



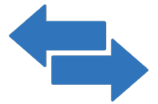
Alcohol and Drug Education

Alcohol and Drug Facts

MODULE OVERVIEW



Alcohol and drug use varies in frequency, quantity, and type. Levels of substance use can move from no use, beneficial use, non-problematic use, potentially harmful use, problematic use, and then into a substance use disorder.



Tolerance is when a person uses over time and they feel less and less of an effect from the same amount of a substance. **Dependence** means you need the substance to feel “normal” after you have been using it for a while. There are two types of dependence: physical and psychological.



There are various ways to get drugs into the body: swallowing, smoking, vaping, snorting, injecting, skin popping, inhaling, and absorbing through the skin.



Different substances have various short-term effects. For example, small amounts of alcohol can energize, while larger amounts cause drowsiness and risky behavior. Cannabis and hashish can relax you, but may impair senses and coordination.



Patterns of alcohol and drug use vary among different groups. Factors like gender, race, sexual orientation, Veteran status, and age can all influence the risk of developing a substance use disorder.



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