Playbl

REAL TALK FOR HIGH SCHOOL STUDENTS

MIXING ISN'T ADDING. IT'S MULTIPLYING.

Polysubstance use and your body

What really happens when two substances hit your system at once.

1 + 1 ≠ 2

Using two substances at once is called **polysubstance use**. Each one changes how your body handles the other, so the effects pile on in ways nobody can predict.

1 THC + NICOTINE

Weed and a vape

YOUR HEART Both speed it up. Together they can send your heart rate racing and your blood pressure swinging.

YOUR BRAIN Teens who use both have much higher rates of anxiety, depression, and addiction.

2 THC + ALCOHOL

"Cross-fading"

THE SPIKE Alcohol pushes THC into your blood faster. You get way higher than you meant to: spinning, panic, nausea ("greening out").

THE DANGER THC switches off your urge to throw up, which is your body's alarm for alcohol poisoning.

3 PRESCRIPTION MEDS + ALCOHOL

Yours or anyone else's

SEDATIVES & PAINKILLERS Alcohol is already a sedative. Add another and your breathing and heart rate can slow to dangerous levels.

ADHD STIMULANTS They hide how drunk you are. You keep drinking, and alcohol poisoning sneaks up on you.

4 KETAMINE + ALCOHOL

Two depressants, one body

DOUBLE SEDATION You can lose control of your body, black out, and feel totally disconnected.

THE DANGER Breathing can slow until you pass out or choke. Rare, but a medical emergency.

Source data: Monitoring the Future Study

! IF A FRIEND IS IN TROUBLE

KNOW THE SIGNS. MAKE THE CALL.

Can't wake them? Breathing slow? Skin pale or bluish? **Call 911.** Don't let them "sleep it off." Stay, turn them on their side, and tell responders what they took. Poison Control, 24/7: **1-800-222-1222**

> **You won't get in trouble for calling.** Good Samaritan laws protect you and the person you're helping. Making the call is always the right move.

THERE IS NO SAFE COMBO.

Mixing doesn't add the effects, it multiplies them. Protect your brain, your body, and your friends.

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