

street

smart

prevention

Working together toward a
drug-free community.

Tampa Bay
Times
NIE
newspaper in education
tampabay.com/nie


HCADA
Hillsborough County Anti Drug Alliance





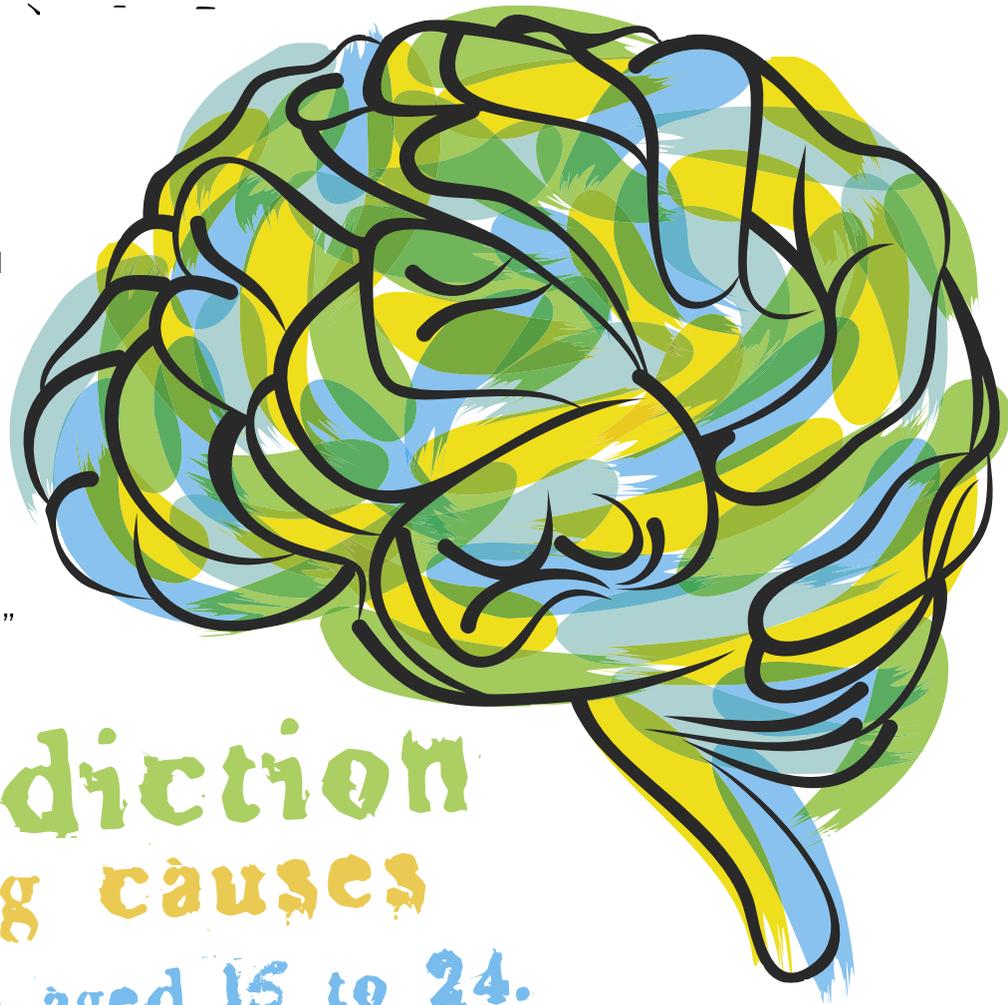
Did you know?

Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling medical experts to respond more effectively to the problem. As a result of scientific research, scientists know that addiction is a disease that affects both brain and behavior.

Says U.S. Surgeon General Vivek H. Murthy, "Facing Addiction in America," the agency's first-ever report on Alcohol, Drugs, and Health "aims to shift the way our society thinks about substance misuse and substance use disorders while defining actions we can take to prevent and treat these conditions."

According to the Centers for Disease Control and Prevention,

behavioral health
problems related to **addiction**
continue to be **the leading causes**
of death for those aged 15 to 24.



This Tampa Bay Times Newspaper in Education publication, created in partnership with the Hillsborough County Anti Drug Alliance (HCADA) focuses on educating young people and the adults in their lives about substance abuse prevention. We hope this publication will serve as a discussion tool for parents, teachers, community members and youth.



Going beyond the text

JOURNALING TO SELF-AWARENESS

Keeping a journal or writing a blog is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? In your journal, record your general thoughts and feelings as well as your thoughts about articles you read in the *Tampa Bay Times*. To begin your journal, write about something that you have read in the *Times* that directly affects, influences or impacts your life. Continue journaling by recording the daily happenings in your life.

Promoting healing communities



Let's face facts. The misuse and abuse of alcohol, over-the-counter medications, illicit drugs and tobacco affect the health and well-being of millions of Americans. Not only does misuse of these substances affect the users, but it also affects their families, neighbors and the rest of our communities.

HCADA knows this and works with community partners to promote healthy communities. In existence since 1989, HCADA is active in the community and is supportive of law enforcement, the court system, prevention agencies and substance abuse treatment providers. Work through HCADA task forces includes addressing alcohol issues on college campuses; supporting the Prescription Drug Monitoring Program; preventing underage drinking and impaired driving; supporting responsible vendor training regarding alcohol and "safe rides" programs; working in the areas of smoking prevention, cessation, second-hand smoke, smoking effects on pets, smoking in multi-unit housing, retail sales to minors, and support for Students Working Against Tobacco (SWAT) and Youth Making A Difference (YMAD) clubs in middle and high

schools, reaching more than 3,000 students during the school year; educating legislators and providing volunteers to assist the Drug Enforcement Agency (DEA) during its Drug Take Back Days.

HCADA offers open membership and participation to all interested individuals and continues to provide a public forum for sharing information and new ideas. For more information about the coalition, check out its website at hcada.com or call **813.238.4034**.

Get involved

- Teachers, parents and teens can support HCADA's youth through:
 - Youth Making A Difference (YMAD)
 - Students Working Against Tobacco (SWAT) clubs.
- Marijuana Task Force:
hcada.com/marijuana-task-force
- Prescription Drug Abuse Task Force:
hcada.com/prescription-drug-task-force
- Tampa Alcohol Coalition:
hcada.com/tampa-alcohol-coalition
- Tobacco-free Partnership:
hcada.com/tobacco-free-partnership

COMMUNITY EDUCATION

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational resources – a "living textbook."

Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

Since the mid-1970s, NIE has provided schools with class sets of the daily newspaper plus award-winning original curriculum supplements, teacher guides, lesson plans, educator workshops and many more resources at no cost to schools, teachers or families. Each year, more than 5 million newspapers and electronic licenses are provided to Tampa Bay teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors.

NIE teaching materials cover a variety of subjects and are correlated to the Florida Standards. For more information about NIE, visit tampabay.com/nie, call 800-333-7505, ext. 8138 or email ordernie@tampabay.com. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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Credits

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Reading this publication and completing the activities applies to the following Florida Standards for middle and high school.

