



PREVENTION WEEK MESSAGE

from Dr. Robert DuPont &
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- The healthy choice for teens is no use of alcohol, nicotine, marijuana or other drugs.
- These three drugs dominate teen substance use and all three are gateway drugs -- the use of any one is linked to the use of the other two, as well as to the use of other illegal drugs.
- Teens who use marijuana are over 5 times more likely to use alcohol, 7 times more likely to binge drink, 8 times more likely to smoke cigarettes, and 9 times more likely to use other illegal drugs.
- The human brain is not fully developed until about age 25, making the teen brain uniquely vulnerable to drugs.
- Nearly all drug use problems can be traced to substance use in the teenage years. Teen substance use primes the brain for later drug use issues, including opioid addiction and overdose death.
- The no-use goal is achievable. For three decades, a growing number of American teens have made the healthy choice to not use any alcohol, nicotine, marijuana or other drugs.
- Parents matter more than they think: Help teens protect their brains by staying drug-free.

Sources: Monitoring the Future survey,
SAMHSA National Household survey on Drug Use and Health

