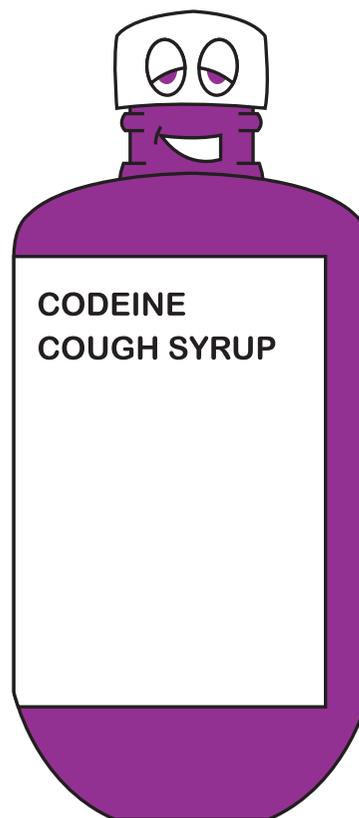


QUESTION

Cough medicine taken in large quantities can have similar effects on a person that heroin and PCP can, such as hallucinations or severe loss of coordination

TRUE or FALSE?



ANSWER

TRUE

Drugs found in cough medicine (DXM or Codeine) can act on the same brain receptors as drugs like ketamine, PCP, and heroin. High doses of these drugs can cause an individual to hallucinate or experience high levels of sedation and/or drowsiness. **If someone is hallucinating or experiencing a severe inability to control their body, they are a danger to others, especially behind the wheel.**

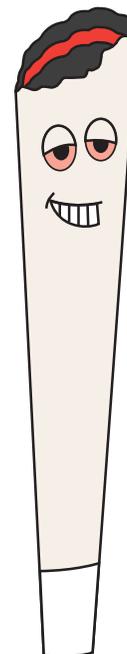
Source: National Institute on Drug Abuse



QUESTION

Spice is the legal and safer alternative to marijuana, therefore okay to use while driving.

TRUE or FALSE?



ANSWER

FALSE

Spice and other synthetic drugs are **ILLEGAL** and their effects are often unpredictable. Spice is developed using several chemicals (many of which are unknown) and are unsystematically sprayed, meaning higher doses can be in smaller batches. This drug has been shown to cause extreme levels of anxiety, confusion, and violence. **This combination of anxiety, violence, and other potential side effects makes using spice highly dangerous. Driving under the influence of spice is especially dangerous.**

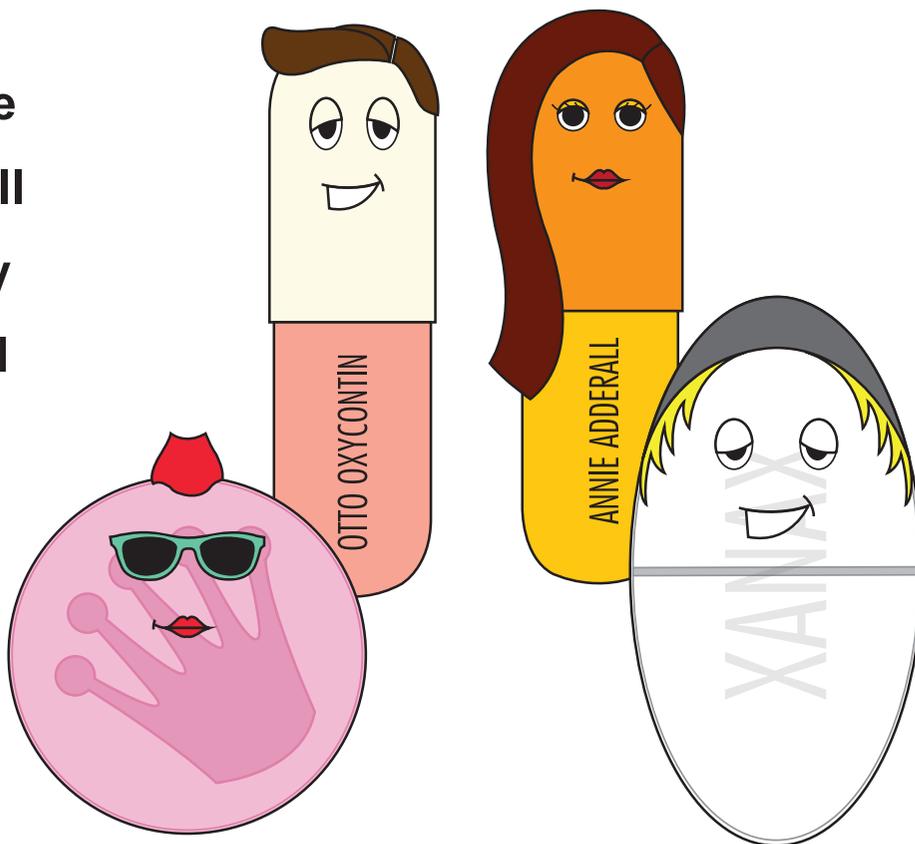
Source: National Institute on Drug Abuse



