



Substance Use Among High School Students in Maine

1 in 2

have tried alcohol

1 in 4

have tried some form of tobacco

1 in 3

have tried marijuana

1 in 10

have tried a prescription drug that was not their own

2015 MIYHS Data

All other drug use rates were under 10 percent. For more on youth drug use rates, go to: www.maine.gov/MIYHS



How to Help Youth in Your Community



Model healthy behaviors and talk to youth about the dangers of substance use:
Having an adult who cares and who disapproves of drug use is associated with less youth drug use.

Offer engaging activities for youth:
Examples: After school clubs, youth centers and mentor programs.

Work with others in your community to hold a community event:
Events can be aimed at: raising awareness, decreasing access and building healthy connections between youth and adults.

Review and strengthen policies:
The more likely youth think they are to be caught, the less likely they are to use substances.

How to help:

For information about treatment: Dial 2-1-1 or go to: www.211maine.org

Videos and resources for parents on prevention: www.maineparents.net

Strategies, news and tools for communities: <http://www.samhsa.gov/capt/>

Maine Tobacco and Substance Use Prevention Program:
<http://www.maine.gov/dhhs/mecdc/population-health/prevention/>

