



ALCOHOL, VAPING, AND MARIJUANA

how to reach your health goals

FAST FACTS

- Most teens have not drunk alcohol, vaped, used marijuana, or used other drugs.
- Vaping tobacco or THC, like other drugs, can harm your lungs and brain. E-cigarettes can contain nicotine, toxic chemicals, and heavy metals.
- No amount or type of alcohol is safe for teens. A beer, a glass of wine, and a shot of liquor have the same amount of alcohol and can all impact health and decision making.
- When you choose to not drink, vape, or use marijuana, you are choosing to keep your body healthy and at lower risk for injury.

TEENS: LET'S TALK

What are your goals for health? How does substance use fit with those goals? Identifying these goals now can help you make decisions later that help you meet your goals.

Do your friends drink, vape, or use marijuana? With your goals in mind, how can you handle situations in which friends are using?

Sometimes, teens use substances to deal with difficult emotions. Is this ever true for you? If so, we can think about resources to help you cope.

Do you feel able to talk to your parents about these topics? We can talk about questions and treatment for alcohol or drug use without your parents, but it can be really helpful to loop them in.

If your substance use does not fit with your goals, what step can you take to move toward your goals? We can brainstorm ideas together and we can set a time to check in again.

PARENTS: KEEP TALKING

The vast majority of parents do not want their teen to drink or use drugs, and with good reason: no amount of alcohol use (including supervised drinking) or other drug use has proven safe for teens' developing brains.

As a parent, there are many ways you can support your teen to make healthy choices. Share the reasons you hope they do not use and talk often. Consider these ideas to keep talking:

Ask, "What do you hear about alcohol/vaping/marijuana use for teens? What do you think?"

Say, "I hope that you not drink or use other drugs. But I know you are the one who makes these decisions for yourself. Can we talk about how you plan to stay safe?"

Talk about your teen's plans and ask, "Where will you be? Who will be there? Do you think there will be alcohol or other drugs? Who is driving?"

Have a plan to help your teen exit a situation: "If you feel unsafe or uncomfortable, text me [or another trusted adult]. I won't ask you anything until the next day and I won't try to make you tell me anything. I just want you to be safe."

GREAT RESOURCES

 Search for "Teen Parties" on [HealthyChildren.org](https://www.healthychildren.org)

 Find treatment centers: [findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)

 Confidential alcohol and drug use helpline: 1-800-662-HELP (4357)

 Search for "Vaping" on [CDC.gov](https://www.cdc.gov)

Toolkit for Adolescent Care