



You, your teen, and Substance Use

A guide to help you talk to your teen about alcohol, marijuana, and prescription pain medications.

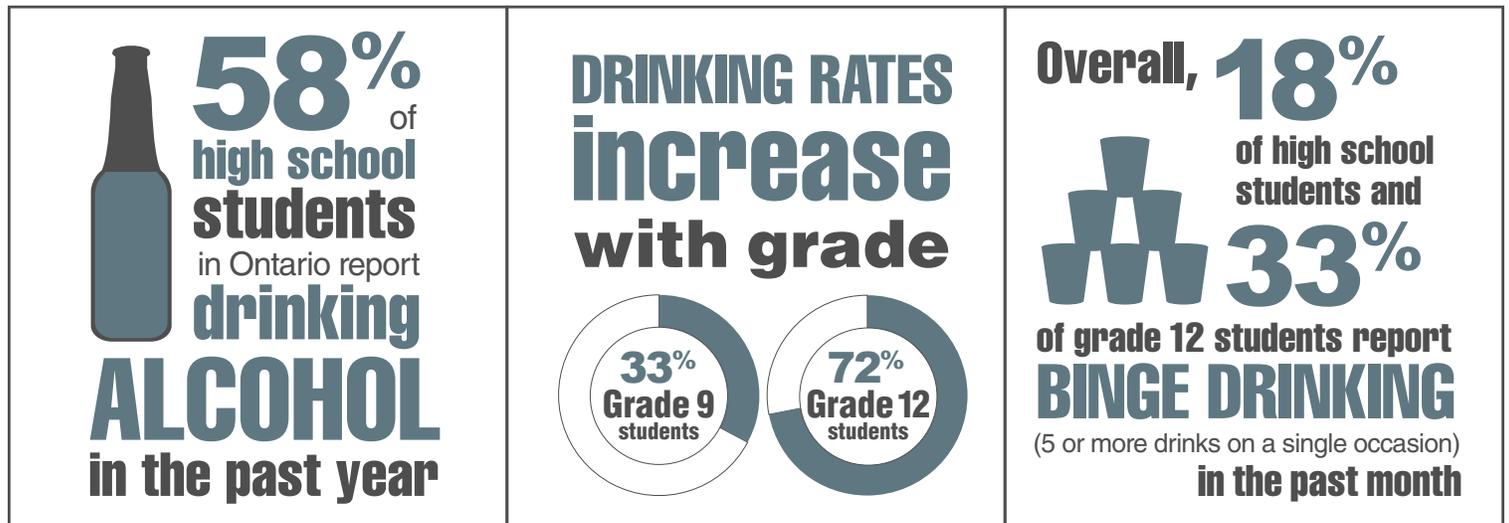


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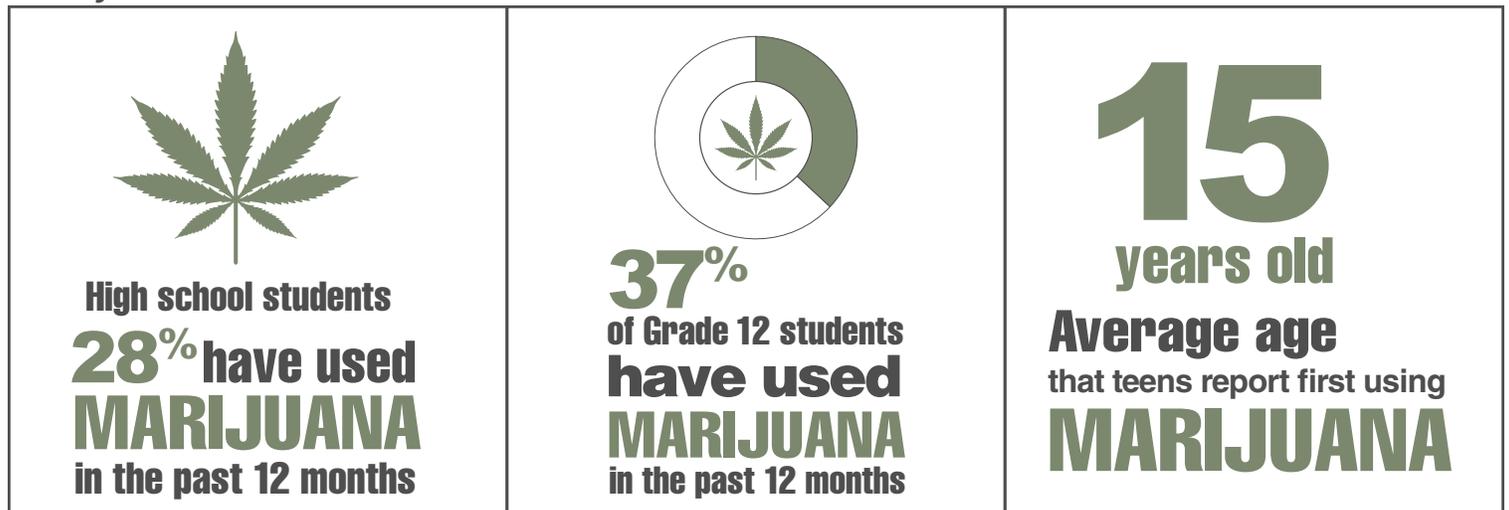
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Three Commonly Used Substances by Teens

