TEEN SUBSTANCE USE: WHAT ARE THE RISK FACTORS?

RISK FACTORS FOR SUBSTANCE MISUSE AND ABUSE

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

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.
- Youth opioid use is directly linked to risky sexual behavior.
- 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