

Parents: You can help stop your teen's substance use



“A child who gets through age 21 without using illegal drugs, misusing alcohol or smoking is virtually certain never to do so. What we’ve learned is that parents have the greatest influence on whether their teens will choose not to use.” (The National Center on Addiction and Substance Abuse at Columbia University, 2012)

IF YOU...	THEN YOUR TEEN IS...
have conversations with your child about the dangers of alcohol and drug use	half as likely to use alcohol and drugs. ¹
tell your teen that underage drinking is completely unacceptable	80% less likely to drink. ²
allow your child to drink at home	more likely to misuse alcohol and experience negative alcohol-related consequences in college. ³
openly disapprove of your teen smoking cigarettes	5 times less likely to be current cigarette smokers, and 12 times less likely to be nicotine dependent. ⁴
let your teen know you strongly disapprove of marijuana use	7 times less likely to use marijuana than teens whose parents do not strongly disapprove. ⁵
know what your teen is doing and have set rules and expectations.	half as likely to begin using illicit drugs. ⁶
use consistent discipline	2.5 times less likely to begin using illicit drugs. ⁷
have your child sit down to dinner with you at least five times a week	3 times less likely to think it's okay for teens their age to use marijuana, and 3.5 times less likely for teens their age to get drunk. ⁸
keep family conflict at a minimum	2.5 times less likely to begin using illicit drugs. ⁹
give your teen more than \$50 per week in spending money	more than twice as likely to have tried cigarettes, alcohol or marijuana, compared to teens with \$15 per week or less. 34% of parents underestimate the amount of money their teens have to spend. ¹⁰
help your teen manage their stress level	twice as likely to avoid smoking, drinking, getting drunk, and using illegal drugs. ¹¹

For help or information, call NCADA at 314.962.3456 or visit ncada-stl.org



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MISSOURI DATA

Similar to national data, data collected from the 2016 Missouri Student Survey show that as Missouri youth get older, their current use of substances increases. At that same time, the students perceive that their parents are less likely to disapprove of their drug use. That is just one reason why it is important to continually to talk to your child about the dangers of substance use.

Research shows that positive parent-child relationships contribute to a youth's decision to not use drugs.¹² A number of factors can help improve that bond, including parental supervision and monitoring, setting rules and expectations, and keeping open lines of communication. Missouri students reported:

- **79% of parents check on their teen's homework.**
- **71% of parents consult their teen when making decisions.**
- **83% of parents notice and comment on good work.**

Student perception that their parents view use as wrong or very wrong:				
	6th graders	8th graders	10th graders	12th graders
Alcohol	95.1%	91.2%	79.0%	64.1%
Cigarette	98.4	94.7	89.6	84.5
Marijuana	98.7	94.8	89.6	83.4
Prescription drugs	97.4	95.1	94.0	92.0

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- ¹² Mann, A.