

# Important Facts About Addiction

Learn about this disease, then create an infographic to share facts with other teens.

## STEP 1: GATHER INFORMATION

Read the passage below and take notes as you read.

### What Is Addiction?

When people use drugs over and over—despite the harm to their body and mind, as well as to others—it’s an **addiction**. People with an addiction may end up damaging relationships with family and friends and may find it difficult to stay in school or keep a job. They may also stop enjoying activities they once loved.

### Who Is at Risk?



There’s no one “type” of person who is at risk for drug addiction. However, certain **risk factors** increase a person’s chance of addiction, including:

- Using drugs at an early age. (The brain continues to develop until a person’s mid-20s.)
- Mental health problems, such as depression
- Having family or friends who use or misuse alcohol or drugs
- Trauma or stressful situations: friends in crisis, extreme hunger, family issues, unsafe housing, financial insecurity
- Strong school connections, on sports teams, in clubs, etc.

It’s important to remember that even if someone has risk factors, they may never use or develop a drug addiction. On the flip side, even a person who has protective factors can develop an addiction.

### Getting Help

Addiction is treatable. Behavioral therapies and, in some cases, medications that treat the symptoms can help manage the disease. If you or someone you know needs help, visit **findtreatment.samhsa.gov** or call **800-662-4357** to find addiction treatments in your area.



On the other hand, **protective factors** decrease the chance that a person will develop addiction. These include:

- Strong family bonds
- Future goals (e.g., college, career, marriage and family, travel, etc.)

## STEP 2: CREATE AN INFOGRAPHIC

**Studies show that some teens put themselves at risk of addiction by misusing prescription stimulants and other drugs. How can you help?**

- Create an eye-catching infographic that explains the risks to teens
- Include a mix of text and visuals, such as diagrams, graphs, and images