



### Cape Assist

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### Cape May County

#### Healthy Community Coalition

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## PSA Topic: Why I Choose to Be Drug-Free

In this PSA, you can talk about what's important to you and what helps you stay on the right path. You can explore how having goals and working toward achieving them plays a big role in making good decisions.

Knowing the harmful effects of drugs and alcohol helps people make good decisions. So, we are providing you with some information on that.

- Drugs affect children and adolescents in a much more negative way than adults. It is because the brain of a young person is not fully developed until the age of 25 years old.
- All drugs will affect a person's judgement, ability to form new memories, learning, reaction time, impulse control, and decision making.

### And here are some other facts:

#### Alcohol

- If you drink alcohol before the age of 15, you are 5 times more likely to be alcohol dependent than someone who waited until the drinking legal age of 21.
- Drinking 5 alcoholic beverages in one night can affect your thinking ability for up to 3 days.
- Research shows teens that drink score lower on tests than teens that do not and are more likely to perform poorly at school.
- About 1,900 people under 21 die every year from car crashes involving underage drinking. Drinking and driving is not safe at any speed.
- Alcohol consumption decreases speed, endurance, strength, and concentration; all key factors in the success of an athlete.
- One time getting drunk equals 14 days of lost training effects (for sports). Your individual decision to drink alcohol would affect the entire team.

#### THC / Marijuana

- Marijuana is a mind-altering (psychoactive) drug produced by the Cannabis Sativa plant. THC is the main chemical ingredient that produces the psychoactive effect.
- Marijuana is highly addictive. 1 in 6 youth marijuana users become addicted.
- Marijuana changes brain structure. It also lowers a person's IQ if they smoke it regularly in their teen years.
- Marijuana is linked to school failure. Students who smoke marijuana tend to get lower grades and are more likely to drop out of school.
- Drivers testing positive for marijuana are over 2 times more likely to be involved in a crash.