



## 2015 National Drug Facts Week Social Media Messages

**Monday, January 26**

Facebook: Today marks the start of National #DrugFacts Week! Each day, we'll post two Q&As to help everyone shatter the myths about drugs. National #DrugFacts Week Question 1: True or False? The drug commonly known as "bath salts" can also be added to bath water to help ease stress and relax muscles. Comment below with your guesses, and we'll post the answer later today! Get the facts about drugs: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

False. Bath salts, which are made from stimulants called cathinones, are not the same as Epsom salts, which are made from the minerals magnesium and sulfate. Are you surprised? Leave your comments below and check back here later for another question! #DrugFacts

Twitter: It's National #DrugFacts Week! Let's shatter myths! T or F? "Bath salts" can be added to bath water to relax muscles. Tweet us your guess!

False. Bath salts, made from stimulants, are not the same as Epsom salts, made from minerals. Surprised? Tweet us your comments! #DrugFacts

Facebook: National #DrugFacts Week Question 2: Which drug, also known as "ecstasy" or "molly," can cause increases in heart rate, blood pressure and body temperature? Comment below with your guesses, and we'll post the answer later today! Learn how to shatter the myths: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

MDMA. The effects of using this drug can lead to serious heart, lung, liver and kidney problems. Are you shocked? Leave your comments below and check back here tomorrow for more questions! #DrugFacts

Twitter: Shatter a myth for National #DrugFacts Week: Which drug, aka "ecstasy," "molly," increases heart rate, blood pressure? Tweet us your guess!

MDMA. The effects of using this drug can lead to serious heart, lung, liver and kidney problems. Shocked? Tweet us your comments! #DrugFacts

## Tuesday, January 27

Facebook: National #DrugFacts Week Question 3: After alcohol and marijuana, which drug is most commonly abused by teens age 14 or older? Comment below with your guesses, and we'll post the answer later today! Get the facts about drugs: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

Prescription drugs. When they're abused, prescription drugs can be addictive and cause harmful health effects. Are you surprised? Leave your comments below and check back here later for another question! #DrugFacts

Twitter: It's National #DrugFacts Week! Let's shatter myths! After alcohol and marijuana, which drug is most abused by teens? Tweet us your guess!

Prescription drugs. When abused, they can be addictive and cause harmful health effects. Surprised? Tweet us your comments! #DrugFacts

Facebook: National #DrugFacts Week Question 4: Which of the following products can be used as an inhalant? A) Cooking spray B) Correction fluid C) Nail polish remover D) All of the above. Comment below with your guesses, and we'll post the answer later today! Learn how to shatter the myths: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

D) All of the above. Because many inhalants can be found at home, people often don't realize that inhaling their fumes can be harmful. Are you shocked? Leave your comments below and check back here tomorrow for more questions! #DrugFacts

Twitter: Shatter a myth for #DrugFacts: Which are inhalants? A) Cooking spray B) Correction fluid C) Nail polish remover D) All. Tweet us your guess!

D) All. Because inhalants can be found at home, people don't realize their fumes can be harmful. Shocked? Tweet us your comments! #DrugFacts

## Wednesday, January 28

Facebook: National #DrugFacts Week Question 5: Which drug causes about 1 in every 5 deaths in the U.S., or nearly 1,300 deaths every day? Comment below with your guesses, and we'll post the answer later today! Get the facts about drugs: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

Tobacco. Smoking cigarettes or being exposed to secondhand smoke causes more than 480,000 premature deaths in the U.S. each year. Are you surprised? Leave your comments below and check back here later for another question! #DrugFacts

Twitter: It's National #DrugFacts Week! Let's shatter myths! Which drug causes 1 in 5 U.S. deaths, or 1,300 deaths every day? Tweet us your guess!

Tobacco. Smoking or exposure to secondhand smoke causes 480,000 premature deaths each year. Surprised? Tweet us your comments! #DrugFacts

Facebook: National #DrugFacts Week Question 6: True or False? Regular use of cocaine can lead to addiction and cause tolerance to the drug, but it cannot kill you. Comment below with your guesses, and we'll post the answer later today! Learn how to shatter the myths:

[www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

False. In 2011, more than 4,600 people died from a cocaine overdose, typically the result of cardiac arrest. Are you shocked? Leave your comments below and check back here tomorrow for more questions! #DrugFacts

Twitter: Shatter a myth for National #DrugFacts Week: T or F? Regular cocaine use can lead to addiction, but it cannot kill you. Tweet us your guess!

False. In 2011, more than 4,600 people died from cocaine overdose, typically of cardiac arrest. Shocked? Tweet us your comments! #DrugFacts

### **Thursday, January 29**

Facebook: National #DrugFacts Week Question 7: Often sold in head shops and gas stations, which drug is commonly labeled "Not for Human Consumption" and disguised as incense? Comment below with your guesses, and we'll post the answer later today! Get the facts about drugs: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

Spice. Sellers of this drug try to lead people to believe they are "natural" and therefore harmless, but they are neither. Are you surprised? Leave your comments below and check back here later for another question! #DrugFacts

Twitter: It's National #DrugFacts Week! Let's shatter myths! Sold in gas stations, which drug is commonly disguised as incense? Tweet us your guess!

Spice. Sellers try to lead people to believe it's "natural" and harmless, but it's not. Surprised? Tweet us your comments! #DrugFacts

Facebook: National #DrugFacts Week Question 8: Which drug is the most commonly used illicit substance by teens and adults in the U.S.? Comment below with your guesses, and we'll post the answer later today! Learn how to shatter the myths: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

Marijuana. The rise in its use is likely a result of the growing belief that marijuana is a safe drug. Are you shocked? Leave your comments below and check back here tomorrow for more questions! #DrugFacts

Twitter: Shatter a myth for National #DrugFacts Week: Which drug is the most used illicit substance by U.S. teens and adults? Tweet us your guess!

Marijuana. The rise in its use is likely a result of the growing belief that marijuana is safe. Shocked? Tweet us your comments! #DrugFacts

## Friday, January 30

Facebook: National #DrugFacts Week Question 9: Over-the-counter ingredients like pseudoephedrine, commonly found in cold medicines, are used to make what drug? Comment below with your guesses, and we'll post the answer later today! Get the facts about drugs: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

Methamphetamine. This manmade, highly addictive stimulant drug can have dangerous effects on heart rate and blood pressure. Are you surprised? Leave your comments below and check back here later for another question! #DrugFacts

Twitter: It's National #DrugFacts Week! Let's shatter myths! Over-the-counter cold medicine is commonly used to make what drug? Tweet us your guess!

Methamphetamine. This manmade, highly addictive stimulant can have dangerous health effects. Surprised? Tweet us your comments! #DrugFacts

Facebook: National #DrugFacts Week Question 10: Using heroin repeatedly can result in which of the following? A) Tolerance B) Dependence C) Addiction D) All of the above. Comment below with your guesses, and we'll post the answer later today! Learn how to shatter the myths: [www.kansasfamily.com/programs/national-drug-facts-week](http://www.kansasfamily.com/programs/national-drug-facts-week)

D) All of the above. Regular heroin use changes the functioning of the brain, causing these conditions. Are you shocked? Leave your comments below! #DrugFacts

Twitter: Shatter a myth for #DrugFacts: Using heroin repeatedly can cause what? A) Tolerance B) Dependence C) Addiction D) All. Tweet us your guess!

D) All. Regular heroin use changes the functioning of the brain, causing these conditions. Shocked? Tweet us your comments! #DrugFacts