QUESTION

This is the most commonly abused *stimulant* by college students:

- a. Cocaine
- b. Adderall
- c. Ecstasy
- d. Alcohol

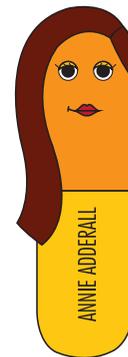


ANSWER

B. ADDERALL

Also known as the study drug, adderall is the most commonly abused stimulant by college students: 9.6% of full-time college students reported using it without a prescription in 2014. Using stimulants that are not prescribed to you is dangerous since it can decrease your sleep, cause high blood pressure, and increase feelings of anger or paranoia. **Irregular sleeping patterns can lead to an increased risk of falling asleep behind the wheel. Anger and paranoia can also contribute to a very dangerous situation behind the wheel.**

Source: CDC: Monitoring the Future Data

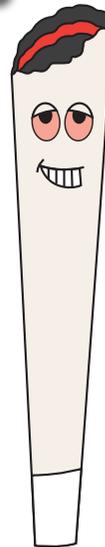


QUESTION

Reported daily marijuana use by full-time college students has increased by _____ from 1994 – 2014?

- a. 75%
- b. 100%
- c. 150%
- d. 227%

100% 200%
10% 150%



ANSWER

D. 227%

According to the Monitoring the Future Survey, reported daily marijuana use by full-time college students has increased from 1.8% of students to 5.9% of students. **Marijuana can severely impair a person's coordination and ability to judge distance, which are both VITAL to driving safely.**
Source: National Institute on Drug Abuse

