cause seizures; stroke; serious mental problems, including paranoia, hallucinations, and delusions; and long-term health problems.
* Alcohol use interacts with conditions such as depression and stress to contribute to suicide, the third leading cause of death among people between the ages of 14 and 25.
* Research suggests that alcohol use by the offender, the victim or both, increase the likelihood of sexual assault by a male acquaintance.
* The younger a person is when they begin drinking, the more likely they are to develop a problem with alcohol.
* Drinking in excess can lead to the use of other drugs, like marijuana, cocaine, or heroin.

Facts taken from:

http://www.emedicinehealth.com/teen\_alcohol\_and\_drug\_abuse-health/page3\_em.htm

http://teendrugabuse.us/health-effects-of-teen-alcohol-use/

Mavericks Don’t Start.

Be a Maverick!