
Parenting for Prevention

Student Assistance Services Corp., 660 White Plains Road, Tarrytown, New York, 10591, January, 2019

Clueless No More



The goal of this newsletter is to keep reporting the latest trends and research on preventing adolescent alcohol and other drug use and related issues.

Parents and school administrators report that vaping swept through their school suddenly and this is confirmed by the latest Monitoring The Future (MTF) study. Since the vapor was undetectable, school personnel did not know students were vaping on school grounds and it took some time for schools to put protocols and procedures in place to deal with this health issue.

Many teens and parents were unaware that the products being vaped contained nicotine. Some are experiencing uncomfortable withdrawal symptoms when they try to stop using or don't have access to their vape device. Similarly some teens were unaware that they were vaping products containing THC, the psychoactive ingredient in marijuana, and have experienced hallucinations and/or become addicted to the THC.

Finally, it is now clear that the act of vaping is harmful to the lungs even when the product doesn't contain nicotine or THC.

By staying current on teen drug trends and alerting parents and professionals to the dangers, it is hoped that other harmful substances will not become popular and catch everyone by surprise.

**Editor: Patricia Murphy Warble,
LMSW, CPP**

Aware and Alert

A great challenge for parents and professionals who are involved with adolescents is the changing teen culture. Trends in alcohol and drug use are always in flux and it is very difficult to stay abreast of the what teens are using.

Everyday items and words take on a new meaning and it is difficult for adults keep up with their significance as it results to the teen drug culture. In the past few years, many adults were unaware and may still be unaware of the meaning of vaping, Juuls, 410, Oil, Molly, alcopops, grinders, MODS and vape pens which are currently popular and related to the use of a specific drug by teens. Most adults are also clueless about the extensive amount of paraphernalia, clothing, and music related to the use of alcohol and other drugs.

This dynamic was illustrated with the seemingly overnight popularity of vaping among teenagers that caught pediatricians, professionals and parents by surprise. Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device.

The most popular vaping device is the JUUL, which is a small, sleek device that resembles a computer USB flash drive. Its subtle design makes it easy to hide, which helps explain why it has become so popular among middle and high school students. It now accounts for about 72% of the market share of vaping products in the United States. It comes in several enticing flavors like crème brûlée, mango and fruit medley. Every JUUL product contains a high dose of nicotine, with one pod or flavor cartridge containing about the same amount of nicotine as a whole pack of cigarettes.

Vaping

The 2018 Monitoring the Future (MTF) study reports that increases in adolescent vaping from 2017 to 2018 were the largest ever recorded in the past 43 years for any adolescent substance abuse outcome in the United States. The annual MTF survey, has tracked national substance use among U.S. adolescents every year since 1975 for 12th grade students and since 1991 for 8th and 10th grade students.

“Vaping is reversing hard-fought declines in the number of adolescents who use nicotine,” said Richard Miech, the lead author and principal investigator of the study.

“These results suggest that vaping is leading youth into nicotine use and nicotine addiction, not away from it.”

Richard Meith, went onto say, “The policies and procedures in place to prevent youth vaping clearly haven’t worked. We need new policies and strategies, such as the FDA’s actions announced last month to curb the sales of the JUUL-branded vaping devices. Because the vaping industry is quickly evolving, new, additional, vaping-specific strategies may well be needed in the years ahead in order to keep vaping devices out of the hands of youth.”

Vaping Marijuana

The MTF study reported that marijuana vaping also increased in 2018. This mode of using marijuana is becoming more common. In each grade the percent vaping marijuana in the past 30 days rose by more than half from 2017 to 2018.

“Vaping is making substantial inroads among adolescents, no matter the substance vaped,” said Miech. **“In 2018 we saw substantial increases in vaping across all substances, including nicotine, marijuana, and adolescents who reported vaping ‘just flavoring.’**

Factors that make vaping so attractive to youth include its novelty and the easy concealability of the latest vaping devices, which better allows youth to vape without adults knowing about it. If we want to prevent youth from using drugs, including nicotine, vaping will warrant special attention in terms of policy, education campaigns, and prevention programs in the coming years.”

Alcohol

Parents often ignore or are unaware of the research and bring their own experiences to their thinking of whether to allow their teenagers to drink. Some parents may mistakenly think it is an acceptable part of the teen culture, a “boys will be boys” attitude. Others may say, “I drank in high school and I am okay. “

However, a key finding of ongoing research by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), and the Boston University School of Public Health is that among people who “began drinking before age 14, 47% experienced dependence at some point, vs. 9% of those who began drinking at age 21 or older. In general, each additional year earlier than 21 that a respondent began to drink, the greater the odds that he or she would develop alcohol dependence at some point in life.” NIAAA, 2006 News Release of findings from Ralph Hingson’s study.

NIAAA funded researchers believe that impaired executive cognitive function leads young people to make choices that lean toward the immediate pleasure associated with heavy drinking rather than choices to avoid the immediate risks of alcohol related injuries and the long-term risks of alcohol use disorders.

