

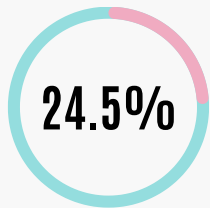


Wellness Newsletter

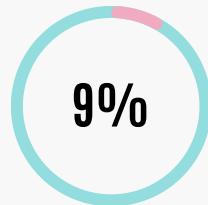
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Teenage Substance Abuse

California teens are...

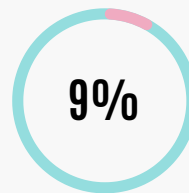


more likely to have used drugs in the last month than the average American teenager

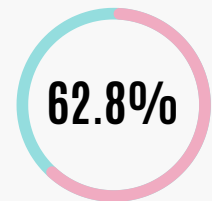


of 12-17 year olds reported using drugs in the last month

Nationwide...




of all 12-17 year old's used alcohol in the last month



of 12th graders who used marijuana in the last year consumed marijuana via vaping.

Upcoming Events

- I am lucky because...
 - 3/1 through 3/31
 - During nutrition or lunch
- Creative Crafts
 - 3/14 and 3/16
 -  Unscheduled 7th-4PM
- Diamond Painting
 - 3/21
 - During Lunch

Need Support?



Contact Information:
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IMPACT OF DRUG USE ON BRAIN



Poor Judgment



Increased risk of mental health disorders, such as depression and anxiety



Impaired driving



Change in school performance



Impaired memory, concentration, and risk of psychosis

True or False?

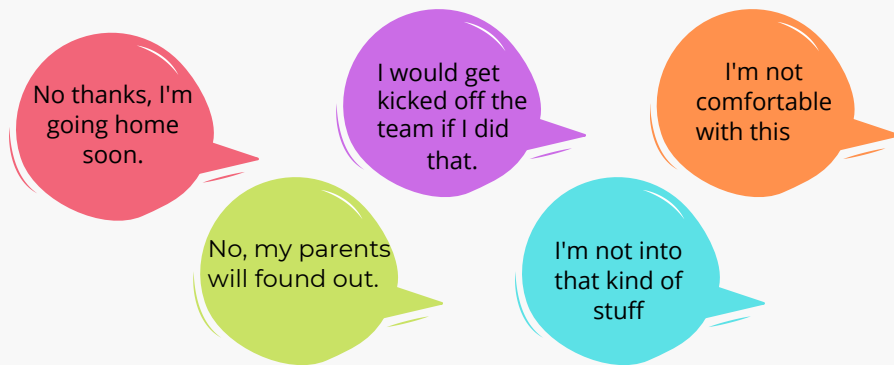
Alcohol affects the bodies of teens and adults in the same way.

F: Alcohol impacts the brain and liver of teens more severely.



Ways to say "No"

Sometimes it can feel awkward to say "no" especially when we are in high pressured situations. Here are some helpful examples to use when communicating "no."



If you or someone you know is suffering from substance abuse here are some tips:

Communicate

You can never speak up too early. Casual drug use can turn into excessive use or addiction and cause accidents, legal trouble and health problems.

Encourage honesty

Speak calmly and express that you are coming from a place of concern. The more they share, the more you are able to support.

Monitor

Check in regularly. Spend more time with them, and ask questions about their day.

Get help





Find professional help. If you think you know someone involved in drug use, contact a doctor, counselor or other health care provider for help. You are not in this alone!

<https://www.mayoclinic.org>

"Having a need and needing help is not a sign that you are weak. It's a sign that you are human."

- Kate Northrup

Warning signs may include:

-  Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, coordination or school performance
-  Irresponsible behavior, poor judgment and general lack of interest
-  Breaking rules or withdrawing from family
-  The presence of medicine containers, despite a lack of illness, or drug paraphernalia in your teen's room

Resources

Hotline Numbers:

SAMSHA:

1-800-662-4357

California Addiction

Hotline:

866-210-1303

Think of 3 adults who you can reach out to when you need support.