

# Activate, Collaborate and Educate: Health Outreach and Programming in Your Community



## Drugs and Your Body: Myths and Facts Unveiled

*Lydia N. Collins*

*Consumer Health Coordinator*



**U.S. National Library of Medicine**

*National Network of Libraries of Medicine*

*Middle Atlantic Region*



### Databases

- PubMed/MEDLINE
- MeSH
- UMLS
- ClinicalTrials.gov
- MedlinePlus
- TOXNET
- Images from the History of Medicine
- Digital Collections
- LocatorPlus
- All NLM Databases & APIs



#### NLM Musings from the Mezzanine

Innovations in and insights about health information from the Director of the National Library of Medicine.



### Find, Read, Learn

- Search biomedical literature
- Find medical terminologies
- Search NLM collections
- Read about diseases
- Learn about drugs
- Explore history
- Find a clinical trial
- Use a medical dictionary
- Find free full-text articles

### Explore NLM

- About NLM
- Health Information
- Library Catalog & Services
- History of Medicine
- Online Exhibitions & Digital Projects

### Research at NLM

- Human Genome Resources
- Biomedical Research & Informatics
- Environmental Health & Toxicology
- Health Services Research & Public Health
- Health Information Technology

### NLM for You

- Grants & Funding
- Meaningful Use Tools
- Training & Outreach
- National Network of Medical Libraries
- Regional Activities

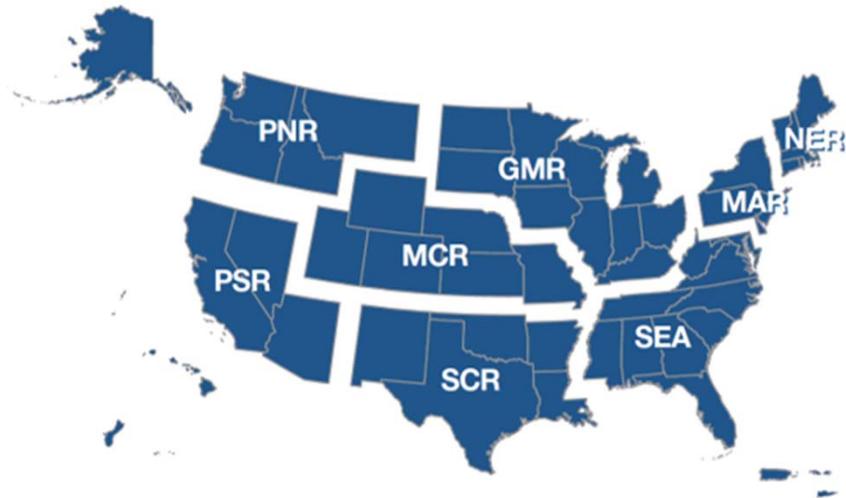
### News, Events, Videos

- Amanda J. Wilson appointed Head, National Network Coordinating Office, Library Operations, NLM (01/09/17)
- Mark Ziomek appointed Chief, Public Services Division, Library Operations, NLM (01/09/17)
- NLM Director Dr. Patricia Flatley Brennan

“The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836”.

URL for the National Library of Medicine

# National Network of Libraries of Medicine: Helping Transform Communities Through Health Outreach



Greater Midwest Region (GMR)  
Middle Atlantic Region (MAR)  
MidContinental Region (MCR)  
New England Region (NER)  
Pacific Northwest Region (PNR)  
Pacific Southwest Region (PSR)  
South Central Region (SCR)  
Southeastern/Atlantic Region (SEA)

[URL](#) to locate your NNLM Office

- National Drug and Alcohol Facts Week®
- Sample Program: Drugs & Your Body
- Health Outreach Resources and Other Materials





## NATIONAL DRUG AND ALCOHOL FACTS WEEK®

PRINT

**2018 Event Registration is Open for National Drug and Alcohol Facts Week® (NDAFW)!**

*You Host an NDAFW Event January 22–28, 2018*

*NIDA Provides Free Materials for Teens*

*& Together We SHATTER THE MYTHS®*

**Chat Day Registration Now Open!**

**National Drug and Alcohol Facts Week® (NDAFW)** is coming January 22-28, 2018. NDAFW is a national health observance linking teens to science based facts to **SHATTER THE MYTHS®** about drugs!

[National Drug and Alcohol Chat Day](#) is January 22, 2018.

[Learn about NDAFW](#), then use this [online guide](#) which gives you everything you need to [plan](#), [promote](#), and host your NDAFW event. [Register](#) your event now and receive [free booklets and other resources](#) for teens. To get activity ideas and toolkits, click [here](#). Also, keep checking our [What's New & Cool](#) section to see highlights from NDAFW.



### National Drug and Alcohol Facts Week®

Learn About NDAFW

Plan Your Event [+](#)

Get Activity Ideas & Toolkits [+](#)

View Events Map [+](#)

Register Your Event

Promote & Enhance Your Event

Partner With NIDA for NDAFW

Take the Nat'l Drug & Alcohol IQ Challenge [+](#)

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Order Free Materials

National Drugs & Alcohol Chat Day [+](#)

[URL](#) for National Drug and Alcohol Facts Week® (NDAFW®) and [URL](#) to What is NDAFW®



National Drug and Alcohol Facts Week® / National Drugs & Alcohol Chat Day

# NATIONAL DRUGS AND ALCOHOL CHAT DAY

PRINT

## Chat Day Registration Now Open!

Join us for the eleventh annual DRUGS and ALCOHOL CHAT DAY to be held during [National Drug and Alcohol Facts Week®](#) on **January 22, 2018**. [Registration now open!](#)

National Drugs and Alcohol Chat Day is an annual live online chat held between high school students and NIDA scientists during **National Drug and Alcohol Facts Week®**. Students from around the country ask the questions they most want the answers to about drugs and drug abuse, including drug effects, how to help friends or family that are abusing drugs, and what causes addiction. Our expert scientists give them the facts. [See 2017's Chat Day Transcript](#).



Dr. Jack Stein peering over the Drugs & Alcohol Chat Day 10th Anniversary cake (January 2017).

- National Drug and Alcohol Facts Week®**
- Learn About NDAFW
- Plan Your Event
- Get Activity Ideas & Toolkits
- View Events Map
- Register Your Event
- Promote & Enhance Your Event
- Partner With NIDA for NDAFW
- Take the Nat'l Drug & Alcohol IQ Challenge
- See What's New & Cool
- Order Free Materials
- National Drugs & Alcohol Chat

[URL](#) to NDAFW® Chat Day

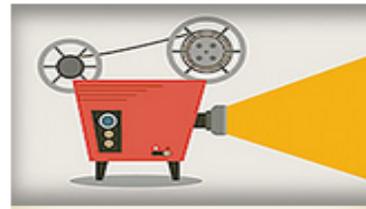
## Featured Resources



**TOOLKIT: OPIOIDS & OTHER  
PRESCRIPTION DRUGS**



**ACTIVITY: CHAT DAY**



**TOOLKIT: VIDEO**

**EVENTS START IN**

<b>41</b>	<b>4</b>	<b>36</b>	<b>26</b>
DAYS	HOURS	MIN	SEC

[SHARE](#)



**LEARN**

About National Drug & Alcohol Facts Week®



**PLAN**

Your 2018 Event



**GET**

Activity Ideas & Toolkits



**VIEW**

Events Map



**REGISTER**

Your Event



**PROMOTE**

& Enhance Your Event

**490 Events Already  
Registered for NDAFW  
2018!**

**Cities just registered:**

- Atwood, Tennessee
- Miami, Florida
- Indian Township, Maine
- Las Vegas, Nevada
- Iron River, Michigan

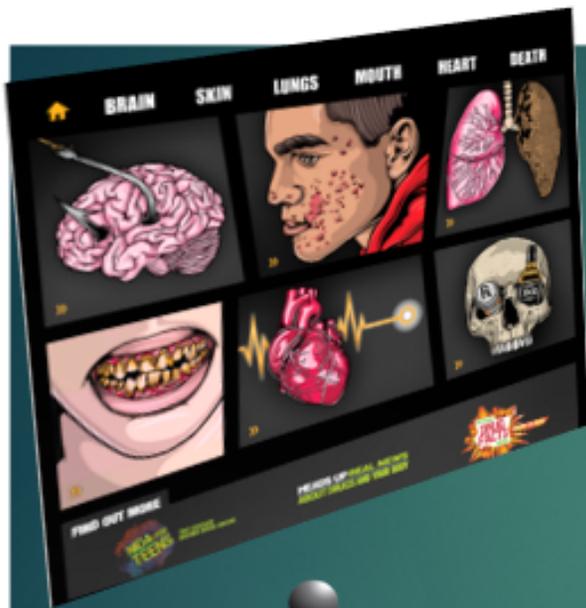
**Check out 2018's events from  
around the country >>**

**Additional Questions  
or Comments?**

[drugfacts@nida.nih.gov](mailto:drugfacts@nida.nih.gov)

