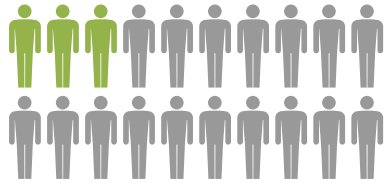




# MAINE INTEGRATED YOUTH HEALTH SURVEY

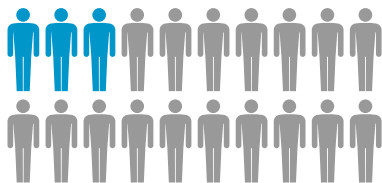
## 2023 STUDENT RESULTS | FOR COMMUNITY MEMBERS

### WHS STUDENTS REPORTED



**15%** drank alcohol in the past 30 days

**17%** used cannabis in the past 30 days



**15%** vaped in the past 30 days

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

**~50%** said it was easy or very easy to get alcohol or cannabis 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.



**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 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](http://Westbrookpartnersforprevention.org)  
[Facebook.com/WestbrookPFP](https://www.facebook.com/WestbrookPFP)  
[Instagram.com/WestbrookPFP](https://www.instagram.com/WestbrookPFP)