Health: HE.612.B.3.1; HE.612.B.3.2; HE.612.B.3.3; HE.612.B.4.1; HE.612.B.4.2; HE.612.B.4.3; HE.612.B.4.4; HE.612.B.5.1; HE.612.B.5.2; HE.612.B.5.3; HE.612.B.5.4; HE.612.B.5.5; HE.612.B.6.1; HE.612.B.6.2; HE.612.B.6.3; HE.612.B.6.4; HE.612.B.6.5; HE.612.B.6.6; HE.612.C.1.1; HE.612.C.1.3; HE.612.C.1.4; HE.612.C.1.5; HE.612.C.1.7; HE.612.C.1.8; HE.612.C.2.1; HE.612.C.2.2; HE.612.C.2.3; HE.612.C.2.5; HE.612.C.2.6; HE.612.C.2.7; HE.612.C.2.8; HE.612.C.2.9; HE.612.P.7.1; HE.612.P.7.2; HE.612.P.8.1; HE.612.P.8.2; HE.612.P.8.3; HE.612.P.8.4

Language Arts: LAFS.68.L.1.1; LAFS.68.L.1.2; LAFS.68.L.2.3; LAFS.68.L.3.4; LAFS.68.L.3.5; LAFS.68.L.3.6; LAFS.68.RI.1.1; LAFS.68.RI.1.2; LAFS.68.RI.1.3; LAFS.68.RI.2.4; LAFS.68.RI.2.5; LAFS.68.RI.2.6; LAFS.68.RI.3.7; LAFS.68.RI.3.8; LAFS.68.RI.3.9; LAFS.68.RST.1.1; LAFS.68.RST.1.2; LAFS.68.RST.1.3; LAFS.68.SL.1.1; LAFS.68.SL.1.2; LAFS.68.SL.1.3; LAFS.68.SL.2.4; LAFS.68.SL.2.5; LAFS.68.SL.2.6; LAFS.68.W.1.1; LAFS.68.W.1.2; LAFS.68.W.1.3; LAFS.68.W.2.4; LAFS.68.W.2.5; LAFS.68.W.2.6; LAFS.68.W.3.7; LAFS.68.W.3.8; LAFS.68.W.3.9; LAFS.910.L.1.1; LAFS.910.L.1.2; LAFS.910.L.2.3; LAFS.910.L.3.4; LAFS.910.L.3.5; LAFS.910.L.3.6; LAFS.910.RI.1.1; LAFS.910.RI.1.2; LAFS.910.RI.1.3; LAFS.910.RI.2.4; LAFS.910.RI.2.5; LAFS.910.RI.2.6; LAFS.910.RI.3.7; LAFS.910.RI.3.8; LAFS.910.RI.3.9; LAFS.910.RST.1.1; LAFS.910.RST.1.2; LAFS.910.RST.1.3; LAFS.910.SL.1.1; LAFS.910.SL.1.2; LAFS.910.SL.1.3; LAFS.910.SL.2.4; LAFS.910.SL.2.5; LAFS.910.SL.2.6; LAFS.910.W.1.1; LAFS.910.W.1.2; LAFS.910.W.1.3; LAFS.910.W.2.4; LAFS.910.W.2.5; LAFS.910.W.2.6; LAFS.910.W.3.7; LAFS.910.W.3.8; LAFS.910.W.3.9; LAFS.1112.L.1.1; LAFS.1112.L.1.2; LAFS.1112.L.2.3; LAFS.1112.L.3.4; LAFS.1112.L.3.5; LAFS.1112.L.3.6; LAFS.1112.RI.1.1; LAFS.1112.RI.1.2; LAFS.1112.RI.1.3; LAFS.1112.RI.2.4; LAFS.1112.RI.2.5; LAFS.1112.RI.2.6; LAFS.1112.RI.3.7; LAFS.1112.RI.3.8; LAFS.1112.RI.3.9; LAFS.1112.RST.1.1; LAFS.1112.RST.1.2; LAFS.1112.RST.1.3; LAFS.1112.SL.1.1; LAFS.1112.SL.1.2; LAFS.1112.SL.1.3; LAFS.1112.SL.2.4; LAFS.1112.SL.2.5; LAFS.1112.SL.2.6; LAFS.1112.W.1.1; LAFS.1112.W.1.2; LAFS.1112.W.1.3; LAFS.1112.W.2.4; LAFS.1112.W.2.5; LAFS.1112.W.2.6; LAFS.1112.W.3.7; LAFS.1112.W.3.8; LAFS.1112.W.3.9

The most commonly used drug among Hillsborough County students is **alcohol**.
Drinking heavily for an extended time period can **permanently**
damage the brain, memory, thinking and concentration.



Did you know?

- Between 2006 and 2016
 - The prevalence of past-30-day alcohol use by Florida students declined by nearly 10 percentage points.
 - Binge drinking declined by nearly 6 percentage points among Florida students.
 - Past-30-day cigarette use declined by nearly 7 percentage points for Florida students.
- While the numbers are declining, students across the state are still making risky decisions. The numbers in Hillsborough County mimic the state averages in many categories. In Hillsborough County:
 - 40 percent of middle and high school students claim to have used alcohol.
 - 15.2 percent of high school students have reported blacking out after drinking alcohol.
 - 12 percent of middle and high school students claim to have used cigarettes.
 - 24.8 percent of middle and high school students claim to have used e-cigarettes.
 - 22 percent of middle and high school students claim to have used marijuana.
 - 40.2 percent of high school students reported riding in a vehicle with a driver who was under the influence of alcohol or marijuana.
 - 16.8 percent of high school students reported driving a vehicle while under the influence of alcohol or marijuana.

Source: 2016 Florida Youth Substance Abuse Survey

Good news bad news

So, while middle and high school students are making better choices, there are still some questionable choices being made. According to the Florida Youth Substance Abuse Survey, alcohol continues to be the most commonly used drug among Florida students. Across all seven surveyed grades, more than 39 percent of students reported lifetime use and more than 18 percent reported past-30-day use.

Nearly one in 10 Florida high school students reported one or more occasions of binge drinking (defined as the consumption of five or more drinks in a row) in the last two weeks. Among high school students who drank, more than 22 percent reported consuming five or more drinks per day on the days they drank.

Among high school students, more than 15 percent reported one or more occasions of blacking out after drinking.

Source: 2016 Florida Youth Substance Abuse Survey

Don't be a statistic

- Alcohol plays a role in the deaths of 4,358 young people under age 21 every year.
- In 2011, about 188,000 people under age 21 visited an emergency room for injuries related to drinking alcohol.
- Young people under age 21 who drink are more likely to carry out or be the victim of a physical or sexual assault after drinking than others their age who do not drink.
- Drinking can cause teens to have trouble in school or with the law.
- Teens who drink are more likely to use other drugs than teens who don't.

Source: National Institute on Drug Abuse for Teens

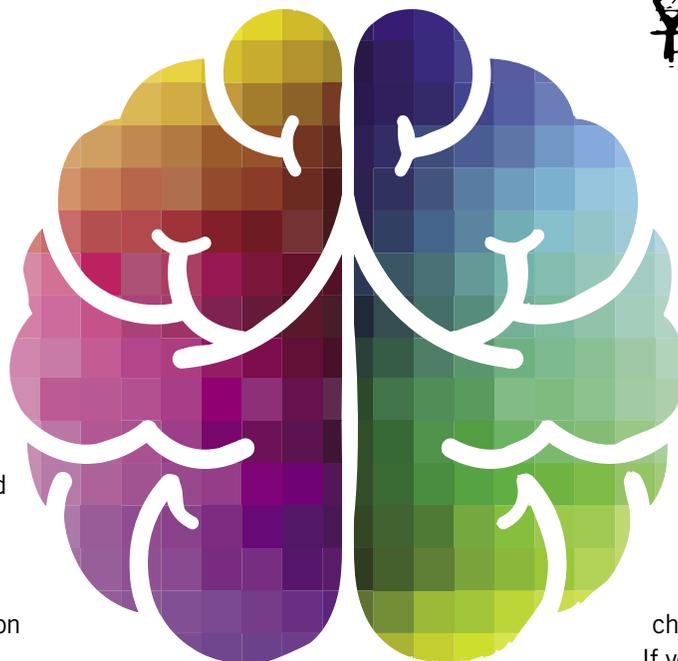
Want to
sign up for
an HCADA
youth club?
Call
813-238-4034

Young brains and alcohol

When teens drink, alcohol affects their brains in the short term, but repeated drinking can also impact those brains down the road, especially as their brains grow and develop. So, the next time someone offers you a shot or beer, think about the risks before you accept.