**DRUGS & ALCOHOL**

[URL](#) NDAFW® web site

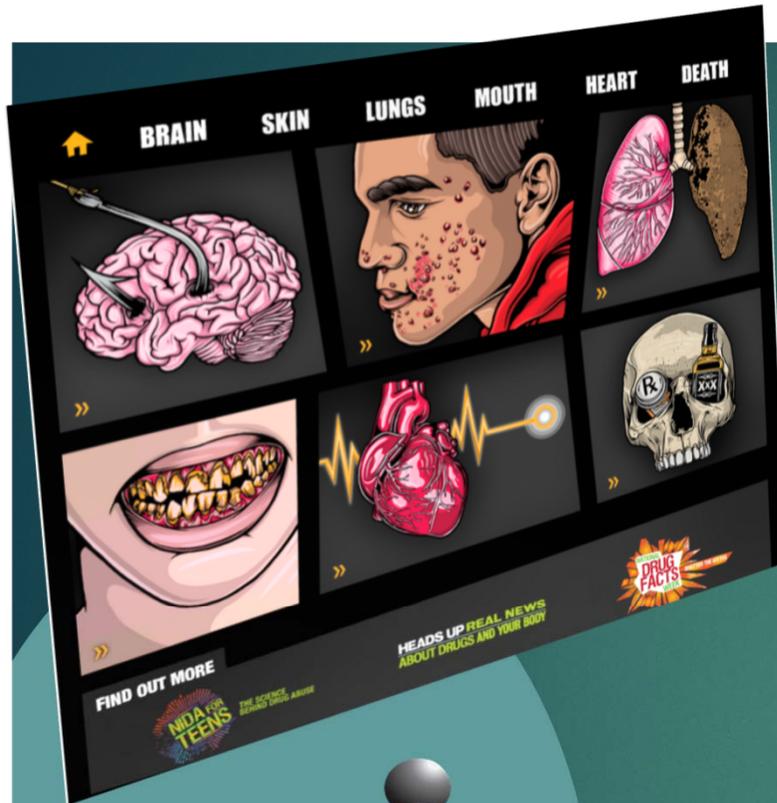


# Drugs + Your Body: Myths and Facts Unveiled

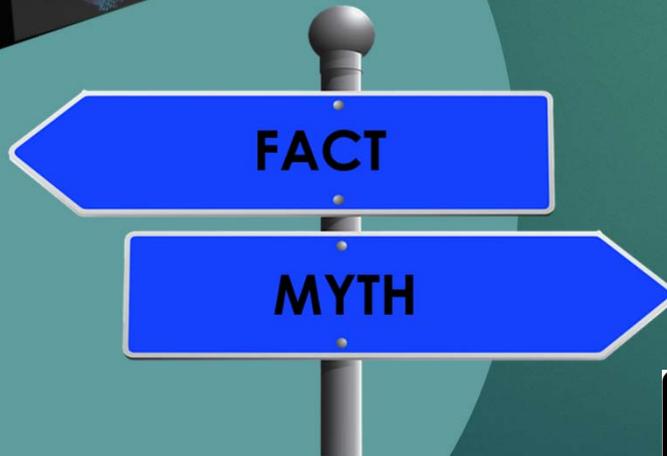


**U.S. National Library of Medicine**  
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Middle Atlantic Region

Locate additional slides on the NNLM class web site. [URL](#) for Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community



# Drugs + Your Body: Myths and Facts Unveiled



**U.S. National Library of Medicine**  
*National Network of Libraries of Medicine*  
*Middle Atlantic Region*



Monitoring the Future is an annual survey of 8th, 10th, and 12th graders conducted by researchers at the University of Michigan, Ann Arbor, under a grant from the National Institute on Drug Abuse, part of the National Institutes of Health. Since 1975, the survey has measured drug, alcohol, and cigarette use and related attitudes in 12th graders nationwide; 8th and 10th graders were added to the survey in 1991.

**45,473 STUDENTS FROM 372 PUBLIC AND PRIVATE SCHOOLS PARTICIPATED IN THE 2016 SURVEY.**

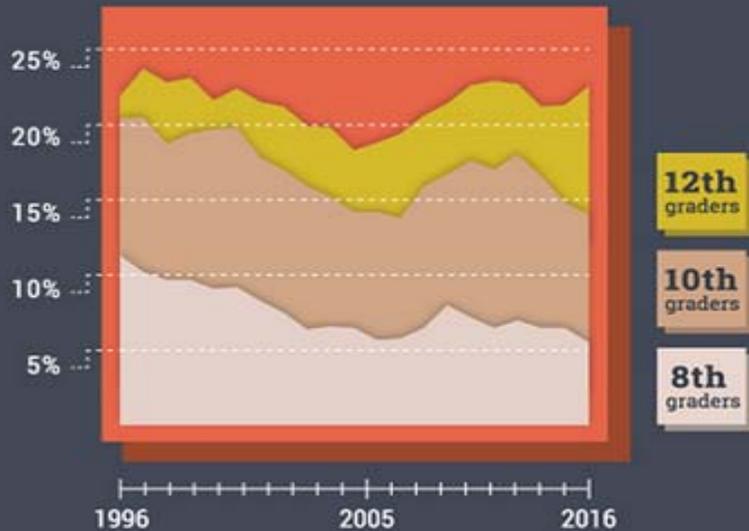


DRUGABUSE.GOV

[URL](#) for Teen Drug Use Infographic (NIDA)

## PAST-MONTH MARIJUANA USE MOSTLY STEADY

1996 – 2016



2016



12th graders  
**22.5%**

10th graders  
**14.0%**

8th graders  
**5.4%**

68.9% OF HIGH SCHOOL SENIORS DO NOT VIEW REGULAR MARIJUANA SMOKING AS HARMFUL, BUT 68.5% SAY THEY DISAPPROVE OF REGULAR MARIJUANA SMOKING



DRUGABUSE.GOV

[URL](#) for Teen Drug Use Infographic (NIDA)

# PAST-MONTH ALCOHOL USE CONTINUES STEADY DECLINE

2016



12th graders  
**33.2%**

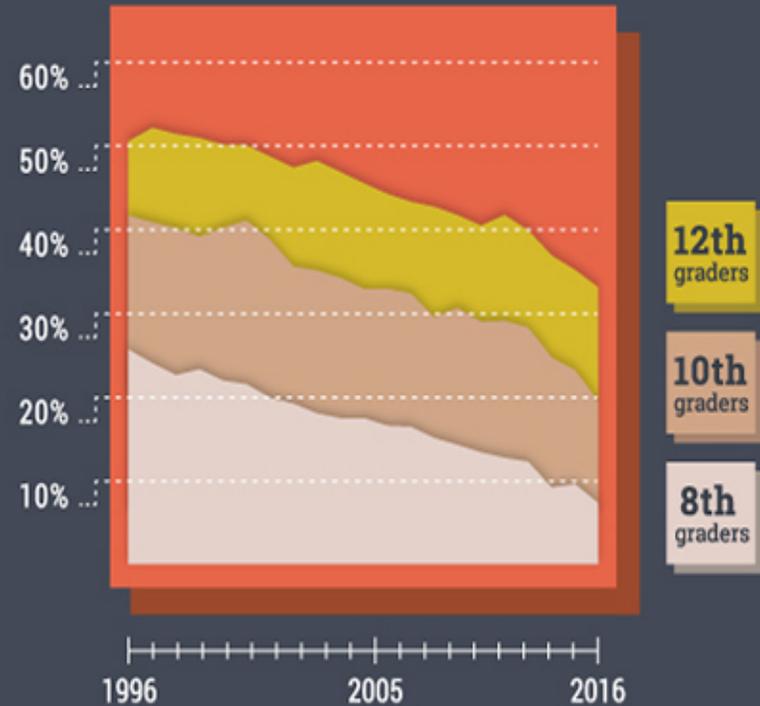


10th graders  
**19.9%**



8th graders  
**7.3%**

1996 – 2016

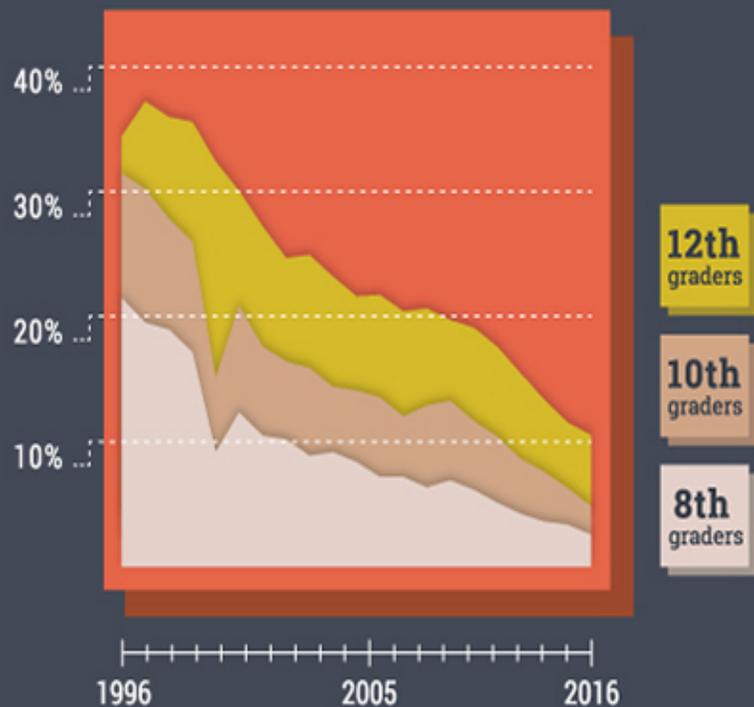


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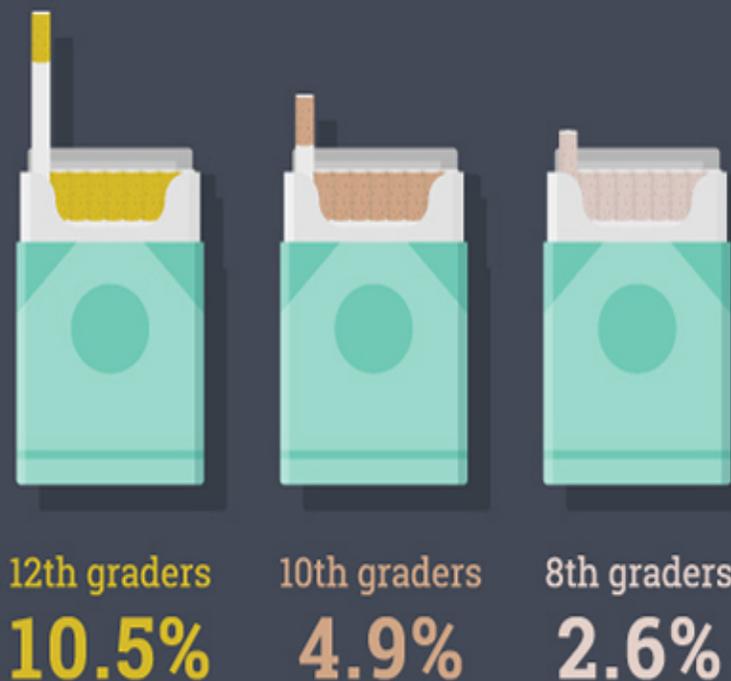
[URL](#) for Teen Drug Use Infographic (NIDA)

