

ATTENTION 4-H FRIENDS

Did you know that National Drug Facts Week is March 30 - April 4 2020?

Delaware 4-H is offering 4-H members an opportunity to reach the community with information about the dangers of **vaping**, **alcohol**, **marijuana** or **prescription drugs**

Create a short (30 sec. - 1 min.) video highlighting one of the attached announcements. You can use your phone or camera to record yourself or others to emphasis the facts.

Be creative! Have fun with it! Think out of the box. Submissions will appear on our social media pages.

**DELAWARE 4-H IS OFFERING \$100
TO THE FIRST 10 TEENS WHO
SUBMIT A VIDEO. CONTEST ENDS
MAY 15, 2020**

This presentation is made possible through the Delaware Division of Public Health Tobacco Prevention Community Contract. Funding for the contract is provided by the Delaware Health Fund and managed by the American Lung Association in Delaware.

Send this form and your video by email to krjohn@udel.edu

Your Name: _____

Title of Video: _____



National Drug and Alcohol Facts Week 2020

March 30-April 5, 2020



Monday

Today kicks off National Drug and Alcohol Facts Week 2020. Each day this week we are going to investigate facts about vaping, alcohol, marijuana and prescription drugs.

Our first question for the week is a true or false:

True or False: The percentage of underage drinkers (ages 12-20) who drink has increased over the last 10 years.

B. False. The percentage of underage drinkers (ages 12-20) who drink has decreased by one third over the last 10 years. Still, past month alcohol use for 11th graders is 30% so efforts are still needed to reduce the number of teens who drink or initiate alcohol use.

Want to learn more about teen alcohol use or have questions answered? Then check out more information at <https://teens.drugabuse.gov/blog/post/eight-questions-teens-about-drugs-and-alcohol>

Or, Have a question you would like answered? Join us on National Chat day Wednesday April 1, 2020 9:00 AM-4:00 PM. You can email your questions and have them answered by live experts in the field.

Register at <https://www.nidachat.org/register.aspx>

Tuesday

Today's National Drug Facts Week Questions is:

True or False: Electronic vaping devices like e-cigarettes can help keep teens away from real cigarettes.

False. There are studies showing that teens are very likely to start smoking real cigarettes after being introduced to the nicotine in electronic devices.

For more information on teen vaping watch <https://www.youtube-nocookie.com/embed/FZp0HN6obNI>

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Wednesday

Welcome to day three of National Drug and Alcohol Facts Week.

Today's question is: What is "dabbing?"

- A. The practice of dabbing LSD onto your skin to get high.
- B. Smoking oils (extracts) taken from the marijuana plant.
- C. Taking pills and crushing them to prepare for smoking.

D. Borrowing someone else's prescription.

B. Smoking marijuana extracts is sometimes called “dabbing,” and it has some doctors concerned. Marijuana extracts—concentrated oils from the marijuana plant (sometimes called “hash oil”)—are a lot stronger than dried marijuana.

Read more from our teen blog at: <https://teens.drugabuse>.

Thursday: Happy Thursdays!!

Today's question is about the brain!

The brain is particularly vulnerable to damage from alcohol while it is still developing. Until about what age does the brain continue to develop?

A. Until around age 18

B. Well into the 20s

C. Around age 35

D. Until around age 1

B. Well into the 20s. Research shows that young people's brains keep developing well into their 20s. Alcohol can alter this development, potentially affecting both the brain's structure and its function, meaning how well it processes information. This may cause cognitive or learning problems later in life. This is especially a risk when people start drinking young and drink heavily.

You can watch a video on brain development at <https://www.youtube-nocookie.com/embed/EpfnDijz2d8>

Friday

Today wraps up our last day of National Drug and Alcohol Facts Week!

True or False: Over 5 Americans die every hour from opioid overdose for over 70,000 deaths each year.

True: “Opioids” is a term for drugs that bind to opioid receptors in the body. They include everything from heroin and fentanyl to prescription pills like oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine and morphine. It's a huge list since it covers illegal substances as well as drugs prescribed by doctors. Regular use of opioid drugs, even as prescribed by a doctor or medical professional, can lead to dependence.

So, how do we take positive action?

Fact: There are many ways to help with this issue. 1) Only take prescription medication if it has YOUR NAME on it. 2) Read and follow the directions and dosage on the bottle. 3) Only take the drug for the reason it was prescribed. 4) Do not take medication with alcoholic beverages. 5) Dispose of any leftover medication at collection sites or take back days in Delaware. DO NOT flush them down the drain or put them in the trash. And, get the facts about both legal and illegal drugs!

We hope this helped you and your community to “Know the Facts and Shatter the Myths” about vaping, alcohol and drugs. Please visit the National Drug Facts Week Website to learn more. <https://teens.drugabuse.gov/teens>