- An intoxicated person has a harder time making good decisions.
- An intoxicated person is less aware that his or her behavior may be inappropriate or risky, including drinking and driving, sexual activity (like unprotected sex) and aggressive or violent behavior.
- Research shows that drinking during the teen years could interfere with normal brain development and change the brain in ways that have negative effects on information processing and learning.
- There is increased risk of developing an alcohol-use disorder later in life.

Source: *National Institute on Drug Abuse for Teens*



Youth making a difference

Youth Making A Difference (YMAD), a part of the Hillsborough County Anti Drug Alliance, is composed of youth ages 11-22 who are interested in making their voices heard through community service and youth advocacy. The YMAD experience includes training, discussions, personal development, team-building exercises, youth summits, recreational activities, snacks and fun.

YMAD empowers youth through three components: education, skills and action. All three parts are critical to achieve true youth empowerment to impact the community as well as the youth themselves.

YMAD works with various agencies to effect positive changes that benefit youth.

If you are passionate about being part of a positive change in your community, or in the world as a whole, please call YMAD so you can become involved today. Go to <http://hcada.com/ymad> for more information.

KNOWLEDGE IS POWER

Many people think drug addiction, dependence and tolerance are pretty much the same thing. However, each term means something very different regarding how drugs affect a person's body and brain. Learning the difference is important.

Tolerance happens when a person no longer responds to a drug in the way they did at first. So, it takes a higher dose of the drug to achieve the same effect as when the person first used it. This is why people with substance use disorders use more and more of a drug to achieve the "high" they seek.

Dependence means that when a person stops using a drug, their body goes through withdrawal, a group of physical and mental symptoms that can range from mild (if the drug is caffeine) to life-threatening (such as alcohol or opioids, including heroin and prescription pain relievers). Many people who take a prescription medicine every day over a long period of time can become dependent; when they go off the drug, they need to do it gradually to avoid withdrawal discomfort. But people who are dependent on a drug or medicine aren't necessarily addicted.

Unlike tolerance and dependence, addiction is a disease; but like tolerance and dependence, addiction can result from taking drugs or alcohol repeatedly. If a person keeps using a drug and can't stop, despite negative consequences from using the drug, they have an addiction (also called a severe substance use disorder). But again, a person can be dependent on a drug, or have a high tolerance to it, without being addicted to it.

Source: *National Institute on Drug Abuse for Teens*



Going beyond the text

PEER PRESSURE

Young people often encounter peer pressure when they feel pressured to do things that may be harmful to them. However, the Hillsborough County Anti Drug Alliance Youth Empowerment Model has a secret. The staff of HCADA knows the young people in Hillsborough County are an untapped resource in the effort to prevent harm from underage drinking, tobacco and other issues. Look for an article in the *Tampa Bay Times* in which peer pressure may have played a role for an adult or young person. In your journal, write about the peer pressure you perceive in that article and share it with your class.

Next, take notes about the examples of peer pressure you see, read and hear about at your school and in your community during the course of the week. Are all of these examples negative or are some positive? Explore in a formal blog post why it is important for people to be prepared for situations in which they may feel pressured to do something that may have negative effects on their lives. Be sure to use specific examples from the article to support your ideas.

BLOWING SMOKE

Nicotine, in all its forms, is a drug. Stopping use of a drug can be difficult, especially when it is as addictive as nicotine.

On Jan. 11, 1964, Luther L. Terry, M.D., Surgeon General of the United States, released Smoking and Health: Report of the Advisory Committee of the Surgeon General of the Public Health Service. This landmark report, written at the request of President John F. Kennedy, was in response to the evidence on smoking and lung cancer that had been accumulating since the 1950s. Despite decades of warnings on the dangers of smoking, nearly 42 million adults and more than 3.5 million middle and high school students continue to smoke cigarettes.

Each year, for every adult who dies prematurely from a smoking-related cause, more than two youth or young adults become replacement smokers. Although the prevalence of current smoking among high school-

Source: U.S. Department of Health and Human Services; U.S. Surgeon General Report, 2012; Centers for Disease Control and Prevention

aged youth has declined, the total number of youth and young adults who started smoking increased from 1.9 million in 2002 to 2.3 million in 2012.

However, progress has been made in reducing initiation among youth younger than 18 years of age, with the total number of youth who initiated smoking before age 18 declining from 1.5 million in 2009 to 1.2 million in 2012.

Recent surveys monitoring trends in tobacco use indicate that more people are using multiple tobacco products, such as flavored tobacco, chew and vapor cigarette, particularly youth and young adults. The percentage of U.S. middle and high school students who use electronic, or e-cigarettes, more than doubled between 2011 and 2012.

Deadly consequences

Tobacco use, in any form, causes both immediate and long-term damage. One of the most serious health effects is nicotine addiction, which extends tobacco use and can lead to severe health consequences. The younger a person is when he or she starts using tobacco, the more likely that person will become addicted. Health effects from tobacco can be permanent and deadly.

- Early cardiovascular damage is seen in most young smokers.
- Smoking reduces lung function and stunts lung growth.
- Young people are sensitive to nicotine and can feel dependent earlier than adults.
- One third of young people who use tobacco will die prematurely from smoking.
- The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly one of every five deaths, each year in the United States.
- Smoking causes an estimated 90 percent of all lung cancer deaths in men and 80 percent of all lung cancer deaths in women.
- In addition, smoking causes the following cancers: acute myeloid leukemia, bladder cancer, cancer of the cervix, cancer of the esophagus, kidney cancer, cancer of the larynx (voice box), cancer of the oral cavity (mouth), pancreatic cancer, cancer of the pharynx (throat) and stomach cancer.

Sources: U.S. Surgeon General and Centers for Disease Control and Prevention

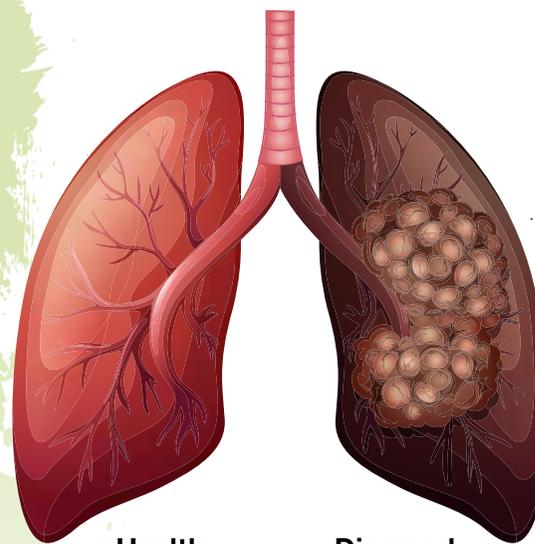


Worldwide, approximately one in seven teenagers ages 13 to 15 smokes. According to Tobacco Free Florida, 25 percent of these teens tried their first cigarette before the age of 10! Why are young people so interested in smoking? The answer is simple: marketing.

Tobacco marketing is prevalent everywhere. From television and movies to radio to magazine ads and billboards. Smoking is promoted at home, at sporting events, arts festivals, music concerts and street events, not to mention prime product placement in stores.

