DRUGS + YOUR LIFE

Drugs don’t just mess with your brain and body, they mess with your life. Behind every statistic are teens who thought, “It won’t happen to me”—but it did. In addition to addiction and other health problems, using drugs can also have real and serious consequences for other aspects of your life. The information to the right is just a glimpse of their impact.

Bad Grades
High school students who use marijuana are 1.5 to 2 times more likely to have a C average or lower as students who do not use marijuana.1

Accidental Death
Drivers ages 16–20 are 17 times more likely to die in a crash when alcohol is involved.3

More Info:
For additional facts about drug effects on the brain and body, visit scholastic.com/headsup and teens.drugabuse.gov.
EVALUATING STATISTICS

If we could see the future with certainty—like with a crystal ball—we would always make good decisions. In the real world, without crystal balls, we have statistics to help us make smart choices. Valid statistics are calculated from studies measuring the behavior of groups of people (the sample) during a defined period of time. With statistics, we can weigh the likelihood of an event happening to us based on the experiences of others.

Valid statistics are:

✓ Published by a reliable source that presents data in a scientific, objective way
✓ Collected from a large sample size of people who were chosen randomly and given anonymity to ensure accuracy
✓ Consistent over time, demonstrating the study isn’t a fluke

The statistics presented on these pages are from health studies that showed how drugs cause harm. Understanding what valid—that is, trustworthy—statistics mean can help us draw important conclusions and make better decisions about our lives.

1 Substance Abuse and Mental Health Services Administration (SAMHSA), 2006; http://oas.samhsa.gov/2k6/academics/academics.htm  
2 SAMHSA, 2006; http://oas.samhsa.gov/2k6/youthViolence/youthViolence.htm  
3 Centers for Disease Control, 2012; http://cdc.gov/Vitalsigns/pdf/2012-10-vitalsigns.pdf  