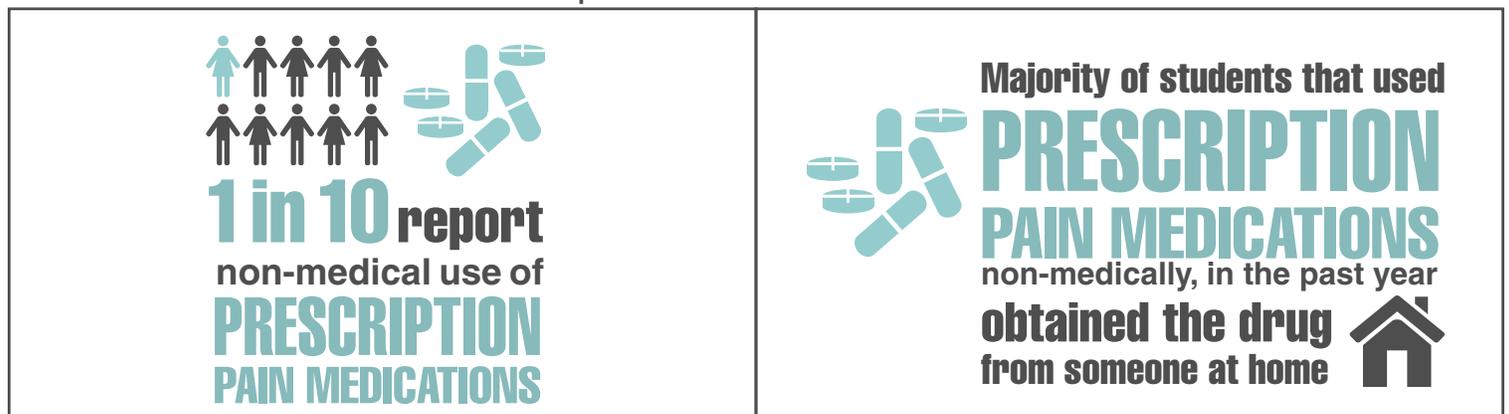
Alcohol



Marijuana



Non-medical Use of Prescription Pain Medication



Males and females are equally likely to use alcohol, marijuana, or non-medical prescription pain medications.



Reasons Why Teens Use Substances

Teens are at a stage in their life where they are finding out who they are and what they value. They want to do things on their own and they may take risks. Here are a few reasons why teens may use substances:

Thrill seeking

Having a positive view of a substance

To have fun in social settings

Social influences from peers and media

Having access to substances

Teens report that the number one place they access alcohol and prescription pain medications are from their home or family.

