

VAPING, TOKING & OTHER THINGS KIDS SHOULDN'T DO (BUT MAY DO)

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YOUTH DRUG USE TRENDS

1-in- 8

abused an illicit substance in the last year.

61%

How much drug use went up among 8th graders between 2016 and 2020.

62%

Of 12th graders have abused alcohol.

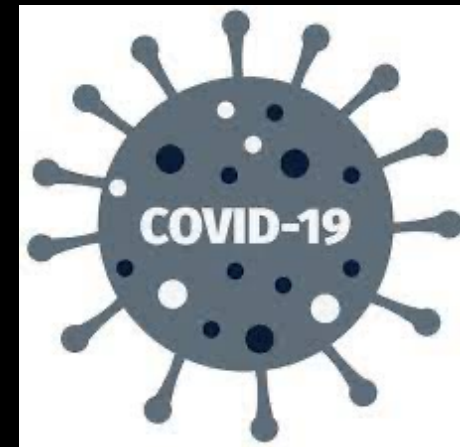
50%

have misused a drug at least once.

8%

Of 12- to 17-year-olds report using drugs in the last month; 83% reporting marijuana use.

WHAT HAPPENED DURING



- Rate of overdose deaths among U.S. teenagers nearly doubled in 2020
- Rate rose another 20% in the first half of 2021 compared with the 10 years before the pandemic
- 1st time in recorded history that the teen drug death rate has seen an exponential rise
- The increases are almost entirely due to fentanyl

