

EDITION 8 ~ MARCH 2024

MIDDLE SCHOOL CROSSROADS NEWSLETTER

Get the FACTS!

National Drug and Alcohol FACTS Week March 21-27

Teens often get conflicting or inaccurate information about drugs and alcohol from friends, family, and media.

According to the NM Department of Health, 11 is the average age that young people begin experimenting with drugs and alcohol.

13.7 % Of Albuquerque Middle School Students Surveyed “Ever Took Prescription Pain Medicine Without A Doctor's Prescription Or Differently Than How A Doctor Told Them To Use It (Codeine, Vicodin, Oxycontin, Hydrocodone, And Percocet)” ~YRRS, 2021

Adolescent alcohol and drug use increases the risk of mental and emotional health issues and suicidality.

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Adolescent substance use is associated with behaviors that put youth at risk for HIV, STDs, unwanted pregnancies and increases their risk of being a victim of physical and sexual violence.

Researchers found that those who use substances frequently increase the likelihood of engaging in unprotected sex and have an increased amount of sexual partners.

Teens that report no drug use are less likely to engage in at-risk sexual behaviors.

Substance use before the age of 15 increases:

- ~ Substance Use Disorders as Adults
- ~ Other Risky Behavior
- ~ Criminal and Legal Problems

"For more INFO and ways to support your student, click the links!"

[National Drug and Alcohol Facts Week](#)

[Middle School Drug Use](#)

[High-Risk Substance Use Among Youth](#)

[Sexual Risk Behaviors](#)

Underage Drinking & Drug Use is Dangerous!

Youth that USE are more likely to experience:

- ~ The misuse of other substances.
- ~ School problems; increased absences; truancy and lower grades.
- ~ Changes in brain development that may have life-long effects.

