



# MAINE INTEGRATED YOUTH HEALTH SURVEY



## 2019 STUDENT RESULTS | FOR PARENTS

### 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

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

**20%** seriously considered attempting  
suicide in the past 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 PARENTS DO?



#### BE PRESENT

Maintaining a solid relationship with your child helps young people navigate difficult decisions.



#### SET EXPECTATIONS

Young people who have parents that disapprove of them using substances are less likely to do so.



#### HAVE A RESTORATIVE RESPONSE

Holding young people accountable while providing them support when they don't meet expectations is important for their ability to meet expectations in the future.



#### TALK TO OTHER PARENTS

Parenting is hard work. It's easier with the support of other parents.



#### LOCK UP ALCOHOL, MARIJUANA & MEDICINES

Young people are less likely to use substances when they have less access.

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](http://www.westbrookpartnersforprevention.org)  
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