

# Common Misconceptions About Drugs

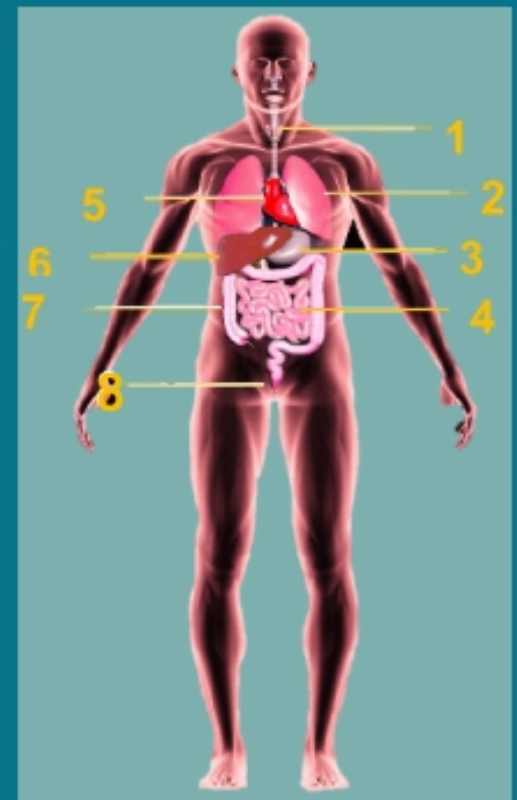


**Misconception:** "Drug use may be harmful, but me and my friends have it under control!"

**Truth:** Drug addiction can happen to anyone, and the risk factors are not always known. It's a risk!

## Substance abuse can cause:

1. Brain & Spinal Cord Issues
2. Respiratory Illness
3. Stomach Problems
4. Intestine Problems
5. Heart Failure
6. Liver Problems
7. Kidneys Problems
8. Reproductive System Issues



**Misconception:** Once you are addicted, there is no hope for recovery.

**Truth:** There are many programs and treatment options available to help alleviate drug addiction.

National Helpline Number

1-888-633-3239

**Misconception:** Prescription drugs are not bad because they have been given by a doctor.

**Truth:** Prescription drugs, when used improperly, can be just as dangerous as using illegal drugs.

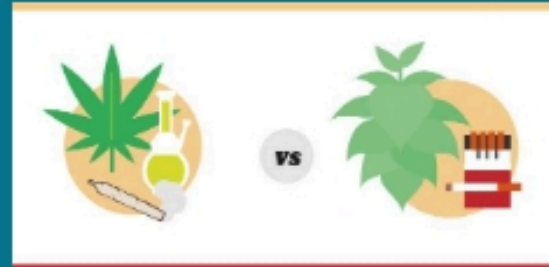


**Misconception:** "Weed is just a plant, so it's not bad for me"

**Truth:** Not all substances from nature are healthy nor good for you.

**Misconception:** Marijuana and nicotine on their own are not bad!

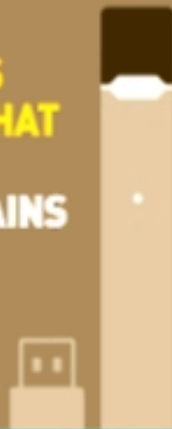
**Truth:** They are both addictive substances that can harm your body.



**63%** OF JUUL USERS DON'T KNOW THAT THE PRODUCT ALWAYS CONTAINS NICOTINE.

truth initiative  
KEEPING TOBACCO-FREE LIVES

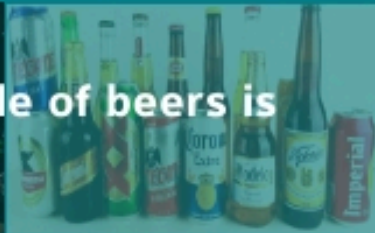
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**Misconception:** E-cigs are just flavored water.

**Truth:** E-cigs and JUULs contain nicotine, an addictive substance also found in cigarettes.

**Misconception:** "Drinking a couple of beers is not a big deal."



**Truth:**



OF THE ALCOHOL CONSUMED BY 12- TO 14-YEAR-OLDS IS IN THE FORM OF BINGE DRINKING.<sup>3</sup>

**Misconception:** "Hookah is just water vapor, so it's way safer than anything else."

**Truth:** Hookah contains tobacco and toxic chemicals (like carbon monoxide) that hurts your body.

1 HOUR   
of hookah smoking

=

smoking  
100  
cigarettes<sup>3</sup>

