

zero proof

SPRING/SUMMER 2022



what to do ...

YOU'RE NOT
YOU WHEN
YOU USE
mARIJUANA

5 TIPS

FOR MONITORING YOUR
TEEN TO HELP PREVENT
UNDERAGE DRINKING

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5 TIPS FOR MONITORING YOUR TEEN TO HELP PREVENT UNDERAGE DRINKING

Source: <https://www.cascobaycan.org/alcohol-prevention/>

limit access

If you have alcohol in your home, keep track of it and lock it up

ENFORCE RULES

Enforce your rules consistently and tell your pre/teen what behavior you expect from them while they are out

NETWORK

Get to know the parents of your pre/teen's friends

CHECK IN OFTEN

Ask your pre/teen where they will be and check in with other parents

BE UP AND BE READY

WAIT UP AND LOOK FOR SIGNS OF USE





what to do ...

...if your friends are drinking and want you to drink too.

You don't want to drink, but it can be hard to say no. You know the dangers of drinking are great. It's illegal and could get you into a lot of trouble, not just with your parents but also with your school and the police. You could get kicked off your school's team and have trouble with the law. It's also dangerous to your health. When confronted by friends, it's important to stick up for yourself and say you don't want to drink. Make eye contact with your friend and tell them how you feel. Be honest. You never know, you may be helping others in your group of friends too by leading the way.

...IF A FRIEND OF YOURS IS INTOXICATED OR PASSED OUT.


One way to tell if your friend is drunk is if they are getting loud and their speech is slurred. They may be staggering around, or they may be inappropriate, not behaving like themselves. They may be vomiting. It's important that you support your friend and try to get them help. Alcohol poisoning can be serious. Don't assume that they can just sleep it off. Their judgment is impaired, so it's up to you take charge of the situation. If your friend is not responsive, call an adult. If there isn't an adult around, call 911. You don't know how serious your friend's condition is, so it's best to be cautious and make sure they're okay. Kids can die of respiratory failure, and a friend can save a life by calling 911.

...if someone you know is driving.

If they're drinking, and you think there's a possibility they might drive, talk to an adult and let them know what's going on. If the person still insists on driving and gets into their car, call 911. The stakes are too high to not get involved.

YOU'RE NOT YOU WHEN YOU USE **MARIJUANA**

Source: <https://www.maine.gov/dhhs/mecdc/population-health/prevention/youth/beyourself/>



Marijuana messes with attention, motivation, memory, and learning. The teen brain is still growing and drug use can really cause some damage. Regular heavy marijuana use by teens can lead to an IQ drop of up to 8 points - that's a lot.¹

Starting to use when you're a kid leads to an increased risk of future drug use. Of those who do start young, one in six will go on to be dependent on marijuana.² Withdrawal symptoms are real and can include: anxiety, feeling restless, having trouble sleeping, not wanting to eat, stomach pain and moodiness.³

Marijuana can be addictive. It affects the brain in the same way as other drugs and the earlier someone starts to use, the more likely they may become addicted.⁴

Sources:

¹ Meier et al 2012.

² Hall & Degenhardt 2009; Kalant 2004

³ Ashton, 2001 A Review of the Literature on the Adverse Consequences of Marijuana Use: Center for the Application of Prevention Technologies- SAMHSA.

⁴ National Institute on Drug Abuse. Drug Facts Marijuana. 2012 and California Society of Addiction Medicine. Impact of Marijuana on Children and Adolescents. 2009



Content and Design by the Safer New Mexico Now Team

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