To cope with stress or bad feelings



Health Risks and Other Consequences of Substance Use

Problems in school (e.g., lower grades, skipping class)

Social and legal problems (e.g., fighting, arrest for impaired driving)

Injuries (e.g., burns, falls, drowning, car crashes)

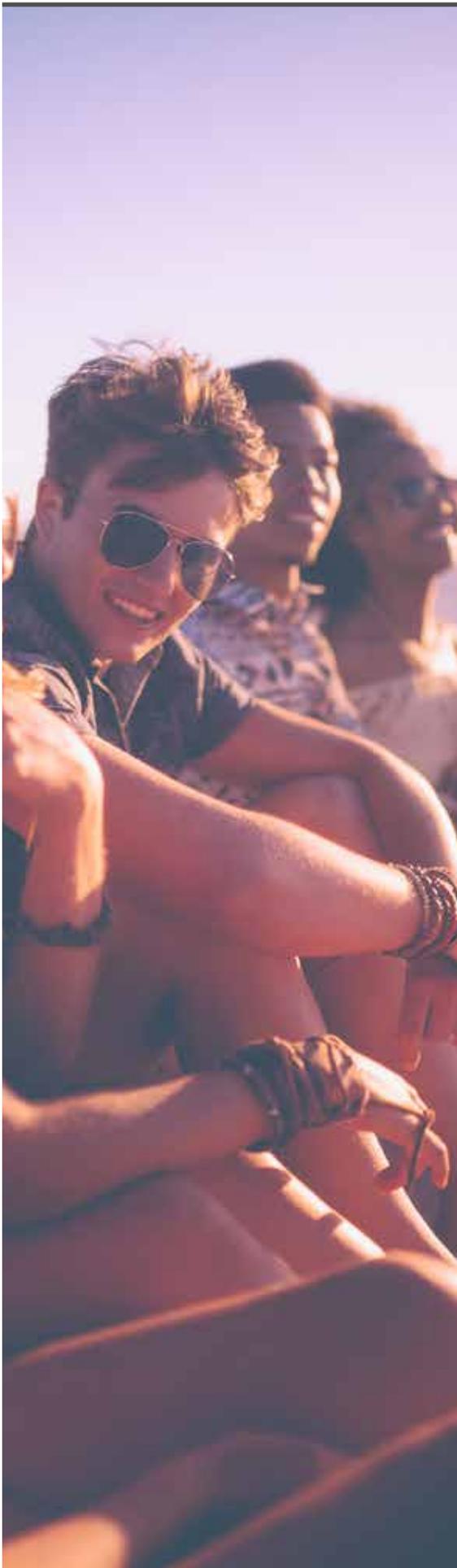
Higher risk-taking (e.g., unwanted, unplanned, and unprotected sexual activity)

Mental health problems

Addiction or dependence

Overdose

Higher risk of cancer



Common Misconceptions About Substances

Alcohol

Myth: Everyone is drinking.

Fact: About 54% of Grade 7 to 12 students in Ontario report not drinking at all in the past year.

Marijuana:

Myth: It's natural and so it is harmless.

Fact: Early and regular marijuana use can affect the developing brain and it is related to mental health problems.

Myth: Everyone is using it.

Fact: 79% of youth (grade 7 to 12) report not using marijuana.

Myth: Marijuana helps you focus.

Fact: Regular marijuana use impairs thinking, attention, and memory.

Myth: Marijuana makes you a better driver; it's safer than driving after drinking alcohol.

Fact: Marijuana use impairs driving skills and is associated with an increased risk of collisions.

Myth: Marijuana is not addictive

Fact: 1 in 6 adolescents who use marijuana will develop a cannabis use disorder.

Non-medical use of prescription pain medications:

Myth: They are safer than street drugs because they are prescribed by a doctor.

Fact: A doctor prescribes these medications to people for a specific purpose; it can harm your health if you take any medications that are not prescribed to you, it is also illegal.

