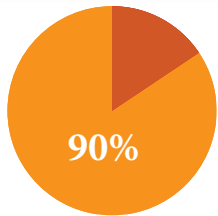


# Teacher Resource on Drugs & Alcohol:

Do you know the facts? Do you know why they matter?

## Tobacco



90% of smokers began at or before age 18<sup>1</sup>

The earlier a person uses tobacco, the more likely they are to *experiment with harder drugs*

# 3x

Teen smokers are 3x more likely to drink alcohol than nonsmokers



1 in 3 youth smokers will eventually die from a tobacco related disease<sup>2</sup>

## Alcohol

# 5x

Teens that use alcohol before the age of 15 have 5x greater chance of having an addiction later in life.



One in four Cumberland County High School students drinks alcohol regularly.<sup>3</sup>

# 2x

Maine High School students who believe that adults in their community think underage drinking is okay are 2x as likely to drink.<sup>3</sup>

## Marijuana



One in five Cumberland County High school students uses marijuana regularly.<sup>3</sup>

# 8x

Maine High School Students who think there is little risk from smoking marijuana once or twice a week are 8 times as likely to use the drug.<sup>3</sup>



9 out of 10 adolescent admissions for treatment involved marijuana use.<sup>4</sup>

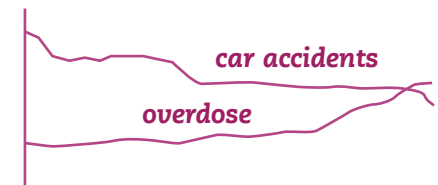
## Rx Misuse



1 in 6 Cumberland County High School students report having abused a prescription drug<sup>3</sup>



One in Four American teens think abusing prescription drugs is safer than using other illegal narcotics<sup>5</sup>



As of 2008, more people die each year from drug overdoses than in car accidents.<sup>6</sup>

# What You Can Do...

*Evidence Based Practices that make an IMPACT on teen alcohol & drug use:*

## **Be a Caring Adult**

You know fostering relationships with students helps them academically. It also lowers their risk for substance abuse as well!

**Use Your good relationships to give consistent messages and offer accurate information to students.**

## **Provide a Consistent Message**

Let young people know that the longer people wait to use alcohol or drugs, the better off they are. Reinforce the fact that not all young people drink or use drugs.

## **Offer Accurate Information**

Pick a fact that resonates with you and share it with young people.

**For More Info Contact the Public Health Program's Substance Abuse Prevention Team:**

[www.publichealthprogram.org](http://www.publichealthprogram.org) | [prevention@opportunityalliance.org](mailto:prevention@opportunityalliance.org)