66% DID NOT USE ALCOHOL in the past 30 days

81% DID NOT USE TOBACCO in the past month

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

YOUTH RISK BEHAVIOR SURVEY

4 OUT OF 5 DID NOT binge drink* in the past month

DID NOT USE marijuana 84% in the past 30 days

FACTS about ST. MARY’S HIGH SCHOOL STUDENTS

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.

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

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:
   - 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

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 smokingstophere.com or call 1-800-QUIT-NOW.