

# DRUG EDUCATION AND AWARENESS FAST FACTS



Psychoactive drugs alter a person's mood, perception, or consciousness.

Drugs affect the brain's "reward circuit" and can lead to tolerance, dependence, and substance use disorder.



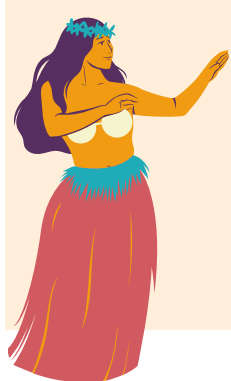
Stimulants cause increased heart rate, alertness, and irritability. Ex: Crystal methamphetamine (ice), cocaine (coke, crack), Bath Salts.

Depressants cause drowsiness, confusion, and slurred speech Ex: Alcohol, opioids (heroin, Vicodin, Oxycontin, fentanyl, kratom).



Psychedelics cause depersonalization, altered senses, hallucinations. Ex: Marijuana, MDMA, LSD, DXM (Robitussin, "Triple C").

Give your teens more advice than to "just say no." Have open, honest discussions about the effects of drugs and what to do in an emergency.



Resources in Hawai'i:  
Big Island Substance Abuse Council: 808-969-9994  
Hawaii C.A.R.E.S. 800-753-6879  
Alcoholics Anonymous East HI: 808-961-6133  
Alcoholics Anonymous West HI: 808-329-1212