

# Resources

New Trier Resources:

Stress:

<http://newtrier.libguides.com/stress>

Binge Drinking:

<http://newtrier.k12.il.us/underageddrinking/>



*\*Icons throughout booklet from nounproject.com*



## A Guide to Helping Your Teen

NEW  
TRIER  
HIGH SCHOOL

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Parents, your teens are listening.  
**Talk early and often** about being physically, emotionally, and mentally healthy.

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This guide was developed by New Trier High School Prevention Team and PEER Services to help parents understand the complexities of adolescence and provide tools to help their teen succeed. This guide is part of the "Under Your Own Influence" campaign that is designed to help NT students make the choice to remain substance-free.

# Prescription Drugs



73% of teens say that it's easy to get prescription drugs from their parents' medicine cabinets.\*\*\*

Have ongoing conversations with teens on the risks of abuse and seek professional help if teen drug abuse is suspected.

## 3 categories of prescription drugs include:

### 1. Depressants:\*

When combined with other substances, they affect the central nervous system causing dizziness, trouble concentrating, slowing of heart rate, and respiration.

### 2. Stimulants:\*

When abused, they cause chest pain, seizures, feelings of fear or anger, irritability, and irregular heartbeats.

### 3. Opioids:\*

They cause nausea and vomiting, difficulty breathing, and possible physical dependence leading to symptoms of withdrawal.

### Monitor, Secure, Dispose:\*\*

- Monitor dosages with a health professional
- Secure in a locked box or safe cabinet
- Dispose at an approved disposal site

\* NIDA  
\*\*Get Smart About Drugs  
\*\*\*Partnership for Drug-Free Kids

# Marijuana

Marijuana is the #1 reason teens enter substance abuse treatment.\*\*

- Teens who regularly use marijuana have a 1 in 6 chance of becoming addicted.\*
- Marijuana over-activates the cannabinoid receptors in the brain, causing difficulty with thinking, problem solving, disrupted learning, memory, and impaired coordination.\*
- A teenager is 65% more likely to get in a car accident when driving under the influence of marijuana because it impairs perception and coordination.\*\*\*
- The potency of THC in marijuana today is much greater than it was years ago. Previously, THC levels averaged 2.3%, and now range from 8-35%.\*

## Marijuana Concentrates:\*\*\*\*

- Also known as: 710, wax, ear wax, honey oil, budder, butane hash oil, BHO, shatter, dabs (dabbing), black glass, and erl
- Contains extraordinarily high levels of THC ranging from 40 to 80 percent
- Used in edibles, e-cigarette/vaporizers, and bongs/water pipes
- Effects of using concentrates include psychotic episodes, paranoia, anxiety, panic attacks and hallucinations

\*National Institute on Drug Abuse

\*\*SAMHSA

\*\*\*U.S. Department of Transportation

\*\*\*\*Drug Enforcement Administration

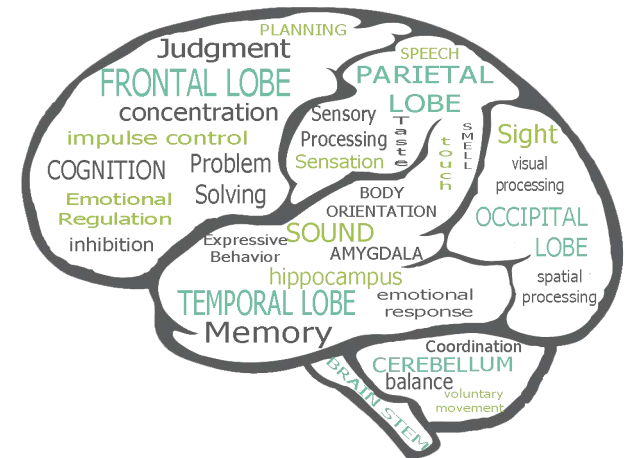
# Brain Development

The most important part of the teenage brain-the place where actions are weighed, situations judged, and decisions made-is right behind the forehead, in the frontal lobes. This is the last part of the brain to develop.

~Frances E. Jensen, M.D.\*

## Adolescents are more likely to:

- Act on impulse
- Get into accidents
- Engage in dangerous or risky behavior
- Misinterpret or misread social cues and emotions\*\*



## Adolescents are less likely to:

- Think before they act
- Change their dangerous or inappropriate behaviors
- Pause to consider the consequences of their actions\*\*

The brain continues to develop until about age 25 and is characterized in adolescence by dramatic changes to structure, neuron connectivity, and physiology.

\*Substance Abuse and Mental Health Services Administration

\*\*American Academy of Child and Adolescent Psychiatry



# Stress

Model positive stress management, help your teen identify stressors, and learn healthy coping skills.

93% of NT students say they feel stressed due to academics.

*\*2018 NTHS YRBS*

## Signs of Stress:\*\*

- Excessive worry or anxiety
- Irritability
- Neglecting responsibilities
- School avoidance
- Negative thoughts
- Insomnia or difficulty sleeping
- "Feeling sick" or displaying physical symptoms such as stomachaches/headaches

## Sources of Stress:

- Academics
- Friends/Family Relationships
- Extra-Curricular Activities
- Post High School Plans

Stress is a normal aspect of life but not every teen can manage the same schedules as their peers. Therefore, it is important to recognize the signs and symptoms of stress before it has a negative impact on teens' physical and mental health.\*

## Talking to your teen about stress:

- Recognize your teen's symptoms and ask them about them
- Communicate and identify balance for your teen
- Help your teen identify healthy coping mechanisms
- Provide support

*\*\*American Psychological Association*

# Drinking



Binge drinking is defined as having 5 or more drinks as a "male" and 4 or more drinks as a "female" on one occasion.\*\*\*

Parents' expectations are one of the top reasons NTHS teens choose not to use substances.\*

- Talk early and often with teens about the risks of adolescent substance use
- Share expectations of not engaging in alcohol use
- Communicate with other parents about not providing alcohol to underage teens

## Teen Trends:

### Pre-Gaming

- Teens may consume alcohol before a social event or family party.
- Often includes drinking games which increases susceptibility of blacking out and alcohol poisoning.

