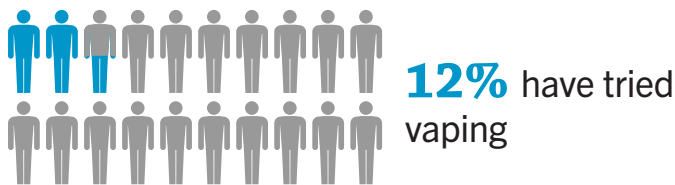




MAINE INTEGRATED YOUTH HEALTH SURVEY

2023 MIDDLE SCHOOL RESULTS | TIPS FOR COMMUNITY

WHS STUDENTS REPORTED



36% felt sad or hopeless every day for 2 weeks in a row in the last year

36% said it would be easy or very was to get alcohol if they wanted some



DID YOU KNOW? 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.

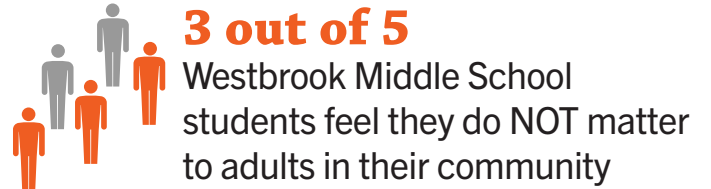


*American Academy of Pediatrics, 2017

WHAT CAN YOU DO?

Show young people that you care

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



Set expectations

When adults set expectations that they do not want young people to use substances, youth 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:

- Westbrookpartnersforprevention.org
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