Trends in Drug Overdose Deaths Among US Adolescents, Jan 2010 to June 2021

JAMA. 2022;327(14):1398-1400. doi:10.1001/jama.2022.2847

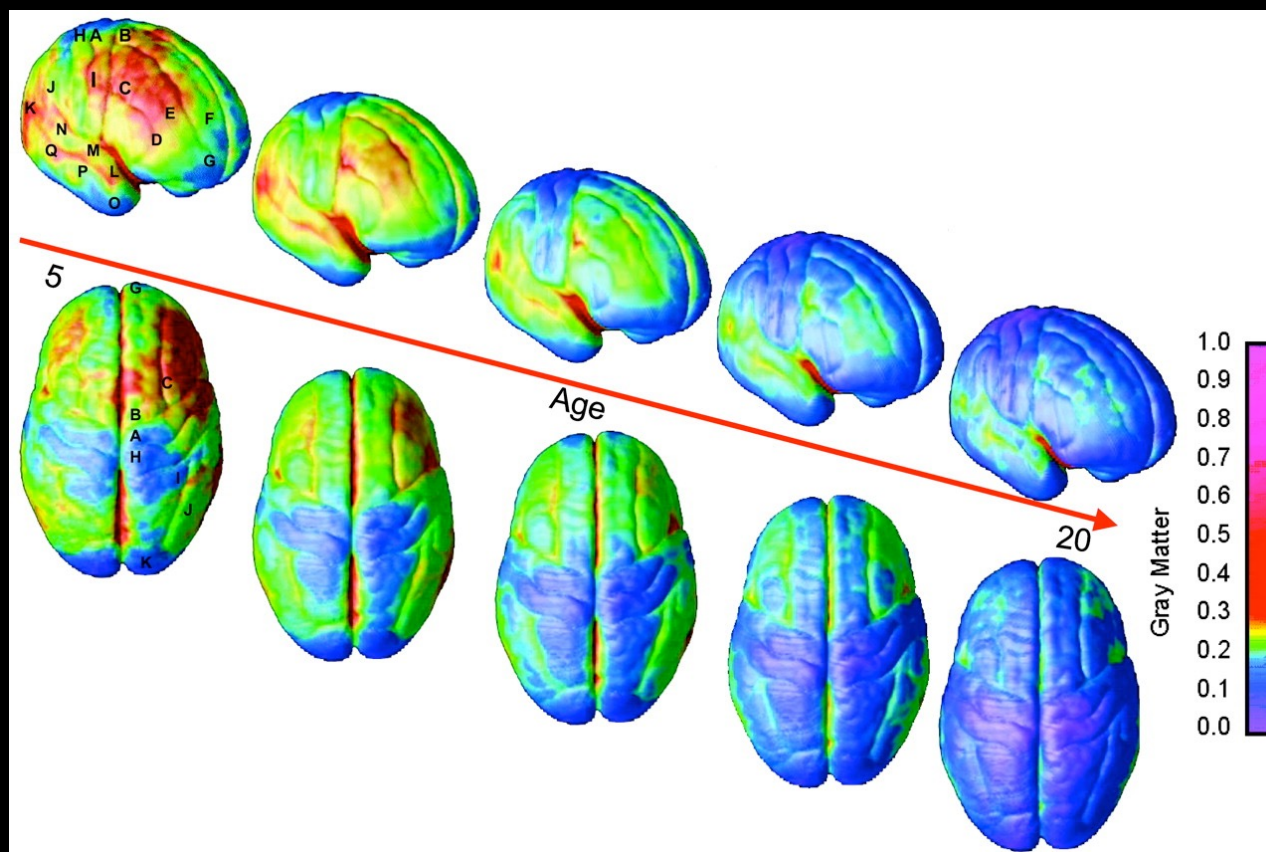
ADDICTIONS AND THE ADOLESCENT YEARS

“Teen brains are impressionable to good things but also to bad things.... Teenagers can get addicted harder, stronger, longer and faster than the adult.”

~ Frances Jensen, MD, University of Pennsylvania, Perelman School of Medicine

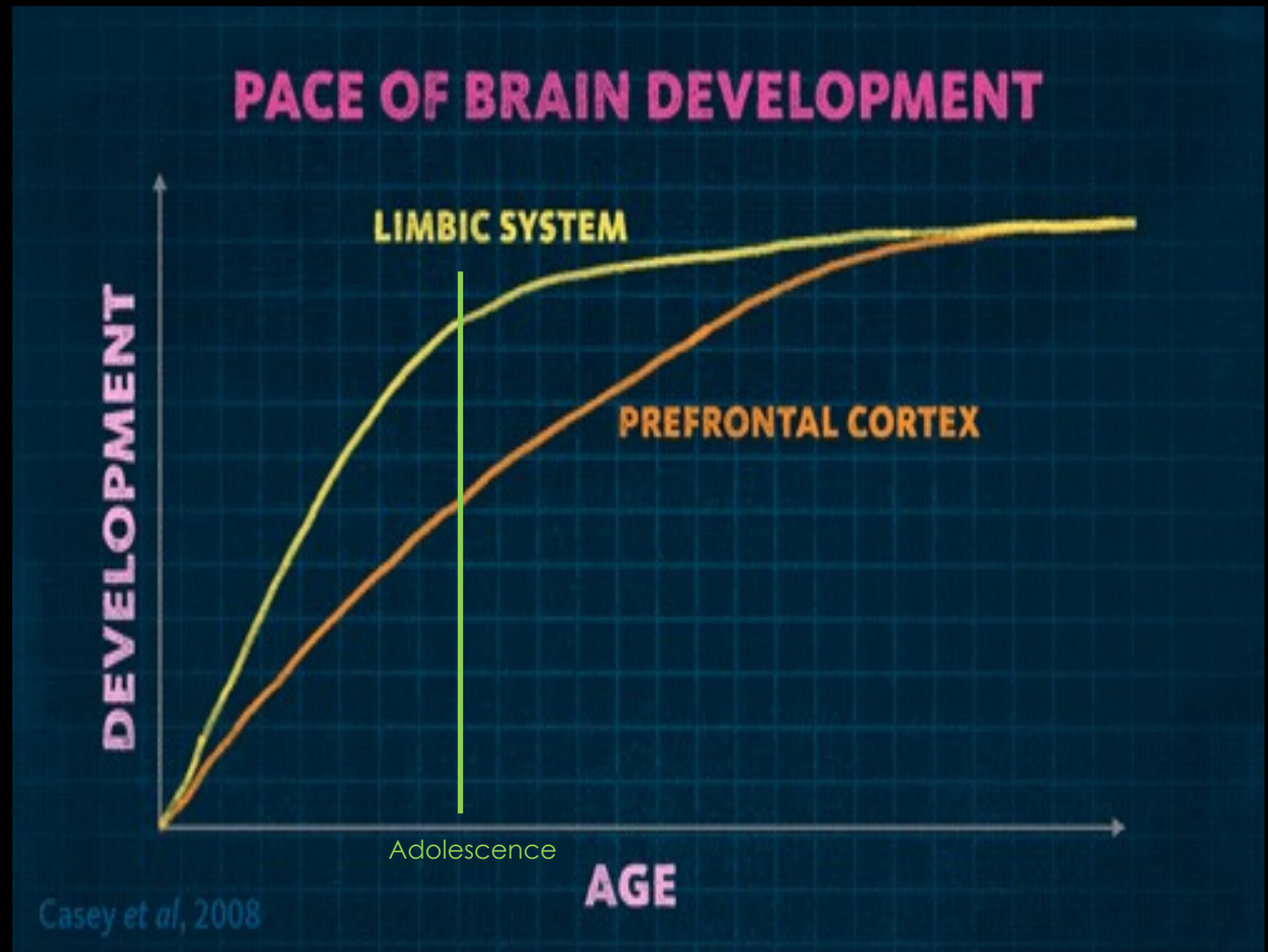
THE BRAIN IS THE **LAST** ORGAN TO MATURE

