

Let's Talk

Substances, Stress and Social Media

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Substances Used Most



Alcohol



Marijuana



Nicotine



Fentanyl

Alcohol

**1 out of 3 Tried
Alcohol by age 16**



**1 in 4 Car Crashes
with teens
involved **underage
drinking****



**Car crashes leading
cause of death for
teenagers**



Underage drinking is **NOT
a rite of passage, a phase,
or something we can
ignore**



Marijuana

The evolution



THC Delivery



Psychosis, Addiction, Chronic Vomiting: As Weed Becomes More Potent, Teens Are Getting Sick

With THC levels close to 100 percent, today's cannabis products are making some teenagers highly dependent and dangerously ill.

 Give this article    2.8K



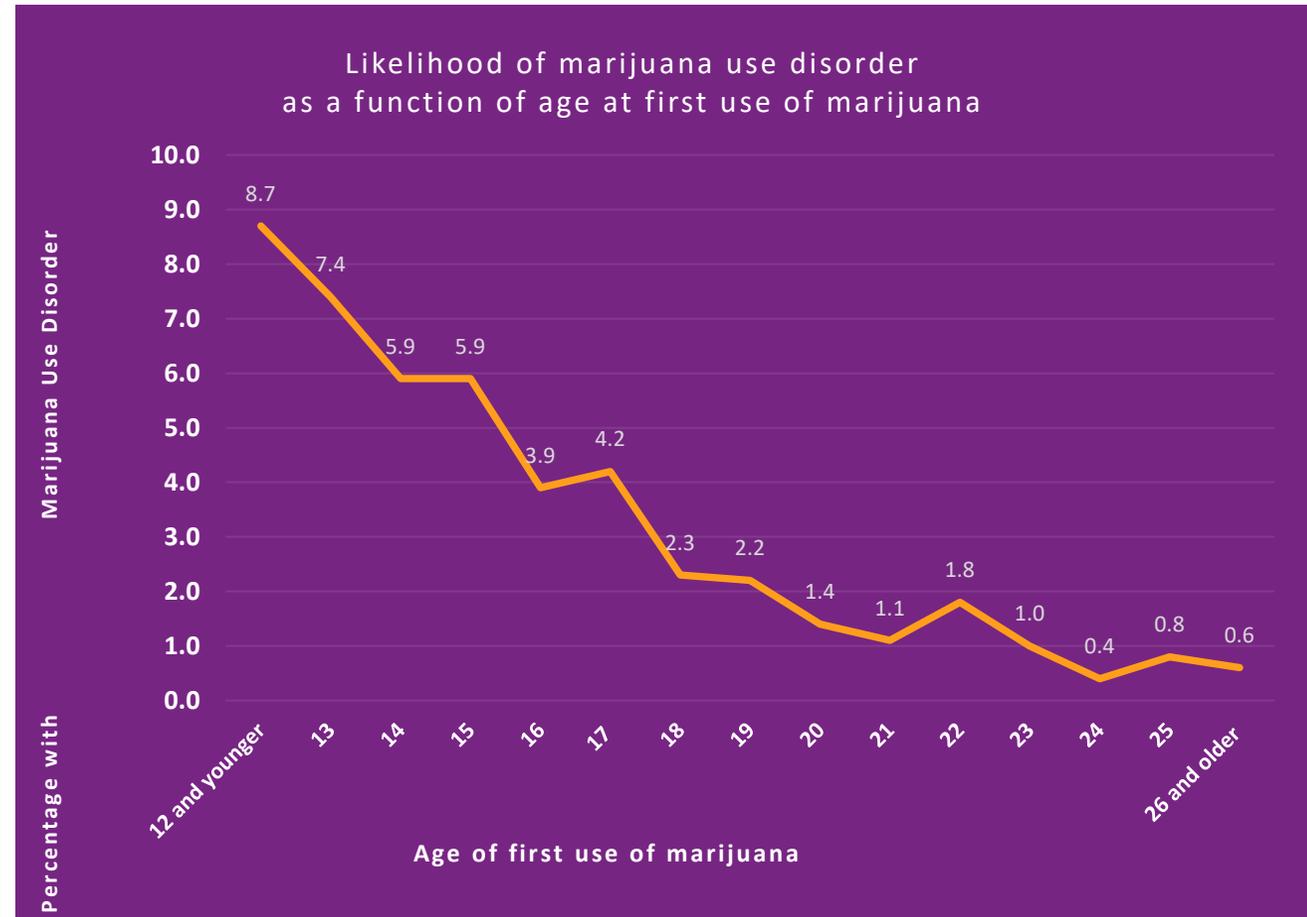
Lifetime Outcomes

- Lower life satisfaction
- Poorer mental health
- Poorer physical health
- Relationship problems
- **Less academic and career success**

