

Drug Free Adams County

**313 W. Jefferson St., Rm 328
Decatur, IN 46733
Email: kellys@co.adams.in.us
Phone: 260-724-5368**



Top 8 Reasons Why Teens Try Drugs and Alcohol

- 1. Other People** — Teens see their parents and other adults drinking alcohol, smoking, and, sometimes, abusing other substances.
- 2. Escape and Self-Medication** — When teens are unhappy and can't find a healthy outlet for their frustration or a trusted confidant, they may turn to chemicals for comfort.
- 3. Boredom** — Teens who can't tolerate being alone, have trouble keeping themselves occupied, or crave excitement are prime candidates for substance abuse.
- 4. Rebellion** — Different rebellious teens choose different substances to use based on their personalities.
- 5. Instant Gratification** — Drugs and alcohol work quickly. The initial effects feel really good. Teenagers turn to drug use because they see it as a shortcut to happiness.
- 6. Lack of Confidence** — Many shy teenagers who lack confidence report that they'll do things under the influence of alcohol or drugs that they might not normally do.
- 7. Popular Media** — Forty-seven percent of teens agreed that movies and TV shows make drugs seem like an OK thing to do.
- 8. Misinformation** — Nearly every teenager has friends who claim to be experts on various substances, and they're happy to assure your teen that the risks are minimal.

Educate your teen about alcohol and drugs so they understand the harms these substances can cause.

**For further information, please visit our website:
www.DrugFreeAdamsCounty.org**