

WHAT PARENTS NEED TO KNOW

The rational part of the teen's brain isn't fully developed until age 25 or so!

SIGNS OF SUBSTANCE USE

- * Heightened secrecy
- * Difficulty thinking or keeping focus
- * Changes in mood or attitude
- * Loss of interest in hobbies or activities
- * Decline in school performance
- * Change in friend group
- * Significant weight loss or gain

- * 90% of Americans with a substance use problem started smoking, drinking or using other drugs before age 18. (7)
- * Youth report using mostly on the weekends at home and the home of a friend. (9)
- * Youth primarily access prescriptions and alcohol products on the kitchen counter, nightstand, purse or duffel bag and the refrigerator. (8)
- * 50% of kids as young as 12 years old obtain prescription pain relievers for nonmedical purposes. (3)
- * About 10% of 12-year-olds say they have tried alcohol. By age 15, that number jumps to 50%. (3)
- * In North Carolina, one person dies every week as a result of underage drinking. (2)
- * E-cigarette use among middle and high school students has increased from 2017-2018. 78% increase among high school students and 48% increase among middle school students (4)
- * 86% of injection drug users had used opioid pain relievers nonmedically prior to using heroin. (6)

RISK FACTORS FOR SUBSTANCE USE ⁽⁵⁾

Risk factors for youth substance use can include:

- * Lack of parent supervision
- * Delinquent or substance using friends
- * Lack of interest in school /low school grades
- * Family rejection of sexual orientation/gender identity
- * Parent/family history of substance use
- * Favorable parent attitudes towards drug misuse
- * Mental health issues
- * Childhood sexual abuse

SUBSTANCE USE PREVENTION ⁽⁵⁾

Research has improved our understanding of factors that help detour youth from a variety of risky behaviors, including substance use. These are known as protective factors. Some protective factors for substance use include:

- * Family dinners & activities
- * Family support & encouragement
- * Parent disapproval of substance use
- * Know where your child is and who they are with
- * Clear family rules

Parents/caregivers are the biggest influences in a teen's life. That's why it's important to talk with your teen regularly.

WHAT PARENTS CAN DO

- Be a positive adult role model
- Be aware of risk factors
- Support your kids and give them space to grow
- Be prepared. Your child may become curious about alcohol or other drugs; he or she may turn to you for answers and advice
- Use opportunities such as dinner time or while driving in the car to start open, honest conversations about drinking and drug use
- Define rules and consequences
- Promote healthy activities and be involved

TEACH REFUSAL SKILLS

Teach your youth what to do when someone pressures them to do something they don't want to do.

- Simply say "no" - Be clear and firm
- Give a reason or excuse
- Stand up to pressure
- Offer an alternative
- Leave the scene
- Avoid the situation

Don't assume your kids know how to handle temptation.

SOURCES

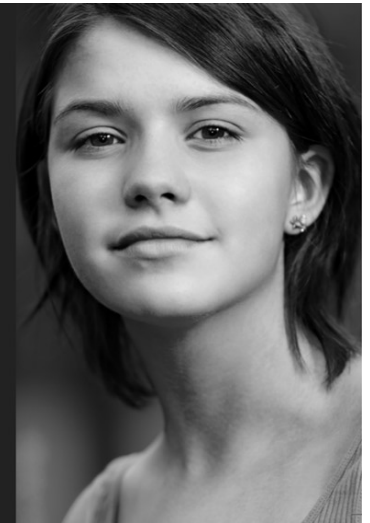
- (1) National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.
- (2) <https://www.talkitoutnc.org/underage-drinking-facts/>
- (3) <https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>
- (4) <https://www.fda.gov/media/120063/download>
- (5) <https://www.cdc.gov/healthyyouth/substance-use/index.htm>
- (6) <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>
- (7) <https://abovetheinfluence.com/drugs/alcohol/>
- (8) Trillium Regional Needs Assessment, 2017, NCDHHS
- (9) Pride Surveys, 2017-2019

She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her parents' kitchen cabinet.

BE AWARE. DON'T SHARE.®
LOCK YOUR MEDS.®
www.lockyourmeds.org/nc



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LOCAL RESOURCES

- Trillium Health Resources
1.877.685.2415
- Coastal Horizons (Brunswick Office) 910.754.4515
Teen Health Services www.whatswhat.org
- Integrated Family Services- Mobile Crisis
1.866.437.1821
- RHA Health Services- Mobile Crisis
1.844.709.1821
- Quit Line 1-800-QUIT-NOW (1-800-784-8669)

ONLINE RESOURCES

- * Partnership for Drug-free Kids
<https://drugfree.org/>
- * SAMHSA
<https://www.samhsa.gov/underage-drinking/parent-resources/keep-kids-safe-brochures>
- * NIDA for Teens
<https://teens.drugabuse.gov/>
- * More Powerful NC
<https://www.morepowerfulnc.org/>
- * Get Smart About Drugs
<https://www.getsmartaboutdrugs.gov/>
- * Quitline NC
<https://www.quitlinenc.com>