

You can't PREVENT what you don't know!

## A WESTCHESTER VIRTUAL SPEAKER SERIES

### I Am One and I Make One Choice for Health: A Data-Informed, Youth - Driven Prevention Message for Parents

#### “TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### The Adolescent Brain is Uniquely Vulnerable to Substance Use

- The brain is still developing until the mid-20's
- 9 in 10 adults with a substance use disorder (i.e. addiction) began using alcohol, marijuana, or nicotine before the age of 18
- The earlier and heavier the use, the greater the likelihood of developing substance use problems

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#### For Youth, All Substance Use is Connected

- Youth substance use is dominated by 3 drugs: Alcohol, Nicotine, and Marijuana
- The use of ANY of these 3 is strongly connected to the use of the other 2 and to the use of other drugs

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#### Youth who used marijuana in the past month were...

- 5.6x more likely to use alcohol
- 7.9x more likely to binge drink
- 15.8x more likely to drink heavily
- 8.9x more likely to use cigarettes
- 9.9x more likely to use other drugs
- ... than their peers who didn't use marijuana

#### Is No Use a Realistic Goal for Teens? YES!

- “No use of substances by youth” is a health standard, similar to: “always use a seat belt”, “avoid sugary drinks & eat healthy”, or “exercise regularly”
- National data shows that the majority of youth choose NOT to use any substances: 55% of 12th graders, 65% of 10th graders, and 80% 8th graders - that's millions of teens! (Past 30-day use 2019)
- Parents are a critical protective factor and influence teens' decisions NOT to use - SUPPORT them in making One Choice!

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