# PAST-MONTH CIGARETTE USE CONTINUES STEADY DECLINE

1996 – 2016



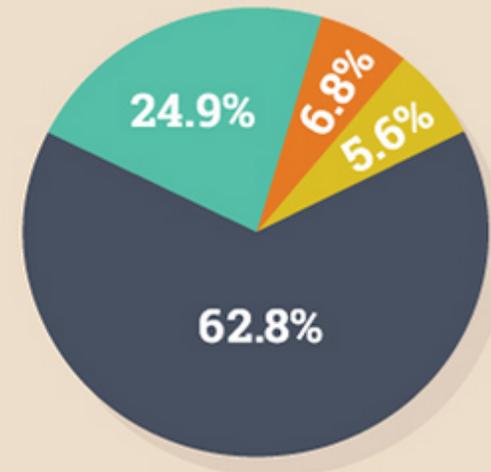
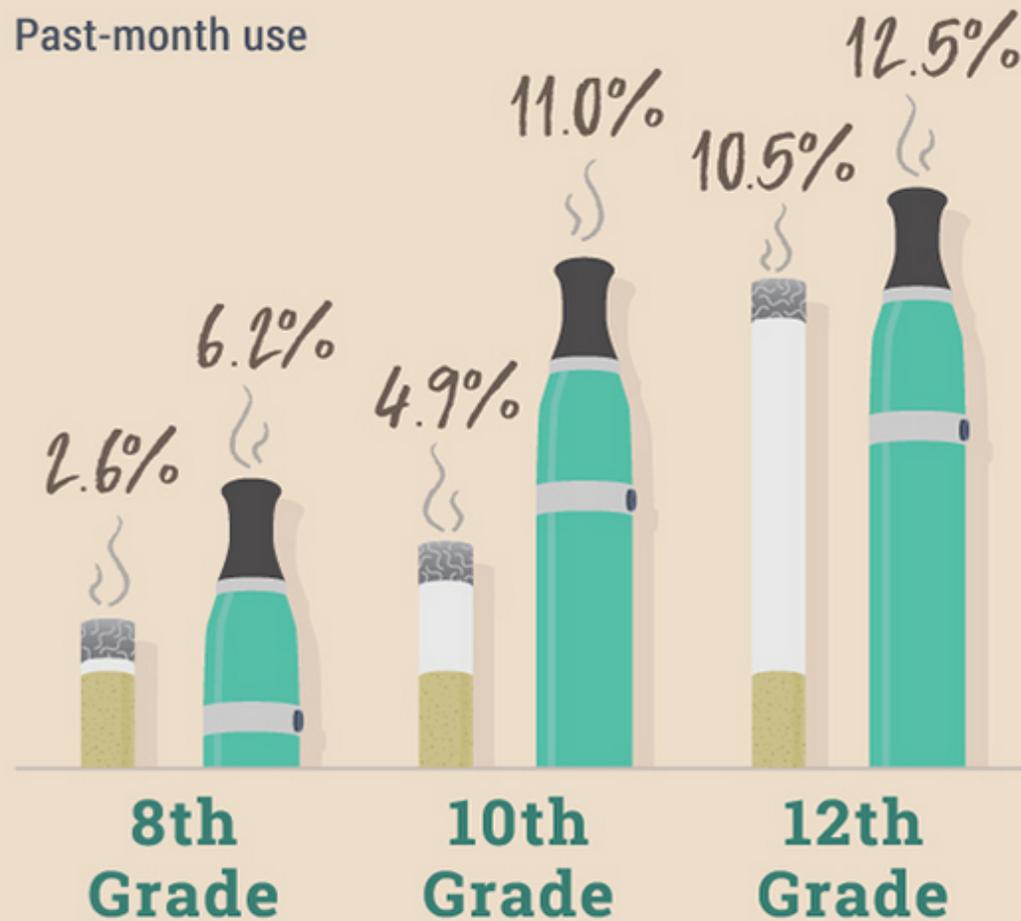
2016



DRUGABUSE.GOV

## TEENS MORE LIKELY TO USE E-CIGARETTES THAN CIGARETTES

Past-month use



What did 12th graders think was in the mist they inhaled from an e-cigarette? Despite the belief that the liquid used in e-cigs contains only flavoring, it also might contain nicotine.

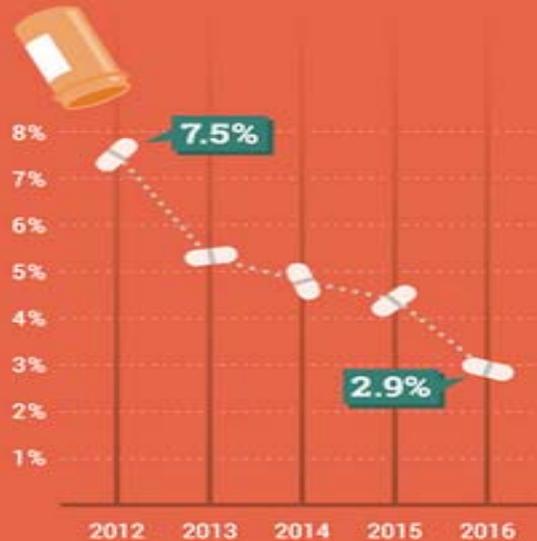
- Flavoring
- Nicotine
- Marijuana or hash oil
- Don't know



DRUGABUSE.GOV

## PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS

### VICODIN®



Past-year misuse of Vicodin® among 12th graders has dropped dramatically in the past 5 years. So has misuse of all Rx opioids among 12th graders despite high opioid overdose rates among adults.

### PRESCRIPTION/OTC



### ILLICIT DRUGS



Past-year use among 12th graders

### STUDENTS REPORT LOWEST RATES SINCE START OF THE SURVEY

Across all grades, past-year use of inhalants, heroin, methamphetamine, alcohol, cigarettes, and synthetic cannabinoids are at their lowest by many measures.



DRUGABUSE.GOV



# DRUGS + YOUR BODY

Click below to find out how drugs affect the body — **It Isn't Pretty!**



**BRAIN**

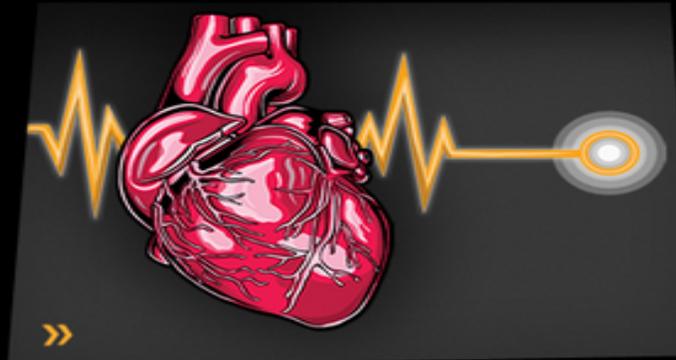
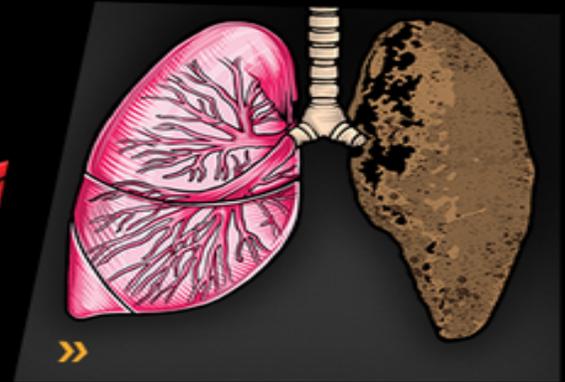
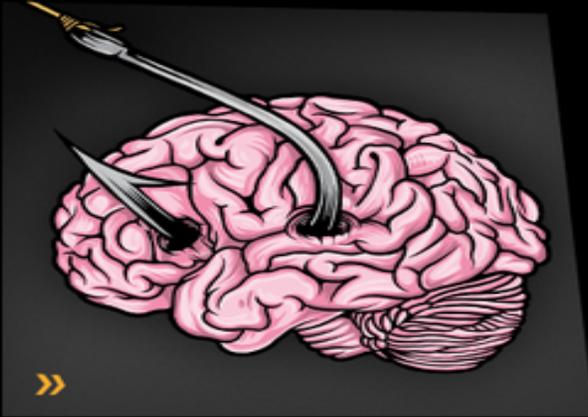
**SKIN**