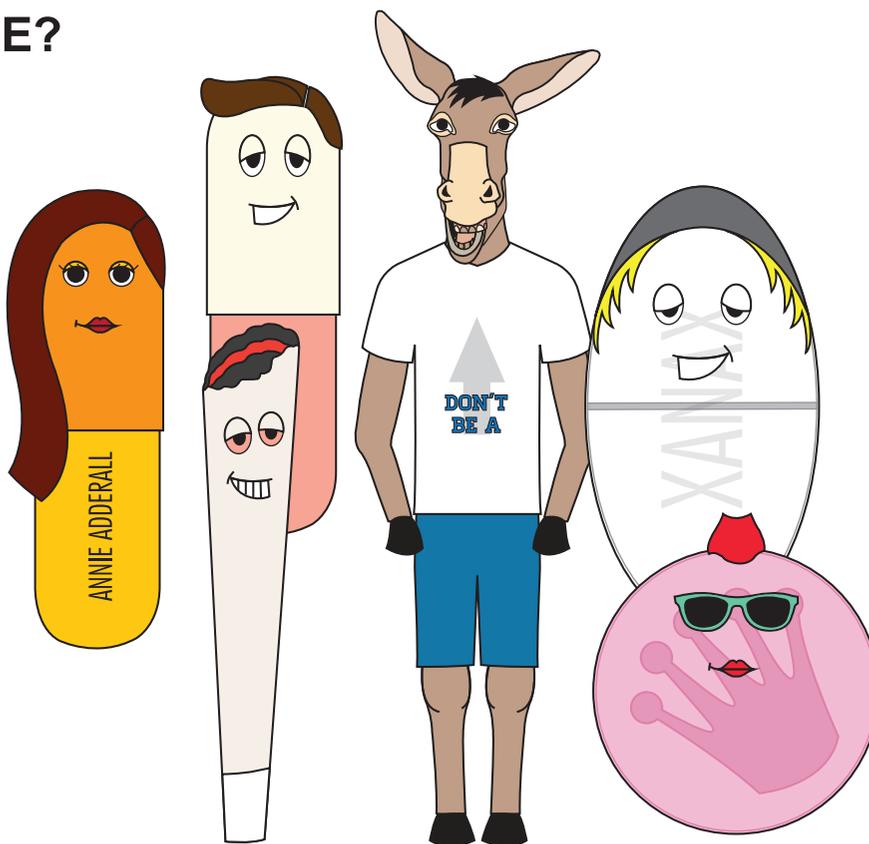
227%



QUESTION

Drivers ages 18–25 years old had the highest number of reported drivers who drove after using drugs or alcohol.

TRUE or FALSE?

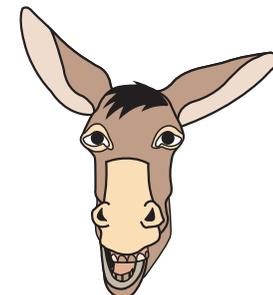


ANSWER

TRUE

Over 31 million people drove after alcohol or drug use, and the highest rate, **20%**, was among 18–25 year olds. In Texas, 18–25 year old drivers have the highest portion of drivers involved in fatal crashes after drinking compared to any other age group. **Drugs are complicated and can impact individuals differently. In addition, many drugs are often combined with alcohol, creating an even more dangerous situation, especially when it comes to driving.**

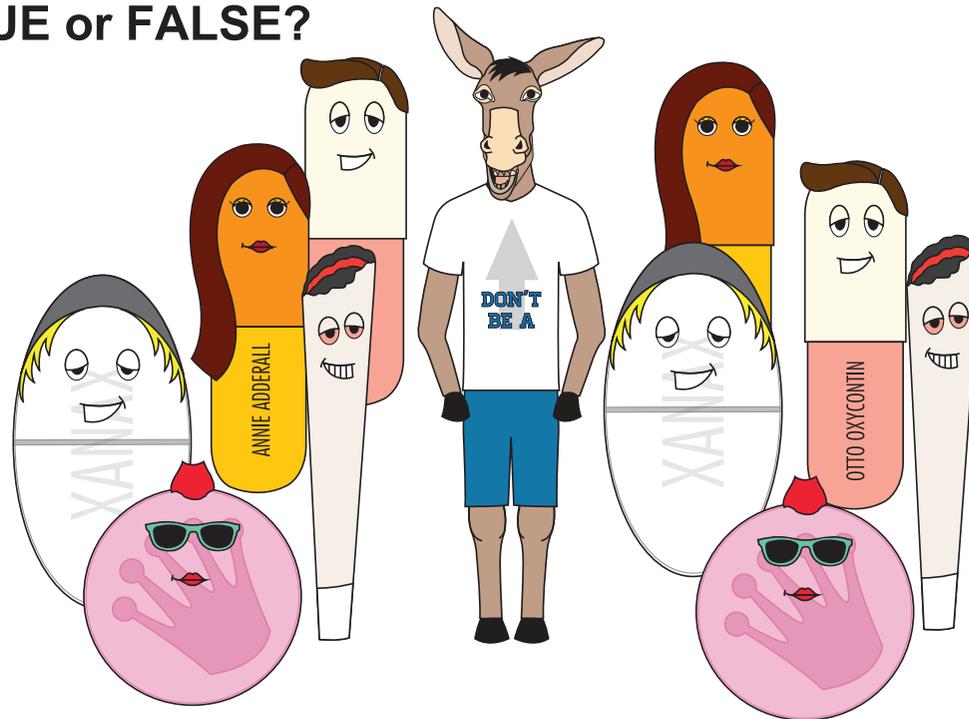
Source: SAMHSA, National Survey on Drug Use and Health, 2012 and 2013.



QUESTION

College students who abuse prescription drugs are less likely to abuse other drugs as well.

TRUE or FALSE?



