



# ORANGE COUNTY DEPARTMENT OF EDUCATION ALCOHOL AND OTHER DRUGS PREVENTION PROGRAM

Rev 08/2023

# Prevention: It Starts With You!



Funded through the OC Health Care Agency -  
Alcohol and Drug Education and Prevention Team



# Today's Topics

- Recent statistics related to youth substance use
- Types of drugs most commonly used by youth
- Harmful effects of drugs to the developing brain
- Strategies to prevent youth substance use





# The Teen Brain



At what age do  
you think the  
human brain is  
fully developed?





# The Brain

- Develops until age 25
- Prefrontal Cortex
  - Impulse Control
  - Decision Making
  - Problem Solving



The **earlier** and **more often** teens use alcohol or other drugs, the more likely it is they will become **addicted**.



# Current Alcohol and Drug Trends

What do you think are the most common drugs youth are using currently?

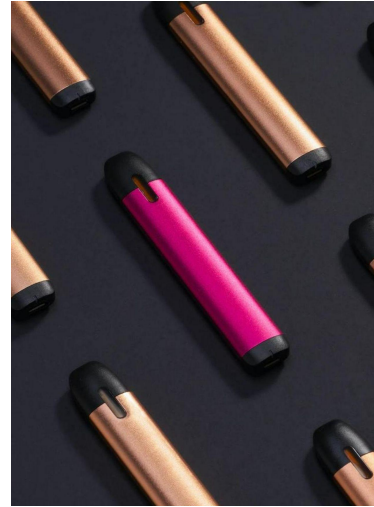
# Common Alcohol and Drug Trends Among Youth



Alcohol



Cannabis  
(Marijuana)



