



66%
DID NOT USE ALCOHOL
in the past 30 days



DID NOT USE TOBACCO *in the past month*
 includes cigarettes, cigars, and smokeless tobacco



91%
did not use prescription drugs
in the past 30 days without a doctor's prescription

YOUTH RISK BEHAVIOR SURVEY

FACTS

about

ST. MARY'S HIGH SCHOOL STUDENTS

DRUG AND ALCOHOL USE



in the past month

4 OUT OF 5
DID NOT binge drink*

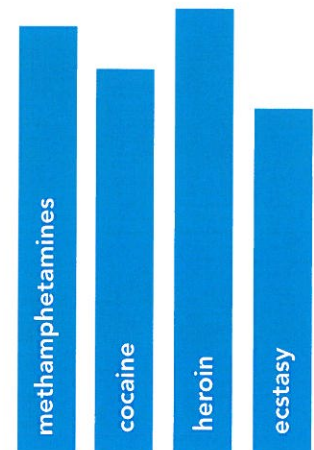
DID NOT USE marijuana



84%
in the past 30 days

The Maryland YRBS is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Maryland public school students in grades 9-12.

*binge drinking is having 5 or more drinks of alcohol in a row within a couple of hours



Percent who have NEVER USED

WHAT YOU CAN DO

- 1 Discuss substance misuse with a trusted friend or adult. Let them help, or seek help from a provider. Information on treatment services/providers is available from:
- 2 Take part in **Project Graduation** which provides free graduation night events in an alcohol and chemical-free environment
- 3 Get involved in community efforts to improve substance misuse prevention and control. Go to HealthyStMarys.com
- 4 Get help from the Maryland Tobacco Quitline. Go to smokingstopshere.com or call 1-800-QUIT-NOW.

St. Mary's County
 Department of Aging & Human Services
<http://www.stmarysmd.com/aging>

Substance Abuse & Mental Health
 Services Administration (SAMHSA)
<https://findtreatment.samhsa.gov>