

QUICK FACTS



Brain Development

"Research shows that drinking during the teen years could interfere with normal brain development and change the brain in ways that:

- Have negative effects on information processing and learning.
 - Increase the risk of developing an alcohol use disorder later in life."
- (National Institute on Drug Abuse)

14.7

Montana Statistics

14.7% of Montana 8th graders surveyed report using alcohol in the previous 30 days. (2018 Montana PNA Data)



Marijuana and Addiction

"Marijuana can be addictive.--meaning people who use marijuana continue to use it despite negative consequences.

Approximately 10 percent of people who use marijuana may develop what is called a marijuana use disorder. . . . People who begin using marijuana before the age of 18 are 4-7 times more likely than adults to develop a marijuana use disorder."
(Teens.drugabuse.gov)



Talk and Listen

It is imperative to talk with children about drugs and alcohol, explain facts, and set expectations. Kids thrive in structure and strive to meet expectations that have been set. Have an open and honest conversation. They will listen!
(SAMHSA)



Be a caring person

A caring and supportive adult in the life of a child builds resilience in that child's life.

According to the Adverse Childhood Experiences (ACE) study, "higher ACE Scores were strongly associated with

- obesity,
 - substance abuse
 - depression
 - lung disease
 - heart disease, and
 - liver disease."
- (aceresponse.org)

Having a loving and stable adult in a child's life can make all of the difference. Be that person!

For More Information Visit:

www.drugabuse.gov

www.teens.drugabuse.gov

www.samhsa.gov/underage-drinking

www.aceresponse.org

www.elevatemontana.org



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