- Takes 25 years
- Matures from back to front
- Frontal lobe is the last area to mature
 - Empathy
 - Planning
 - Judgment
 - Impulse Control
 - Decision Making



TEEN BRAINS ARE WIRED TO TAKE RISKS

- The limbic system is responsible for reward-seeking, memory, learning and emotion, which is increased in adolescence.



TEEN BRAINS ARE AT RISK FOR ADDICTION

- Before birth, 60% of genes drive the process of brain development.
- From infancy and beyond, the experiences of the child is now what drives brain development.
- The brain continues to establish many more connections and pathways up to age 10-13.
- Between ages 13-26, the connections that are most frequently used become more efficient, the connections that are not, get removed.

RISK FOR ADDICTION

25% if illicit
drug begins
before age 18

4% if illicit drug
use begins
after age 21

"IT'S OK FOR THEM AND THEIR FRIENDS
TO USE AS LONG AS I SUPERVISE THEM."

- Between ages 13 and 21, the likelihood of lifetime substance use disorder decreases 4 to 5 percent for each year that the initiation of substance use is delayed
- Duration of substance use disorder is longer for those who initiate substance use earlier
 - before age 15 - 29 years of substance use disorder
 - Versus
 - After age 20 - 18 years of substance use disorder

WHAT'S THE BIG DEAL?

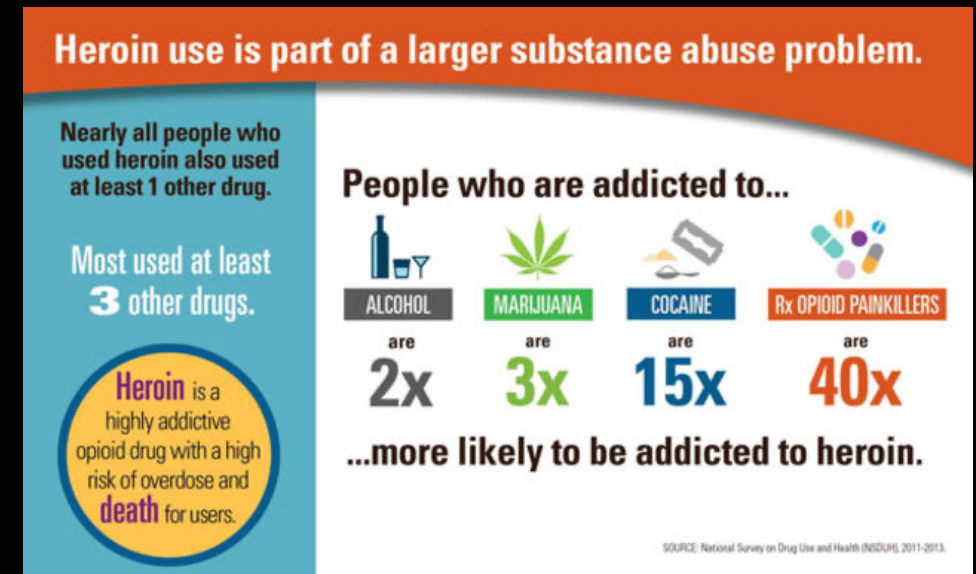
- Prevents normal development of the brain impacting learning, memory and overall stress resilience
- Increase risk of depression over their lifetime
- Harder to treat addiction in adulthood
- Chronic Health Problems - STD infections, cancer, dementia, etc
- Early pregnancy
- Lower academic and financial success
- Criminal convictions



GATEWAY DRUGS

Adolescent drug users began their drug use trajectories with:

- Marijuana (2/3)
- Inhalants (1/4)
- Hallucinogens, prescription drugs, and hard drugs (1/10)
- By year 8, the probability of using a new drug was about
 - 40% in inhalant users
 - 70% to 80% for marijuana and other drug users



