A message from the Pal Prep Youth 2 Youth (Y2Y) Club:

10 Facts for December Drunk/Drugged Driving Awareness Month

1. Many drugs, including alcohol, can impair the ability to think clearly, see clearly, judge distance, react in time, and are very dangerous when combined with driving.

2. Impairment is not reliant upon the type of alcohol consumed, rather the number of drinks over a certain period of time. Despite myths and misconceptions, coffee, a cold shower, or exercise will not make a person more sober; only time will.

3. Using marijuana with alcohol together increases the impairing effect of both drugs.

4. According to the 2016 National Survey on Drug Use and Health (NSDUH), in 2016, 20.7 million people aged 16 or older drove under the influence of alcohol in the past year and 11.8 million drove under the influence of illicit drug.

5. Marijuana impairs driving ability by slowing reflexes, altering sense of time and distance, and reducing peripheral vision. Smoking marijuana can also cause drowsiness and impair judgment - key factors in car crashes.

6. It is unsafe to drive under the influence of over the counter cold and cough medicines because they can make the driver tired and/or jittery. They may be legal, but they are not safe for driving.

7. For drivers under 21, NY State has a Zero Tolerance policy while behind the wheel. The consequences could include expensive fines, loss of license or jail.

8. Under the influence of marijuana it takes longer for the brain to receive the message that a bike is crossing the street or a child is chasing a ball in front of the car. Imagine that's your younger sibling riding that bike or chasing that ball.

9. Marijuana impairs night vision by reducing the eyes' ability to adjust to the glare of oncoming traffic.

10. About every 51 minutes, 1 person dies in an alcohol related car crash. That means that by the end of today, 28 people will have died. Don't be a number - keep you and your friends safe.

HAVE A SAFE AND FUN HOLIDAY SEASON

FOR MORE INFORMATION COME SEE MS. SMITH, ROOM B34, Student Assistance Counselor