

Drug and Alcohol Education

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Top 3 Drugs of Abuse by Teens





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Why do some people use drugs or alcohol?



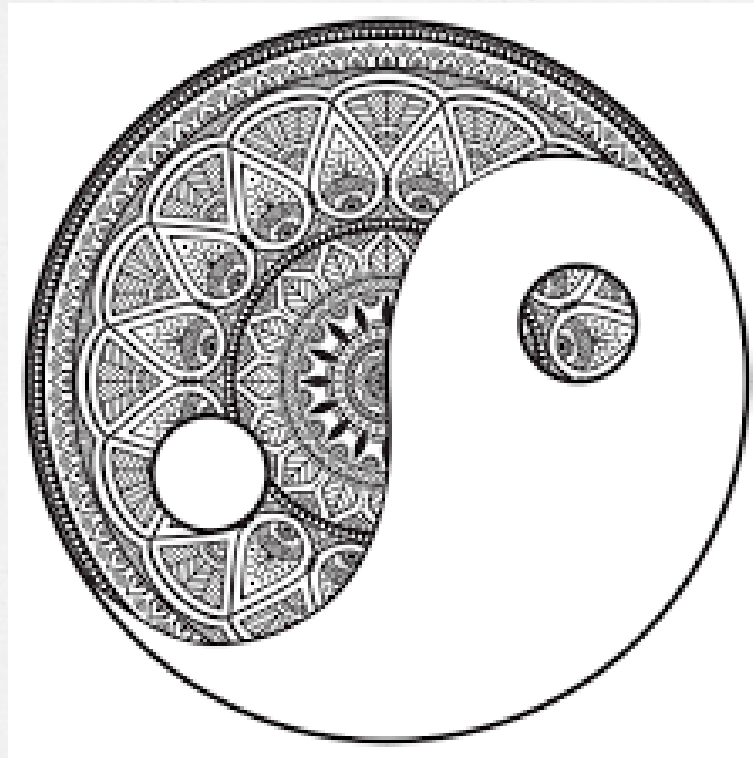
- o Stress
- o Mental health disorders
- o Bored
- o Curious
- o Peer pressure
- o Family members use
- o Easily accessible



What stressors do you have in
your life?



How do you deal with stress?



Some positive coping strategies....

- o Draw
- o Exercise
- o Cook
- o Talk to a friend
- o Talk to a trusted adult
- o Ask for help
- o Go to the movies
- o Hang with friends
- o Talk to your parents





Who gets addicted to drugs or
alcohol?

Anyone can develop a problem
with drugs or alcohol



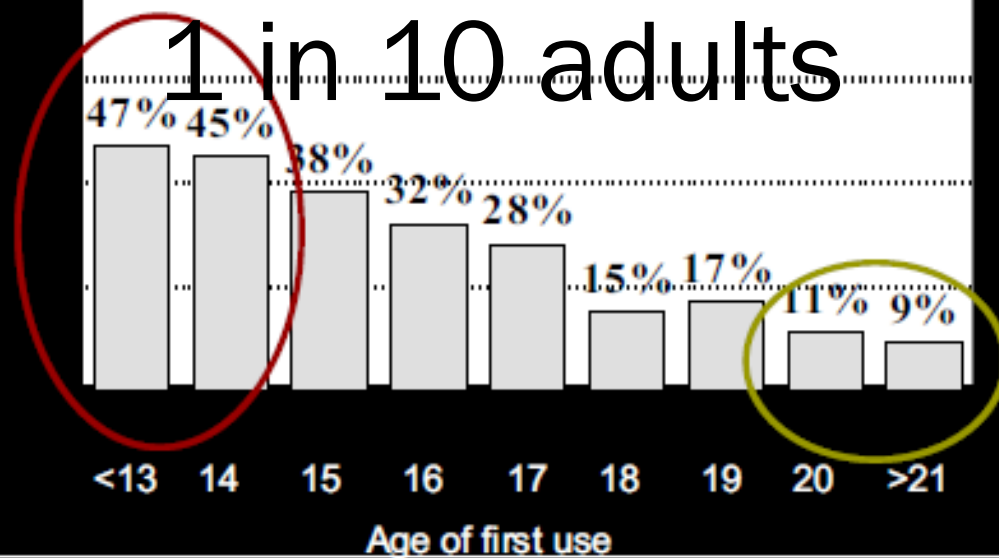
Some things we do know...