VAPING AND TOKING

- **Vaping** – refers to inhaling and exhaling vapor containing nicotine
- **Toking** - Smoking marijuana
- Nowadays, these two terms are used interchangeably with nicotine and marijuana containing products



JUUL AND E-CIGS

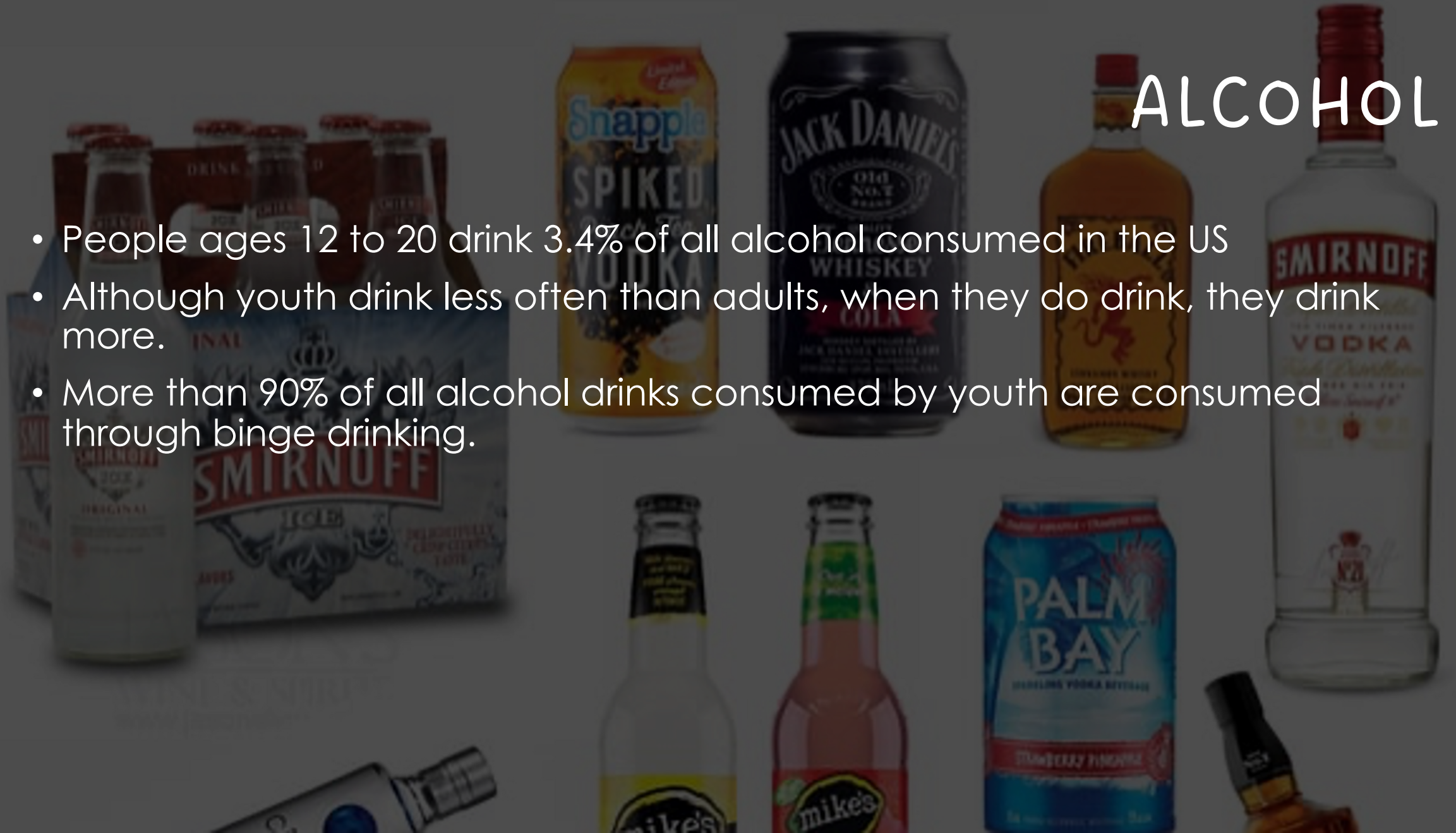
- A battery-powered USB flash drive-looking device that heats a liquid to produce an inhaled aerosol.
- Uses nicotine salts instead of free-base nicotine – higher potency of nicotine, easier and less irritating to inhale
- Approximately 2/3 of JUUL users aged 15 – 24 do not know that JUUL contains nicotine.
- Other companies make devices that look like or are compatible with Juul- MarkTen Elite (nicotine) and PAX Era (marijuana)



Underaged teenager drinking alcohol starterpack

ALCOHOL

- People ages 12 to 20 drink 3.4% of all alcohol consumed in the US
- Although youth drink less often than adults, when they do drink, they drink more.
- More than 90% of all alcohol drinks consumed by youth are consumed through binge drinking.