**LUNGS**

**MOUTH**

**HEART**

**DEATH**



**FIND OUT MORE**

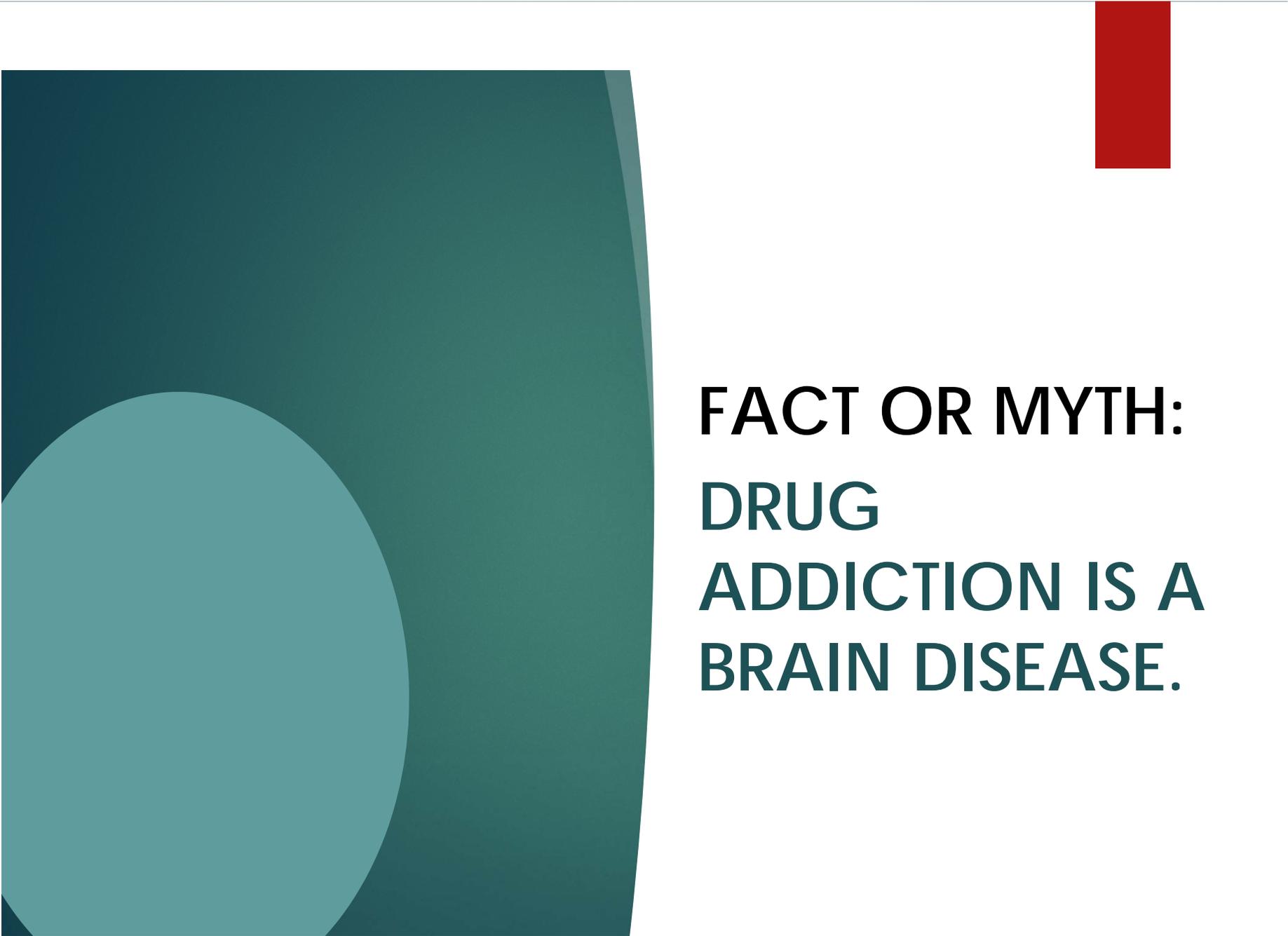


THE SCIENCE  
BEHIND DRUG ABUSE

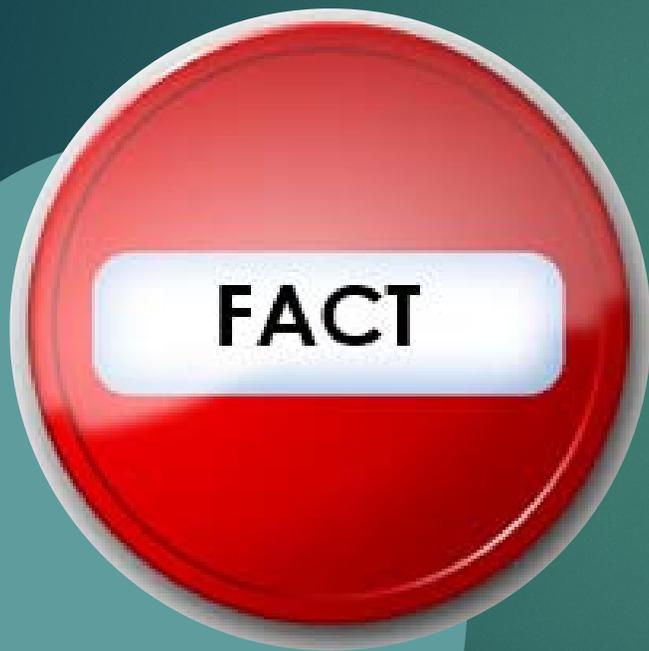
**HEADS UP REAL NEWS**  
ABOUT DRUGS AND YOUR BODY



[URL](#) for Drugs and Your Body



**FACT OR MYTH:  
DRUG  
ADDICTION IS A  
BRAIN DISEASE.**



**FACT OR MYTH:  
DRUG  
ADDICTION IS A  
BRAIN DISEASE.**

Brain

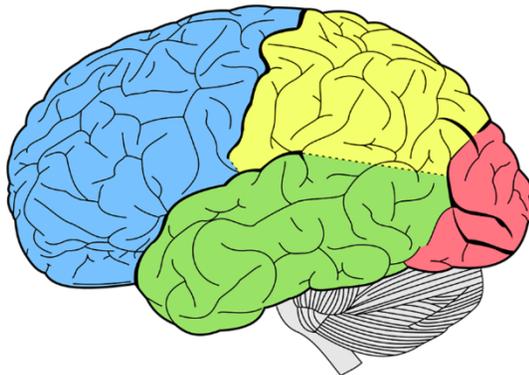


Drugs affect three primary areas of the brain:

Brain  
Stem

Limbic  
System

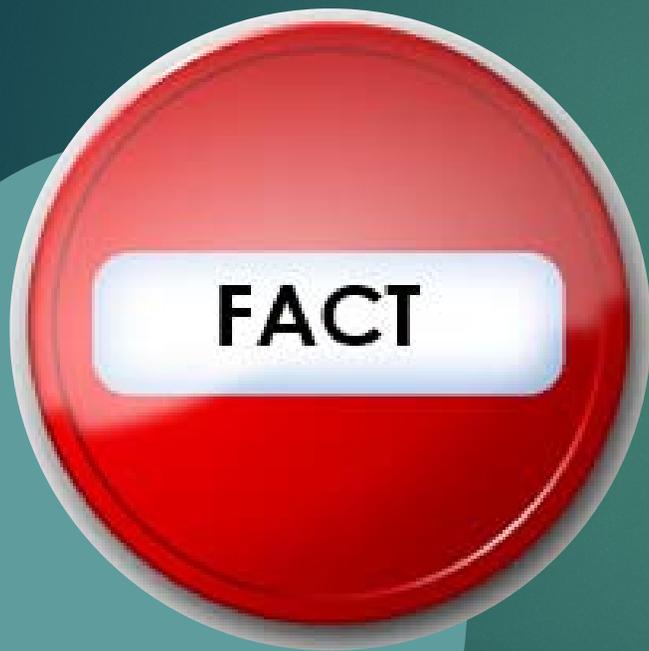
Cerebral  
Cortex





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**FACT OR MYTH:  
DRUGS CAN  
MAKE YOU FEEL  
LIKE YOU HAVE  
BUGS UNDER  
YOUR SKIN.**



**FACT OR MYTH:  
DRUGS CAN  
MAKE YOU FEEL  
LIKE YOU HAVE  
BUGS UNDER  
YOUR SKIN.**

# Skin



Prescription and nonprescription drugs can be the cause of many skin conditions. Some skin conditions include:

Acne

Dark spots

Dry, flaky skin

Chapped, peeling lips

Rashes

Uneven skin tone and blotchiness

Wrinkles





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**FACT OR MYTH:  
LUNG CANCER IS  
THE ONLY  
DISEASE YOU  
HAVE TO WORRY  
ABOUT WITH  
SMOKING.**



**MYTH**



**FACT OR MYTH:  
LUNG CANCER IS  
THE ONLY  
DISEASE YOU  
HAVE TO WORRY  
ABOUT WITH  
SMOKING.**

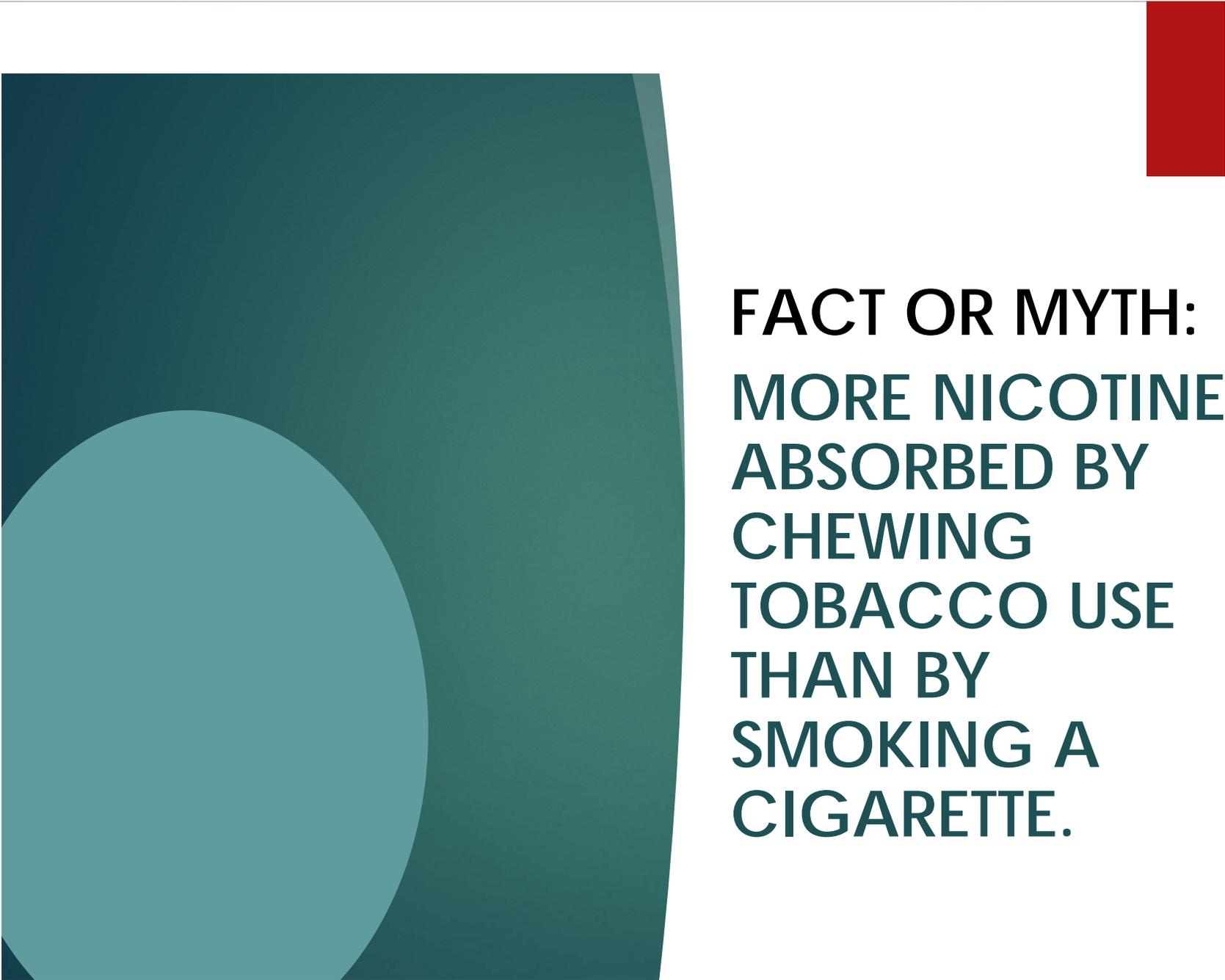
# Lungs

**A “safe” or “safer” tobacco product does not exist!**

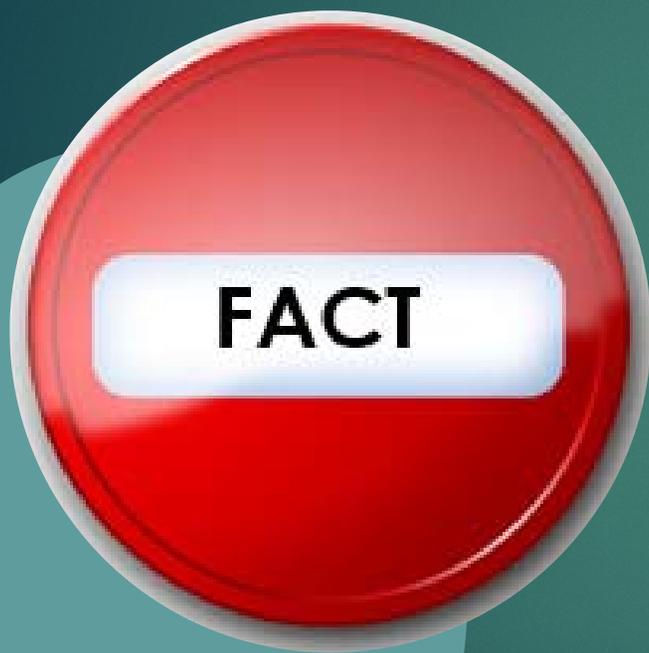
All tobacco products contain nicotine, which is addictive and can harm your developing brain.