Direction the brain matures

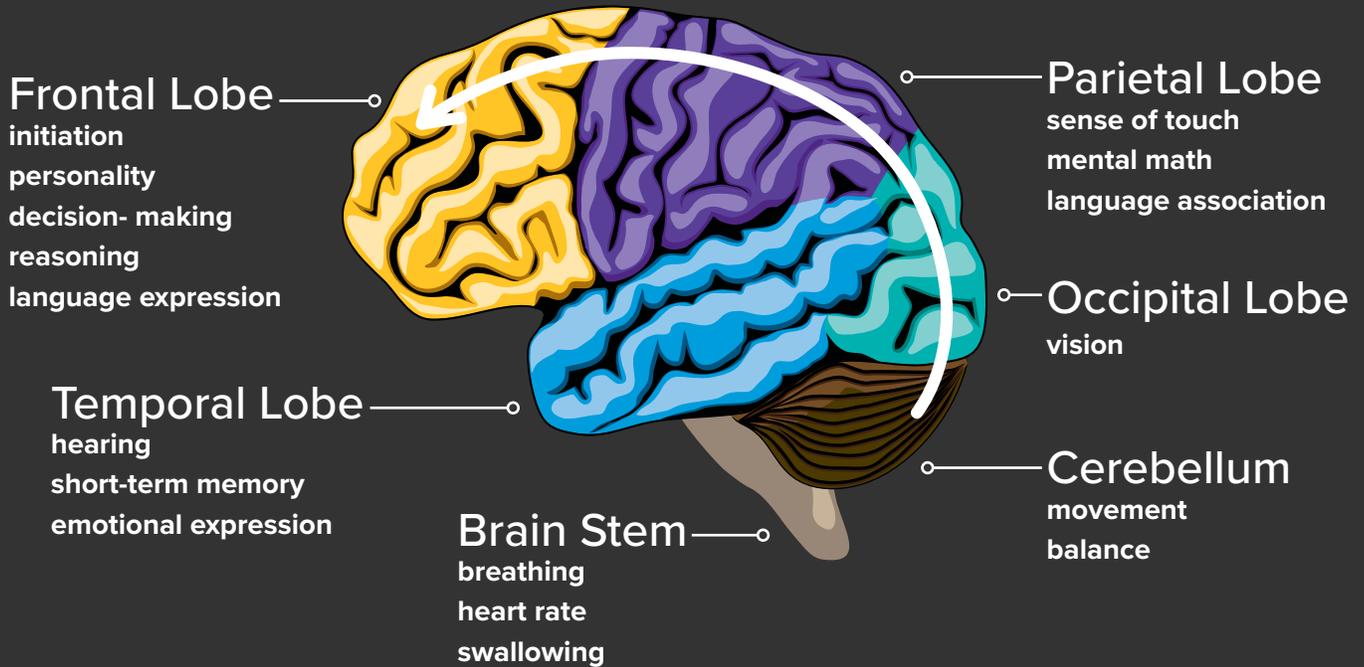


Illustration courtesy of E.C. Design

How Substances Harm the Developing Brain

A person's brain continues to develop until about age 25. The part of the brain that is the last to develop is the frontal lobe; this part of the brain deals with emotions, concentration, impulse control, planning, and decision making. Use of substances during the teen years and early 20's can cause long-term damage to the frontal lobe of the brain. This can cause problems in adulthood with:

- ✓ decision making,
- ✓ problem solving,
- ✓ dealing with emotions, and
- ✓ memory.



Trends and Media Influence

Mixing Substances:

