

Current Teen Trends

Substance Abuse

Alcohol:

- 38 percent of teens have consumed alcohol (more than just a few sips) by the 8th grade.
- 58 percent of 12th graders report having been drunk at least once in their life.

Illicit Drugs:

- 19 percent of teens have tried an illicit drug by the end of 8th grade.
- 80% of high school students and 44% of middle school students have seen drugs used, sold and kept on schools grounds and they have seen other students drunk or high while at school.
- 2.1 million teens between 12-17 are currently abusing substances.

Prescription Drugs:

- 1 in 5 teens will abuse prescription medication.
- 60% of teens say prescription pain relievers are easy to get from their parents' medicine cabinets.

Drug and Alcohol Prevention Tips:

- Stay educated about current alcohol and drug trends.
- Be clear with your child that drug and alcohol use is not acceptable in your family.
- Have a two-way conversation about drugs and alcohol.

- Ask your child what they know about drugs and alcohol.
- Encourage your child to say busy and involved.
- Keep prescription medication in a safe place, not the medicine cabinet.
- Pay attention to the warning signs:
 - Declining grades
 - Defensive behavior about drug use
 - Change in peer group
 - Breaking curfew on a regular basis
 - Frequent lying

Internet Safety

- One in 17 youth was threatened or harassed in the past year over the internet.
- One in 5 youth received a sexual approach or solicitation over the Internet in the past year.

Internet Safety Tips:

- Be aware of the services and websites your child uses.
- Set rules and guidelines for the computer.
- Remember to monitor their activity.
- Remind your child to never give out personal information without your permission.

Eating Disorders

- 12.3 percent of high school students had gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the last 30 days.
- During the last 30 days, 6.3 percent of students nationwide had taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight.

Know the Warning Signs:

- Talk to your child if they are making excuses to go to the bathroom immediately after meals or eating large amounts of food without weight gain.
- Talk to your child about eating disorders and pay attention to their eating habits. Be aware if your child is:
 - Losing weight
 - Denying feeling hungry
 - Exercising excessively
 - Bingeing and purging (vomiting)



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