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2015 Summer Advisory

Underage Alcohol, Tobacco, & Drug Abuse Spikes During Summer Months

Parents and other family members need to be ALERT for signs that their child might be involved in the use of alcohol, tobacco, marijuana and prescription drugs.

June and July are especially risky months for **first time use** of alcohol, tobacco, marijuana, and prescription drugs. Teens tend to be more unsupervised during summer days than during other times of the year and research data shows that:

- ✓ The highest rate of first-time use of alcohol, tobacco and marijuana by teens occurs during June and July.

AND

- ✓ The first time use of prescription-type tranquilizers for non-medical purposes occurs during July.

The Positive Influence of Parents Remains the #1 Reason Teens Choose Not to Use!

Talk to your teen about the harms of alcohol, tobacco, marijuana, and prescription drug abuse.

Facts About the Teen Brain

- * *The teen brain is still developing and behaviors that are repeated become "hard wired".*
- * *Research indicates that even occasional drug use can produce long-term changes in a teen's brain.*
- * *The teen brain is more vulnerable to becoming addicted than the adult brain.*
- * *The earlier that a teen starts using drugs, the more likely it is that they will become addicted and that the addiction will be more difficult to treat.*
- * *Many adult addictions actually got their start during the teen years.*

It's never too early to start the conversation, and never too late!