

# QUESTION

How does technology use affect the brain and substance use?

## MEET THE AMBASSADOR: ANIYA AKINJOBI



### WHAT HAPPENS WHEN WE USE SOCIAL MEDIA

**Dopamine:** neurotransmitter that's released in the reward pathway to help us feel pleasure

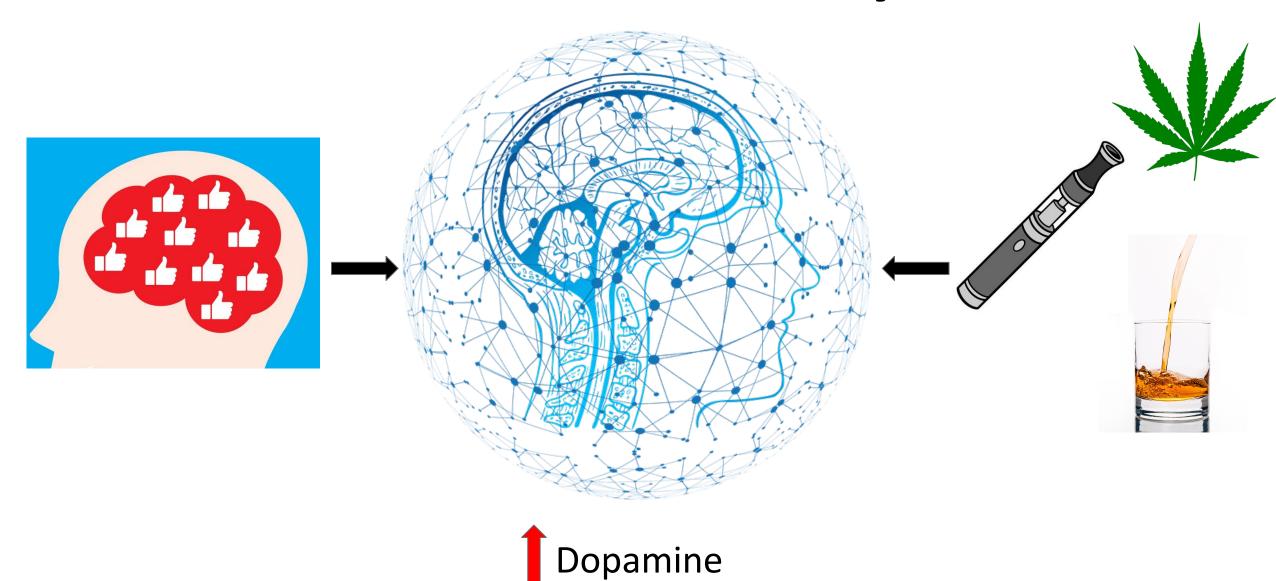
Overstimulating the reward systems in the brain may eventually result in **addiction** 

### THE ROLE OF DOPAMINE IN SUBSTANCE USE

Substances like cannabis, e-cigarettes and alcohol may cause **more dopamine** to be released in the brain

Substances can also **prevent** the brain from **reabsorbing dopamine**, which makes the pleasure last longer

#### **Reward Pathway**



# HYPOTHESIS

Increased screen time may correlate with an increased risk of substance use due to the release of dopamine in the common reward pathway.