Studies have proved that young people are twice as likely to be influenced by tobacco advertising as adults. Annually, tobacco companies spend hundreds of millions of dollars marketing their products in Florida.

Source: Tobacco Free Florida



Healthy

Diseased

Think about it

Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. Although some people think using e-cigarettes can help them quit smoking, remember these are still addictive and dangerous.

E-cigarettes turn highly addictive nicotine, along with other chemicals, into a vapor that is inhaled by the user. E-cigarettes do not contain tobacco. Instead, there's a mechanism that heats up liquid nicotine, which turns into a vapor that smokers inhale and exhale.





Wicked games

Tobacco marketing is aimed at convincing teens that these tobacco products are the gateway to achieving the power, status and adult independence that they seek. In other words, tobacco companies manipulate the truth. Tobacco companies market social acceptance, success and being cool in one dangerous package.

Like any business, tobacco companies need people to buy their products to make money. Advertising and marketing plans provide opportunities to convince consumers that they “need” specific products. The goal of the marketing game is to convince as many people as possible to buy a company’s products.

One way to understand how the advertising power of the tobacco industry has evolved is to view this slide show of old cigarette ads at cnn.com/2014/01/10/health/gallery/historic-cigarette-ads/. As you review these advertisements, think about how and to whom the products

are being marketed. Next, check out tobacco marketing efforts on the Campaign for Tobacco-free Kids website: tobaccofreekids.org.

Pay special attention to the Ad Gallery page. Based on the ads presented at this site, along with ads you’ve seen in magazines and other publications, whom do you think they are targeting and why? What are your thoughts about these images?

Discuss these images with your class and, in small groups, create a graphic organizer showing the rhetoric being employed by the advertisers.

Write a fully developed comparison essay discussing your ideas. Be sure to use specific examples and image descriptions to support your points.

Going beyond the text

BONUS:

See if any of these forms of rhetoric are used in the ads in the *Tampa Bay Times*.



Going beyond the text

SPEAK NOW

Here’s your chance to speak out against youth smoking. Write a letter to the editor of the *Tampa Bay Times* and your school newspaper explaining your thoughts about youth smoking. Cite the health risks, debunk the myth about smoking being cool, or talk positively about better ways to spend your time and money. Use facts from this publication, as well as the resources noted on these pages.

Wild ones

Young people are important to tobacco companies. Think about it: If more than 1,200 people in the U.S. die every day due to smoking, then new users need to be found so their companies can stay in business. What is the best way to convince young people to try harmful chemicals? Make those chemicals taste good.

New flavored tobacco products are being presented in colorful and playful packaging, and they are backed by strong marketing budgets. Flavored tobacco – berry, orange, cherry, coffee, chocolate, vanilla – appeals to younger audiences. In Florida, one in six kids between the ages of 11 and 17 claims to have tried flavored tobacco. Tobacco industry documents show that companies have designed flavored cigarettes with kids in mind.

Young people often believe that these candy-flavored treats are not addictive and are safer than smoking cigarettes. This is simply not true. The fact is using any kind of tobacco product increases the risk of developing serious health problems.

Source: Centers for Disease Control and Prevention



SWAT

SWAT is Florida’s statewide youth organization working to mobilize, educate and equip Florida youth to revolt against and de-glamorize Big Tobacco. It is a united movement of empowered youth working toward a tobacco-free future through SWAT chapters in schools and communities throughout Hillsborough County. Youth in SWAT are engaged in activities that educate their peers and policy makers about the need to change social norms related to tobacco. Go to hcada.com for more information.

Taking charge of your decisions



What is personal responsibility? What does it look like in society? What does it look like in your life? Simply put, personal responsibility means taking ownership of your life, your actions and your future. It always has been difficult being a teenager, but it seems like today's teens face more challenges than ever before: drug and alcohol use, peer pressure, bullying, gangs, eating disorders, mental health problems – the list seems endless.

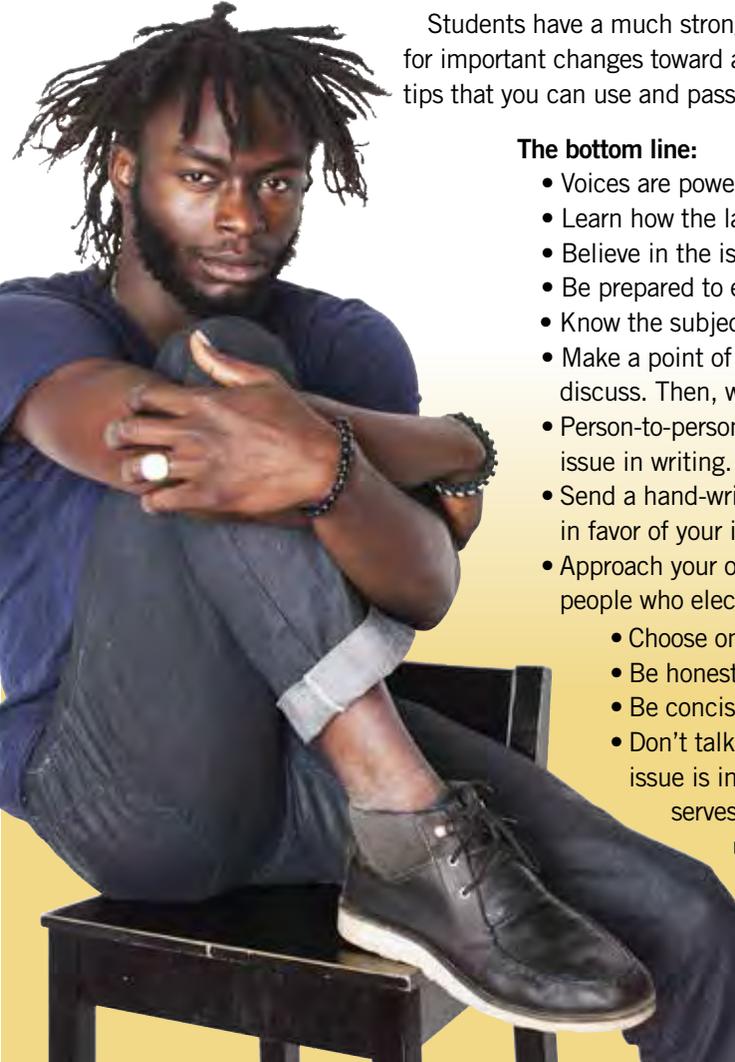
It is important to know you are not alone. It also is important to remember that decisions you make today can affect your future, especially when it comes to illegal or negative behaviors. As Sir Isaac Newton discovered, every action has an equal and opposite reaction. Accepting personal responsibility includes:

- Acknowledging that you are solely responsible for the choices you make in your life.
- Accepting that you are responsible for what you choose to feel or think.
- Accepting that you choose the direction for your life.
- Accepting that you cannot blame others for the choices you have made.
- Taking an honest inventory of your strengths, abilities, talents, virtues and positive points.

Source: James J. Messina, Ph.D.,
director of psychological services at
St. Joseph's Children's Hospital in Tampa



Student advocacy



Students have a much stronger voice than they may realize in advocating for important changes toward a stronger and healthier society. Here are some tips that you can use and pass along to other students, parents and teachers.

