

# ONE CHOICE PREVENTION

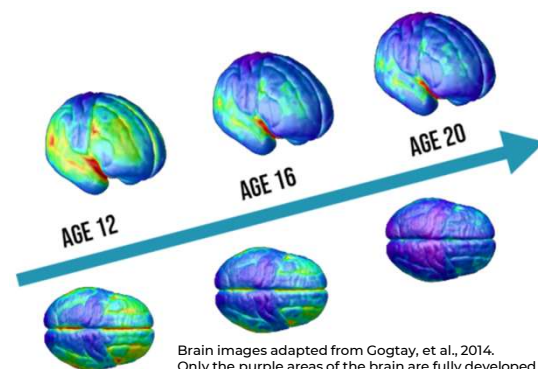
## DID YOU KNOW?

### SUBSTANCES HAVE A UNIQUE IMPACT ON THE DEVELOPING BRAIN

- The brain is not fully developed until about age 25.<sup>1</sup>
- 9 in 10 (90%) of all adults with substance use disorder (addiction) started drinking, smoking, or using other substances before age 18.<sup>2</sup>



- All substance use puts teens at increased risk for a variety of adverse health outcomes.

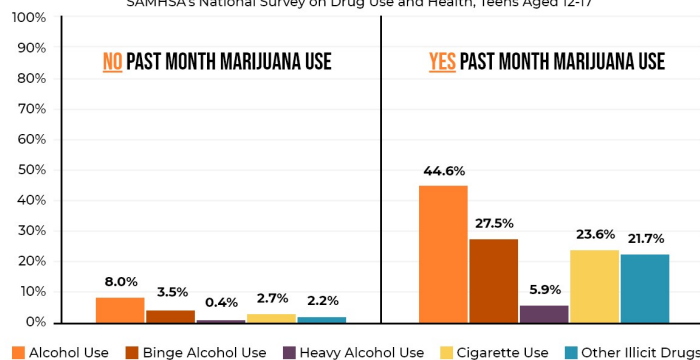


### FOR TEENS, ALL SUBSTANCE USE IS CONNECTED

- Using any one substance (alcohol, nicotine, marijuana) dramatically increases the likelihood of using others.<sup>3</sup>
  - For example, teens aged 12-17 who used marijuana (THC) in the past month were:
    - 6X more likely to use alcohol
    - 8X more likely to binge drink
    - 15X more likely to report heavy alcohol use
    - 9X more likely to use cigarettes
    - 10X more likely to use other illicit drugs
- ...compared to than their peers who did not use any marijuana in the past month.<sup>3</sup>

### TEEN MARIJUANA USE IS ASSOCIATED WITH HIGHER USE OF OTHER DRUGS

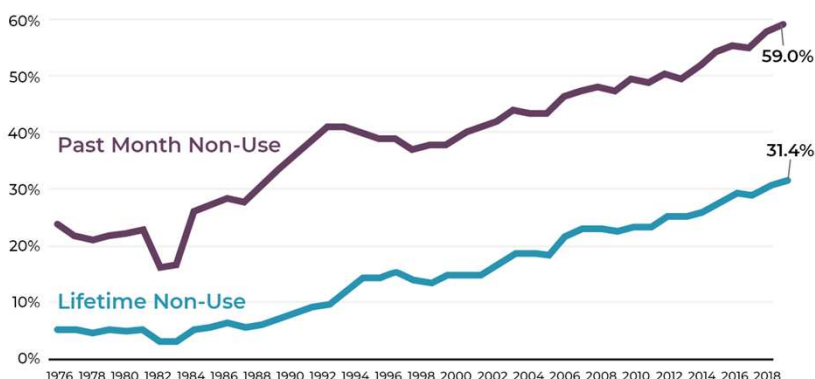
SAMHSA's National Survey on Drug Use and Health, Teens Aged 12-17



### MAKE ONE CHOICE FOR YOUR HEALTH

- No use of any alcohol, nicotine, marijuana, or other drugs before age 21.
- Making One Choice is analogous to other health standards like using seat belts, wearing bicycle helmets, eating healthy foods, exercising regularly, getting enough sleep – all of which impact your health and wellness.

