



THE CONSEQUENCES OF SUBSTANCE USE

NAME: _____ DATE: _____

Underage and illegal substance use can have lasting consequences. From academic and legal consequences, substance use can not only impact you physically, but can impact your future.

HOW DO YOU SEE YOUR FUTURE?

When you imagine the future, what do you picture? Do you picture college, a career, a family?

After learning about the long-term effects of substance use, in what ways do you think underage and illegal substance use could change the future you picture?



DID YOU KNOW?

IN 2019, 58.5% OF 12TH GRADERS, 43% OF 10TH GRADERS, AND 24.5% OF 8TH GRADERS REPORTED CONSUMING ALCOHOL IN THEIR LIFETIMES.

WHAT ARE RISKS OF DRINKING BEFORE YOU'RE 21?

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WHAT DOES THE LAW SAY?



It is illegal for anyone younger than 21 to _____,
 _____, or _____ alcohol.

If found in violation of this law, you may face the following penalties:

EFFECTS OF NICOTINE USE

On the blanks beside the images below, write whether the effect is a short-term or long-term effect of nicotine use (cigarettes, e-cigarettes, vaping, etc.).



Increased risk of stroke and
blood restriction



Increased alertness



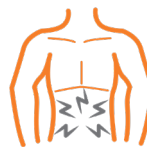
Irregular and disturbed sleep



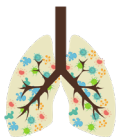
Problems with the heart
and arteries



Dizziness and lightheadedness



Indigestion, peptic ulcers,
diarrhea and heartburn



Cancer



Increased breathing activity



Increased heart rate
and blood pressure



Increased clotting tendency