Vaping



Medication  
Misuse

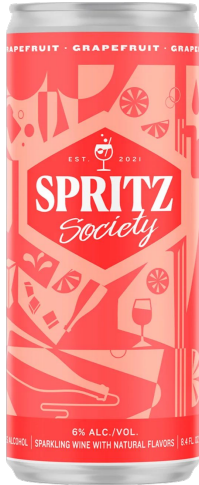


# CURRENT TRENDS

## Alcohol



# Which drinks contain alcohol?



1



2



3



4



5

# Contain Alcohol



# No Alcohol



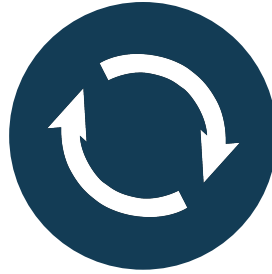
# Risks of Underage Drinking



Impaired  
Learning and  
Memory



Academic  
Problems



Addiction



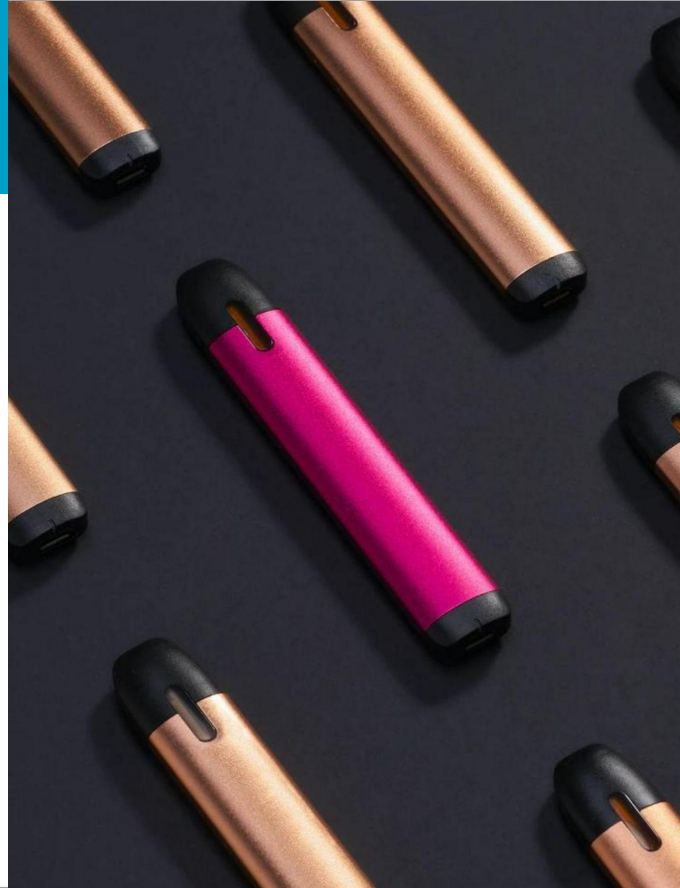
Injuries, Death,  
and Violence



Alcohol  
Poisoning

## CURRENT TRENDS

# Vaping





**HOW DO  
E-CIGARETTES  
WORK?**



# Types of Vaping Devices

## Refillable



Box Mod



Suorin Drop



Suorin Air

## Disposable



Puff Bars



Posh Vape



Stig

# Which items are vape products?



1



2



3



4



5



# Vape Products



# Food Products





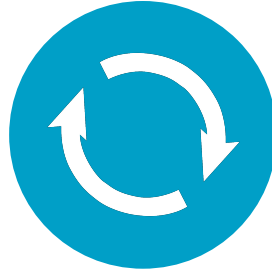
# Who are vape companies targeting?



# Nicotine and Brain Development



Impaired Learning,  
Memory, and Attention



Addiction



Stress, Anxiety, and  
Depression

# Signs of Vaping and Nicotine Use

## Mental and Emotional

- Cravings
- Anxious
- Irritable
- Difficulty Concentrating
- Trouble Sleeping

## Physical

- Trouble Breathing
- Headaches/Dizziness
- Coughing
- Nose Bleeds
- Sore Throat
- Chest Pain

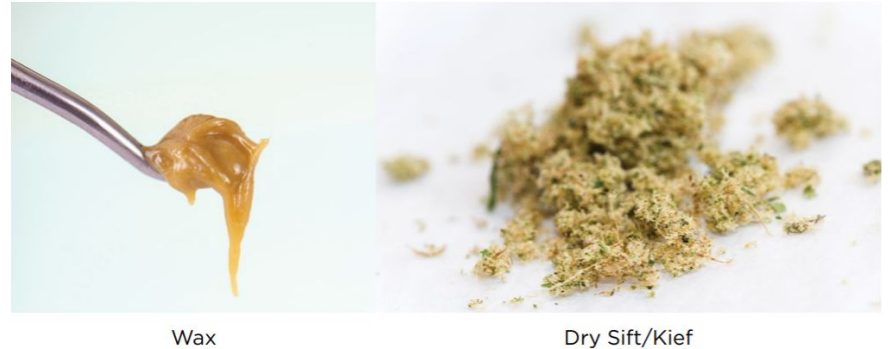
# CURRENT TRENDS

## Cannabis (Marijuana)



# What is Cannabis?

- Main active ingredient: THC
- Comes in different forms
- Used in different ways





# Cannabis Vaping Devices

## Pod-Style Vapes

Example: STIIIZY



## Vape Pen Cartridges or "Carts"



# "Edibles"

- Candies, foods, and drinks that contain cannabis
- Take a while to digest, delaying the effects
- Greater risk of poisoning



# Cannabis and Brain Development



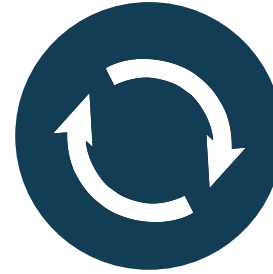
Impaired Learning,  
Memory, and Attention



Academic  
Problems



Risky Decision  
Making



Addiction



Anxiety and  
Depression

# Signs of Cannabis Use

## Mental and Emotional

- Hallucinations
- Paranoia
- Changes in Mood
- Reduced Motivation

## Physical

- Red Eyes
- Increased Appetite
- Nausea and Vomiting
- Impaired Body Coordination
- Similar Effects to Vaping