- There are a few factors that **increase** your chances of becoming addicted or having an issue with drugs or alcohol.
- Age of first use, environment, family history, mental health disorders

- Teens who drink before the age of 15 are **5 times more** likely to develop alcohol dependence as an adult, compared to those who start drinking at age 21 or older (SAMHSA)

1 in 6 teens become addicted to
marijuana
compared to

1 in 10 adults



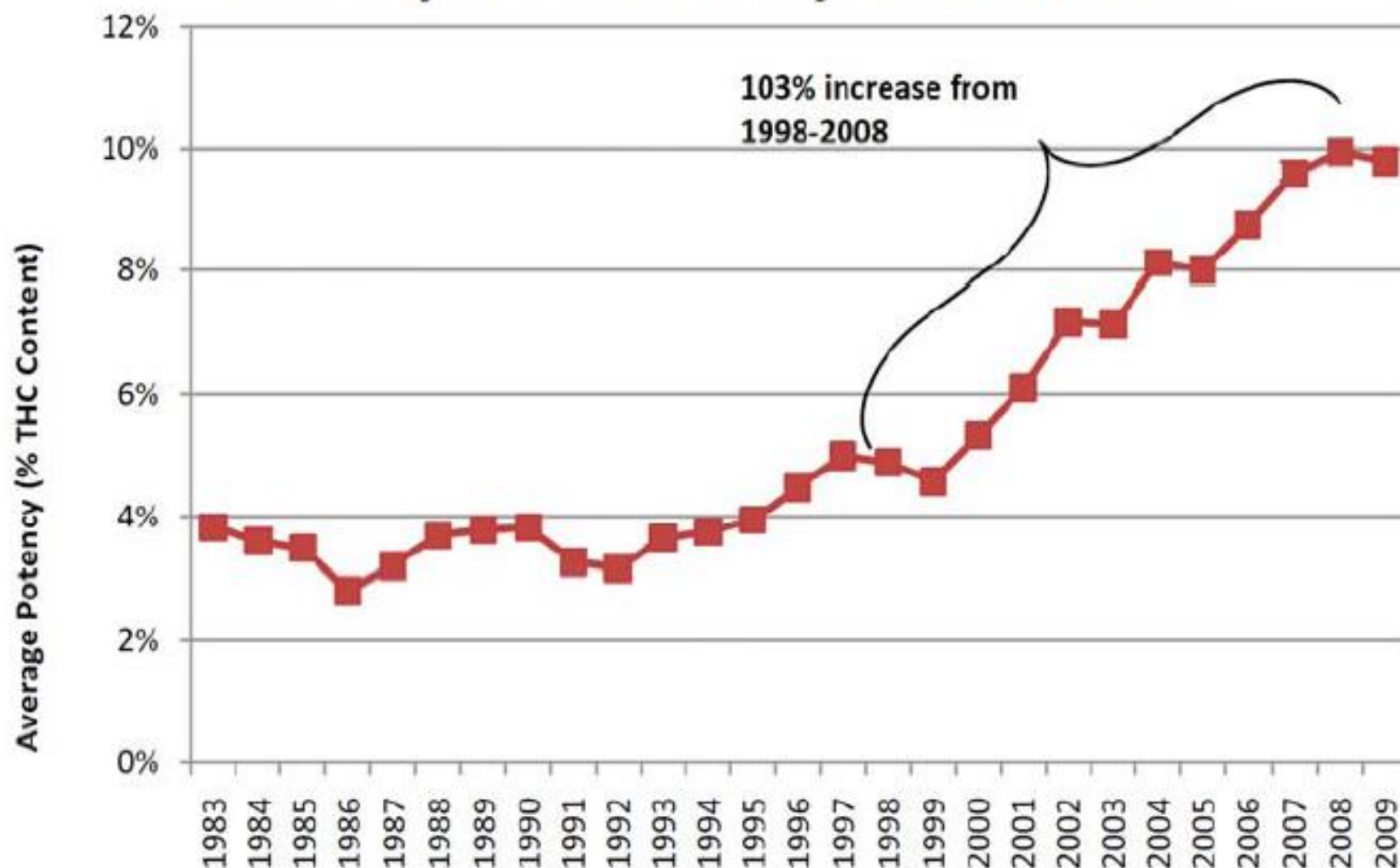
Hingson, R.W., Heeren, T., and Winter, M.R. "Age at Drinking Onset and Alcohol Dependence," *Archives of Pediatrics and Adolescent Medicine* 160(7):739-746, 2006.

