

The Bottom Line on Risky Drug Use



New from Too Much to Lose

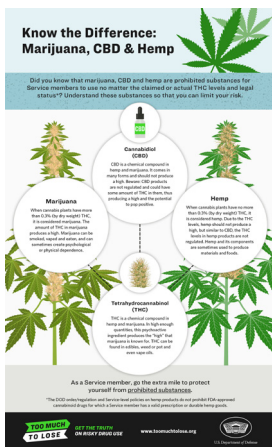
Check out the latest Too Much to Lose resources to use as part of your substance use prevention efforts. Also share these ready-to-use messages with Service members to help them better understand risky drug use.

Resources for you and your colleagues:

- Use the [Too Much to Lose Highlight Guide](#) to learn how to effectively highlight the Too Much to Lose campaign on your resources.


Resources and messaging to share with Service members:


- Find out how incorporating healthy habits early in your career can help [reduce your risk of chronic pain](#) and risky drug use later in life. Your lower back will thank you later!
- Make sure you know the [difference between marijuana, CBD and hemp](#) so that you can protect yourself, as a Service member, from unwanted risks.
- See why [it's not worth the risk to keep extra prescription medication](#) around and learn how to protect yourself by getting rid of it.



Did You Know?

Test your knowledge. Click an answer below to find out if you know the truth about risky drug use.





If you regularly experience pain and need relief, misusing opioids is the best option.

A. True

B. False

[Click here for the answer](#)

Encourage Service members to take the [Too Much to Lose quiz](#) to test their knowledge on this question and more!

Prevent Drugged Driving

Did you know that a higher percentage of adults aged 21 to 25 drive after taking drugs or drinking than young adults aged 16 to 20 or adults 26 or older? As part of December's National Impaired Driving Prevention Month, remind Service members that driving while impaired by drugs or [alcohol](#) comes with risks and can have [serious consequences for their career](#). Check out this [infographic on drugged driving](#) to learn more about prevention strategies to use in your efforts so that Service members can protect themselves and others on the road this holiday season.

All topics and resources highlighted in the e-Newsletter can be found at www.toomuchtolose.org.



Check out new Trending Topics <https://www.toomuchtolose.org/trending-topics/>



GET THE TRUTH ON RISKY DRUG USE

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