



THE CONSEQUENCES OF SUBSTANCE USE

NAME: _____ DATE: _____

Underage and illegal substance use can have lasting consequences. From academic and legal consequences, substance use can not only impact you physically, but can impact your future.

HOW DO YOU SEE YOUR FUTURE?

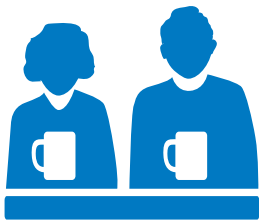
When you imagine the future, what do you picture? Do you picture college, a career, a family?

Talk with your students about potential ideas for their future. What career do they want to pursue? Will they need to go to trade or tech school or college in order to pursue that career?

What other paths could they consider for the future?

After learning about the long-term effects of substance use, in what ways do you think underage and illegal substance use could change the future you picture?

Talk with your students about how substance use can impact admission to colleges, hiring with employers and legal and financial impact of alcohol and other drugs.



DID YOU KNOW?

IN 2019, 58.5% OF 12TH GRADERS, 43% OF 10TH GRADERS, AND 24.5% OF 8TH GRADERS REPORTED CONSUMING ALCOHOL IN THEIR LIFETIMES.

WHAT ARE RISKS OF DRINKING BEFORE YOU'RE 21?

Increased likelihood of developing a substance use disorder.

Impact on academic and sports performance.

Permanent liver damage or cirrhosis of the liver.

Nervous system damage.

Shrinking of muscles and muscle cramps.

Memory loss, anxiety and depression.

Talk with your students about other risks and impacts of substance use before 21 that are not necessarily related to the body and the brain.

THE CONSEQUENCES OF SUBSTANCE USE

WHAT DOES THE LAW SAY?



It is illegal for anyone younger than 21 to purchase,
possess, or drink alcohol.

If found in violation of this law, you may face the following penalties:
fining of up to \$2,500

loss of driving privileges

community service hours or even jail time

EFFECTS OF NICOTINE USE

On the blanks beside the images below, write whether the effect is a short-term or long-term effect of nicotine use.



Increased risk of stroke and
blood restriction

long-term effect



Increased alertness

short-term effect



Irregular and disturbed sleep

short-term effect



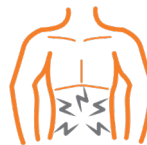
Problems with the heart
and arteries

long-term effect



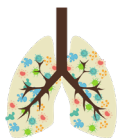
Dizziness and lightheadedness

short-term effect



Indigestion, peptic ulcers,
diarrhea and heartburn

long-term effect



Cancer

long-term effect



Increased breathing activity

short-term effect



Increased heart rate
and blood pressure

short-term effect



Increased clotting tendency

long-term effect