

Are you concerned about teens using Alcohol and other drugs?



What can parents do?



What are the signs of substance use?

Why do teens feel the need to experiment?

YOU CAN GET ANSWERS AND HELP AT ARUNDEL HIGH SCHOOL!

Arundel High School has a Maryland Student Assistance Program (MSAP) team consisting of a school counselor, nurse, administrator and teachers. The team receives anonymous referrals from school staff, parents and students who are concerned about possible substance use by a student. The team will discuss the referral, collect information and, if necessary, contact parents. Please call your student's school counselor with any questions.

Jean McCracken, a Substance Abuse Resource Specialist, will be at Arundel every Friday to talk with parents and students about substance use. You may call her at 410-570-9070 to confidentially discuss any concerns about adolescent alcohol and other drug use as well as family issues relating to addiction.

ALL REFERRALS AND QUESTIONS ARE
CONFIDENTIAL!!

Here are some facts to consider:

- Tetrahydrocannabinol, the main, active ingredient in marijuana, temporarily alters brain functioning that affects sensory perception, reflexes, and coordination. Because it changes the way people see, hear, and feel, it can impair judgment. Driving under the influence of marijuana is extremely dangerous. The fact that many teens smoke marijuana while they are drinking alcohol makes driving even more lethal.
- According to the National Center on Addiction and Substance Abuse, almost 80% of high school students have tried alcohol.
- **Stay informed.** "Binge" drinking means having five or more drinks on one occasion. Studies show that more than 35 percent of adults with an alcohol problem developed symptoms--such as binge drinking--by age 19
- Teens who perceived parents would tolerate alcohol or drug use and not monitor activities were 80% more likely to use over teens whose parents set guidelines WITH CONSEQUENCES!