The bottom line:

- Voices are powerful and your voice matters.
- Learn how the law-making process works.
- Believe in the issue and be as well-informed as possible about it.
- Be prepared to explain how the legislation will affect you personally.
- Know the subject better than the elected official does.
- Make a point of meeting your elected officials before you have an issue to discuss. Then, when you need to see them, they will likely remember you.
- Person-to-person meetings are best, but if they are not possible, put your issue in writing.
- Send a hand-written "thank you" note when the elected official votes in favor of your issue.
- Approach your own elected officials. Elected officials respond to the people who elected them – their constituency.
 - Choose one or two related issues.
 - Be honest and straightforward.
 - Be concise and to the point.
 - Don't talk to your elected official too soon. Understand that when an issue is in committee, the committee controls it. Unless your official serves on that particular committee, he or she will not be involved until it reaches the entire group.
 - Don't put the official in an embarrassing position, which could affect re-election.
 - Don't use pressure tactics, threaten or become angry.
 - Don't burn any bridges; someone not with you today may be with you tomorrow.

YOU ARE NOT ALONE



Think about it

Adolescents are a vulnerable population for substance use disorders based on multiple genetic and environmental risk factors. Unfortunately, the earlier a person uses tobacco, alcohol or other drugs, the more likely that will result in substance use disorders in adulthood.

Source: DACCO (Drug Abuse Comprehensive Coordinating Office)



Plan X helps teens get help

Parents, have you heard about Plan X? It could keep your teen safe – or even save his or her life.

Plan X gives teens a discreet way out of an uncomfortable social situation. It works like this: If teens are feeling pressured to do something they don't want to do or if they are in an unsafe environment, they can simply text their parents the letter X. Shortly after receiving the text, parents call their teens to tell them there has been a family emergency and they're going to be picked up immediately.

This gives teens a safe way out of a situation without being hassled by friends or anyone else. As part of the agreement between teens and their parents or guardian, the adult must not question the teens about the incident or threaten them with punishment.

Adults are a powerful influence

Many parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. How do you model positive behavior for your children? Think about it. Sixty percent of teens who have abused prescription painkillers did so before age 15, and 45 percent of those who use prior to the age of 15 will later develop an addiction.

Kids need to hear how risky drug abuse can be. They need to know how damaging it can be to their lives. Young people need the adults in their lives to be good role models.

Many people dismiss underage drinking as a normal "rite of passage" in adolescence. It is important to remember that although alcohol is legal for adults, it can be unsafe and unhealthy. In Florida, drinking alcohol is illegal for those younger than 21. According to a report by the U.S. Department of Health and Human Services, more young people in the United States drink alcohol than smoke tobacco or marijuana.

Alcohol use by young people is a factor in a host of serious health, social and economic problems. Underage alcohol use can have immediate and tragic consequences, such as alcohol poisoning, injury and death, as well as long-range harmful consequences, such as increased risk for physical and developmental damage and chronic alcohol addiction.

Sources: Partnership for a Drug Free America; Health Substance Abuse and Mental Health Services Administration; U.S. Department of Health and Human Services

Watch your speed

A teen brain is like a fast car with bad brakes! It's capable of learning and doing things quickly, but the parts that control decision-making and judgment are not completely developed. Since you only get one brain and there is no warranty, you have to be careful with it. The American Medical Association reports that the brain goes through dynamic change during adolescence, and alcohol can seriously damage long- and short-term growth processes. Frontal lobe development and the refinement of pathways and connections continue until age 16, and a high rate of energy is used as the brain matures until age 24.



Parent tips

Talk to your teen and set clear and consistent expectations about not using alcohol or other drugs.

- Be a good role model.
- Be a good listener.
- Give clear "no-use" messages about drugs and alcohol.
- Help your child deal with peer pressure.
- Get to know your child's friends and their parents.
- Monitor your child's whereabouts.
- Supervise teen activities.
- Maintain an open and honest dialogue with your child about drugs and alcohol and the consequences of using either.

Source: U.S. Department of Health and Human Services

Going beyond the text

RESPONSIBILITY AND RESPECT IN ACTION

Becoming a role model for another person is a great way to influence good behavior. Look in the *Tampa Bay Times* and find a person who is a good role model. You might even find good examples on the comics pages. Make a list of reasons this individual or character is a good role model. Next, pretend you are going to interview this person for your school newspaper. Write out 10 questions that you would ask this person about being a role model. Trade questions with a friend and answer them as you think the role model would. Share your thoughts about this character with your class.

Young minds

Scientists now know that the brain is still developing into a person's mid-20s. This is why teens are more likely to take risks, push boundaries, be happy one minute and angry the next. Researchers have found the introduction of alcohol and other substances to the teen brain may have long-term consequences.

Using drugs also can affect a young person's future. Drugs and alcohol have more significant negative effects on a teenage brain than on an adult brain. The teenage brain is still growing and developing, and abuse of drugs or alcohol can interfere with these processes.

One of the most significant things to be affected is the area of the brain that

controls judgment. Impulse decisions, careful consideration of consequences and good long-term decision-making processes all suffer when drugs and alcohol enter a teen's brain.

This can lead to impaired teens getting behind the wheel of a car, or becoming involved in violent situations or other behaviors that could result in illness, injury or death.



Drug use affects every sector of society, straining our economy and our health care and criminal justice systems. Drugs endanger the futures of young people and, in turn, our community.

OVERDOSE

Sources: Partnership for a Drug Free America; Center for Addiction and Substance Abuse at Columbia University

Think about it

There's a reason prescription drugs are intended to be taken under a doctor's direction: If used improperly, they can be dangerous ... very dangerous. Taking prescription drugs in improper dosages or taking drugs prescribed to another person can have dangerous short- and long-term health consequences.

Prescription drug abuse among teens is a huge problem in our society. In 2012, the Monitoring the Future study reported that almost 15 percent of high school seniors used a prescription drug not prescribed for them. Findings also showed that prescription and over-the-counter medications account for most of the top drugs abused by high school seniors, second only to marijuana. The two most-abused drugs were Adderall and Vicodin, which both come with some serious side effects.

Source: National Institute on Drug Abuse

Did you know?

According to the National Institute on Drug Abuse (NIDA), opioid pain medications are now the single deadliest drug in the U.S. In 2014, there were almost **19,000 deaths** from prescription opioid overdoses, compared with about 4,000 deaths back in 1999.

That's an increase of 375 percent in 15 years!

The good news is that fewer than 1 percent of those deaths were of teenagers. As a matter of fact, last year, NIDA's annual Monitoring the Future survey found that teens' use of opioids has been decreasing in recent years. That means more teens are making smart choices about misusing opioid pills.

Source: National Institute on Drug Abuse



375%

Not your prescription.
Not your drugs.

DO NOT INGEST



Prescription drug abuse is when a person “takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason – like to get high,” according to the National Institute on Drug Abuse.

Abuse of prescription drugs has become a major health problem in the United States. When a trained health care professional prescribes drugs, that professional determines the benefits of the medication based on the person’s medical history. All drugs have side effects or risks, and it is the job of the medical professional to consider those risks before prescribing the medication.

When prescription drugs are abused – taken in different amounts than prescribed or for different purposes than as prescribed – those drugs can affect the brain and body in dangerous ways. Not only is abusing prescription drugs dangerous, but it also is illegal.

The most commonly abused prescription drugs fall into three categories:

1. Opioids: Painkillers such as Vicodin, OxyContin, Opana or codeine
2. Depressants: Drugs used to relieve anxiety or help a person sleep, such as Valium or Xanax
3. Stimulants: Drugs used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

Is fitting in worth the price?

Teenagers often encounter peer pressure in which they feel pressured to do things that may be harmful to them, such as abusing prescription drugs. Peer pressure can be hard to ignore and saying no isn’t always easy.

