**8 Facts about Teen Substance Use**

1. Social or recreational use during adolescence can led to abuse and/or lifelong addiction problems. Often causing both physical and mental health concerns. As well as, the potential for school related issues and legal problems.
2. Some teens are at a higher risk for substance use due to genetics, the age they began using or other socioeconomic circumstances.
3. Today’s cannabis is much more potent than it was in the past. This is what makes it most concerning for young, growing brains.
4. The teen brain is much more susceptible to substance use, due its rapid changing development, often leading to memory, learning and concentration difficulties.
5. Many teens who are using substances have a mental health disorder, either diagnosed or undiagnosed.
6. The prevalence of vaping, both nicotine and/or cannabis have increased significantly in the past few years, specifically among teens and young adults. It is not harmless and it is effecting your teen’s development.
7. The best prevention is talking to your teens about substance use.
8. Not everyone is using!

Please reach out to Candi Davenport MS, LADC at cdavenport@relatemn.org for addiction resources and support.