



# ALCOHOL, VAPING, AND MARIJUANA

*how to reach your health goals*

## FAST FACTS

- Most teens have not drunk alcohol, vaped, used marijuana, or used other drugs.
- Vaping tobacco or THC, like other drugs, can harm your lungs and brain. E-cigarettes can contain nicotine, toxic chemicals, and heavy metals.
- No amount or type of alcohol is safe for teens. A beer, a glass of wine, and a shot of liquor have the same amount of alcohol and can all impact health and decision making.
- When you choose to not drink, vape, or use marijuana, you are choosing to keep your body healthy and at lower risk for injury.

## TEENS: LET'S TALK

**What are your goals for health? How does substance use fit with those goals?** Identifying these goals now can help you make decisions later that help you meet your goals.

**Do your friends drink, vape, or use marijuana?** With your goals in mind, how can you handle situations in which friends are using?

**Sometimes, teens use substances to deal with difficult emotions. Is this ever true for you?** If so, we can think about resources to help you cope.

**Do you feel able to talk to your parents about these topics?** We can talk about questions and treatment for alcohol or drug use without your parents, but it can be really helpful to loop them in.

**If your substance use does not fit with your goals, what step can you take to move toward your goals?** We can brainstorm ideas together and we can set a time to check in again.

## PARENTS: KEEP TALKING

**The vast majority of parents do not want their teen to drink or use drugs,** and with good reason: no amount of alcohol use (including supervised drinking) or other drug use has proven safe for teens' developing brains.

**As a parent, there are many ways you can support your teen to make healthy choices.** Share the reasons you hope they do not use and talk often. Consider these ideas to keep talking:

**Ask,** "What do you hear about alcohol/vaping/marijuana use for teens? What do you think?"

**Say,** "I hope that you not drink or use other drugs. But I know you are the one who makes these decisions for yourself. Can we talk about how you plan to stay safe?"

**Talk about your teen's plans and ask,** "Where will you be? Who will be there? Do you think there will be alcohol or other drugs? Who is driving?"

**Have a plan to help your teen exit a situation:** "If you feel unsafe or uncomfortable, text me [or another trusted adult]. I won't ask you anything until the next day and I won't try to make you tell me anything. I just want you to be safe."

## GREAT RESOURCES

 Parent guide to supervising safe teen parties:  
[tinyurl.com/TeenParties](https://tinyurl.com/TeenParties)

 Confidential alcohol and drug use helpline:  
1-800-662-HELP (4357)

 Great resource for finding treatment centers:  
[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

 Great resource on vaping:  
[tinyurl.com/CDCvape](https://tinyurl.com/CDCvape)

## Toolkit for Adolescent Care