It is important to fit in, but if you are worried that your friends won’t like you if you say no, then maybe you should take a step back and examine the friendship. Real friends respect you as a person and would never stop being friends because you refuse to follow the crowd. Also, you may find out that some of your other friends feel the same way you do! If friends or classmates try to pressure you, keep in mind why they may be doing it:

- They may be trying to make you feel small, so that they can feel better about themselves.
- They may be afraid of anyone who is different from them.
- They may be insecure.
- They could be afraid of criticism, so they’ll do the criticizing first.
- They could be making up rules so that they fit in and you don’t.

Source: Public Broadcasting System

Parent tip

Parents need to take stock of prescription medicines in the house. Get rid of any medicines that are not needed and lock up any remaining medicines. A survey done by the Partnership at Drugfree.org showed that more than 40 percent of teens take prescription drugs from their parents’ medicine cabinet.

If you suspect your child is taking nonprescribed prescription drugs, take action! Remember, if your child is using drugs, he or she needs your help. Don’t be afraid to be a strong parent, and if the problem becomes too much for you to handle alone, don’t hesitate to seek professional help, such as counseling, a support group or a treatment program.

The first step is to talk to your child. Share your concerns. Let your child know you are there for him or her. Be understanding and explain your concerns. Open the door to communication and try not to be judgmental.



Going beyond the text

PROFESSIONAL PEER PRESSURE

Want more friends? Want to look perfect? Want to stop headaches and colds before they start? Try product X! How many times are you bombarded with commercials, billboards and magazine, app, newspaper, Internet and radio advertisements every day? Think about it: A drug is any nonfood substance that, when put into the body, changes the way the body or mind works. Physicians may prescribe legal drugs. Over-the-counter drugs may be purchased at drugstores or other retail stores. Monitor the *Tampa Bay Times* and your favorite television station for a week. In your journal, write down each time you see an advertisement for a prescription or over-the-counter drug or supplement. As a consumer, do you think you are being overly bombarded with these advertisements? What is the message that is being conveyed in these advertisements? Do you think the ads are trying to persuade you to use the drugs or supplements advertised? Using some of these advertisements, in print, digital or video form, write a fully developed analysis essay discussing this topic. Use specific examples from the advertisements to support your ideas.

MARIJUANA

101

Marijuana is the term used to refer to the dried leaves, flowers, stems and seeds from the hemp plant, *Cannabis sativa*. The most commonly used illicit drug in the U.S., marijuana contains the mind-altering chemical delta-9-tetrahydrocannabinol (THC), as well as other related compounds.

Marijuana, usually smoked in hand-rolled cigarettes, pipes or water pipes, has an unusual sweet-and-sour odor. Marijuana can be mixed in food or brewed as a tea. When marijuana is ingested, the THC acts on specific molecular targets on brain cells, called cannabinoid receptors.

According to the National Institute on Drug Abuse, these receptors “influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement. Marijuana overactivates the endocannabinoid system, causing the high and other effects that users experience. These effects include altered perceptions and mood, impaired coordination, difficulty with thinking and problem-solving, and disrupted learning and memory.”

Source: National Institute on Drug Abuse

Think about it

According to the National Institute on Drug Abuse (NIDA), marijuana affects brain development. “When people begin using marijuana as teenagers, the drug may reduce thinking, memory, and learning functions and affect how the brain builds connections between the areas necessary for these functions. Marijuana’s effects on these abilities may last a long time or even be permanent.”

The NIDA refers to a study done in New Zealand, which concluded “people who started smoking marijuana heavily in their teens and had an ongoing marijuana use disorder lost an average of 8 IQ points between ages 13 and 38.”

Sources: Office of National Drug Control Policy and National Institute on Drug Abuse

Marijuana harms in many ways, and kids are the most vulnerable to its damaging effects. Use of the drug can lead to significant health, safety, social and learning or behavioral problems, especially for young users. Although some people think of marijuana as a benign natural herb, the drug actually contains

many of the same cancer-causing chemicals found in tobacco. Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana is three to five times greater than among tobacco smokers. Marijuana, along with alcohol and prescription drugs, is the most commonly abused substance by people age 14 and older.

Higher concentrates

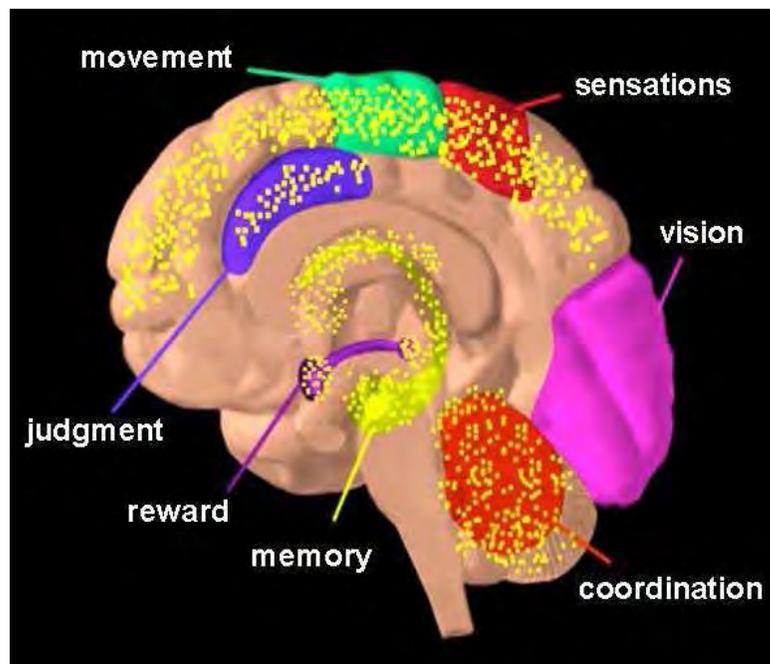
You may be under the impression that all marijuana – whether eaten, smoked, vaped, inhaled from a water pipe – is equal, but that is not accurate. Not only has the amount of THC in marijuana increased over the past few decades, but also it is much higher in some types of products, especially oils and extracts, which are often used in edibles and vaporizers. The potency of these products may cause greater health risks to users.

These extracts can deliver extremely large amounts of THC to the body, and their use has sent some people to the emergency room, according to the National Institute on Drug Abuse. In addition, when a person is eating a THC induced cookie or candy product or using an extract in a vaporizer, the dosage the person is taking may be unknown.

When a person smokes marijuana, THC quickly passes from the lungs into the bloodstream. The body absorbs THC more

slowly when the person eats or drinks it because it must pass through the digestive tract first. Since it takes longer to feel the effects of the THC when someone eats an edible compared to smoking marijuana, people end up eating more than the recommended serving.

Source: National Institute on Drug Abuse



Getting help

If you think someone is in distress, immediately call 9-1-1! Symptoms of an overdose or chemical or alcohol poisoning may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking.



Don't believe the

HYPE

Let's bust some myths!

MYTH : If it's a prescription, it must be safe. You can't get addicted to something your doctor prescribes.

FACT : Although many medications are perfectly safe if taken in the prescribed dosage for a short period of time, prolonged use can be dangerous and addictive.

MYTH : Natural drugs are safer than synthetic ones.

FACT : Marijuana, mushrooms and other "natural" drugs still alter brain chemistry and produce dangerous side effects.

MYTH : Drug addiction is a choice.

FACT : Drug use is a choice. Prolonged use changes your body and brain chemistry. When that happens, the user no longer appears to have a choice – this is when use and misuse become addiction.

MYTH : If you have a stable job and family life or if you are getting good grades in school, you're not addicted, even if you like to get high or drunk every day.