A burning cigarette contains a mix of over **7,000** harmful chemicals.





**FACT OR MYTH:  
MORE NICOTINE IS  
ABSORBED BY  
CHEWING  
TOBACCO USE  
THAN BY  
SMOKING A  
CIGARETTE.**



**FACT OR MYTH:  
MORE NICOTINE IS  
ABSORBED BY  
CHEWING  
TOBACCO USE  
THAN BY  
SMOKING A  
CIGARETTE.**

Mouth



**Cigarettes and  
Chewing Tobacco**

**E-cigarettes**



**Methamphetamine**



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**FACT OR MYTH:  
TREATMENT FOR  
DRUG  
ADDICTION  
SHOULD BE A  
ONE-SHOT DEAL**

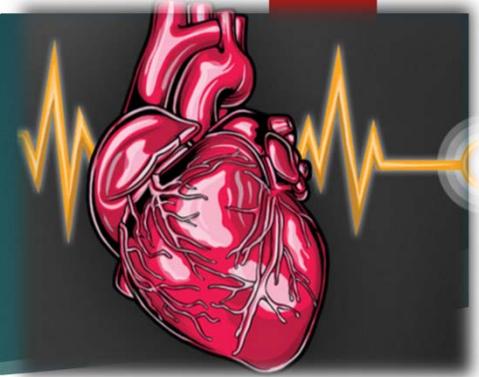


**MYTH**



**FACT OR MYTH:  
TREATMENT FOR  
DRUG  
ADDICTION  
SHOULD BE A  
ONE-SHOT DEAL**

# Heart



Drugs that can affect the cardiovascular system include:

Cocaine

Heroin

Inhalants

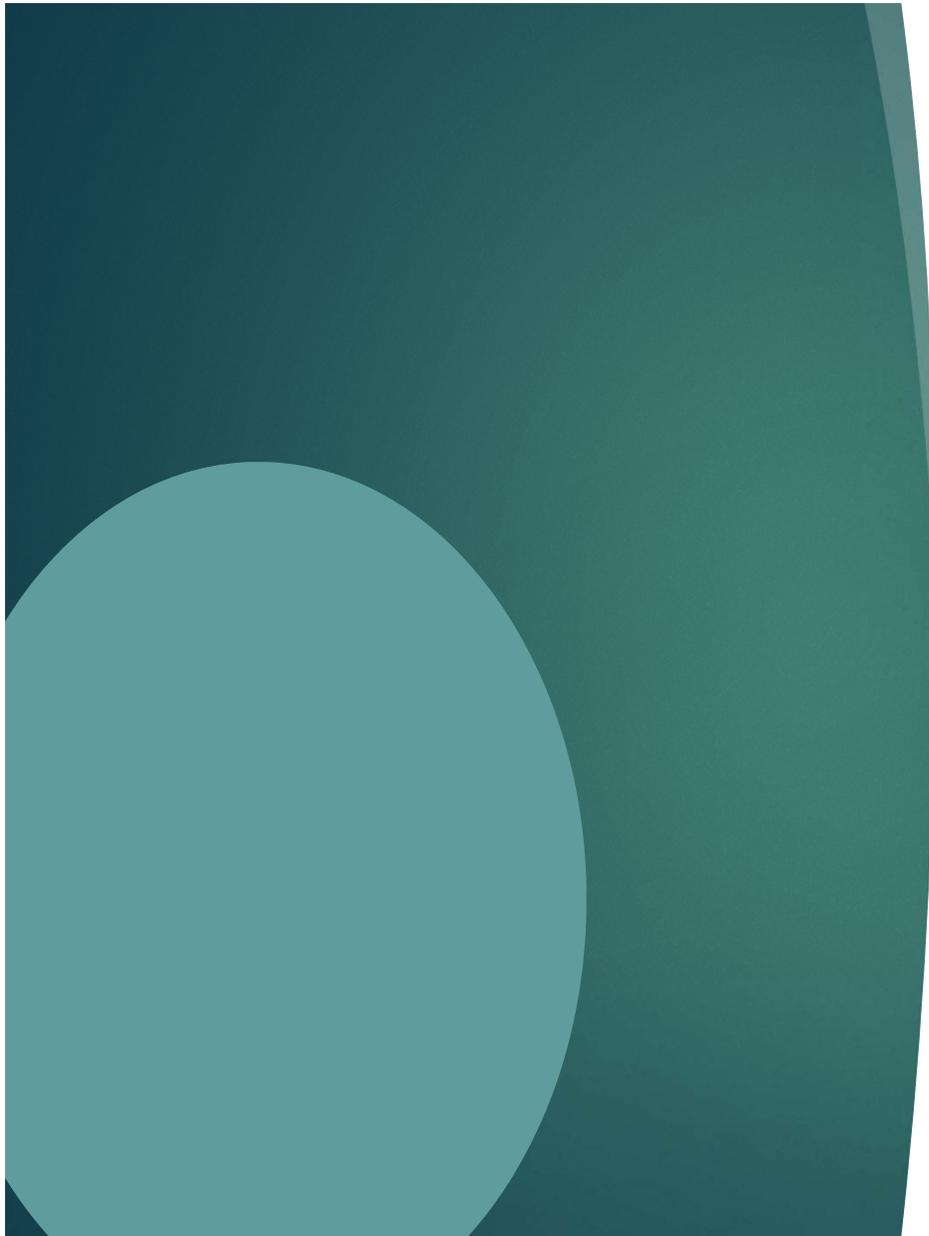
Marijuana

Methamphetamine

Steroids

Tobacco





**FACT OR MYTH:  
IT CAN'T HURT TO  
TRY DRUGS JUST  
ONCE.**

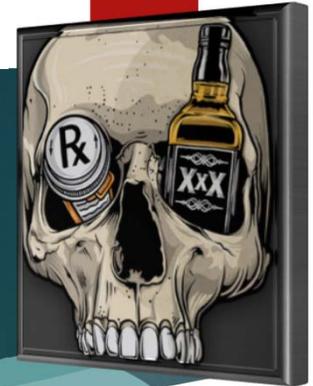


**MYTH**



**FACT OR MYTH:  
IT CAN'T HURT TO  
TRY DRUGS JUST  
ONCE.**

# Death



**Female**  
**1,258**

**Male**  
**2,977**

**Alcohol**  
**110**

**Cocaine**  
**442**

**Heroin/  
Illicit Opioids**  
**2,343**

**Prescription  
Drugs**  
**1,551**

**Drug Associated Deaths  
Among Youth  
(Ages 15-24)**

# Top 5 Reasons NOT to Use Drugs



**Drug Use is Illegal**

**Health Problems**

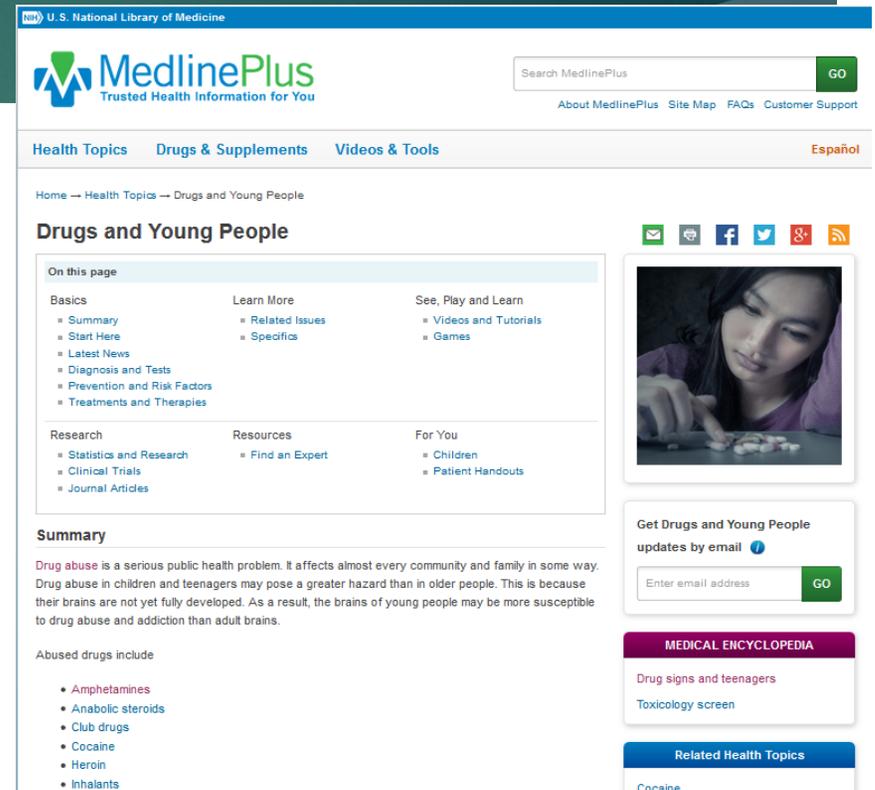
**Loss of Future Potential**

**Time and Money**

**Decreased Performance  
in School**

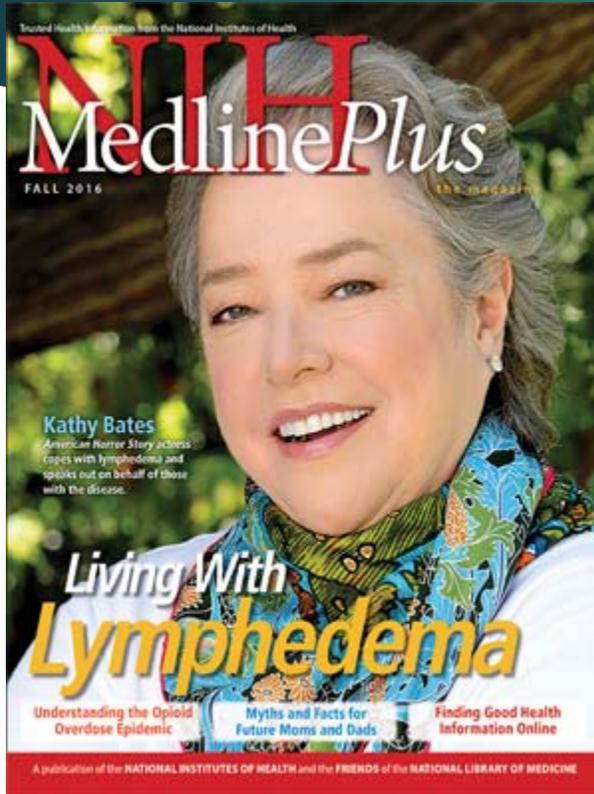


# Trusted Websites



Drugs and Your Body: <http://www.scholastic.com/drugs-and-your-body/>

MedlinePlus: <https://medlineplus.gov/>



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# Understanding The Opioid Overdose Epidemic

## Responding to the crisis.

Prescription opioids are powerful drugs commonly used to reduce pain after surgery or injury. They are also used for pain from health conditions like cancer. However, opioids can produce harmful side effects, including drowsiness, mental fog, nausea, constipation, and respiratory depression (slowed breathing) that can lead to overdose deaths. Continued use can lead to addiction, making it hard to stop using opioids even after the cause of pain is gone.

