



# DRUGS:

## MYTHS VS. REALITIES



**Myth #1:** Using drugs every now and then can't get me addicted.

**Reality #1:** Even occasional use of drugs will very likely make your body dependent on them, leading to addiction.

**Myth #2:** When people become addicted, they do it by choice. They can quit anytime they want to.

**Reality #2:** Although you may feel like it is your decision the first few times you take drugs, your brain can quickly develop a psychological dependence, making you think you have no choice but to continue using.

**Myth #3:** If prescription drugs are legal, they are safe for me to use if I don't have a prescription.

**Reality #3:** Prescription drugs require a prescription for a reason. They are only safe to use following a doctor's advice based on your medical history and/or other medications or supplements you are taking.

**Myth #4:** Taking stimulants ("uppers") and then using depressants ("downers") will safely bring me back to normal.

**Reality #4:** Using stimulants and depressants at the same time is frequently worse for your body than using either one alone.