

Empowering teens addressing drug use

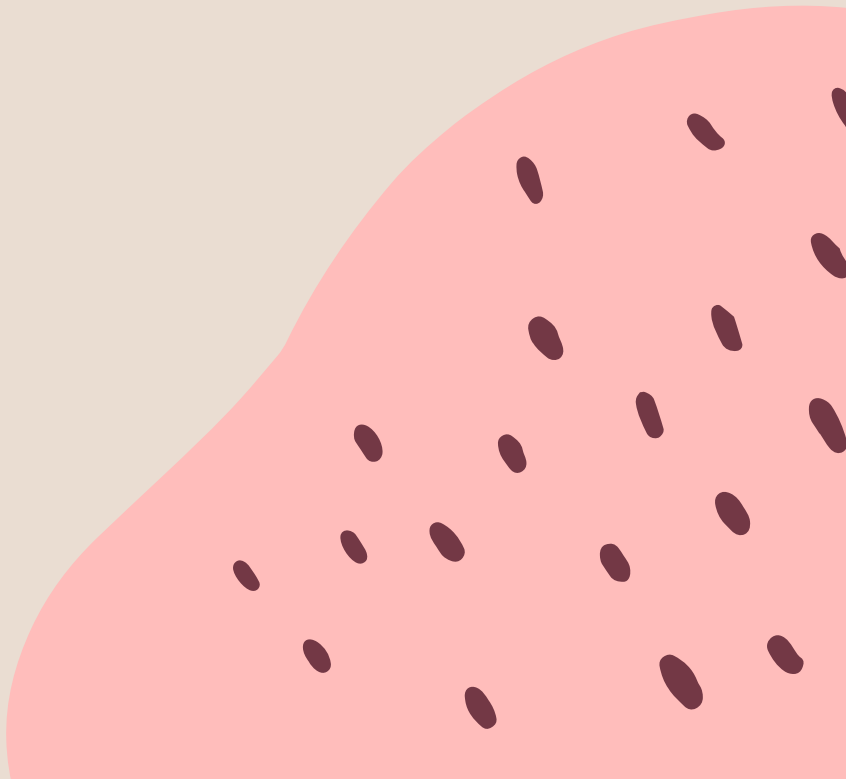

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Welcome!

Before we begin please type in the chat your state, name and if you could have only three apps on your phone what would it be.



Who are we?

We are all from New Mexico and apart of the New Mexicos Alliance for School Based Health Cares youth advisory group. We are rising seniors and interested in learning new things!



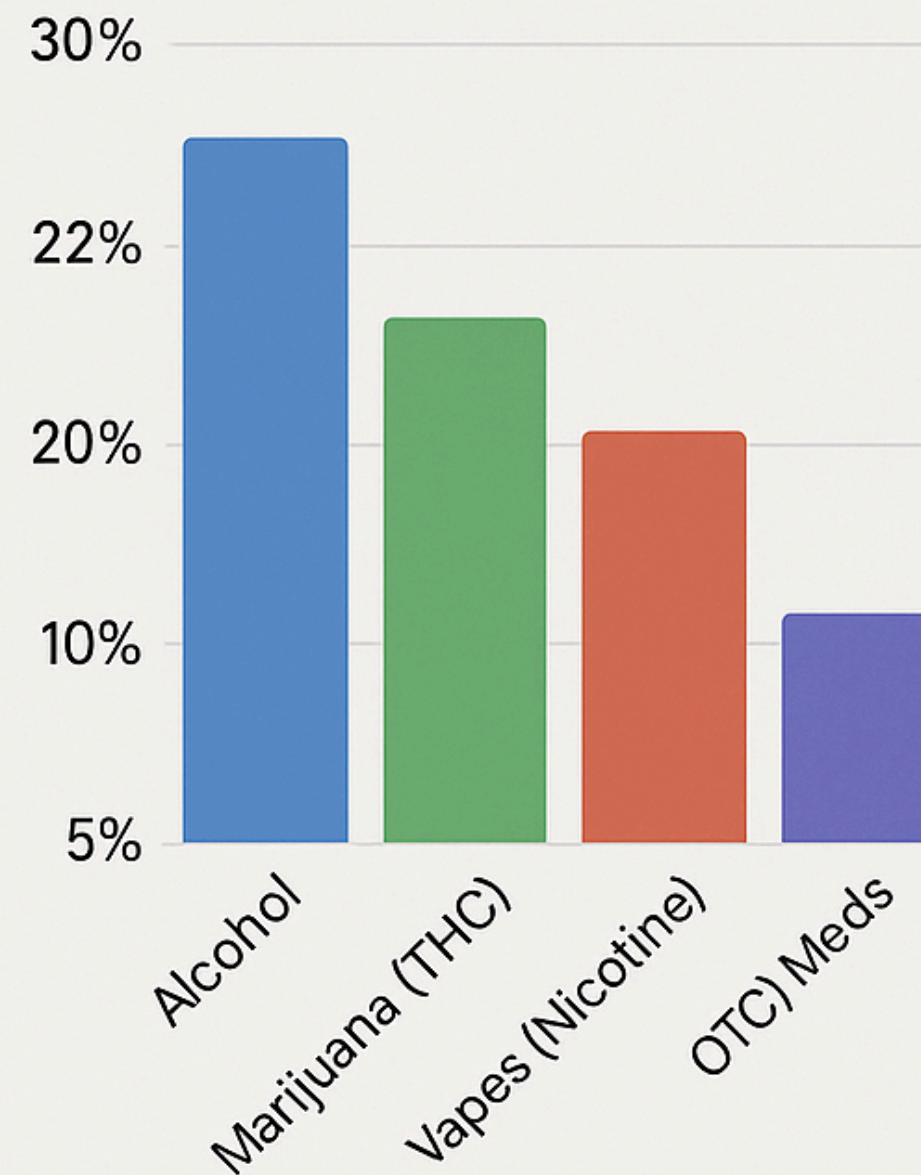
Lets be real

Teen drug use isn't about bad choices it's about pressure, mental health, and not knowing what to do in the moment. We're here to talk about real options, real risks, and real support.



Most used drugs amongst teens

Most Common Drugs Used by Teens (2024)



Alcohol

Often glamorized in media, but linked to accidents & risky behavior



Marijuana (THC)

May affect memory, learning, and mental health during teen years



Vapes (Nicotine)

Highly addictive, can damage lungs and brain development



Prescription Drugs

Misused ADHD meds, painkillers, etc., can be fatal



OTC Meds (like cough syrup) - Easily accessible but

Just because it's common doesn't mean it's safe.

Why Teens start using

What's one thing you think
schools or adults could do
better to help teens avoid
drugs?

Why Do Teens Even Start?



Peer pressure



Curiosity



Stress or mental
health struggles



Social media influence



'It's not that serious'
mindset

**"Everyone else was doing it,
so I tried it too."**



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Which of the following is an effective way to empower teens to resist drug use?

A

Ignore the
issue

C

Provide
education about
risks

B

Encourage
secrecy

D

Avoid
conversations
about drugs



What Can You Do?

Empower yourself & your peers



Speak Up—Talk openly about drug use and its risks



Stay Informed—Know the facts, not the myths



Support Friends—Check in, listen, and encourage healthy choices



Say No with Confidence—Practice refusal skills in tricky situations



Get Involved—Join or start school clubs focused on wellness



Share Resources—Spread awareness on social media

Trends may come and go—but your health is forever.



КАНООТ

Chipotle Prizes



In the chat:
who's your go
to support
person?

YOUR THE INFLUENCE

