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:*





use al

DID NOT binge drink.



96.9% DID NOT



91.6% DID NOT smoke cigarettes.

59.2% DID NOT use an electronic vapor product.



67%
DID NOT
use marijuana.



95.9%
DID NOT
use prescription (Rx)
drugs without a
doctor's prescription.

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" ivs. "Very wrong" were up to:*



3.4
TIMES MORE LIKELY
TO REPORT MORE
FREQUENT
ALCOHOL USE



TIMES MORE LIKELY
TO REPORT MORE
FREQUENT
BINGE DRINKING



TIMES MORE LIKELY
TO REPORT MORE
FREQUENT
MARIJUANA USE

What you SAY matter's! Keep talking...they're listening!i

6699

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.







6699

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

ADDITIONAL RESOURCES

"Talk. They Hear You." Mobile Application - Click <u>HERE</u>

Parent Resour es - Click <u>HERE</u>

Family Resour es - Click <u>HERE</u>

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:*



3.1

TIMES MORE LIKELY
TO REPORT MORE
FREQUENT
DRINKING



TIMES MORE LIKELY
TO REPORT MORE
FREQUENT
BINGE DRINKING



TIMES MORE LIKELY
TO REPORT MORE
FREQUENT USE OF RX
DRUGS WITHOUT A
DOCTOR'S PRESCRIPTION



TIMES MORE LIKELY TO REPORT MORE FREQUENT USE OF MARIJUANA

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



3.9

TIMES MORE LIKELY
TO REPORT DRINKING
AND DRIVING
MORE FREQUENTLY



Carroll County NH Youth who reported

EASY ACCESS TO MARIJUANA
WERE UP TO



IMES MORE LIKELY TO REPORT BINGE DRINKING MORE FREQUENTLY





4.1

TIMES MORE LIKELY
TO REPORT DRINKING
ALCOHOL MORE
FREQUENTLY

10.1

TIMES MORE LIKELY
TO REPORT USING
ELECTRONIC VAPOR
PRODUCTS MORE
FREQUENTLY



What you DO matter's! Be a role model for young people.i



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



Limit ac ess to age-restricted products, such as alcohol and tobac o.



Car oll County NH students who eported drinking and/or using vaping products reported primarily obtaining them f om social sour es.

ADDITIONAL RESOURCES

Car oll County NH Youth Risk Behavior Survey Results - Click <u>HERE</u>
US Centers for Disease Control and Prevention Youth Risk Behavior Survey Resour e - Click <u>HERE</u>



CARROLL COUNTY COALITION **EPUBLIC HEALTH**