### NO USE OF ALCOHOL, CIGARETTES, MARIJUANA AND OTHER ILLICIT DRUGS BY US HIGH SCHOOL SENIORS: 1976-2019



### A GROWING NUMBER OF TEENS ARE MAKING ONE CHOICE

59%

of all high school seniors have not used ANY alcohol, nicotine, marijuana, or other drugs in the past month.<sup>4</sup>

31%

of all high school seniors have not used ANY substances in their lifetime.<sup>4</sup>

### REFERENCES

- <sup>1</sup> Gogtay, et al. (2014). Dynamic mapping of human cortical development during childhood through early adulthood. *PNAS*, 101(21), 8174-8179.
- <sup>2</sup> National Center on Addiction and Substance Abuse at Columbia University. (2011). *Adolescent Substance Use: America's #1 Public Health Problem*. New York, NY: Author.
- <sup>3</sup> DuPont, R. L., Han, B., Shea, C. L., & Madras, B. K. (2018). Drug use among youth: national survey data support a common liability of all drug use. *Preventive Medicine*, 113, 68-73.
- <sup>4</sup> Monitoring the Future data; Levy, S., Campbell, M. C., Shea, C. L., DuPont, C. M., & DuPont, R. L. (2020). Trends in substance nonuse by high school seniors: 1975-2018. *Pediatrics*, e2020007187.

# #ShowUp4Yourself #ShowUp4YourFriends

## #SHOWUP4PREVENTION

### MAKING HEALTHY CHOICES

#### MAKE A COMMITMENT TO YOUR OWN HEALTH

- Cultivate healthy friendships and relationships.
  - Surround yourself with people who appreciate your authentic self and support you in making choices that protect health and safety.
  - Be that caring friend to others.
- Prioritize your mental health: practice self-care and seek help when you need it.
  - Find healthy ways to cope with everyday stress – go for a walk, write in a journal, call a friend, listen to music, etc.
  - Know resources are available to help when you need more support (school counselors, social workers, psychologists, substance use disorder treatment and recovery support, etc.)
- Make One Choice for your health. Steer clear of alcohol, marijuana, nicotine, and other substances.



#### IDENTIFY A SAFE ADULT

- Who can you call/text when you need to get out of a risky situation?
- It might be a parent, coach, teacher, neighbor, faith leader, friend's parent.



### FRIENDS SHOW UP FOR FRIENDS

#### PREVENT A RISKY SITUATION

- Be honest with your friends about your reasons for not using alcohol, marijuana, nicotine, or other drugs.
- Avoid situations where you know there will be substance use. Work with friends to come up with alternative activities that are fun (video games, hiking, shopping, movies, etc.)
- Make an exit plan with a safe adult and let them know where you will be when going out with friends.



#### KNOW WHAT TO DO IN A RISKY SITUATION

- Put your plan in action: use your code word to make an exit if you need to.
- Don't get in a vehicle with someone who has been using substances.
- Get help if someone is in trouble. Call 911. Most states have Good Samaritan Laws that protect you when you are protecting someone else.

*I'd rather have my friend be mad at me than lose my friend forever."*



### BE EMPOWERED

#### KNOW WHAT YOU CAN DO

- If you are concerned about a friend (mental health, substance use, suicide, violence, and/or other risky behaviors), let that person know you care.
- Connect that friend to a safe adult.
- You are not alone; ask for help when you need it.
- Know the resources that are around you – in school and in your community (counselors, social workers, psychologists, coaches, teachers, faith leaders).