An estimated 1.9 million people in the United States have a prescription opioid use disorder. Another 586,000 have a heroin use disorder. Heroin is an opioid drug that is produced from morphine and sold illegally. Although most people who use heroin (80 percent) started by misusing prescription opioids, most people who abuse pain relievers (96 percent) do NOT go on to use heroin.

Anyone taking an opioid can suffer an overdose, which slows a person's breathing so much that the person passes out and is at risk for death. This can happen when someone takes more than prescribed, combines opioids with depressants (such as Xanax®) or alcohol, or has a medical condition that makes them more sensitive. In 2014, more than 28,000 people died from an opioid overdose, and more than half of those deaths involved a prescription opioid.

thanks

# Contact NNLM MAR

**Web site: <http://nnlm.gov/mar>  
Phone: 1.412.648.2065**

**Serving Delaware, New Jersey, New York and Pennsylvania**

**For questions regarding the content of this presentation or to request training please contact:**

**Lydia N. Collins  
Consumer Health Coordinator  
[lydia@pitt.edu](mailto:lydia@pitt.edu)**



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INFORMATION  
HELPS YOU MAKE  
BETTER HEALTH  
DECISIONS.**

**LIBRARIES  
TRANSFORM**  
AN INITIATIVE OF THE NLM AND  
THE NCI



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National Institutes of Health

LIBRARIES.TRANSFORM.GOV

# **NLM and Other Reliable Consumer Health Resources**



 **Health Topics**  
Find information on health, wellness, disorders and conditions

 **Drugs & Supplements**  
Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

 **Videos & Tools**  
Discover tutorials, health and surgery videos, games, and quizzes

 **Lab Test Information**  
Learn why your doctor orders laboratory tests and what the results may mean

 **Medical Encyclopedia**  
Articles and images for diseases, symptoms, tests, treatments

**Medical Dictionary from Merriam-Webster**



**MedlinePlus now has lab test information!**

Learn why your doctor ordered a lab test, and what the results may mean.

1 2 3 4 ▶

**Today's Health News**

[Flu Can Have Dangerous Domino Effect on Older Adults](#)

[Gum Disease Tied to Yet Another Deadly Illness](#)

[Informed Football Refs Better At Spotting Suspected Concussions](#)

[More health news](#)

**Clinical Trials**

Search [ClinicalTrials.gov](#) for drug and treatment studies.

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# Teen Health

Also called: Adolescent health



## On this page

### Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)
- [Prevention and Risk Factors](#)
- [Treatments and Therapies](#)

### Learn More

- [Related Issues](#)
- [Specifics](#)

### See, Play and Learn

- [Health Check Tools](#)

### Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

### Resources

- [Find an Expert](#)

### For You

- [Teenagers](#)
- [Patient Handouts](#)



## Summary

As a teenager, you go through many changes. Your body is on its way to becoming its adult size. You may notice that you can't fit into your old shoes or that your jeans are now 3 inches too short. Along with these changes, you are probably becoming more independent and making more of your own choices. Some of the biggest choices you face are about your health.

Healthy habits, including eating a healthy diet and being physically active, can help you feel good, look good, and do your best in school, work, or sports. They might also prevent diseases such as diabetes, high blood pressure, heart disease, osteoporosis, stroke, and some cancers when you are older.

## Start Here

- [Ages and Stages: Teen](#) (American Academy of Pediatrics)  
Also in Spanish
- [Help! Is This My Body? \(For Teens\)](#) (Nemours Foundation)  
Also in Spanish

Get Teen Health updates by email



## MEDICAL ENCYCLOPEDIA

[Teenagers and sleep](#)

## Related Health Topics

[College Health](#)

[Puberty](#)

[URL](#) for Teen Health

# Drugs and Young People



## On this page

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### Resources

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### For You

- [Children](#)
- [Patient Handouts](#)



## Summary

**Drug abuse** is a serious public health problem. It affects almost every community and family in some way. Drug abuse in children and teenagers may pose a greater hazard than in older people. This is because their brains are not yet fully developed. As a result, the brains of young people may be more susceptible to drug abuse and addiction than adult brains.

Abused drugs include

- [Amphetamines](#)
- [Anabolic steroids](#)
- [Club drugs](#)
- [Cocaine](#)
- [Heroin](#)
- [Inhalants](#)
- [Marijuana](#)

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## MEDICAL ENCYCLOPEDIA

[Drug signs and teenagers](#)

[Toxicology screen](#)

## Related Health Topics

[Cocaine](#)

[Cold and Cough Medicines](#)

[URL](#) for Drugs and Young People

# MedlinePlus Teen Health Topics

## General Health and Wellness

- *\*Adolescent Development*
- Bullying
- Childhood Immunizations
- Diabetes in Children and Teens
- Gay, Lesbian, Bisexual and Transgender Health
- Internet Safety
- Learning Disorders
- Self Harm
- Sports Safety
- Teen Development
- Teen Violence

## Substance Abuse

- Club Drugs
- Cocaine
- Cold and Cough Medicines
- *\*Drugs Signs and Teenagers*
- Inhalants
- Marijuana
- Methamphetamine
- Opioid Abuse and Addiction
- Prescription Drug Abuse
- *\*Toxicology Screen*





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# OUTRUNNING ASTHMA

*Football player Rashad Jennings battled childhood asthma with exercise and determination*

National Football League (NFL) running back and reigning “Dancing with the Stars” champion Rashad Jennings battled childhood asthma with grit and determination. He has partnered with the Allergy and Asthma Foundation of America to raise awareness about the widespread condition.

**You developed asthma as a child. Tell us about your experience.**

It was something that I struggled with throughout my childhood. I was 10 years old when I had my first asthma attack. I’ll never forget it—I was playing on the monkey bars with my friends, and I fell to the ground. I was dependent on an inhaler daily. And it prevented me from running and other activities. After my second major asthma attack, when I was 13, I was hospitalized and nearly died. I couldn’t breathe.



Rashad Jennings with his “Dancing with the Stars” partner, Emma Slater, in 2017.



### Topics of Interest

Find Information About...

Especially For...

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Resources

Resources for the Public

Enviro-Health Links

Guides & Tutorials

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## Opiate Addiction and Treatment (Enviro-Health Links)

- Understanding Addiction
- Opioid Overdose
- Opioid Drugs
- Medications to Treat Opioid Addiction
- Opioid Prescribing
- Pregnancy, Opioid Use, and Neonatal Abstinence Syndrome
- Recovery
- Data, Trends, & Statistics
- Topic-related Searches of National Library of Medicine Resources
- Disclaimer

### Understanding Addiction

- Opioid Crisis (Video) by Dr. Nora Volkow, Director of the National Institute on Drug Abuse  
April 2017 National Rx Drug Abuse and Heroin Summit
- Definition of Addiction  
American Society of Addiction Medicine
- Drugs, Brains, and Behavior: The Science of Addiction  
National Institute of Drug Abuse
- Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)  
Office of the Surgeon General of the United States
- July Vital Signs – Opioid Prescribing: Where you live matters  
Centers for Disease Control and Prevention
- Opioid Crisis  
National Institute of Drug Abuse
- The Role of Science in Addressing the Opioid Crisis  
Volkow ND, Collins FS. N Engl J Med. 2017 May 31. doi: 10.1056/NEJMs1706626.
- TurnTheTideRx: Surgeon General's Call to End the Opioid Crisis  
Office of the Surgeon General of the United States
- Why Are Drugs So Hard to Quit? (Video)  
National Institute of Drug Abuse

**URL for Opiate Addiction and Treatment (Enviro-Health Links) NLM-SIS**

# DRUGS + YOUR BODY

Click below to find out how drugs affect the body — **It Isn't Pretty!**



**BRAIN**

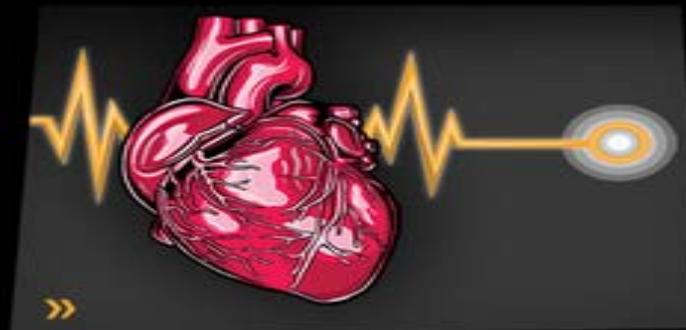
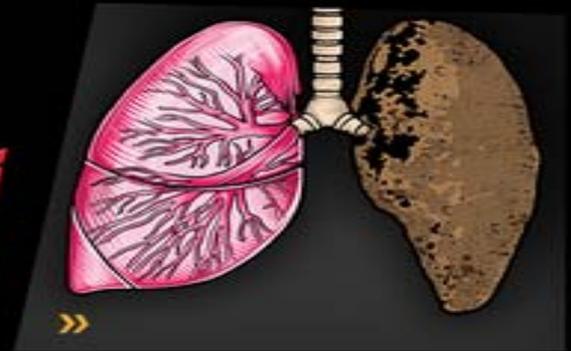
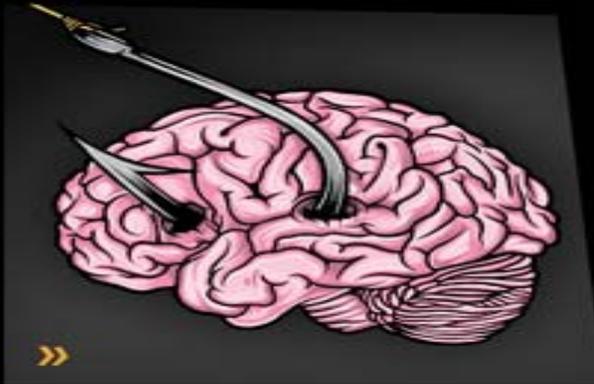
**SKIN**

**LUNGS**

**MOUTH**

**HEART**

**DEATH**



**FIND OUT MORE**



THE SCIENCE  
BEHIND DRUG ABUSE

**HEADS UP REAL NEWS**  
ABOUT DRUGS AND YOUR BODY



[URL](#) for Drugs and Your Body

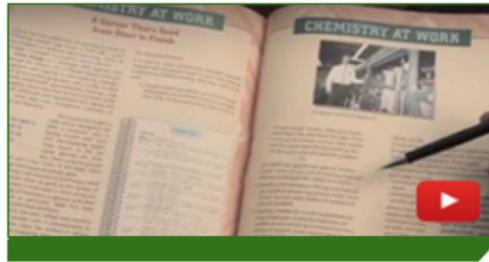


## Teens: Drug Use and the Brain

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!



