TEEN SUBSTANCE USE: WHAT ARE THE RISK FACTORS?

**RISK FACTORS FOR SUBSTANCE MISUSE AND ABUSE**

- Protective factors to help prevent teen substance misuse and abuse
  - Parental or family engagement
  - Parental disapproval of substance use
  - Parental monitoring
  - Family support
  - School connectedness

- History of substance abuse in the family
- Poor parental monitoring
- Low academic achievement and lack of school connectedness
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance using peers
- Childhood physical, sexual or emotional abuse
- Mental health issues

**THE FACTS:**

- Most adults who have a substance use disorder began experimenting during their teenage or early adult years.
- 15% of high school students have reported using illicit or injection drugs.
- 14% of students have reported misusing prescription opioids.
- Students who misuse prescription drugs are more likely to have been the victim of sexual or physical dating violence.
- LGBTQ teens are more likely to report misusing prescription opioids.

When parents and caregivers are actively and positively involved in their kids’ lives it’s more likely the teens will share their parents’ values. And **teens whose parents set clear rules and expectations surrounding drug use are less likely to use**. So, take some time to sit down with your teen and talk to them about substance use.

Source: Centers for Disease Control