



BRIGHT FUTURES

*Teen Guide to
Substance Safety*



@crimestoppersofhouston

WHAT IS THIS RESOURCE?

'Bright Futures' is a reliable and user-friendly source of knowledge designed to raise awareness about substance use and safety, specifically tailored for students.

Purpose:

- Provide comprehensive information that empowers students to make informed choices in a world where peer pressure and curiosity often intersects with risky behavior.
- Foster a culture of responsible decision-making, prioritize students' well-being, and protect their futures.

WHY DOES IT MATTER?

Substance use prevention for students is of paramount importance because it safeguards their health, well-being, and empowers them with the skills to make informed decisions.

- In adolescence, substance use can derail crucial brain development, leading to cognitive and emotional impairments.
- Substance use can hinder academic success, disrupt relationships, and cause legal troubles, preventing teens from achieving their full potential.
- Education and awareness help provide students with skills and tools to navigating a bright and healthy future.

THE INTERNET'S IMPACT

Social media significantly influences how students perceive drug and alcohol use. Influencers and everyday students often use platforms like Instagram, TikTok, and Snapchat to discuss substances, showcase drug paraphernalia, and post pictures of drug use. As teenagers, it's easy to be influenced or desensitized by what they see online. Social pressure can feel overwhelming, especially when risky behaviors are normalized online and then reflected in real-life situations at school.



EMOJI CODE

Exposure to drugs and alcohol on social media has become more common, often using emojis to discuss these topics. It's important for students to recognize these emojis so they can report suspicious activity or avoid potentially illegal or harmful conversations.



Vape



Drug Deal Advertising



Marijuana



"Plug"/Dealer



Cocaine



Very Intoxicated



Molly (MDMA)



A Large Amount of Drugs



Prescription Pills



Hallucinogens

VAPING

Vaping is inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or a juul, which is a small e-cigarette that looks like a USB.

Are there health risks related to vaping?

- May affect your ability to participate in daily activities, such as sports, playing an instrument or ability to pay attention in class.
- Vaping is linked to poor dental health like gum disease, which is generally irreversible after the first stage of gingivitis.
- Nicotine is highly addicting – causes nausea, fever, increased heart rate, elevated blood pressure, headaches + shortness of breath.
- **Brain Development** – the brain is not fully developed until age 25, vaping harms this process.



Trends

- Flavors often entice youth and although tempting, it is never certain what is truly in a vape pod due to the black market. THC or Fentanyl could be present without the user's knowledge.
- Vaping leaves more consequences than benefits and is an unsafe trend to follow.

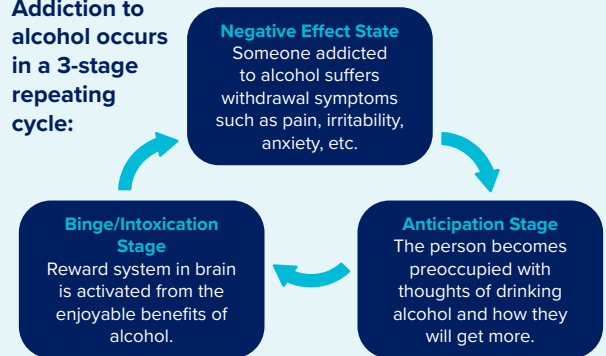
In Texas, individuals must be 21 to buy, consume or distribute vapes.

ALCOHOL

Alcohol has powerful effects on the brain that create temporary enjoyable feelings, which can create an urge to drink more, despite numerous risks. Alcohol use, even in small amounts, can lead to risky decision making one wouldn't consider while sober.

- **Short-Term Health Effects:** alcohol poisoning, vomiting, slurred speech, lack of restraint and coordination, violence, and self-injurious behaviors.
- **Long-Term Health Effects:** high blood pressure, heart disease, stroke, liver disease, digestive problems, weakened immune system, memory problems, depression, and anxiety. Earlier the use begins, the earlier these long-term effects may appear.

Addiction to alcohol occurs in a 3-stage repeating cycle:



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MARIJUANA

Marijuana, also known as cannabis, is a plant that people have used for thousands of years for various purposes. It contains chemical compounds, including THC (tetrahydrocannabinol).

Marijuana can have various side effects, both short-term and long-term, depending on factors such as the dose, frequency of use, method of consumption, and individual differences in sensitivity. The severity and nature of these side effects can be dangerous.

Short-Term Side Effects

- **Impaired Coordination:** Users may experience changes in their perception of time, space, and senses, impacting driving or operating heavy machinery. Colors may seem more vibrant and sounds more intense.
- **Anxiety and Paranoia:** Some individuals may experience increased anxiety, paranoia, or panic attacks.

Long-Term Side Effects

- **Withdrawal Symptoms:** Those who use marijuana regularly may experience withdrawal symptoms when they try to quit, including irritability, insomnia, loss of appetite, and mood swings.
- **Respiratory Issues:** Smoking marijuana can lead to lung problems like those associated with smoking tobacco, including chronic bronchitis and lung infections.

FENTANYL

Fentanyl is a powerful synthetic opioid that is up to 50x stronger than heroin and 100x stronger than morphine. Just 2 milligrams of fentanyl, equal to mere grains of table salt, is considered a lethal dose.

Where has it been found?

- Heroin ● Cocaine
- Fake pills that are made to look like prescription pills such as: Xanax, Percocet, Opioids Vicodin, Oxycodone, Adderall

What's the harm?

- DEA lab testing reveals that 7 out of every 10 pills contains a potentially lethal dose of fentanyl.
- 99% of fentanyl overdoses are accidental.
- Drug dealers are selling fentanyl-laced drugs and pills to students without their knowledge, aiming to create addiction and boost profits, despite the high risk of overdose.

What can YOU do about it?

- Recognize the signs of an overdose: Small “pinpoint” pupils, face is pale and feels cold or clammy, limp body, fingernails or lips have a blue or purple color, vomiting/gurgling noises, cannot be awakened or unable to speak.
- Purchase and learn how to utilize Naloxone.
- Become certified in CPR/rescue breathing.



Tip Line

To report crime on campus or violations of the student code of conduct call **713-222-TIPS(8477)** or use mobile app. Tipsters are eligible for a cash reward up to \$5,000.

Legal Section

Drug crimes can be misdemeanors or felonies.

- **Vaping** - Class C Misdemeanor punishable by a fine of up to \$100 and attendance of an e-cigarette and tobacco awareness program.
- **Marijuana** - a first-time offender under the age of 18 may be ordered to attend a drug diversion program rather than be forced to serve a jail sentence. During this mandatory treatment program, the minor will be placed on probation and regularly drug tested.
- **Alcohol** - Minors who lie about their age, attempt to buy alcohol, who possess alcohol, or who drink alcoholic beverages, as well as those who are underage and are intoxicated in public will be charged criminally with a Class C misdemeanor.



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