Drug Facts



Videos

I really don't know how marijuana affects the teenage brain.

Yes

No

Maybe

[VOTE](#)

Take Our Poll

### Drugs & Health Blog

[See All Blog Items >](#)

Youth Tobacco Use in the U.S.

E-cigarettes may contain nicotine, an addictive chemical that can especially affect teen brains. Over 2 million U.S. teens use e-cigarettes.

The Decline of Teen Tobacco Use

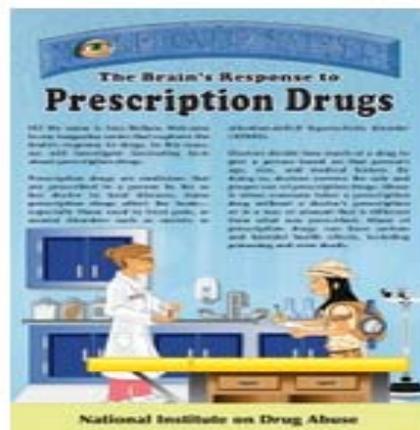
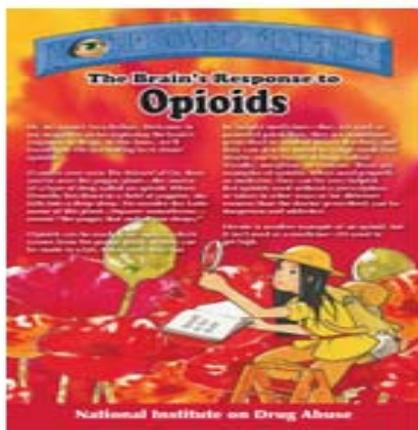
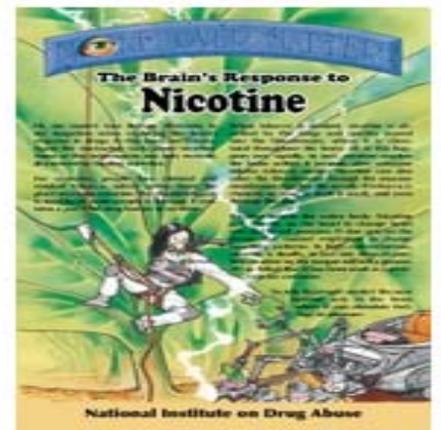
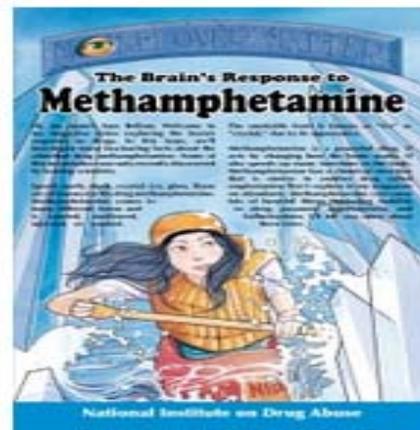
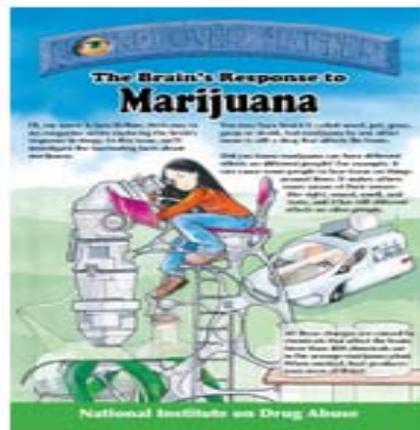
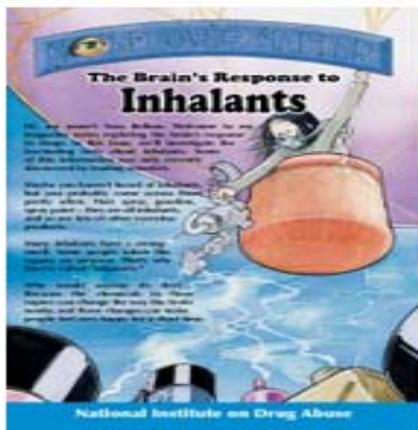
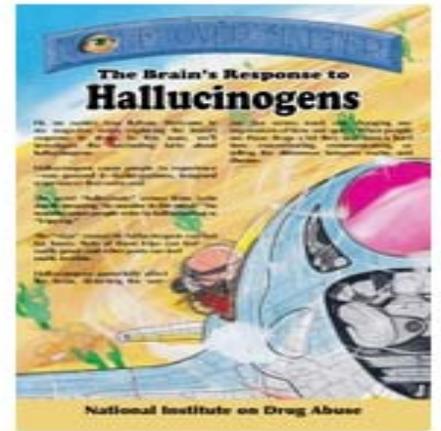
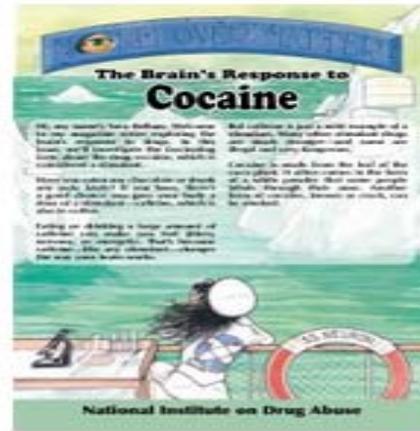
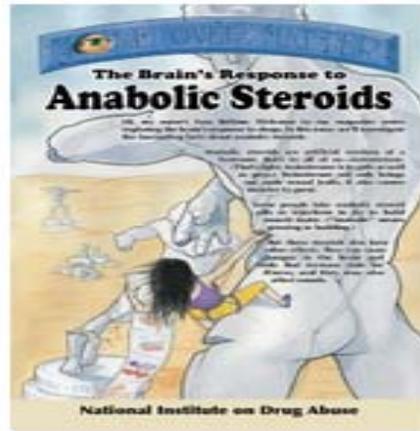
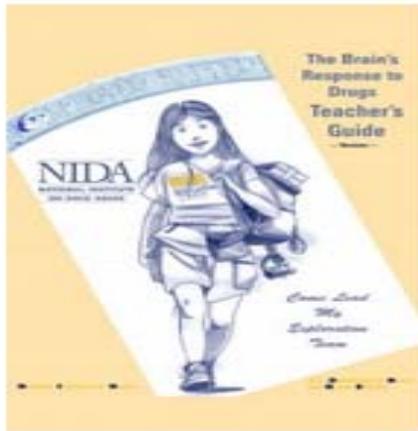


How Legal Is Marijuana?



E-Cigarettes: What You Need to Know

[URL](#) for NIDA for Teens



[URL](#) for Mind Over Matter Series, [URL](#) to Mind Over Matter Series (Spanish) and [URL](#) to Order Mind Over Matter Series

# HEADS UP

REAL NEWS ABOUT DRUGS AND YOUR BODY

FOR TEACHERS

Heads Up student site

 SEARCH

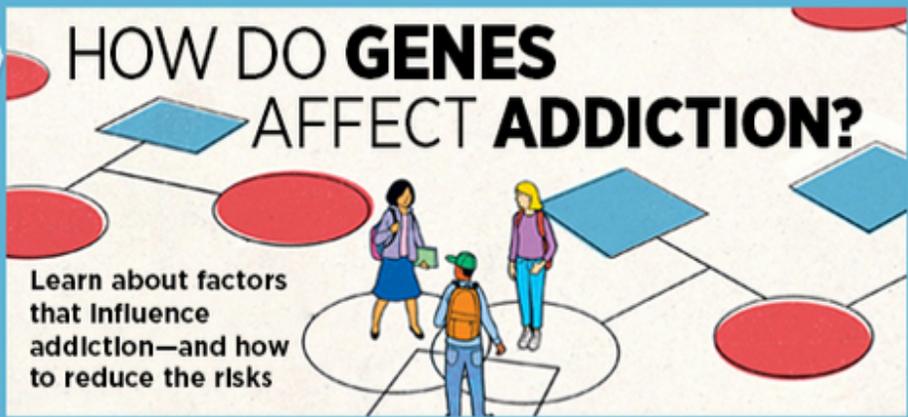
How Do Genes Affect Addiction?

Stand Up Against Bullying

Opioids and the Overdose Epidemic

Stressed Out?

Mapping the Brain



Learn about factors that influence addiction—and how to reduce the risks

## How Do Genes Affect Addiction?

Lesson

Printable

Student Article

### QUICK SEARCH

- Marijuana
- Tobacco & Alcohol
- Prescription Drugs
- Drug Health Effects
- Brain Science

### MENU

- Lesson Plans
- Standards
- Student Activities
- Poster/ Teaching Guides



Grades 7-12

### Compilations of Past Issues

Download or order free copies of Heads Up teacher and student materials.

DOWNLOAD OR ORDER ►

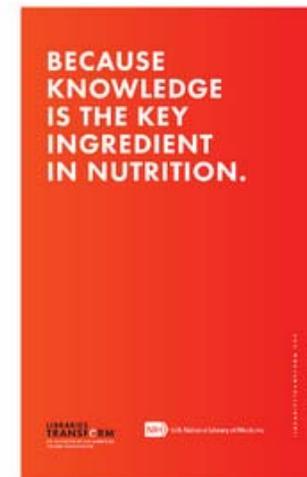


Join the Heads Up Mailing List ►

Click here to sign up to receive future updates.