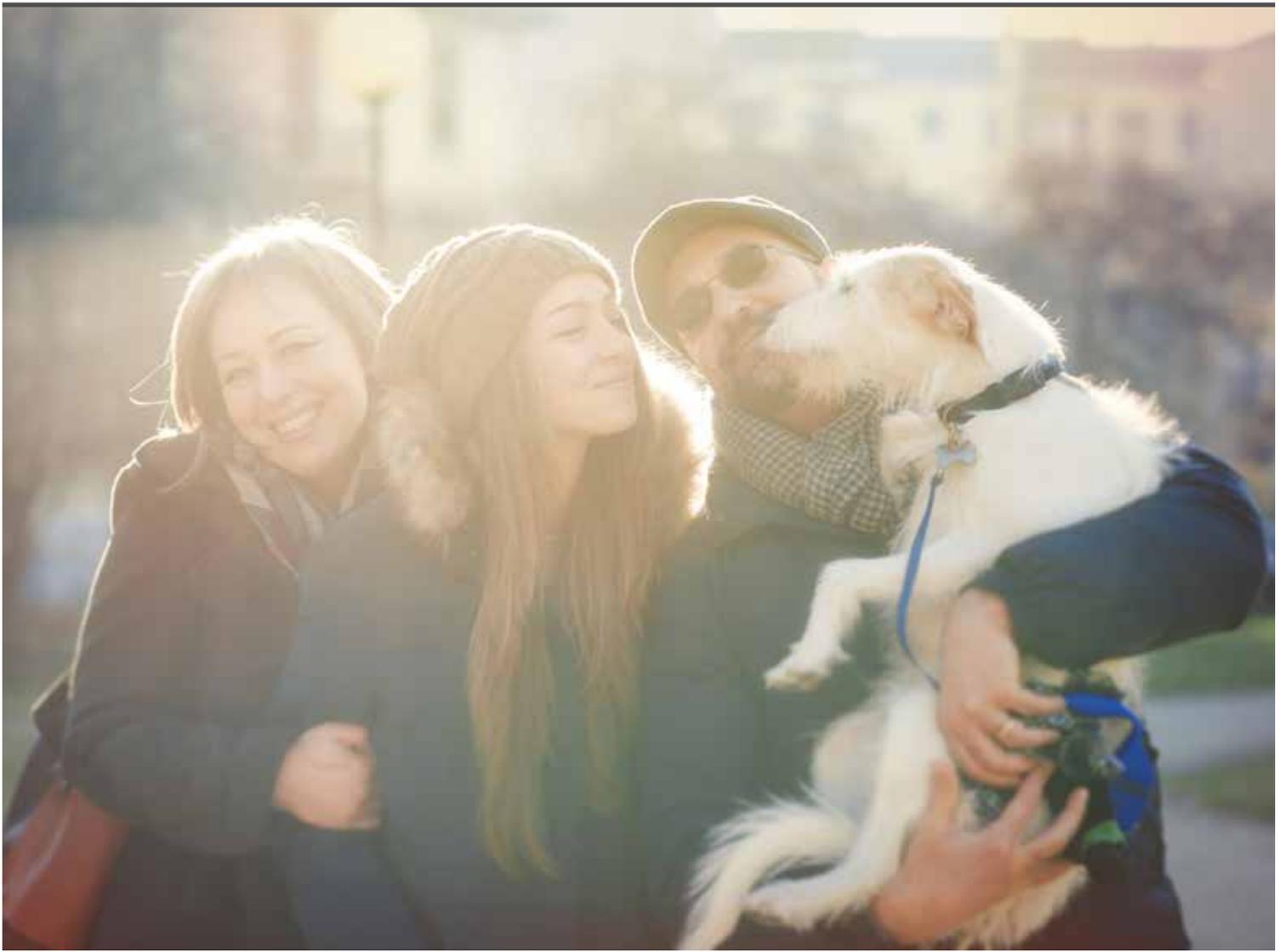
There are times when teens mix energy drinks with alcohol. This is dangerous because the stimulating effects of the caffeine mask the effects of alcohol and may cause someone to drink more alcohol. This puts them at risk for alcohol poisoning.

Mixing prescription pain medications or illicit opioids with alcohol or other drugs greatly increases the risk of an overdose.

Media and Availability:

The alcohol industry has a big impact on a teen's perceptions towards alcohol. Research shows that the more alcohol advertisements youth are exposed to, the younger they are when they start drinking. For those who are already drinking alcohol, advertising leads them to drink more.

There is also evidence that making alcohol more available leads to increased levels of drinking. Alcohol is now available in grocery stores, which may lead to increases in alcohol use over time.





What Parents Can Do

As a parent, you play a key role in shaping your teen's attitudes regarding substances. Although it may not always seem like it, you affect the decisions your teen makes. Teens say their parents influence their decisions. Try to be open, supportive, and involved.

There are six key strategies you can use to help delay or prevent your teen's use of substances:

Be in the know

Parent-child communication

Set clear expectations

Be a positive role model

Be engaged

Know the law



Be in the Know

If teens are going to use substances, they tend to do it when adults are not around. Know who your teen is with, what they are doing, and where they are.

Try To Avoid

Being overly strict; this can cause your teen to ignore the rules.

Snooping through your teen's room and belongings.

Try These Tips

Agree on a curfew.

Ask whether an adult will be home when your teen is going to a friend's house.

Have your teen check-in throughout the night.

Know how your teen is getting home.

Get to know your teen's friends and their parents.

