

Shadows Unveiled: The Truth about Mixing

MYTH: Some types of alcohol are more harmful than others, or better used when consumed in a certain order.

FACT: Alcohol is alcohol. A standard drink of any type (12 oz/beer, 4oz/wine, 1oz/liquor) affects you equally.

MYTH: Pot isn't dangerous; there is no such thing as a "pot related death".

FACT: Marijuana is anything but safe. It can lead to mental and psychological impairment and affected judgment, causing addiction and fatal accidents.

MYTH: Alcohol and energy drinks make a good combination, and are a safe way to have fun at a party.

FACT: Energy drinks mixed with alcohol (an upper combined with a downer) intensifies your impaired judgment—but you can't feel or notice it. This chemical confusion can lead to more destructive decisions than from alcohol alone.

MYTH: Prescription drugs are safe because doctors prescribe them. The more warnings that appear on a prescription label, the more intense/fun they would be to try with alcohol.

FACT: Prescription drugs are only safe when used by the patient they are prescribed to, and when used in the correct and assigned manner. Failure to follow all directions with a prescription can lead to severe chemical imbalances, poisoning, or death.

MYTH: I can function at work or school after drinking just fine, as long as I've "sobered up".

FACT: It takes 30 days for your brain to fully go back to its normal functioning level after drinking.

MYTH: Everyone drinks, and it's important to drink and to mix if you want to fit in.

FACT: Studies show that the majority of youth from ages 13-20 in the state of Maine do not drink. In addition, many youth feel that friends or classmates who chose to make poor decisions with drugs and alcohol are often seen as unimpressive rather than cool or mature.

MYTH: Taking alcohol with other drugs intensifies effects with no worse consequences than from alcohol alone.

FACT: The effects of any drug can be unpredictable, but even more so when it comes to mixing different substances. It is harmful to your entire body and in many cases, to your life.