



MAINE INTEGRATED YOUTH HEALTH SURVEY

2019 STUDENT RESULTS | FOR COMMUNITY



WESTBROOK HIGH SCHOOL STUDENTS REPORTED



1 out of 5
drank alcohol in the
past 30 days



1 out of 5
used marijuana in the
past 30 days



1 out of 3
used an e-cigarette or “vape”
in the past 30 days

32% think there is no risk to smoking
marijuana once or twice a week

38% felt sad or hopeless every day for
2 weeks in a row in the last year

THE BRAIN IS STILL DEVELOPING UNTIL AGE 25*

- Nicotine and all other substances prime the developing brain for addiction to other substances later in life.
- The younger a person starts using any substance or the more they use, the greater the problems.
- The longer a young person waits to use, the less likely they are to have problems with substance use.



*American Academy of Pediatrics, 2017

WHAT CAN THE COMMUNITY DO?

Show young people that you care

Kids are less likely to use substances when they think adults care about them.



1 out of 2

Westbrook High School students feel they do NOT matter to adults in their community

Set expectations

When adults set expectations that we don't want young people using substances, they are less likely to use them.

Be involved

Engage in young people's lives, especially with those who participate in high-risk behaviors.

Research* shows that young people who face the most adversity (poverty, violence, family members with a substance use disorder, etc.) are more likely to be resilient if they have at least one supportive and caring adult in their lives.

*Center on the Developing Child at Harvard University

The Maine Integrated Youth Health Survey (MIYHS) asks students across Maine about their health risks and behaviors.

For more information, please visit us at:

www.westbrookpartnersforprevention.org
or [Facebook.com/WestbrookPFP](https://www.facebook.com/WestbrookPFP)