MARIJUANA

- Teenage marijuana use is at its highest level in 30 years
- Marijuana comes in many forms, which can make it harder for parents to identify.
 - Smoking the dried plant (buds and flowers) in a rolled cigarette (joint), pipe, or bong
 - Smoking liquid or wax marijuana in an electronic cigarette, also known as vaping
 - Eating "edibles" - baked goods and candies
 - Drinking beverages containing marijuana products
 - Oils and tinctures that can be applied to the skin



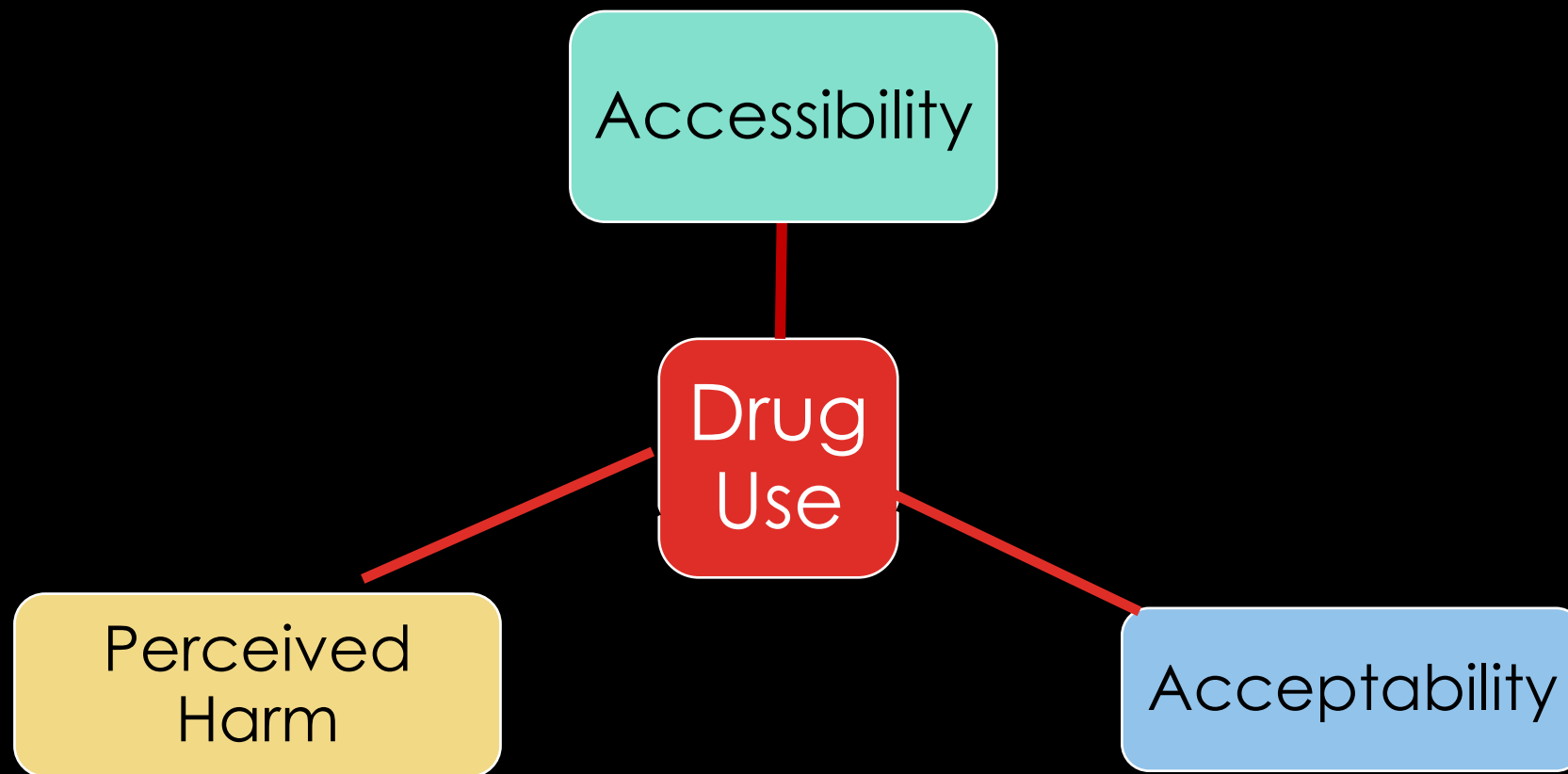


FENTANYL

- Powerful synthetic opioid similar to morphine but is 50 to 100 times more potent.
- Found in many different drugs, including heroin, cocaine, crack, methamphetamine, ketamine, and counterfeit pills.
- Most teen overdose deaths recorded by the CDC were caused by fentanyl.