URL to Scholastic Heads Up: Real News About Drugs and Your Body

# Libraries Transform Health Literacy



[URL](#) to Libraries Transform Health Literacy Toolkit (ALA and NNLM)

# NNLM Evaluation Office

The NNLM Evaluation Office (NEO) supports the evaluation needs of the National Network of Libraries of Medicine (NNLM) through consultation, training and resources. The vision of the NEO is to influence NNLM's use of evaluation to engage and learn about its programs, make good decisions, and enhance the visibility of its successes.

## NEO Shop Talk

- [Meet Susan Wolfe, The NEO's New Evaluation Specialist Susan Wolfe](#)
- [Happy Thanksgiving From the NEO Staff](#)
- [Free Resources to Help Communities Engage with Their Data](#)
- [#Eval17 Highlights](#)
- [Beyond Anecdotes: Story Collection Methods for Program Evaluation](#)

## Evaluation Resources

Do you have a funded project from an NNLM RML or Center? Take a look at evaluation resources here

[Evaluation Materials](#)



## 4 Steps to an Evaluation Plan

Writing a proposal? Evaluation planning starts right when you start thinking about doing a project. We recommend working through the NEO's [Booklets](#), but here are some of the basic steps and worksheets if you want to jump right in.

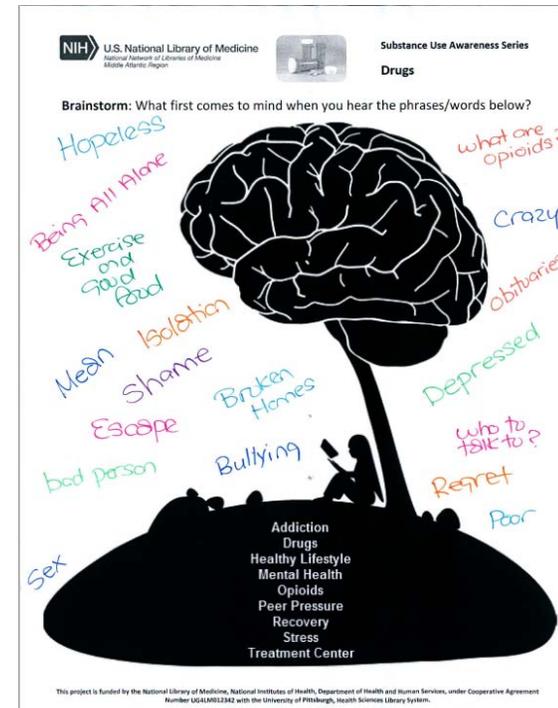
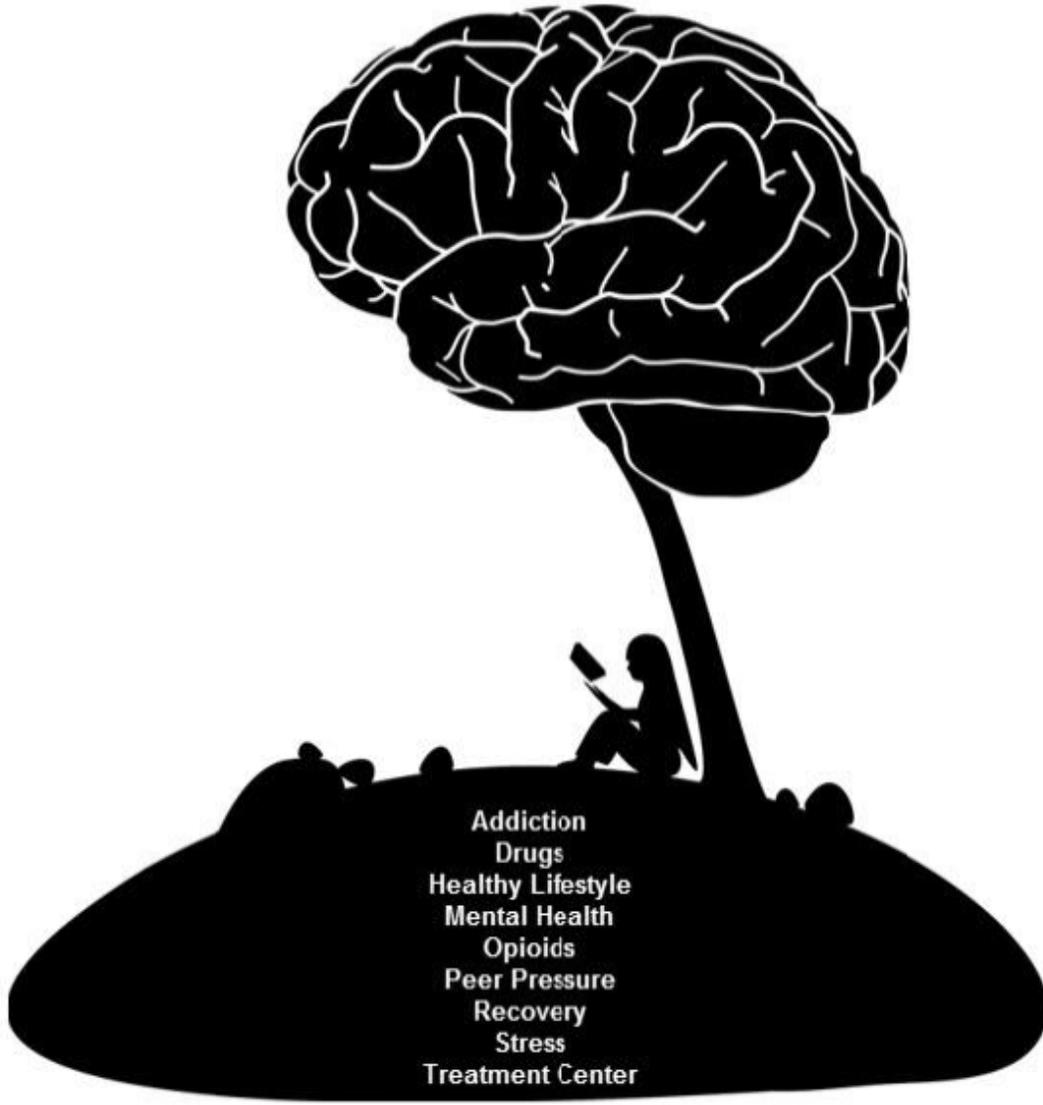
[Check Out Our 4 Steps](#)



[URL](#) for NNLM NEO Publications



Brainstorm: What first comes to mind when you hear the phrases/words below?



# Discussion Questions



## Healthy Lifestyle

What does it mean to have a healthy lifestyle?

Do you think you have a healthy lifestyle?

Is it possible to have a healthy lifestyle in today's world?

## Mental Health

Think of one word, phrase or image that relates to why you think it is difficult for us to talk about mental health issues.

In your experience, how are mental health issues in the community intertwined with issues of substance use?

How are they intertwined with physical health on an individual or community level?

Do you think your cultural background influences how you think about mental health? Why or why not?

## Peer Pressure

Describe the term peer pressure in your own terms?

Is it harder to resist being pressured by friends or by people that you have never met before?

Have you ever been pressured by a friend to do something you didn't want to do? How did you respond? How can you prepare yourself to handle peer pressure?

## Stress

What is stress?

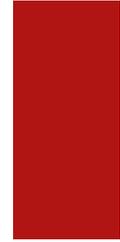
Name some of the things that stress you out.

What kinds of signs do people show when they're experiencing stress? How does your boy react to stress?

What is the difference between good stress and bad stress?/ Give some examples.

What are some ways that you can manage your stress?

# Ways to Lead Discussions (3 Options)



## Think-Pair-Share

In this type of sharing, ask one question from the list and have students turn to the person next to them to share their thoughts. After each question, students may rotate or stay with their original partner. Students can also, if desired, share something that they heard or could relate to with the larger group.

## Fishbowl

For a Fishbowl, arrange five or six chairs in an inner circle. This is the fishbowl. Arrange the remaining chairs in a circle or two outside the fishbowl. Select a few students to fill the inside fishbowl seats, and ask the rest of the class to sit in the seats on the outside of the fishbowl.

## Silent Discussion

In a silent discussion, students write an anonymous response to a question presented. After students have had a chance to write, collect all of the papers and put them on the tables in a random order. Ask students to find a paper, read it, and write a short response underneath the response. Rotate the students from paper to paper, asking them to respond silently. When students have rotated multiple times, ask students to find their original work and read the responses.



## Reliable Resources



[Opiate Addiction and Treatment \(NLM-SIS\)](#) ⓘ  
[National Drug and Alcohol Facts Week](#) ⓘ  
[NIDA for Teens: Drug Use and the Brain](#) ⓘ  
[MedlinePlus](#) ⓘ(NLM)  
[Drugs & Your Body](#) ⓘ  
(Scholastic and NIDA)  
[Mind Over Matter](#) ⓘ (NIDA)  
[Heads Up: Real News About Drugs and Your Body](#) ⓘ (Scholastic and NIDA)  
[NNLM Evaluation Office](#)

## Drugs and Your Body: Myths and Facts Unveiled

This is a Substance Use Awareness Program for Tweens/Teens. Drug abuse is a public health issue that has garnered much attention over the past few years. This program provides a way to bring about awareness of how the use of different types of drugs affects the body.

The content from this session comes from the following agencies:

- National Institutes of Health, National Library of Medicine (NIH, NLM)
- National Institutes of Health, National Institute on Drug Abuse (NIH, NIDA)/ Scholastic

In addition to the Drugs and Your Body program materials, there are links to other reliable resources from reputable agencies. You will also find activity and discussion ideas that can be used with any program on substance use that you may offer.

If you decide to offer this program at your organization, please let NNLM MAR know. We'd love to hear from you. Feel free to email [nnlmmar@pitt.edu](mailto:nnlmmar@pitt.edu).



## Drugs and Your Body Program Materials

All of the materials you need to offer the *Drugs and Your Body: Myth and Facts Unveiled* program are freely available. The toolkit includes the presentation slides, speaker notes, discussion activities and other ideas to enhance your program offering.

[Drugs and Your Body Presentation Slides](#) ⓘ

[Drugs and Your Body Presentation Speaker Notes](#)



[National Drug IQ Challenge](#)  
ⓘ (English)

[URL](#) to Health Outreach and Programming Resource Guide: Drugs and Your Body Tab

# Contact NNLM MAR

Web site: <http://nnlm.gov/mar>

Phone: 1.412.648.2065

Serving Delaware, New Jersey, New York and Pennsylvania

For questions regarding the content of this presentation or to request training please contact:

Lydia N. Collins  
Consumer Health Coordinator  
[lydia@pitt.edu](mailto:lydia@pitt.edu)



**U.S. National Library of Medicine**

*National Network of Libraries of Medicine  
Middle Atlantic Region*

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