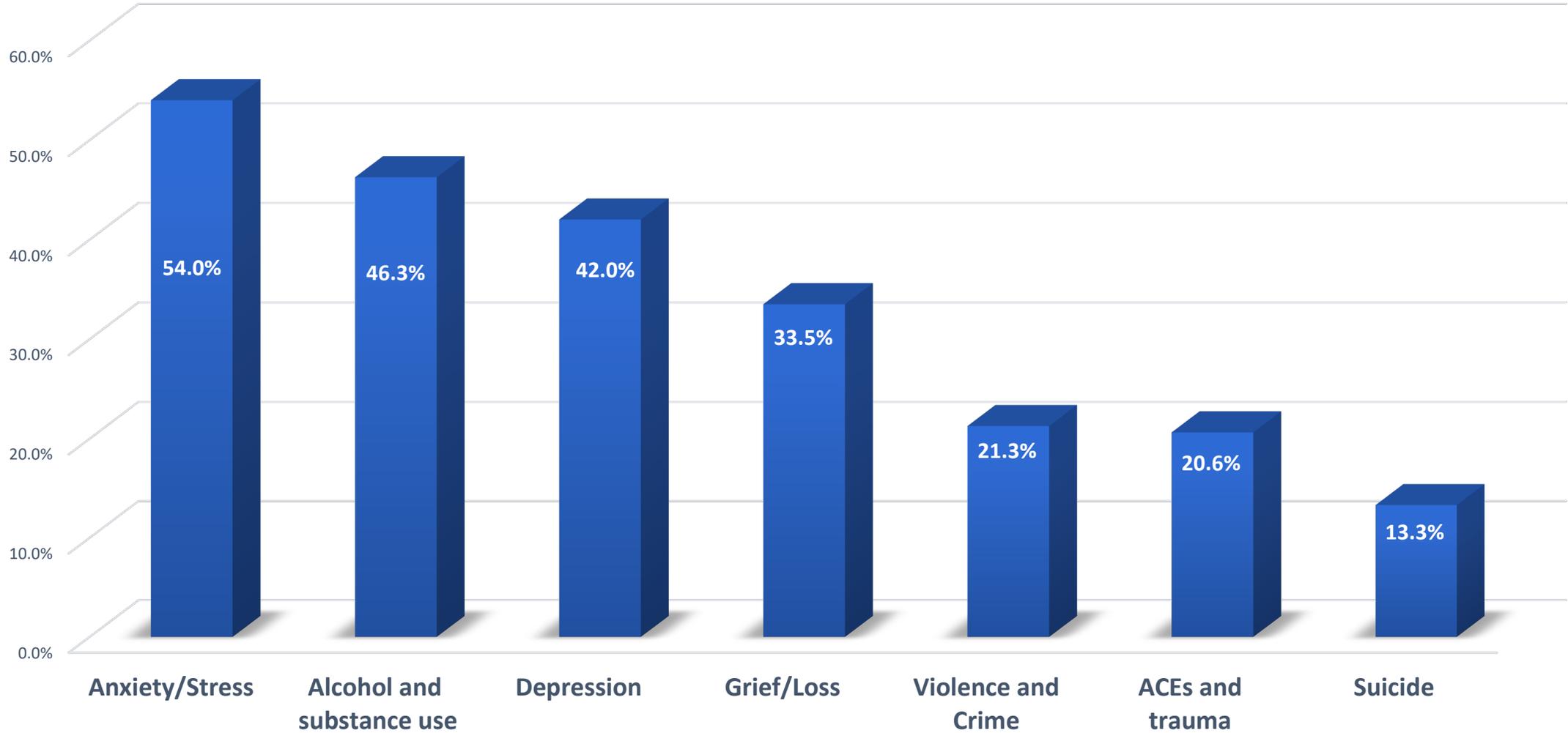


Early use increases the risk of addiction

- Individuals in late adolescence and early adulthood who use marijuana are at the highest risk of developing a marijuana use disorder, or addiction
- People who begin use before age 18 are 4-7 times more likely to develop a marijuana use disorder than those who begin using in adulthood



Issues Impacting the Community



Marijuana, Mental Health and Stress

- Some young people think marijuana will help relieve feelings of depression, anxiety or stress
- Marijuana trains the brain to depend on it to feel better in stressful situations
- Becomes a go-to coping mechanism
- Heavy, long-term use is associated with social anxiety disorder, an increased risk for schizophrenia, worsening symptoms of bipolar disorder, and suicidal thoughts*



Healthy Coping

- What's your go to in times of stress or trouble?
 - Music
 - Sports
 - Apps on your phone like Calm
 - Friends
 - Art
 - Writing
- Make sure you have downtime to rejuvenate
- Have a healthy definition of “success.” Know that you are loved for who you are, not only for how well you perform
- Toxic Stress = Dr.’s visit



VAPING BASICS

E-cigarettes = Vaping

YOU MUST BE

21

OR

OLDER

TO PURCHASE
TOBACCO
PRODUCTS

THIS IS
OUR
WATCH

WE LID. TOBACCO PURCHASES



FDA

CENTER FOR TOBACCO PRODUCTS

8E-32

1 Pack of Cigarettes
≈20 mg of nicotine



=20
CIGARETTES



1 JUUL pod
≈41.3 mg of nicotine



≈41
CIGARETTES



Elf Bar
≈50 mg of nicotine



≈50
CIGARETTES



MNGO Stick
≈60 mg of nicotine



≈60
CIGARETTES