Educate your teen on the responsible use of social media.

Balance your teen's need for privacy with monitoring and adjust as needed.

Talk to your teen about what qualities to look for in a friend (e.g., honesty, kindness, and respect).

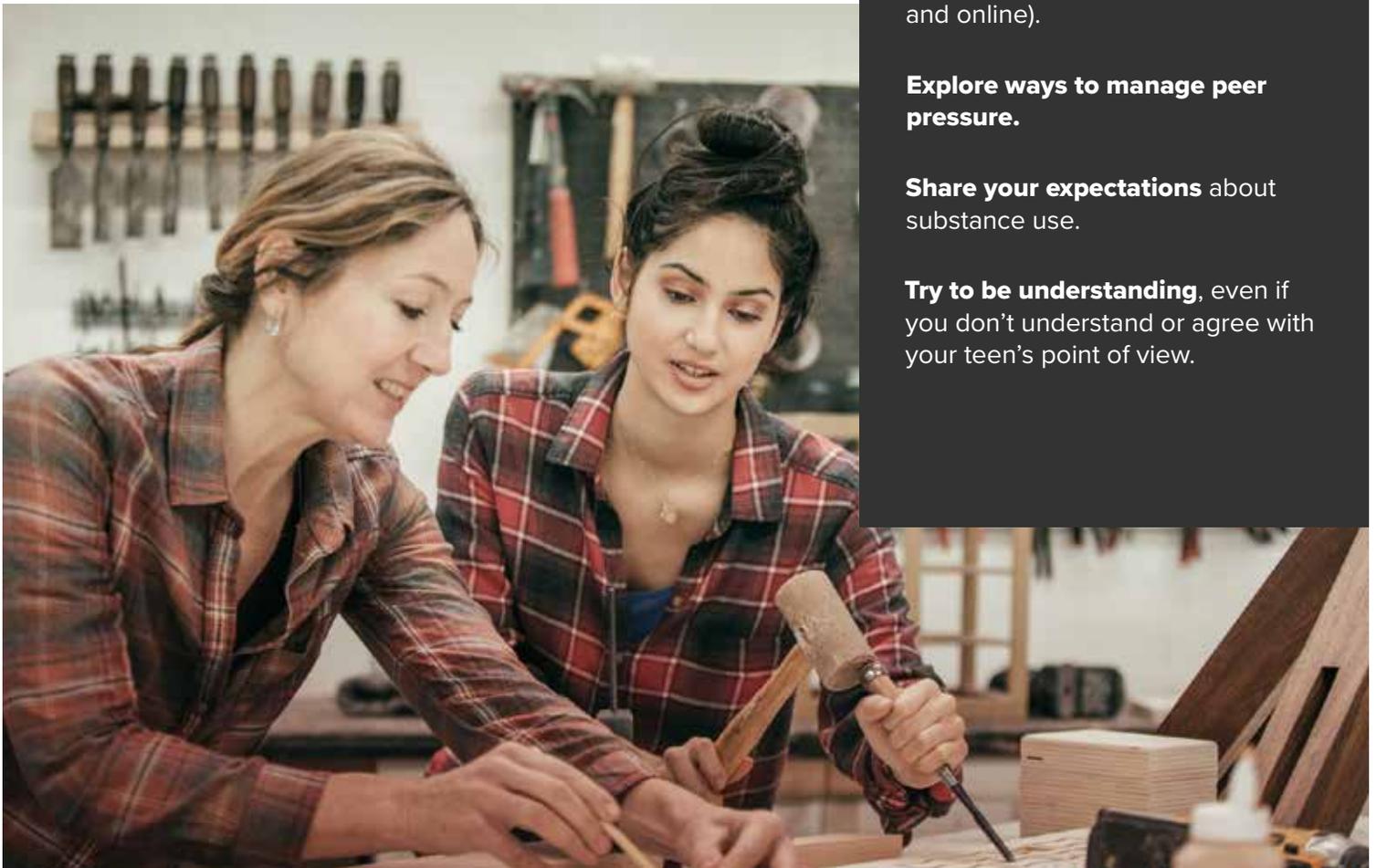
Parent-Child Communication

Ongoing communication with your teen allows them to share their interests and areas of concern with you. Research suggests regular communication with your teen is linked to delayed substance use.

