



### Statistics:

- 7.5 percent of eighth graders report having tried prescription-type amphetamines without medical instruction.
- In 2004, more than one in every 18 high school seniors (5.6 percent) reported smoking marijuana daily.
- Exactly half of American secondary school students today report having tried an illicit drug by the time they near high school graduation.
- Three out of every four students report having consumed alcohol (more than just a few sips) by the end of high school; 41 percent report having done so by eighth grade. In 2005, 58 percent of 12th graders and 20 percent of eighth graders reported having been drunk at least once in their lifetime.

— *Monitoring the Future, National Institute on Drug Abuse: National Survey Results on Drug Use, 1975-2005, Vol. II, College Students & Adults, Ages 19-45, 2005*, <http://monitoringthefuture.org/pubs/monographs/overview2005.pdf>

- Current illicit drug use by young people, ages 12 to 17 years, is continuing to decline from 11.6 percent in 2002 to 9.9 percent in 2005.

— *Substance Abuse and Mental Health Services, 2005*, [www.healthinschools.org](http://www.healthinschools.org)

### Warning signs of substance abuse\*:

- Smell of alcohol, smoke or other chemicals
- Obvious intoxication, dizziness or bizarre behavior
- Change in dress, appearance and grooming
- Change in choice of friends
- Frequent arguments, sudden mood changes and unexplained violent actions
- Change in eating and sleeping patterns
- Skipping school

- Failing grades
- Runaway and delinquent behavior
- Suicide attempts

— *The American Academy of Pediatrics, www.aap.org*

\*These signs can also be symptoms of a mental health disorder

### Recommendations to parents and guardians:

- Talk with your child honestly. Make discussions about tobacco, alcohol, and other drugs part of everyday conversation.
  - Listen carefully to your child. Encourage your child to share questions and concerns about tobacco, alcohol and other drugs.
  - Be involved in your child's life.
  - Make clear, sensible rules for your child. Enforce them consistently with appropriate consequences.
  - Set a good example. Your own habits and thoughts about tobacco, alcohol and other drugs make an impression on your child.
  - Share your own values and beliefs about substance use with your children.
  - Support your child's social development.
  - Monitor your child's activities.
- *The Substance Abuse and Mental Health Services Administration (SAMHSA), www.samhsa.gov*

### Additional Resources:

- [www.nida.nih.gov](http://www.nida.nih.gov) – the National Institute on Drug Abuse's mission is to lead the nation in bringing the power of science to bear on drug abuse and addiction.
- [www.aap.org](http://www.aap.org) – the American Academy of Pediatrics is a professional organization committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults.

### AMA Alliance

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- [www.SAMHSA.gov](http://www.SAMHSA.gov) – the Substance Abuse and Mental Health Administration’s site offers numerous resources for individuals, coalitions and communities interested in preventing all forms of substance abuse.
- [www.healthinschools.org](http://www.healthinschools.org) – the Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center dedicated to strengthening health care delivery systems for children and adolescents.
- [www.drugfree.org](http://www.drugfree.org) – the Partnership for a Drug-Free America is a nonprofit coalition of communication, health, medical and educational professionals working to reduce illicit drug use and help people live healthy, drug-free lives.
- [www.theantidrug.com](http://www.theantidrug.com) – the AntiDrug.com Web site equips parents and other adult caregivers with the tools they need to raise drug-free kids.
- [www.freevibe.com](http://www.freevibe.com) – freevibe.com equips teens with the tools they need to keep friends and peers drug-free.
- [www.faceproject.org](http://www.faceproject.org) – FACE is a national non-profit organization that stands for “Facing Alcohol Concerns through Education” and provides resources for individuals and organizations to take action on alcohol issues.

The AMA Alliance, Inc. is a national health advocacy network committed to promoting better health. The Stop America’s Violence Everywhere (SAVE) program assists victims of abuse, teaches children about bullies and conflict resolution and educates the public about child health and safety. All resources, including health-focused coloring books and bookmarks for children, are available at [www.amaalliance.org](http://www.amaalliance.org).

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