FACTORS CONTRIBUTING TO DRUG USE



RISK FACTORS

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Untreated mental health issues

SELF-MEDICATING IS A REAL CAUSE OF DRUG ABUSE

50-67% of adolescents who use drugs have at least one
mental health disorder

Get kids treated for:

- **ADHD** – look for problems with attention, impulsivity, and hyperactivity
- **DEPRESSION** – look for isolative behaviors, anger, irritability, self-harm, suicidal thoughts, low energy, lack of motivation, personalization, drop in grades
- **ANXIETY** – irritability (snapping), excessive worries, frequent headaches, stomach aches, sleep problems, isolation, drop in grades
- **SOCIAL PHOBIA** – few friends, avoiding school, dropping out of social and sport events
- **TRAUMA** (sexual, physical, emotional trauma, bullying) – irritability, nightmares, social withdrawal, easily startled

WARNING SIGNS

IF YOU SUSPECT DRUG TEST

Physical: Fatigue, repeated health complaints, red and glazed eyes, and a lasting cough.

Emotional: personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.

Family: starting arguments, breaking rules, or withdrawing from the family.

School: decreased interest, negative attitude, drop in grades, many absences, truancy, and discipline problems.

Social problems: new friends who are less interested in standard home and school activities, problems with the law, and changes to less conventional styles in dress and music.

DRUG ABUSE PREVENTION BEGINS WITH YOU!

Parents are
the strongest
influence that
children
have.

Provide
guidance
and clear
rules about
not using
drugs.

Spend time
with your
child.

Be a good
model.

TALK AND LISTEN



01

LEARN about the harmful effects of drugs and alcohol.

02

BE DIRECT that tobacco, alcohol, and drug use should be avoided.

03

BE CLEAR AND CONSISTENT with rules.

04

CORRECT any wrong beliefs.

05

AVOID TV programs, movies, and video games that glamorize tobacco, alcohol, and drugs.

06

SPEND TIME together.

ADDICTION IS A MEDICAL CONDITION

- Involves complex interactions among brain circuits, genetics, the environment, and an individual's life experiences.
- Manifests as compulsive substance use despite harmful health, social, academic/career, financial, and legal consequences
- Addiction is not a moral failing or lack of personal accountability so don't talk to them like it is.
- Treat it like any other chronic medical condition
 - Get professional help
 - Come up with a long-term treatment and management plan.
 - Look for other medical and mental conditions that often occur with drug abuse.

ENCOURAGE THEM TO MAKE SMART CHOICES

- Notice efforts as well as successes.
- Praise for things done well and for making good choices.
- Encourage positive friendships and interests.
- Help your child learn the importance of being a responsible individual and what it means to be a real friend.

TEACH THEM TO SAY

| | |
|-------------------------------|---|
| Don't Apologize | |
| ↓ | |
| Be Firm | Firmly say, "No!" |
| ↓ | |
| Give A Reason | Give a reason—"No thanks, I'm not into that." or "No, my parents would get really mad at me." |
| ↓ | |
| Suggest Something Else | Suggest something else to do, like watch a movie or play a game. |
| ↓ | |
| Leave | Leave—go home, go to class, go join other friends. |



MORE TIPS

- **DON'T**
 - Yell
 - Humiliate
 - Judge
- Understand why they are using
- Don't talk about mental health issues in a stigmatizing way
- Provide clear, immediate negative and positive consequences
- Get expert help as soon as possible
- If you or your spouse have mental health issues, also get them addressed
- Once identified as using drugs, continue to drug test randomly
 - Failure to drop is an automatic positive test

FINAL THOUGHTS

Trust your gut instinct!

If something feels off, chances are you are right.

It's not teens behaving badly or "normal" teenage behavior.

Your teen may have a medical issue in addition to the drug use.

Get on top of things quickly!

The earlier you address it, the better the outcomes.

QUESTIONS AND COMMENTS

