



Shatter the Myths

Another way to participate in National Drug Facts Week is by sharing drug facts via a team Facebook, website or another method. Here are some to get you started:

- It is estimated that the annual cost of substance abuse in the U.S. is more than \$600 billion. ([NIDA InfoFacts](#))
- About 5,000 people under 21 die in the U.S. each year from injuries caused by underage drinking. ([Drugs: Shatter the Myths, NIDA](#))
- Approximately 25% of AIDS cases in the U.S. resulted from injection drug use. ([NIDA InfoFacts](#))
- More teens abuse prescription drugs than any illicit drug except marijuana. In 2008, more than 2.1 million teens reported abusing prescriptions drugs. ([Parents. The Anti-Drug](#))
- A 2005 study of popular songs found that 1 in 3 songs referenced drug, alcohol or tobacco use. A study of the most popular movies in the last 20 years found that 1 in 3 movies showed people getting drunk. ([Drugs: Shatter the Myths, NIDA](#))
- In 2007, Vicodin and OxyContin were involved in more overdose deaths than heroin and cocaine combined. ([Drugs: Shatter the Myths, NIDA](#))
- Tobacco use is the leading preventable cause of disease and death in the U.S. ([NIDA InfoFacts](#))

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News & Updates

One year ago (plus two days) we sent out our first weekly newsletter. We hope that you have enjoyed the updates, information and ideas. Please remember that we love to hear from you and welcome any ideas you have for future newsletters! Questions we can answer, activities your team wants to share, articles you find interesting...send them all to patti@prideyouthprograms.org.

We hope that your team has had a great Red Ribbon Week! Look for examples of what some groups did to raise awareness in next week's newsletter.

Special thanks to Noble County PRIDE who sent in their September activity report just after last week's newsletter went out with recognition of teams who had sent in their reports. Don't forget to send in yours as well!

From the Training Team

Hey, everybody! Times flies and before you know it, the winter holidays will be here. While community outreach and performance are important parts of PRIDE, the other three pillars are also central to our message. This time of year provides an excellent opportunity to think about community service. Get the team together and have a community breakfast with Santa—donations can be sent to a local shelter or charity. Spend a day at a retirement or nursing home frosting cookies with the residents (it's easy to bring pre-baked cookies, frosting, and sprinkles, and the folks love having visitors). Spend time at a community shelter or get the team together to adopt a local family for the holidays—little things can have an amazing impact on those around us. Community service is not only a wonderful way to have a powerful impact on your community, but it can also act as a great bonding experience. We have the ability to make some huge changes, so let's get out there and spread the PRIDE magic!

-Kylie Schroeder

National Drug Facts Week

October 31-November 6 is [National Drug Facts Week](#), sponsored by NIDA. The goal is for the week to "shatter the myths about drugs and drug abuse." There are lots of ways to get involved. One way is to join in on NIDA's Chat Day on November 1 where their scientists will answer drug questions from teens. Find out more, read transcripts of past chats and register for this year's at <http://drugfactsweek.drugabuse.gov/chat/>.