### Work Hard, Play Hard Mentality

- This suggests to teens that working hard at academics, sports, activities, etc. can be rewarded through drinking.
- At home, teens can learn responsible drinking behaviors, over the age of 21.\*\*

90% of the alcohol youth consume is via binge drinking.\*\*\*

## Risks of Binge Drinking:

- Memory and learning problems
- Risk-taking
- Alcohol poisoning
- Sexual assault
- Unintentional injuries

Addiction develops much faster in adolescents than adults.

Teens who begin drinking before age 15 are 6 times more likely to become addicted.

Adolescents can become addicted in as little as **6 months-2 years** of use. For an adult, it can take **5-20 years** of use.\*\*\*

*\*2018 NTHS YRBS*

*\*\*Child Mind*

*\*\*\*Centers for Disease Control and Prevention*

*\*\*\*\*SAMHSA*



# E-Cigarettes/Vaping

2 in 5 NT students have used e-cigarettes in the past 30 days.

*\*2018 NTHS YRBS*

- E-Cigarettes are battery-operated devices that contain varying levels of nicotine, flavorings, and other chemicals.\*
  - Also known as vape pen, JUUL, hookah pen
- Dripping is placing e-juice directly on heated coils of the e-cig and immediately inhaling the vapor.\*\*
  - This creates stronger flavor, thicker vapor and higher levels of toxins

## Risks:\*\*\*

- Most e-cigarettes contain nicotine. Nicotine use can lead to dependence and increase the risk for addiction to other drugs.
- E-cigarettes can contain harmful chemicals, metals, and tiny particles that reach deep into the lungs.
- Nicotine affects the part of the brain that controls attention and learning.



*\* National Institute on Drug Abuse  
\*\* Centers for Disease Control and Prevention  
\*\*\* U.S. Surgeon General*

# Sleep

ZzZ

95% of NT students aren't getting the recommended 9 hours of sleep per night.

*\*2018 NTHS YRBS*

- Sleep deprivation is associated with:
  - Depression
  - Anxiety
  - Memory loss
  - Irritability
  - Decreased response time
  - Lower performance at school
  - Decrease in concentration
  - Weaker immune system
  - Poor choices in healthy foods
- The daily pressures and stress from academics, athletics, and clubs, on top of the changes in hormones, can quickly become overwhelming for teens.
- Screen time impact:
  - The blue light emitted from the screens on their electronics can keep them awake by suppressing melatonin, a hormone that controls their sleep/wake cycle.

## Apps for a relaxing evening:

Headspace:



Relax Melodies:



## Tips:

- Avoid caffeine products after 4pm
- Create a steady sleep schedule
- Avoid technology use 30 minutes before bed

*\* American Academy of Sleep Medicine*



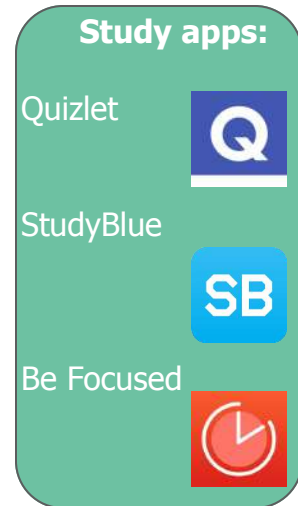


# Study Habits

## Tips:

- Encourage teens to create healthy relationships with other teens, teachers, and coaches
  - Encourage the use of a schedule planner to improve time management and organizational skills
  - Have teens use a desk or office to complete their homework, rather than their bed
- Study habits that are formed in high school benefit students in their transition to college
  - Create short and long term goals
  - Form study groups
  - Use timers to stay on track
  - Make flashcards to study
  - Remove phone and other distractions while studying/completing homework

According to the National Center for Education Statistics (NCES) survey, parental involvement in school directly correlates with higher GPA among teens.\*



\* National Center for Education Statistics



# Mental Health

1 in 5 teens will be diagnosed with a mental health disorder such as substance abuse, anxiety, depression, ADD/ADHD, or anorexia.\*

Risk Factors	Protective Factors
<ul style="list-style-type: none"><li>• Low self-esteem</li><li>• Early substance use</li><li>• Family/marital conflict</li><li>• Traumatic/stressful events</li><li>• Limited adult supervision</li></ul>	<ul style="list-style-type: none"><li>• Good problem-solving and coping skills</li><li>• Engagement and connections with school, peers, athletics, employment, religion, or culture</li><li>• Clear expectations for behavior/values</li><li>• Supportive relationships with family and other adults</li></ul>

Over 50% of NT students report being stressed and/or anxious 10-30 days in the past month.\*\*

Almost half of teens with a mental health disorder begin showing signs by age 14.

Adolescent signs vary greatly. If you are concerned about your teen please seek help from a mental health professional.\*\*\*

## Common Mental Health Warning Signs:

- Change in behavior
- Difficulty sleeping or eating
- Unable to enjoy activities
- Isolating
- Exercise, diet, and/or binge eat obsessively
- Have thoughts of suicide or self harm

\* US Department of Health and Human Services  
\*\*2018 NTHS YRBS  
\*\*\* Youth.gov