Try to keep substance use and intoxication away from the eyes of children

Have the conversations!
Open the lines of communication with youth about substances, know what they’re doing, and educate youth about the harms and risks of substances

Although they may say “but everybody’s doing it…” that’s actually not true:

58% of high school seniors have not used any substances in the past month¹
31% have never used substances in their lifetimes¹

Take a clear and firm stance: youth should not initiate or use substances before the age of 21

If you suspect that someone else with contact with children might have a problem with substances, try to encourage them to get help and/or an evaluation

If you suspect a youth, you know might have problems with substances, try to persuade them to get help. Although youth may not be ready to get help yet, ask a professional for coaching about how to help persuade them.

Are you a prescriber with questions?
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