Crashes are the leading cause of death for teens

25%

INVOLVE ALCOHOL

In the last 30 days, how many high school students...

- Drank Alcohol: 30%, 60%, 75%
- Used Cannabis: 20%, 40%, 60%

Effects of Cannabis Use

<table>
<thead>
<tr>
<th>Method</th>
<th>Onset</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhaling</td>
<td>Almost instantly</td>
<td>1-4 hours</td>
</tr>
<tr>
<td>Ingesting</td>
<td>30 – 120 minutes after ingesting</td>
<td>8-10 hours</td>
</tr>
</tbody>
</table>

Cannabis Affects People Differently

- Depressant
- Stimulant
- Hallucinogen

Cannabis
Steer Clear – Decide to Drive Sober
Jill Rybar, MPH
University of California San Diego
Lifesavers – March 16, 2020

LEGAL CONSEQUENCES
• Felony or Misdemeanor DUI
• License Suspension
• Vehicle Impounded
• Fines

Under 18? Parents called.

PERSONAL CONSEQUENCES
• Removal from school clubs and teams
• College admission revoked
• Military denial
• Remorse
• Loss of respect
• Injury or death

WHAT YOU CAN DO
CALL
• A Parent
• Siblings/Sober Friends
• Rideshare

ACT
• Take the keys
• Ask others for help
• Spend the night

WHAT IS A SOBER DRIVER?
✓ Drinks or smokes the least
✓ Seems unimpaired
✓ Stops drinking or smoking 2 hours before driving
✓ Has zero drinks or drugs

Program Evaluation
• I am confident that I will not drive impaired by alcohol or drugs.
  98.1 percent “agreed or strongly agreed”

• I am confident that I will refuse to ride with an impaired driver.
  97.1 percent “agreed or strongly agreed”

• I will take action to stop someone else from driving impaired.
  98.1 percent “agreed or strongly agreed”