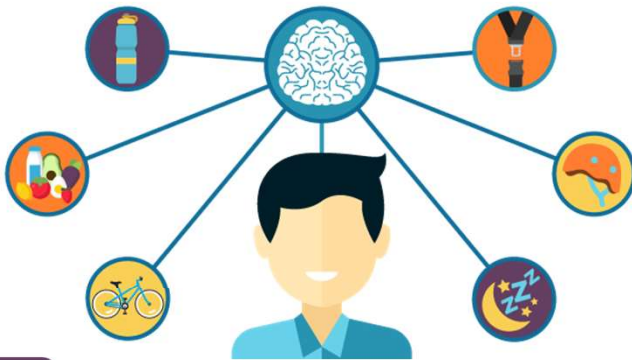
# #ShowUp4Yourself #ShowUp4YourFriends

## #SHOWUP4PREVENTION

### ENLIST CARING ADULTS

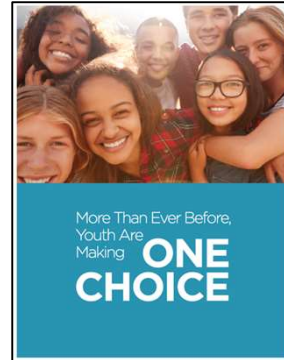
#### WHAT THEY NEED TO KNOW FROM YOU

- Let parents/caregivers know what they say and do matters. *"Don't just tell me not to use alcohol or drugs. Tell me why."*
  - Be informed about the risks.
  - Model healthy behaviors (e.g., use a seat belt, wear a bicycle helmet, eat healthy food, monitor Rx medications and alcohol, reflect on your own substance use).

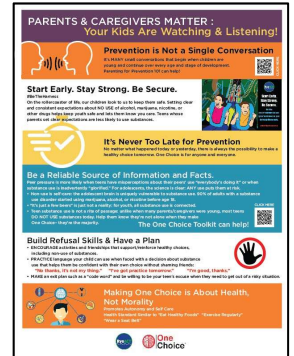


- Tell parents/caregivers you need to be able to count on them if you're in a risky situation. *"Show up for me even if I make a choice you disagree with. Even if you're mad at me, I need you to support me."*
- Ask them to help you make One Choice not to use any substances. What are your family's expectations?
  - What will you say if you're offered alcohol or other drugs?
  - How will you be firm about your choice in a way that doesn't shame your friends or embarrass you?

#### FACTS FOR PARENTS



#### TIPS FOR PARENTS



### KNOW WHERE TO GET HELP WHEN YOU NEED IT

#### NATIONAL RESOURCES

- Suicide Prevention Lifeline  
English: 1-800-273-8255  
Spanish: 1-888-628-9454  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Trevor Project (LGBTQ+ youth)  
1-866-488-7386  
Text START to 678-678  
[www.thetrevorproject.org](http://www.thetrevorproject.org)
- SAMHSA (mental health and substance use)  
1-800-662-4357 (HELP)  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)
- National Eating Disorders Association  
1-800-931-2237  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)
- National Domestic Violence Hotline  
1-800-799-7233 (SAFE)  
[www.thehotline.org](http://www.thehotline.org)

#### SCHOOL RESOURCES

- Mental Health Professionals  
School Counselors, Social Workers, Psychologists
- School Faculty and Staff  
Administrators, Teachers, Coaches, Club Advisors

#### PARENT/CAREGIVER RESOURCE

- Partnership to End Addiction  
[www.drugfree.org](http://www.drugfree.org)

#### LOCAL RESOURCES

- Westchester County Crisis Prevention and Response Team (24/7 Mental Health Crisis Support)  
1-914-925-5959
- Rye Youth Council RESTORE (Counseling Support)  
1-914-222-0988  
[restore@RyeCouthCouncil.org](mailto:restore@RyeCouthCouncil.org)
- Rye Police Department (or Dial 911)  
1-914-967-1234
- Port Chester-Rye-Rye Brook EMS  
914-939-4700



[WWW.RYEACT.COM](http://WWW.RYEACT.COM)

[WWW.ONECHOICEPREVENTION.ORG](http://WWW.ONECHOICEPREVENTION.ORG)