

# 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.<sup>1</sup>

tell your teen that underage drinking is completely unacceptable

**80%** less likely to drink.<sup>2</sup>

allow your child to drink at home

**more likely** to misuse alcohol and experience negative alcohol-related consequences in college.<sup>3</sup>

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.<sup>4</sup>

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.<sup>5</sup>

know what your teen is doing and have set rules and expectations.

**half** as likely to begin using illicit drugs.<sup>6</sup>

use consistent discipline

**2.5 times** less likely to begin using illicit drugs.<sup>7</sup>

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.<sup>8</sup>

keep family conflict at a minimum

**2.5 times** less likely to begin using illicit drugs.<sup>9</sup>

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.<sup>10</sup>

help your teen manage their stress level

**twice** as likely to avoid smoking, drinking, getting drunk, and using illegal drugs.<sup>11</sup>

For help or information, call NCADA at 314.962.3456 or visit [ncada-stl.org](http://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.<sup>12</sup> 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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- <sup>2</sup> Mothers Against Drunk Driving. "MADD/Nationwide Survey Shows Importance of Clear No Alcohol Message to Teens." Press Release. 1 April 2014.
- <sup>3</sup> Abar, Caitlin, Beau Abar, and Rob Turrisi. "The Impact of Parental Modeling and Permissibility on Alcohol Use and Experienced Negative Drinking Consequences in College." *Addictive behaviors* 34.6-7 (2009): 542-547. PMC. Web. Oct. 2016.
- <sup>4</sup> National Center on Addiction and Substance Abuse at Columbia University (CASA). "Adolescent Substance Use: America's #1 Public Health Problem." June 2011.
- <sup>5</sup> Substance Abuse and Mental Health Services Administration. "Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings." NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. 2014.
- <sup>6</sup> Mann, A. "Relationships matter: Impact of Parental, Peer Factors on Teen, Young Adult Substance Abuse." *NIDA Notes*, Vol 18:2. August 2003.
- <sup>7</sup> Mann, A.
- <sup>8</sup> National Center on Addiction and Substance Abuse at Columbia University (CASA). "The Importance of Family Dinners VIII: A CASA Columbia White Paper." September 2012.
- <sup>9</sup> Mann, A.
- <sup>10</sup> National Center on Addiction and Substance Abuse at Columbia University (CASA). "Family Matters: Substance Abuse and the American Family: A CASA White Paper." March 2005.
- <sup>11</sup> CASA. "Family Matters: Substance Abuse and the American Family: A CASA White Paper."
- <sup>12</sup> Mann, A.