

HELP PREVENT
DRUG AND
ALCOHOL
USE AMONG
TEENS



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MAKE A DIFFERENCE

Help your teen avoid alcohol and substance use. Encourage the development of social and academic skills, healthy relationships, and stress management.

Promote self-care. Ensure good hygiene, adequate sleep, 60 minutes of fun movement and healthy nutrition.

- **Reinforce socialization.** Create space for time with friends.
- **Encourage them to give back.** Support them in volunteering at a charity of their choice.
- **Talk about your feelings.** Create a positive environment for sharing emotions and allowing teens to do the same.
- **Cultivate positive thinking.** Be optimistic and supportive.
- **Imagine new possibilities.** Inspire adolescents to set goals and follow through.
- **Experiment with meditation.** Mindfulness activities for teens can help encourage thoughtful behavior, center emotions and relieve depression and anxiety. Apps such as Headspace are available to help build resilience to stress.

Youth who engage in more protective adult relationships are **13% less likely** to engage in risky behavior.

Social skills:

- Involve teens in extracurricular activities.
- Promote positive teacher influences.

Academic skills:

- Create opportunities for academic success like developing regular study times.

Self-confidence and self-esteem:

- Show teens they can positively impact their health.



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