ANSWER

FALSE

Research has shown that a majority of college students, 90%, who reported abusing prescription drugs, like Adderall, in the past year were also binge drinkers, and over half drank alcohol heavily. **The higher an individual's BAC and impairment, the higher their risk for death is in the event of a crash. Impairment can impact a person's ability to react to a dangerous situation, and, if someone is highly intoxicated or drugged, can impact emergency personnel's ability to render aid in case of an emergency. NEVER let someone who has been drinking or using drugs get behind the wheel.**

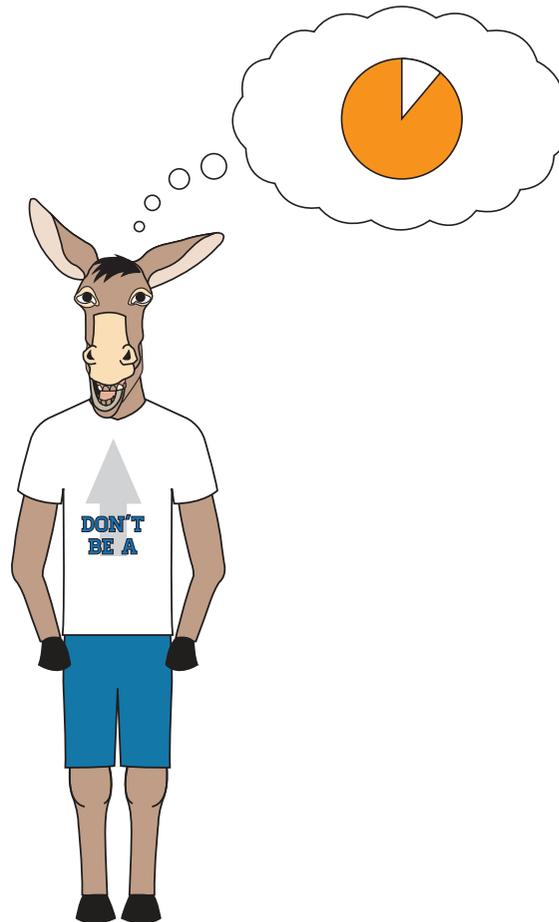
Source: SAMSA: Get the Facts: Taking action to prevent & address prescription drug abuse.



QUESTION

In 2015, ___% of students reported using drugs within the past 30 days, but thought 76% of their peers had used drugs.

- a. 10.9%
- b. 15%
- c. 50%
- d. 60%



ANSWER

a. 10.9%

According to the American College Health Association, in 2015, only 10.9% of students reported having used any drugs within the past 30 days, but thought that most of their peers, 76%, had used drugs. Students across the nation typically assume that more of their peers are using drugs and alcohol than what is actually being reported. This is known as a misperception of a social norm, which can be dangerous because a person may decide to try drugs or alcohol based on the incorrect assumption that everyone else is doing it, or that the behavior is acceptable. **Remember, what we assume to be true about others may very likely not be the case, and also know that most people are finding a DUDE to get them home safely.**

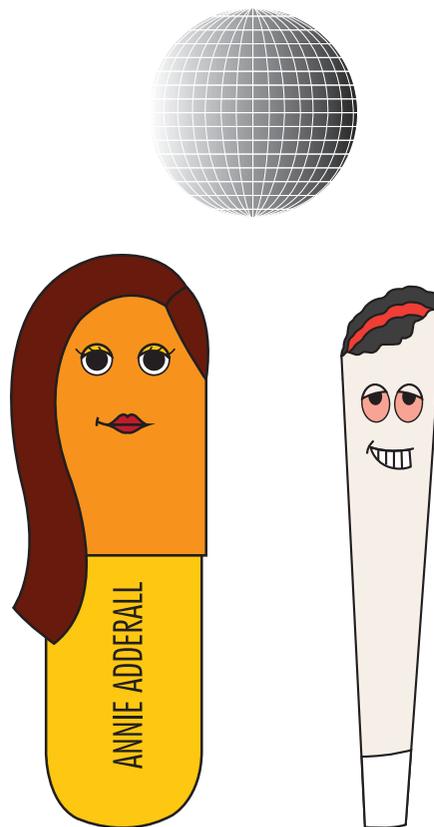
Source: ACHA-National College Health Assessment, 2015



QUESTION

Students who abuse Adderall are ___ times more likely to have used marijuana and ___ times more likely to have used cocaine than students who did not abuse Adderall.

