

Shattering the Myths

Make a stand for prevention by learning and sharing the realities of substance use!

Common misperceptions about alcohol, vaping and other drug use perpetuate social norms that can lead to health consequences and harmful impacts on communities.

Learn the reality behind each myth and help spread the word!

The Myths and Realities of Substance Abuse

Myth: "Vaping is better for your health than smoking cigarettes."

Reality: One JUUL pod is equivalent to 20 cigarettes worth of nicotine. Nicotine use can harm brain development and alter nerve cell functioning. Young people who use e-cigarettes are four times more likely to start smoking traditional cigarettes. (Truth Initiative)

Myth: "It's OK for teens to drink alcohol. It's a rite of passage, and most kids are doing it."

Reality: Most teens are NOT drinking underage! On average, among youth (8th, 10th and 12th graders), very few report drinking alcohol in the past month (less than 2 out of 10). (Georgia Student Health Survey)

Myth: "Keeping unused prescription drugs around the house is a good idea in case they are needed in the future."

Reality: A majority of teens who misuse pain relievers report that they got them from family and friends, including their home's medicine cabinets. Safe storage and disposal of medications reduce opportunities for easy access and the chance that your medications will be used in ways that are unsafe or illegal. (SAMHSA)

Myth: "Smoking weed is harmless and has no long-term effects."

Reality: Marijuana isn't as harmless as you think! Short-term effects include impaired body movement, difficulty thinking and problem solving and more. In the long-term, marijuana affects brain development, memory and learning functions and more. (NIDA)

If you think you may have a problem with substance abuse, please contact the Georgia Crisis and Access Line (1-800-715-4225) for immediate, free and confidential support 24/7 to individuals seeking routine or crisis services.