Why are teens more likely to develop a problem with drugs or alcohol?

Here is a hint....



Potency of Seized Marijuana in the U.S.



Source: University of Mississippi, National Center for Natural Products Research, *Potency Monitoring Project Quarterly Report 107 (January 2010)*

Vaping

- o E-cigarettes and vaporizers, devices that turn liquid concoctions into inhalable vapor
- o e-cigarettes containing nicotine are similar to conventional cigarettes
 - o Its main ingredients are glycerol and propylene glycol,
 - o E-cigarette juice contains a mix of propylene glycol, glycerin, nicotine, and flavoring agents approved by the FDA as “Generally Recognized As Safe” (GRAS) for consumption.
 - o When this mix is heated, a group of compounds known as carbonyls are produced. This includes compounds such formaldehyde and acrolein.
 - o While cigarettes generally produce a thousand times more carbonyls because of the combustion process, e-cigarettes produce a varying amount depending on the ratio of glycol to glycerin in the vaping fluid and how much of it is heated

What would you do if you were worried about your drug and alcohol use or a friends use?



If you are worried than say something

- o Talk to your friend using “I” statements
 - o *I am worried about your drug use*
- o Give them specific examples of what you are seeing
 - o *Whenever we go to parties you get so drunk*
- o Tell them how you are feeling about their use/choice
 - o *When you get that drunk I am worried that you are going to get hurt*

People/places you can turn to for help

- o School Counselor
- o Washington State Recovery Help Line-**24-Hour Help for Substance Abuse, Problem Gambling & Mental Health**
Call 866.789.1511
- o TeenLink-To speak with a teen phone worker between 6pm and 10pm (PST), please call toll free: 1-866-TEENLINK | 866-833-6546
- o Another trusted adult in your life

Why does it matter if teens use alcohol or other drugs?

- o **One in five** teen drivers who are involved in fatal crashes has alcohol in their system (Center for Disease Control and Prevention, 2010)
- o Teens who use alcohol or other drugs are at higher risk for depression and suicide (Substance Abuse and Mental Health Services Administration-SAMHSA)
- o Young people who use alcohol are more likely to have unintended, unwanted and unprotected sex (SAMHSA)

9-1-1 Good Samaritan Law

- o Can call for help if you suspect that someone is overdosing from drug use
- o Protects you from getting in trouble with law unless you have a warrant for your arrest or if you commit a crime after you call for help

Refusal Skills

1. Compliment the person. *Thank you for the offer*
2. State the problem or consequence. *The problem is that I can't right now, I have other plans*
3. Offer an alternative to the request that shows you value the other person. *Maybe we can just hang out tomorrow instead*
4. Leave in a way that doesn't offend. *See you another time*

References

- o NIDA www.drugabuse.gov
- o NIAA <http://www.niaaa.nih.gov/>
- o <http://www.samhsa.gov/>
- o TeenLink <http://866teenlink.org/>

Thank you! Questions?

