

# 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 and education efforts. Share these ready-to-use messages with Service members to help them better understand or avoid risky drug use:

### Resources for you and your colleagues:

- **Use the new [Too Much to Lose Campaign Toolkit](#).** Get a detailed understanding about the campaign and its tools, including educational resources and messaging about the impacts of risky drug use. Bonus – the toolkit also offers ideas on how to use campaign resources to engage with Service members at your installation or command.
- **Order free print and promotional materials!** [Place your order](#) today for new campaign materials, such as a fact sheet on knowing the difference between marijuana, CBD and hemp.



### Resources and messaging to share with Service members:

- **Protect yourself (and your career) from prohibited substances.** As a Service member, it's important to [know the different types of cannabis products](#) (think: medical and recreational marijuana, Delta-8 THC, CBD and hemp) so that you can avoid risky situations and stay safe.
- **Stay informed on the latest info by checking out the Too Much to Lose [Trending Topics](#)!** Learn why it's important to avoid hemp-infused energy drinks, which new marijuana legalization laws to beware of (New Jersey) and how fentanyl overdoses and overdose deaths are on the rise. Stay up-to-date so you don't put yourself at risk.

## One Last Thing

August 31 is Opioid Misuse Prevention Day. Opioid addiction continues to be a major public health crisis and one of the main contributors to overdoses in the nation. Take this opportunity to educate Service members on [how to use prescription opioids safely](#) and share the [warning signs of prescription drug misuse](#) so they can protect themselves and their health.

All topics and resources highlighted in the e-Newsletter can be found at [www.toomuchtolose.org](http://www.toomuchtolose.org).

## Did You Know?

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

**TOO MUCH TO LOSE**

Addiction happens because a person cannot control themselves.

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!



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



### GET THE TRUTH ON RISKY DRUG USE

[Order free print and promotional materials](#) to support your local risky drug use prevention efforts.

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