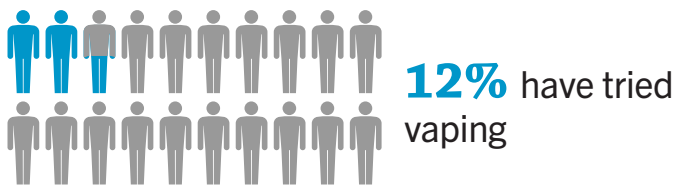




# MAINE INTEGRATED YOUTH HEALTH SURVEY

## 2023 MIDDLE SCHOOL RESULTS | TIPS FOR PARENTS

### WMS STUDENTS REPORTED



**35%** felt sad or hopeless every day for 2 weeks in a row in the last year

**26%** seriously considered attempting suicide in the past year



### 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 PARENTS DO?



#### ENGAGE

Talk to your child every day, ask open-ended questions and be curious about their interests.



#### BE A TRUSTED SOURCE

Build trust and be a reliable source of information.



#### EMPOWER

Celebrate successes and help them learn from mistakes.



#### CREATE SAFE SPACES

Make home a welcoming, judgment-free place.



#### SET EXPECTATIONS

Disapprove of substance use, set rules and follow through with consequences.



#### LOCK UP ALCOHOL, CANNABIS & MEDICINES

Limit access to substances to keep youth safe.

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

#### For more information:

[Westbrookpartnersforprevention.org](http://Westbrookpartnersforprevention.org)

[Facebook.com/WestbrookPFP](https://Facebook.com/WestbrookPFP)

[Instagram.com/WestbrookPFP](https://Instagram.com/WestbrookPFP)

