

## Prevention Basics

Life of an Athlete in Stanislaus County seeks to foster an environment that commits to the health and well-being of our student athletes and is free from alcohol, marijuana, and other drug use. **Join us in better ensuring that your student athlete makes decisions that promote his/her success in athletics and in life.**

### Information to Discuss with your Student Athlete

#### Teens are MUCH more likely to become addicted to Alcohol, Marijuana and Other Drugs than Adults

**A teen’s brain is a “work in progress” and isn’t fully developed until s/he is in the mid-20s.**

Use of alcohol, marijuana, and other drugs can damage the developing brain and can lead to irreversible negative effects on the ability to think, problem-solve, and remember. The earlier a teen uses and the more they use, the more likely they are to become addicted.

— National Institute on Drug Abuse (2014) *Facts Parents Need to Know*

#### Alcohol, Marijuana and Other Drugs Impairs Performance

**Alcohol has been described as a performance impairing drug. Research shows that alcohol use has significant negative effects:**

- Athletes who drink regularly are more than twice as likely to be injured (54%) as non-drinkers (24%).
- It takes 3 – 4 days for athletes to restore B vitamins depleted by alcohol.
- One night of excessive drinking wipes out the impact of two weeks of training.

— Underwood, John. American Athletic Institute (2004)

**Research shows that marijuana use negatively affects athletic performance in the following ways:**

- decreases eye-hand coordination and reaction time
- reduces concentration, motor coordination, and balance
- decreases blood oxygen levels and the motivation to perform
- slows reflexes and negatively affects the ability to think clearly and remember and can lead to injury.

— National Institute on Drug Abuse (2015) *Facts for Teens*

**Parents are a powerful influence! Talk to your student athlete!**