NIAAA researchers conclude that prevention programs and public health policies should be targeted at children under age 15 and underage drinking, in general, to try to delay the onset of drinking alcohol as long as possible.

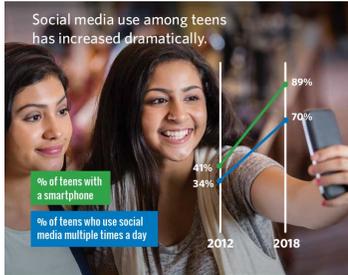
“The data support the notion of delaying the onset of drinking behavior as late as possible as an important principle for the prevention of alcohol use disorders later in life,” said NIAAA researcher Howard B. Moss. “More specifically, these findings provide the scientific basis for those prevention programs that focus on decreasing underage drinking, as well as supporting those public-health policies that are geared towards the prevention of underage drinking.”

To allow a child under 15 to experiment with alcohol without immediate negative consequences is playing Russian roulette with that child’s brain. Family history of an alcohol use disorder increases the risk. Letting a child under 15 drink alcohol could impact the child’s ability to have a long, successful and healthy life.

2018

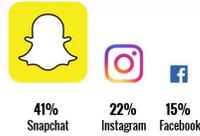
Social Media, Social Life: Teens Reveal Their Experiences

Among 13- to 17-year-olds in the United States.



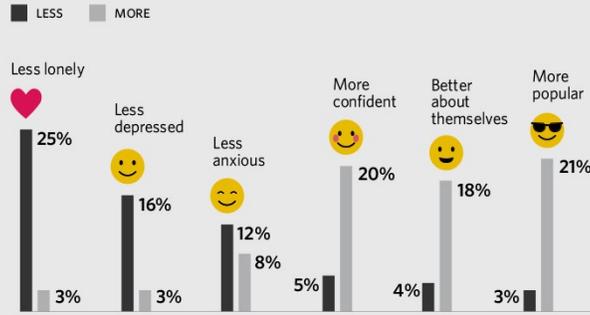
Teens overwhelmingly choose Snapchat as their main social media site.

Percent of teens who say they use each social media site the most:



Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

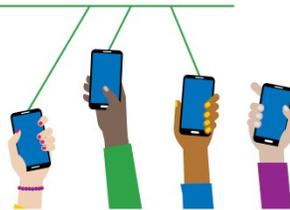
Social media users who say using social media makes them feel "more" or "less":



Teens think they're being manipulated.

72%

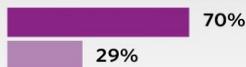
Of teens believe that tech companies manipulate users to spend more time on their devices.



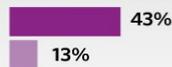
Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

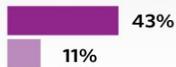
Sometimes feel left out or excluded when using social media



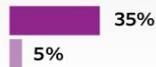
Have deleted social media posts because they got too few "likes"



Feel bad about themselves if no one comments on or likes their posts

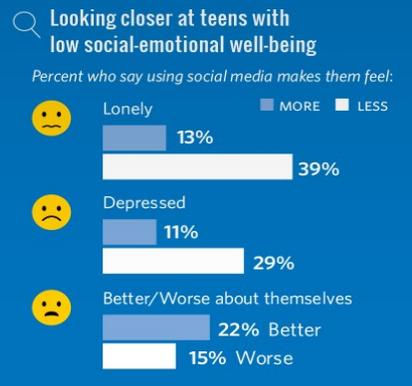


Have ever been cyberbullied



LOW SOCIAL-EMOTIONAL WELL-BEING
HIGH SOCIAL-EMOTIONAL WELL-BEING

See Methodology section for definitions of the high, medium, and low SEWB groups.



METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel® from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.

Marijuana

Low levels of marijuana use even as few as one or two times, may change the teen brain, according to a new study.

The study looked at the brains of 46 14-year-old girls and boys from Ireland, England, France and Germany, found that teenagers who reported using recreational marijuana just once or twice displayed increased volume on MRI images in numerous brain regions involved in emotion-related processing, learning and forming memories. The results of the study were published on January 14, 2019 in the *Journal of Neuroscience*.

“Most people would likely assume that one or two uses (joints) would have no impact, so we were curious to study this — and especially to investigate if first uses may actually produce brain changes that affect future behavior like subsequent use,” Hugh Garavan, lead author of the study and a professor of psychiatry at the University of Vermont School of Medicine.

Another recent study, published in the October, 2018 *American Journal of Psychiatry* found that teen brains are more vulnerable to the effects of marijuana than alcohol. And in June, University of Pennsylvania scientists discovered that young people who used marijuana frequently were more likely than nonusers to have slightly lower scores on tests of memory, learning new information, and higher-level problem solving and information processing.

Up Coming Events

January 31 7 to 8:30pm
Blind Brook HS Auditorium
Community Forum on the Proposed Legislation of Recreational Marijuana
Dr. Kevin Sabat
Contact: prenz@blindbrook.org

March 19th 9am to 1:30pm
Westchester County Center
Westchester County Youth Summit
Contact: