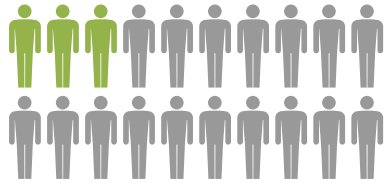




MAINE INTEGRATED YOUTH HEALTH SURVEY

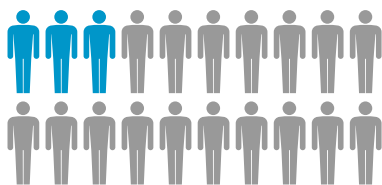
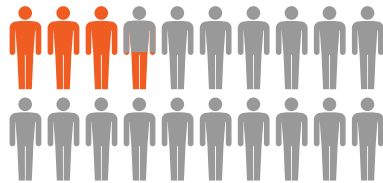
2023 STUDENT RESULTS | FOR PARENTS

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

19% 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](https://www.westbrookpartnersforprevention.org)

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

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