## CURRENT TRENDS

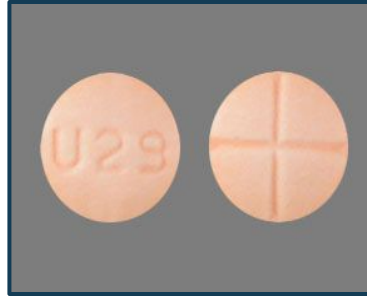
# Medication Misuse



# Commonly-Misused Prescription Drugs



Opioids:  
Oxycontin



Stimulants:  
Adderall



Depressants:  
Xanax



# What is Fentanyl?

- Powerful opioid pain reliever
- 100 times as strong as morphine
- Illicit version is mixed into street drugs and counterfeit pills

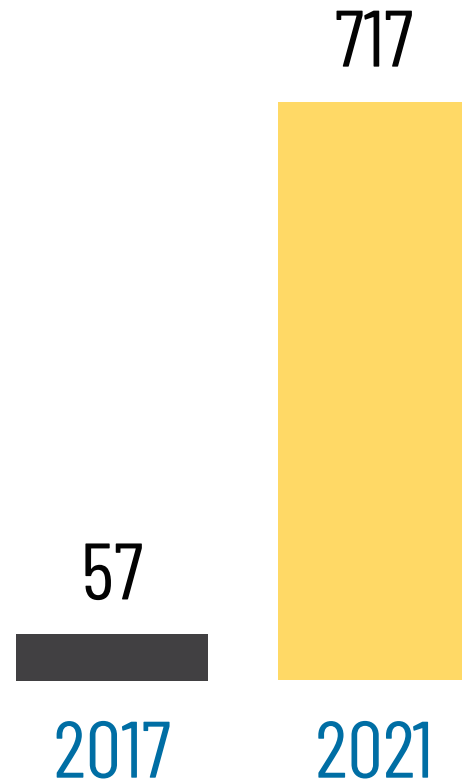


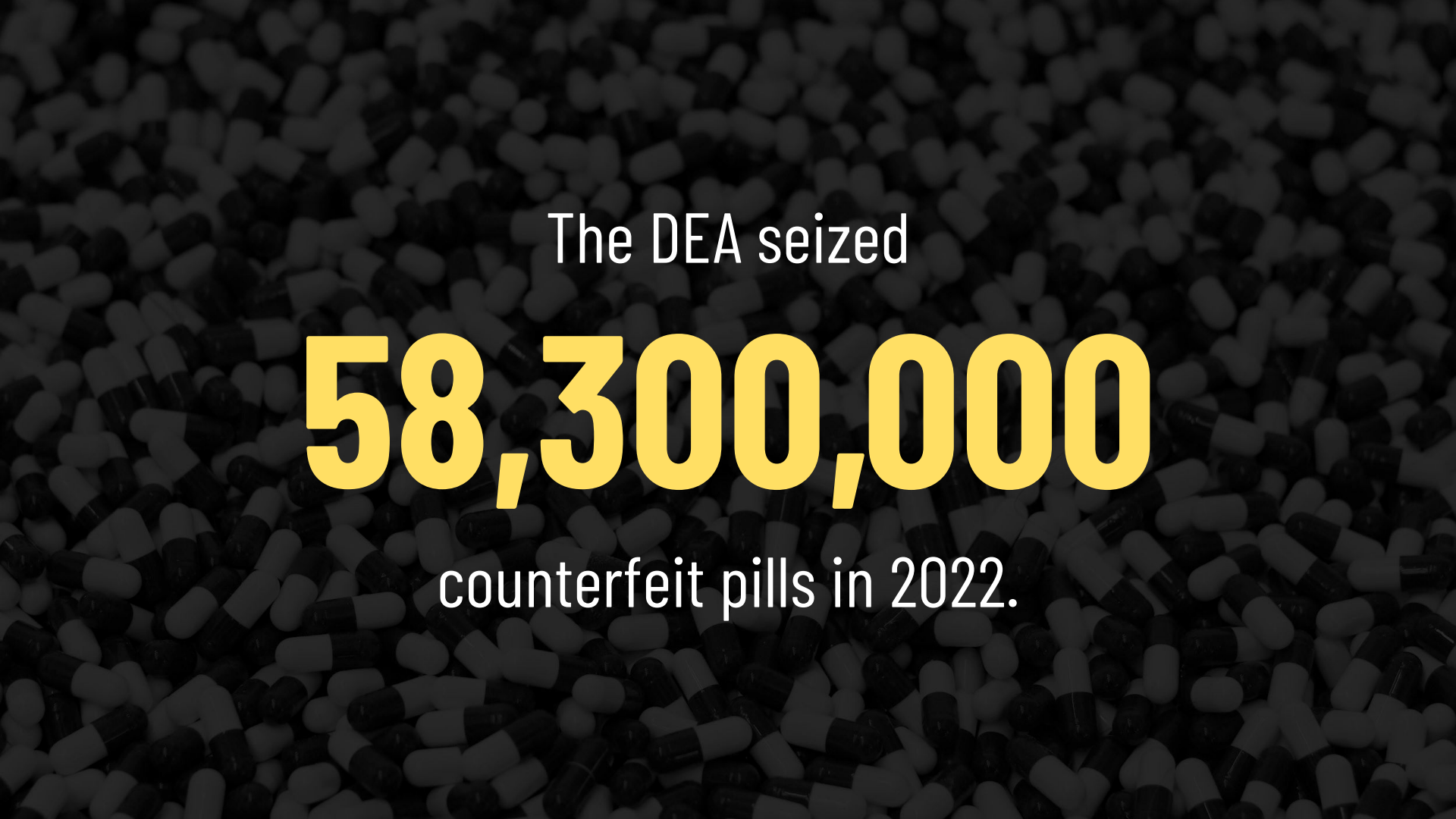
This is a potentially deadly  
dose of fentanyl.



