

ONE CHOICE PREVENTION

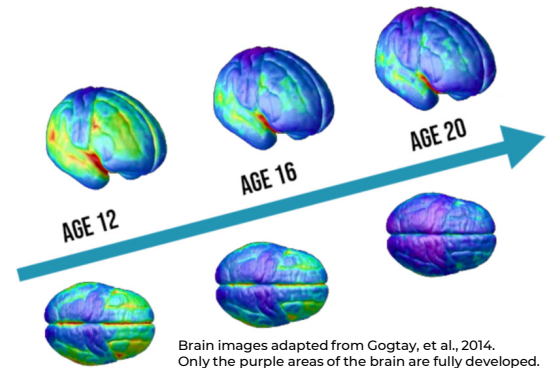
DID YOU KNOW?

SUBSTANCES HAVE A UNIQUE IMPACT ON THE DEVELOPING BRAIN

- The brain is not fully developed until about age 25.¹
- 9 in 10 (90%) of all adults with substance use disorder (addiction) started drinking, smoking, or using other substances before age 18.²



- All substance use puts teens at increased risk for a variety of adverse health outcomes.

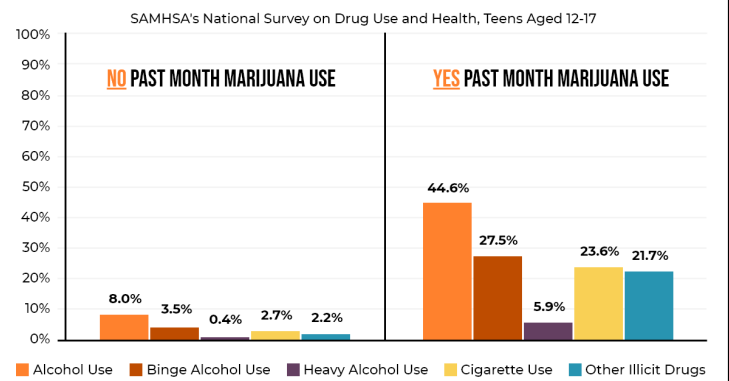


FOR TEENS, ALL SUBSTANCE USE IS CONNECTED

- Using any one substance (alcohol, nicotine, marijuana) dramatically increases the likelihood of using others.³
- For example, teens aged 12-17 who used marijuana (THC) in the past month were:
 - 6X more likely to use alcohol
 - 8X more likely to binge drink
 - 15X more likely to report heavy alcohol use
 - 9X more likely to use cigarettes
 - 10X more likely to use other illicit drugs

...than their peers who did not use any marijuana in the past month.³

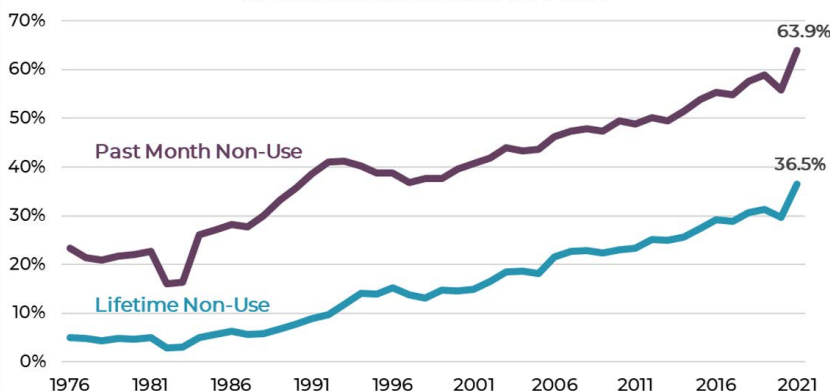
TEEN MARIJUANA USE IS ASSOCIATED WITH HIGHER USE OF OTHER DRUGS



MAKE ONE CHOICE FOR YOUR HEALTH

- No use of any alcohol, nicotine, marijuana, or other drugs before age 21.
- Making One Choice is analogous to other health standards like using seat belts, wearing bicycle helmets, eating healthy foods, exercising regularly, getting enough sleep – all of which impact your health and wellness.

NO USE OF ALCOHOL, CIGARETTES, MARIJUANA, AND OTHER ILLICIT DRUGS BY US HIGH SCHOOL SENIORS: 1976-2021



A GROWING NUMBER OF TEENS ARE MAKING ONE CHOICE

64%

of all high school seniors have not used ANY alcohol, nicotine, marijuana, or other drugs in the past month.⁴

36%

of all high school seniors have not used ANY substances in their lifetime.⁴

REFERENCES

- ¹ Gogtay, et al. (2014). Dynamic mapping of human cortical development during childhood through early adulthood. *PNAS*, 101(21), 8174-8179.
- ² National Center on Addiction and Substance Abuse at Columbia University. (2011). *Adolescent Substance Use: America's #1 Public Health Problem*. New York, NY: Author.
- ³ DuPont, R. L., Han, B., Shea, C. L., & Madras, B. K. (2018). Drug use among youth: national survey data support a common liability of all drug use. *Preventive Medicine*, 113, 68-73.
- ⁴ Monitoring the Future data; Levy, S., Campbell, M. C., Shea, C. L., DuPont, C. M., & DuPont, R. L. (2020). Trends in substance nonuse by high school seniors: 1975-2018. *Pediatrics*, e2020007187.