FACT : You may have a job or career, a loving spouse and kids, and still have a drug or alcohol problem. You can get good grades in school, participate in clubs and athletics, have a lot of friends and still be a drug addict.

MYTH : Detox is a cure for addiction.

FACT : Detox is difficult and it's just the beginning. Detox is the first step toward recovery, but addiction is a chronic illness – like diabetes, asthma or hypertension – and it needs to be managed for the rest of your life. There is no cure.

MYTH : Addicts are bad people.

FACT : Addicts are not bad people trying to become good people. They are sick people trying to get well.

MYTH : Stimulants can improve academic performance in any student.

FACT : These drugs do not improve performance or focusing in individuals who do not have ADHD or ADD. But they can cause harm.

MYTH : Coffee can sober up someone who has had too much to drink.

FACT : Only time sobers. It takes about one hour to oxidize each drink.

MYTH : Hard liquor is more intoxicating than beer or wine.

FACT : A 12-ounce can of beer, a five-ounce glass of wine and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as 1½ ounces of liquor.

MYTH : Someone who has had too much to drink will look intoxicated.

FACT : Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.

MYTH : Marijuana is harmless.

FACT : Marijuana harms in many ways, and kids are the most vulnerable to its damaging effects. Use of the drug can lead to significant health, safety, social and learning or behavioral problems, especially for young users.

MYTH : Cigar smoking and chewing tobacco are safe because you don't inhale.

FACT : Cigar smokers have higher death rates from chronic obstructive pulmonary disease and are four to 10 times more likely to die from cancers of the throat, mouth, lips, larynx and esophagus than nonsmokers. People who chew tobacco are more likely to develop oral cancers which affect the tongue, lips, cheeks and gums.

MYTH : Tobacco is not a drug.

FACT : The nicotine found in tobacco products is very addictive. Addiction to nicotine has been compared to having an addiction to cocaine or heroin.

MYTH : Smoking helps me to relax; smoking relieves stress.

FACT : Nicotine is a stimulant. Stimulants speed up your body; they do not calm your body down. Plus, no other drug keeps a user as busy as smoking.

Sources: Parents. The Anti-Drug; Deni Carise, Ph.D., CFO, Phoenix House; University Health Center; Tobacco-Free QC



Going beyond the text

FACT VS. OPINION

Knowing the difference between fact and opinion is very important, especially when it comes to your health and drugs, and especially since 2016 was crowned the year of Fake News. Many times, people are influenced by propaganda or false information when it comes to drug and alcohol use. With so many unreliable news sources out in cyberspace and the halls of middle and high schools, it is difficult to know what is the truth. Look through the news sections of *Tampa Bay Times*. Select a few articles of interest and evaluate those articles for facts and opinions. The articles that are based primarily on facts are located in which sections of the newspaper? Where are the articles that have opinion in them? Draw a line down the center of a piece of paper. Label one side Fact and the other Opinion. List specific statements in each category and discuss with your class why these statements fall into the designated category. Write a blog post about what you have learned. Next, evaluate some of the other sources where you usually find health information. With your class, make a list of those sources, and note whether those sources are reliable or unreliable and why.

A community of strength

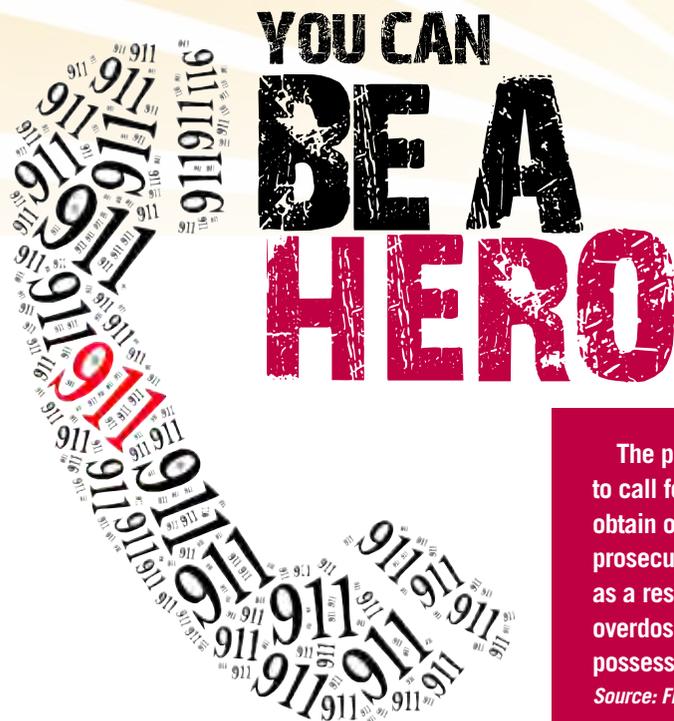


U.S. Surgeon General Vivek H. Murthy writes that most Americans know someone with a substance use disorder, and many know someone who has lost or nearly lost a family member as a consequence of substance misuse. Yet, at the same time, few other medical conditions are surrounded by as much shame and misunderstanding as substance use disorders.

Murthy writes, "Above all, we can never forget that the faces of substance use disorders are real people. They are a beloved family member, a friend, a colleague and ourselves. Despite the significant work that remains ahead of us, there are reasons to be hopeful. I find hope in

the people I have met in recovery all across America who are now helping others with substance use disorders find their way.

"I draw strength from the communities I have visited that are coming together to work on prevention initiatives and to connect more people to treatment. And I am inspired by the countless family members who have lost loved ones to addiction and who have transformed their pain into a passion for helping others. These individuals and communities are rays of hope. It is now our collective duty to bring such light to all corners of our country."



Reacting quickly saves lives. It's Friday night, and you and your friends are hanging out and unwinding after a long week of working. One of your friends is acting very sleepy after taking some pills and having a few drinks. Your friend keeps nodding off, and you are concerned. But you don't want to get anyone in trouble. This is no time to hesitate.

If you think someone is in distress, immediately call 9-1-1!

Symptoms of an overdose may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking. There may be no noticeable signs if someone suddenly stops breathing.

Call 9-1-1 immediately. Stay on the line with the operator and stay with the victim until help arrives. Try to remain calm and follow the directions of the 9-1-1 operator.

Source: Pinellas County Sheriff's Office, Narcotics Division

The purpose of the Good Samaritan Act is to save lives. This act allows witnesses of accidental drug overdoses to call for help without fearing that they will be arrested for drug possession. A person making a good faith effort to obtain or provide medical assistance for an individual experiencing a drug-related overdose may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the person's seeking medical assistance. In addition, a person who experiences a drug-related overdose may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the overdose and the need for medical assistance.

Source: Florida Senate

A promise to wait

Linda Unfried misses her sister every day. Although it has been 33 years since a 17-year-old drunk driver changed Unfried's life forever, she still remembers that day and her sister, Josie, like it was yesterday. As the cofounder of the Hillsborough County chapter of Mothers Against Drunk Driving, Unfried encourages young people to take Josie's Pledge, promising to wait until they are 21 years old to drink alcohol. Learn more about Josie's Pledge on the HCADA's website: hcada.com.



Josie's Pledge

I'm adding my name to this line because I take control over my own life. I honor the place where I am in my life, because there's no need to do everything all at once – and that means not drinking while I'm still underage. When I control where my name goes, I control where my energy goes. That means making choices that will benefit me right now and in my future. I pledge not to drink before I'm 21 because I have the power to protect myself. I don't want alcohol to influence what my name represents, where it goes and what it stands for.