DEA

# Fentanyl-Related Deaths in Orange County



The background of the entire image is a dense, textured field of black and white capsules, likely representing counterfeit pills. The capsules are scattered across the frame, creating a complex, repeating pattern.

The DEA seized

**58,300,000**

counterfeit pills in 2022.

# Which pill is a fake oxycodone?



1



2

Both pills are fake.







# Signs of Opioid Overdose

- Pinpoint Pupils
- Slow Breathing
- Discolored Lips and Nails
- Clammy and Cold Skin
- Loss of Consciousness

**CALL 911  
IMMEDIATELY**



What is one thing that surprised you the most about the alcohol and drug trends we just shared?





# How To Take Action



**Risk factors** can increase youth substance use while **protective factors** can prevent it.

# Risk Factors

- Peer Pressure
- Lack of Supervision
- Lack of School Connectedness
- Social Media
- Easy Access





# Social-Emotional Skills

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- Stress Management
- Managing Emotions
- Refusal Skills
- Extracurriculars



# Strong Family Bonds

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- Family Meals Together
- One-on-One Time
- Positive Affirmations



# Monitoring

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- Know: who, what, when, and where
- Establish and enforce rules – including a clear “no drug use” policy
- Know your child’s friends – know their parents
- Be aware of your child’s social media accounts



# Communication

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1. Clearly communicate the risks
2. Have clear expectations
3. Let your kids know you disapprove of any use
4. Use “teachable moments”
5. Frequently talk AND LISTEN to your kids



# Reducing Access

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1. Track alcohol in the home and at family gatherings
2. Track and lock up your medications
3. Go to [ochealthinfo.com/adept](https://ochealthinfo.com/adept) or scan to find out how to dispose of unused and expired medication



# Next Steps

- Use what you have learned today
- Share your knowledge with others
- Stay aware of trends in your community





# Let's Review

- Recent statistics related to youth substance use
- Types of drugs most commonly used by youth
- Harmful effects of drugs to the developing brain
- Strategies to prevent youth substance use





[bit.ly/ocde-aod-resources](https://bit.ly/ocde-aod-resources)

Questions

Preguntas

Câu hỏi

질문



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