- a. Two and four
- b. Three and five
- c. Five and eight
- d. Eight and ten

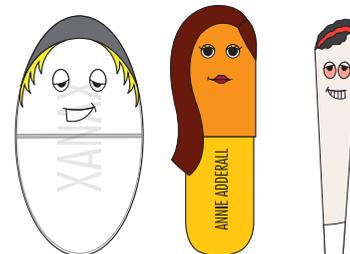


ANSWER

B. THREE AND FIVE

In surveys examining opioid use, college students who reported taking the drugs for non-pain relief purposes had a higher risk of having three or more drug-use related problems. In addition, students who use prescription drugs for “non-medical reasons” are five times more likely to develop a drug abuse problem than those who don’t. **Drug abuse impacts individuals’ judgement and ability to make safe decisions, especially behind the wheel. IF you know of someone with a problem, speak up to get them help and NEVER let them drive.**

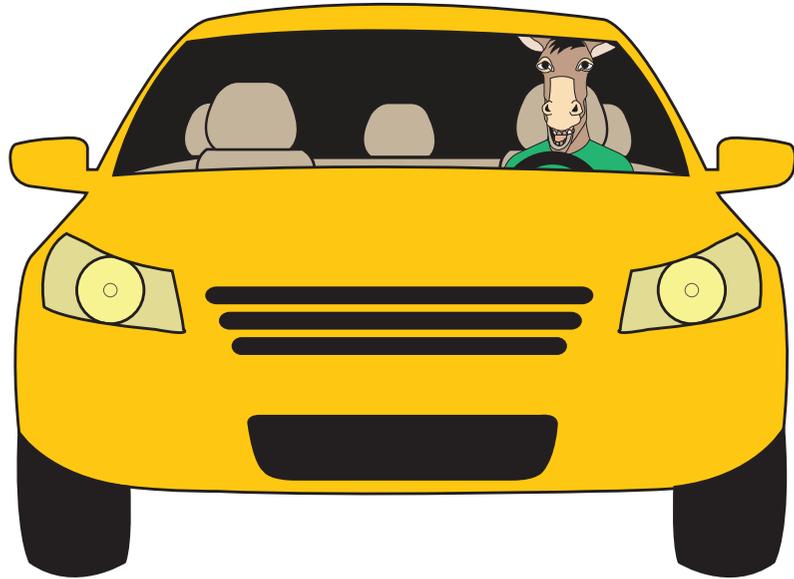
Source: SAMSA: Get the Facts: Taking action to prevent & address prescription drug abuse.



QUESTION

Second to alcohol, this is the most commonly abused drug behind the wheel.

- a. Cocaine
- b. Prescription drugs like Adderall
- c. Heroin
- d. Marijuana



ANSWER

D. MARIJUANA

According to a study with university students, on average it was found that 1 in 6 reported driving under the influence of drugs at least once in the past year. Within those 17% of students, over half (57–67%) drove under the influence at least three times, and roughly 27–37% of those students drove under the influence at least 10 times! Marijuana was the most commonly reported drug (other than alcohol) followed by cocaine and prescription opioids. **Drugged driving is a very serious and dangerous health concern, and has a high likelihood of occurring frequently among people who abuse drugs and alcohol. Make sure to always encourage a DUDE and let people know that driving under the influence of any drug is unsafe!**

Source: Arria, 2011



QUESTION

There is no proven research that has found that marijuana impacts driving ability.

TRUE or FALSE?



ANSWER

FALSE

Research studies have shown negative effects of marijuana on drivers, including an increase in lane weaving, poor reaction time, and attention on the road. Use of alcohol with marijuana made drivers more impaired, causing even more lane weaving. Research studies have also found that marijuana combined with alcohol can have an additive effect on impairment, meaning drivers using both alcohol and marijuana were more impaired than drivers using only one substance. **Many people may believe that they are not affected by drugs, but a good counter argument is; why bother taking them in the first place? Regardless, driving is a very complicated task that requires a person to be able to make quick judgments, stay in their lanes, obey traffic signals, and react to dangerous situations.**

Source: NIDA/Hartman, 2013

