

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 compulsively and continuously use drugs—despite the harm to their body and mind, as well as to others—it's considered an **addiction**. People with an addiction may end up damaging their relationships with family and friends, find it difficult to stay in school or hold down a job, and stop enjoying everyday activities and hobbies 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. (This is because 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



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

- Strong family bonds
- Goals and aspirations for the future, e.g., college, career, marriage and family, travel, etc.
- Strong connections and

relationships at school, on sports teams, in clubs, etc. It's important to remember that even if someone has risk factors, they may never use or develop an addiction to drugs. On the flip side, you should know that even a person who has protective factors can develop 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.

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.