Try To Avoid

Being confrontational; take emotion out of the conversation.

Interrupting; listen to what your teen has to say.



Try These Tips

Talk early and often with your teen.

Talk with your teen about substances; ask open ended questions and be aware of your body language and tone of voice.

Emphasize short-term risks associated with substance misuse; these are of greater concern to youth.

Discuss perceptions of substances; encourage your teen to talk about their thoughts on substances and let them know not all teens are using them.

Talk about how substances are portrayed and often glamorized in the media (e.g., movies, television, and online).

Explore ways to manage peer pressure.

Share your expectations about substance use.

Try to be understanding, even if you don't understand or agree with your teen's point of view.

Set Clear Expectations

Setting clear expectations helps create an environment where rules are respected.

Try These Tips

Set rules around substance use before a teen is exposed to a situation potentially involving substances.

Work together in the development of rules and consequences. Base rules and consequences on the age and maturity of your teen.

Create a list of appropriate consequences with your teen (e.g., less screen time on a TV, tablet, or phone, no friends over for a specific amount of time).

Ensure you and your teen have a clear understanding of what is expected.

Remain calm when enforcing consequences, if rules are broken.

Be consistent and follow through right away with consequences.

Get help if your teen consistently breaks the rules. Seek support from a trusted friend, family member, counsellor, or family physician.





Be a Positive Role Model

Teens are watching what you do as a parent and are influenced by your behaviours. Think about your own opinions on the use of substances and what messages they are sending your teen.

Try To Avoid

Getting drunk or high in front of your teen.

Using substances to cope with stress.

Making statements after a stressful day such as “I need a drink”.

Try These Tips

Show your teen that you and others can have a good time without substances.

When hosting a gathering, provide non-alcoholic drink options.

Let your family and close friends know about the values you are teaching your teen and ask them to model responsible substance use.

Model healthy stress management strategies such as going for a walk after a busy day.

Limit your use of alcohol and avoid illicit drugs.

Be Engaged

A supportive parent-teen relationship characterized by closeness and caring can help delay when youth first try substances.



Try these tips:

Support your teen to find their passions and interests.

Be involved. Participate in activities that interest your teen.

Make time for your teen. Spend quality one-on-one time together when possible.

Remind your teen often that you love them. Praise them for making good choices and for their efforts and achievements.

Encourage your teen to discuss problems and concerns with you.



Know the Law

In Ontario, it is illegal to drink alcohol under the age of 19.

It is also illegal to possess marijuana and prescription pain medications that are not prescribed for you. Once marijuana is legalized, there will be restrictions on its use and access, including age.

Try These Tips

Establish consistent rules and messages about underage drinking of alcohol in your home, as well as use of other illegal substances.

Discuss with your teen your responsibility as a parent to protect them from alcohol-related harm and to follow the law about alcohol and other substances.

Share with your teen that parents are legally responsible for what goes on in the home, even if they don't know about it, and even if they are not home.

Inform your teen that people under 19 years of age can be charged for possessing, having used or attempting to buy alcohol.

Inform your teen that it is illegal to possess marijuana and prescription pain medication that is not prescribed for him or her.

Keep your medications in a locked cupboard and return any expired medications to a pharmacy for safe disposal.



Need more information or support?

Helpful Websites

Canadian Centre on Substance Use and Addiction www.ccsa.ca
Parent Action on Drugs www.parentactionondrugs.org
Centre for Addiction and Mental Health www.camh.ca
Leeds, Grenville and Lanark District Health Unit www.healthunit.org
Triple P Parenting www.triplep-parenting.ca

Community Supports

Open Doors for Lanark Children and Youth www.opendoors.on.ca
Children's Mental Health Leeds and Grenville www.cmhlg.ca
Lanark, Leeds and Grenville Addictions and Mental Health www.llgamh.ca
Lanark County Mental Health www.lanarkmentalhealth.com
Kids Help Phone www.kidshelpphone.ca Toll free: 1-800-668-6868

Parenting support

Leeds, Grenville and Lanark District Health Unit at 1-800-660-5853
Triple P www.triplep-parenting.ca