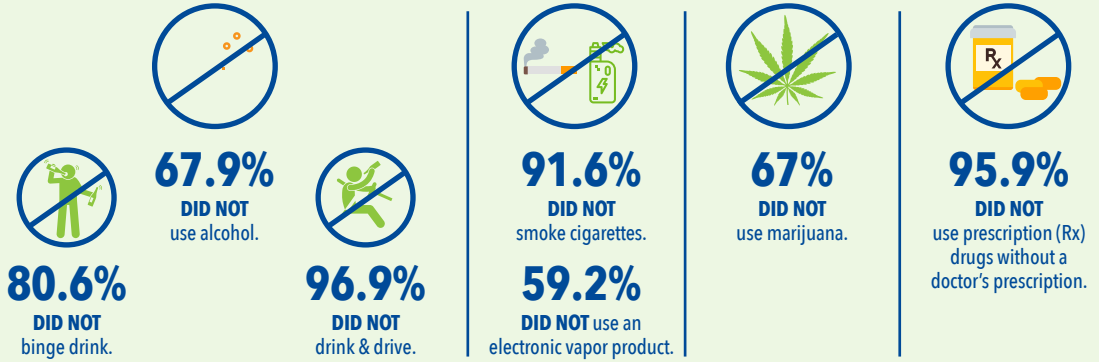


SETTING EXPECTATIONS AND LIMITING ACCESS:

How parents and trusted adults can prevent youth substance use

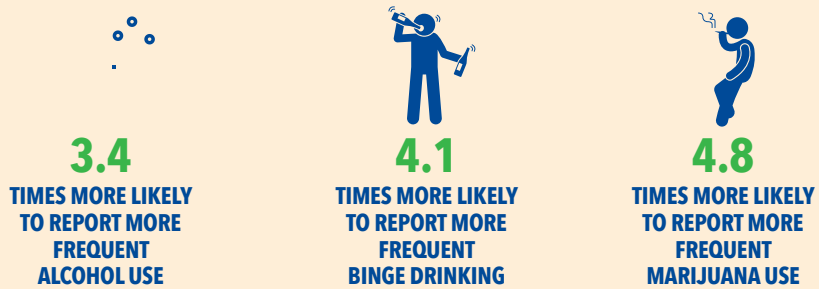
MOST
Carroll County NH Youth
DON'T USE
alcohol, tobacco,
and/or other drugs.

Carroll County NH high school students participating in the 2019 Youth Risk Behavior Survey reported that:*



Carroll County NH Youth
who **DO** report using
alcohol and/or other
drugs report having
**LESS PARENTAL
DISAPPROVAL**
of substance abuse.

Carroll County NH students reported how wrong their parents feel it would be for them to use alcohol and/or other drugs. Students who answered **“Not at all wrong”** vs. **“Very wrong”** were up to:*



What you **SAY** matters! Keep talking...they're listening!i

““
Talk often with young
people about important
topics, such as substance use.
Have regular discussions f om
an early age, with consistent
and age-appropriate messages
about the risks of alcohol
and other drugs.



““
Encourage young
people to be the
best ver ion of
themselves.



““
Discuss how
substance use can
impact their physical
and mental
well-being.



• ADDITIONAL RESOURCES •

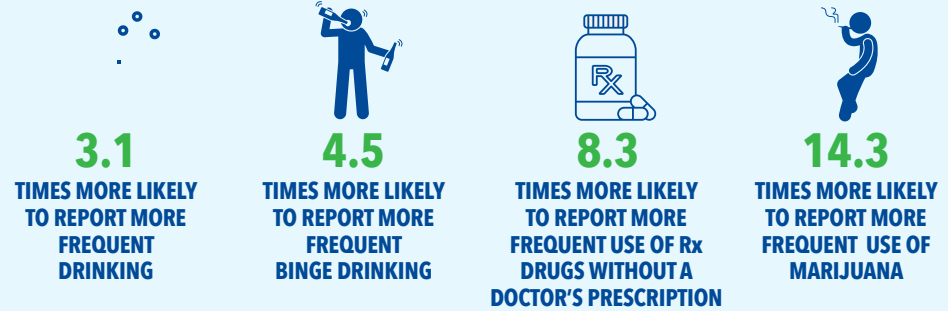
"Talk. They Hear You." Mobile Application - Click [HERE](#)
Parent Resources - Click [HERE](#) Family Resources - Click [HERE](#)

*Percentages and times reflect reported usage in the 30 days prior to the survey.

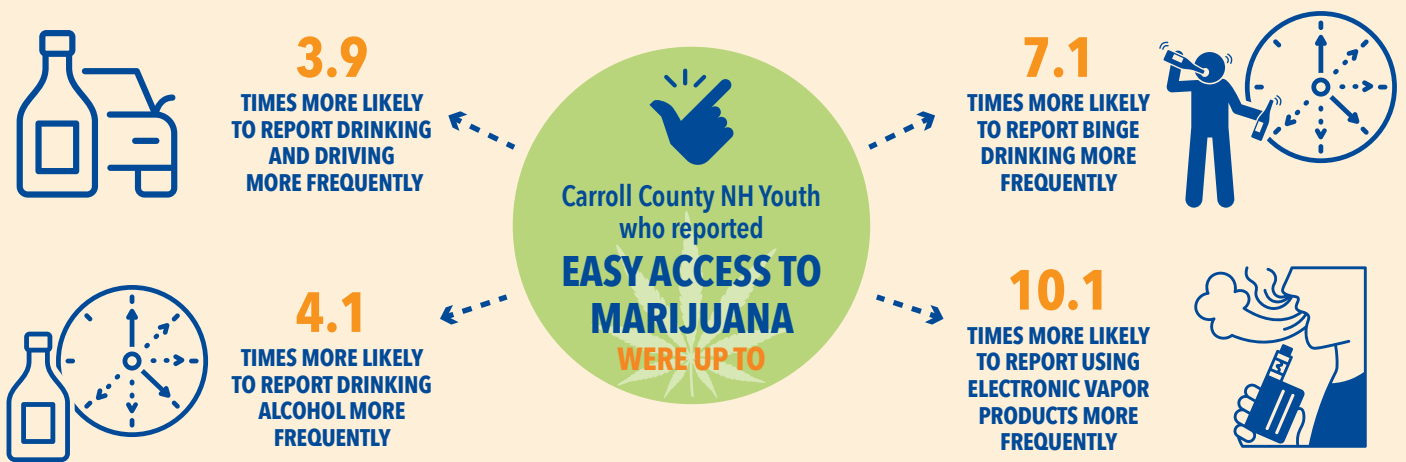
Carroll County NH Youth who **DO** use alcohol and/or other drugs report having **EASIER ACCESS** to those substances.

Carroll County NH students also reported how easy it would be for them to get alcohol and/or other drugs.

Those who reported **"Very easy"** vs. **"Very hard"** were*:



AND...access to MARIJUANA is linked to higher alcohol and/or other drug use.



What you DO matters! Be a role model for young people.



Be clear about your expectations about substance use, establish rules, and follow through.



Limit access to age-restricted products, such as alcohol and tobacco.



Carroll County NH students who reported drinking and/or using vaping products reported primarily obtaining them from social sources.

• ADDITIONAL RESOURCES •

Carroll County NH Youth Risk Behavior Survey Results - [Click HERE](#)

US Centers for Disease Control and Prevention Youth Risk Behavior Survey Resource - [Click HERE](#)