THIS IS HOW THE TOBACCO INDUSTRY IS GOING TO REPLACE OLDER SMOKERS



- 90% of adult smokers began smoking before age 18
- 95% of those with nicotine addiction began smoking before age 21



KNOW THE SIGNS OF VAPING AND ADDICTION.

Sometimes it is hard to tell if a teen is using e-cigarettes. Vaping is easier to hide than smoking cigarettes. Vapes do not smell like cigarette smoke or cause fingernails to change color. Also, vapes can look like everyday objects, such as a smartwatch, asthma inhaler, or flash drive. Knowing the signs and symptoms of vaping and addiction can help you see when a teen needs help.



Signs of vaping:

- New behaviors, such as secrecy or anger
- Change in school performance
- Dry cough or increased wheezing



Symptoms of nicotine addiction:

- Needing to vape after waking up in the morning
- Feeling anxious or irritable due to cravings
- Vaping without thinking about it
- Having trouble concentrating or sleeping
- Thinking about vaping throughout the day
- Vaping after learning the health risks

“They make it seem like there is a way out of addiction.” – Chase, teen



HOME / ABOUT TRUTH / COLLABORATION

JOIN THIS IS QUITTING

Quitting vaping isn't easy. But you're not in it alone.

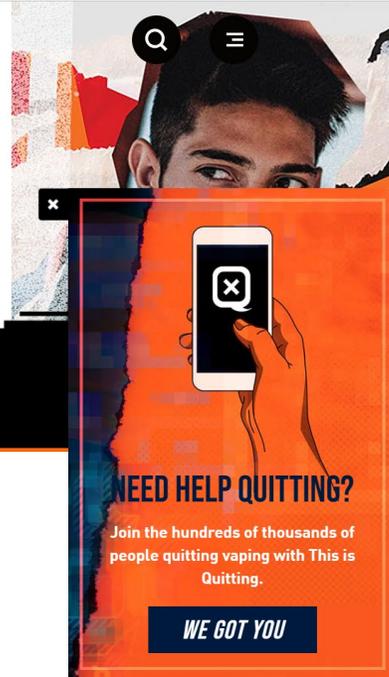
READY TO QUIT? JOIN THIS IS QUITTING TODAY

Mobile Phone *

123.456.7890

Join

By clicking SUBMIT, I agree I'm cool with receiving emails and texts from truth and agree to the [Terms & Conditions](#). Text STOP to opt-out. Expect 4 msgs/mo. No purchase necessary. Msg & Data Rates May Apply.