The power of the community



Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. For information in Hillsborough County, go to aatampa-area.org, or call 813-933-9123.

Drug & Alcohol Prevention, Intervention & Treatment (DACCO)

DACCO treats substance use disorders and any co-occurring mental health symptoms in men, women (including pregnant women) and youth. Nationally awarded for their comprehensive coordinated care, DACCO is a behavioral health organization with outpatient, residential and wraparound services to treat the whole person. Expert physicians are board certified in addiction medicine and their staff is highly qualified and committed to enabling clients to achieve lifelong recovery.

DACCO offers adult residential treatment programs and outpatient programs for teens and adults. If you are concerned that you or someone you know may require detox, call the 24-hour Detox Desk: 813- 384-4221. To learn more about DACCO's services, visit dacco.org. Click on Community Education to learn more about substance abuse.

Narcotics Anonymous

Narcotics Anonymous is a global, community-based organization offering recovery from the effects of addiction through working a 12-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Narcotics Anonymous' approach makes no distinction between drugs, including alcohol. Membership is free, and there are no affiliations with any organizations outside of NA, including governments, religions, law enforcement groups, or medical and psychiatric associations. For

more information, go to tampa-na.org or call 813-879-HELP.

Agency for Community Treatment Services (ACTS)

ACTS offers services for children, adults and families. For information on programs, eligibility and screening, call 813-246-4899. ACTS provides and manages a broad array of behavioral health services, including prevention, acute care and stabilization, treatment and support services in the arenas of substance abuse, co-occurring substance abuse and mental illness, child protection, delinquency, criminal justice, housing, economic self-sufficiency, and health and wellness.

Nar-Anon

Nar-Anon is a 12- step program designed to help relatives and friends of addicts recover from the effects of coping with an addicted relative or friend. In this 12- step program, members offer help by sharing their experiences, strengths and hope. The only requirement for membership is that there be a problem of addiction involving a relative or friend. Joining is easy: Just attend a meeting. There are no dues or fees. For more information, call 800-477-6291.

Narcotics Overdose Prevention & Education (NOPE)

NOPE educates students in middle schools, high schools and colleges about the consequences of drug consumption. A network of community leaders goes into Hillsborough County middle and high schools to deliver personal and blunt presentations, during which police officers explain the grim task of making death notifications to distraught families, and parents who lost children to drugs share the story of their loved one.

NOPE offers similar presentations to parents so they know their children are often confronted about drugs at school bus stops, in school cafeterias, at movie theaters, at friends' homes and on their computers.

Counselors and community leaders explain the

signs of drug usage and the best ways to speak with kids about drugs. Parents can ask questions and speak privately with the professionals. The presentations are given in schools, community centers, religious halls and living rooms of concerned parents.

For more information, go to nopetaskforce.org.

Phoenix House

Phoenix House is committed to treating the whole person – and their families – with caring, qualified professionals in the fields of psychiatry, medicine, mental health, social work, education and recovery support. Their teams of experts address underlying causes of substance abuse and behavioral patterns to guide clients toward lasting recovery. Phoenix House has outpatient services for adolescents and adults.



PROMOTING GOOD DECISIONS

Using the *Tampa Bay Times* as a model, you are going to create a class newspaper, promoting healthy lifestyle choices and positive decision-making skills. Before you get started, look through your newspaper to see how ads target different groups of people. Then determine how best to target your audience. Since you are working in small groups, you will need to split up your group into sections so each person is in charge of a different section. Remember to include comics, photos and ads in your paper just like the *Times*.

Making a difference

Do you envision a community where youth and families are safe, healthy and free of substance abuse and addiction? Call the Hillsborough County Anti Drug Alliance (HCADA) today and get involved: **813-238-4034**. Check out more at **hcada.com**.

Are you or family members having problems with drugs or alcohol? HCADA can provide helpful resources to all who are in need of any kind of support. For a more comprehensive list of resources, go to hcada.com/get-help-now.

Being in control

Did you know that most young people aged 12 to 20 do not drink? Alcohol affects every organ in your body, including your brain. It can hurt your success in the classroom and on the sports field and cause problems with your friends and family.

You don't need alcohol to fit in, deal with stress or have fun. Parties – prom, graduation, beach, holiday – can be a lot of fun without mixing in alcohol or drugs. But what happens if you are at a party and the friends you came with have been drinking or smoking pot? Do you have a plan to deal with situations like this?

It's hard to go against the group. But the last thing you want to do is see your friends get hurt, arrested or even killed. Do not get behind the wheel or in a car with someone who has been drinking or doing other drugs.

- Stay smart and speak up. If you have your driver's license, ask for the keys and get the group home safely.
- Find another ride: friends, taxi, Uber
- Call someone to pick you up. You might not want to call your parents to get you from a party, but chances are they'll be happier that you called them rather than put yourself in a dangerous situation.
- Crash at the host's house.

Sources: National Institutes on Drug Abuse and Substance Abuse; Mental Health Services Administration

Community resources

ACTS (Agency for Community Treatment Services) Juvenile: 813-931-4669
ACTS Adult: 813-246-4899
Al-Anon/Alateen: 813-229-4540
Alcoholics Anonymous: 813-933-9123
Child Abuse Hotline: 800-962-2873
City of Tampa Police Department: 813-231-6130
Crime Stoppers of Tampa Bay: 800-873-(TIPS)
Crisis Center of Tampa Bay: 211
DACCO (Adult and Adolescent Outpatient Services): 813-984-1818
Florida Highway Patrol: 813-558-1800
Florida Suicide and Crisis Hotline: 800-346-6185
Florida Tobacco Quitline: 877-U-CAN-NOW
Hillsborough County Anti Drug Alliance: 813-238-4034
Hillsborough County Department of Juvenile Justice: 813-276-8100
Hillsborough County Health Department: 813-307-8000
Hillsborough County School District: 813-272-4000
Hillsborough County Sheriff's Office: 813-247-8000
Hillsborough County State Attorney's Office, 13th Judicial Court: 813-272-5400
MADD Tampa: 813-935-2676
Mental Healthcare (Gracepoint Wellness): 813-272-2244
Nar-Anon: 800-477-6291
Narcotics Anonymous: 813-879-4357
NOPE of Hillsborough: 813-855-5393
Phoenix House: 813-881-1000
Plant City Police Department: 813-757-9200
Poison Information Center: 800-222-1222
Temple Terrace Police Department: 813-898-7110
The Spring of Tampa Bay/Domestic Violence Hotline: 813-247-7233
Turning Point of Tampa: 800-397-3006



Going beyond the text

UNEXPECTED CONSEQUENCES

Did you know that new findings from a team of American researchers link marijuana and alcohol consumption in teenagers to significant changes in their sleeping patterns? You may think those things are not related, but they are. Research has shown that teenagers need to get more sleep than adults in order to lead healthy lives. And, as noted before, a young person's brain is not fully formed until well into adulthood.

In a study published in May 2015 in the journal *Sleep Health*, researchers from the Rand Corp. looked at the connection between teenagers' sleeping patterns and the consumption of marijuana and alcohol. These researchers

concluded that teens who consume these substances predictably sleep less than their counterparts who don't consume marijuana or alcohol.

Read the article "Alcohol, Marijuana Use Predicts Sleep Problems in Teens" at the following link: promises.com/articles/marijuana/alcohol-marijuana-use-predicts-sleep-problems-teens. Look for other articles on this topic in the *Tampa Bay Times* and on reputable websites. As part of your research, interview at least three of your peers regarding this topic.

Based on the information you have discovered, write your own investigative article on what you have learned. Use the articles published in the *Times* as models.