

2014 FACTS

YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL RESULTS ST. MARY'S COUNTY, MARYLAND

24% of students were offered, sold or given an illegal drug on school property



17% took prescription drugs without a doctor's prescription compared to 14%* in MD

WHY IS THIS IMPORTANT?

Young people who abuse substances may experience an array of problems, including academic difficulties, health-related problems (including mental illness), complications with peer and family relationships, and involvement with the juvenile justice system. Drug abuse can also impact the brain's ability to function in the short-term as well as prevent proper growth and development for later in life.

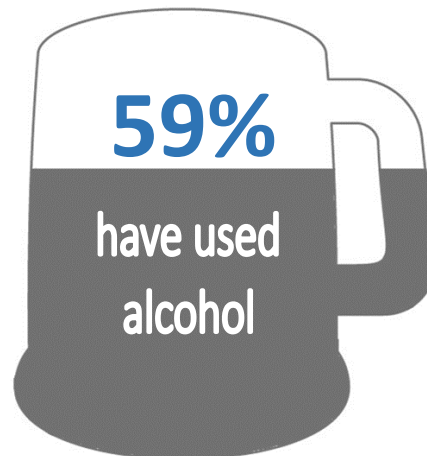
PERCENT OF STUDENTS WHO HAVE EVER USED:

Methamphetamines	4.2%
Heroin	4.3%
Cocaine	6.2%
Ecstasy	7.1%
Inhalants	9.1%

32% have tried marijuana (8% before age 13)

19% are currently using marijuana

14% Have tried synthetic marijuana compared to 9% in Maryland



20% before age 13

32% are using currently

TIPS

YOUTH RISK BEHAVIOR SURVEY HIGH SCHOOL RESULTS ST. MARY'S COUNTY, MARYLAND

What PARENTS Can Do...

- **If you think your child is using alcohol or other drugs – ask and get help.** Talk openly about drug use so your child develops a more negative perception of these risky behaviors. Try to reinforce why you don't want your child to use alcohol or other drugs. If you think your child is using drugs, get help – talk to your child's primary care physician or locate a substance use treatment provider at 1-800-662-HELP or www.findtreatment.samhsa.gov
- **Be highly involved in your child's life.** Know their friends, know what happens at school and know what's going on with their extracurricular activities. Show you're paying attention and will notice if your child drinks alcohol or uses other drugs.
- **Create opportunities for family time such as family dinners, taking walks together and playing games.** Make time for conversation and help your child build skills to behave appropriately and protect themselves from potentially dangerous situations.
- **Build your child's skills and strategies for avoiding drug use.** Even if your child doesn't want to use alcohol or other drugs, peer pressure can be powerful. Prepare your child to resist peer pressure by practicing conversations where they may be feeling pressure to use alcohol or other drugs.
- **Get involved in community efforts to address youth drug use.** Check out www.HealthyStMarys.com for more information.



What the COMMUNITY Can Do...

- **Ensure access to affordable and effective treatment options for drug use.** Addiction to a drug can be a life-long illness and communities need to work on improving access to effective treatment for youth and adults struggling with drug addiction.
- **Raise public awareness of the seriousness of drug use in a community.** Use local data as available, implement effective communications campaigns, and host group discussions geared towards youth, parents and other stakeholders.
- **Advocate for schools to implement efforts known to be effective in decreasing youth drug use.** Learn about what programs actually work in school settings by using the National Registry of Evidence-based Programs and Practices available through the U.S. Substance Abuse and Mental Health Services Administration: www.nrepp.samhsa.gov. Advocate with school administrators and elected officials to put effective programs in place in school settings.