TEXT
DITCHVAPE
88709

Search – This is Quitting

The Rise of Fentanyl in Arizona



**Substance Abuse
Coalition Leaders
of Arizona**

Fentanyl is Here with Deadly Consequences

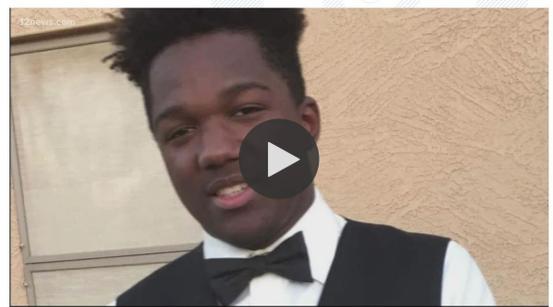
95% of overdose deaths in young people 17 and under caused by fentanyl poisoning.



Most common form of illegal fentanyl



CRIME
Family who lost son to fentanyl demanding accountability from Snapchat
Drug dealers have used the platform to find potential new customers.



Dallas Morning News + Follow

How is fentanyl bought, sold and trafficked on social media and messaging apps?

Story by Alfredo Corchado, Kevin Krause, The Dallas Morning News • Apr 10

Two Mexican criminal groups that have cornered the deadly [fentanyl](#) market have done so largely with ingenuity and the latest technology, say current and former Mexican and U.S. law enforcement authorities.

The Sinaloa and Jalisco cartels have evolved into high-tech geeks, relying on savvy business skills, encrypted communication and social media to recruit dealers to peddle their drugs [across the border and into North Texas](#). Here's what to know.

How do the cartels use messaging apps?

Dallas has some gang distributors but also a number of "freelancers" who are in Texas for several months at a time, said Eduardo Chávez, special agent in charge of the Dallas Field Division of the Drug Enforcement Administration. They lay low and are in contact with Mexican suppliers, taking direct instructions in real time, using encrypted messaging apps like Signal, he said.

How common is the use of social media for fentanyl trafficking across the U.S.?

The Justice Department said in a September 2022 news release that about 130 DEA fentanyl trafficking investigations involved sales of the pills on social media platforms like Snapchat, Facebook Messenger, Instagram and TikTok.

In a February hearing, DEA Administrator Anne Milgram addressed the Senate Foreign Relations Committee about the use of social media in fentanyl sales.

"Drugs manufactured by the Sinaloa Cartel and the Jalisco Cartel often end up being marketed by dealers using social media platforms to relentlessly expand their business and deceptively sell fake prescription pills directly to young people and teenagers," Milgram said during her testimony.

Drug traffickers are known to use multiple social media platforms simultaneously, she added during the hearing on fentanyl trafficking. She said social media companies are "not doing nearly enough" and need to be held accountable.

"We view social media right now as the superhighway of drugs," Milgram told the committee. "Today the cartels understand that if someone dies from taking their deadly fentanyl, that there are 100 million other users on Snapchat that they can sell their drugs to."

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IMPORTANT TO KNOW



- Don't let drug and alcohol use change or control your plans for the future
- You respect yourself and want to make decisions that are best for you. Drugs and alcohol can affect your ability to drive, to do school work, and to participate in sports and other activities.
- Using drugs or alcohol changes parts of your brain that impact how you think and act. The more you use them, the harder it can be to stop even if you want to.
- Fentanyl is a drug being offered online that looks like a real prescription drug. It's fake and can kill you with just one pill. **Only** take pills prescribed to you by a doctor that come from a pharmacy.

THANK YOU