

Things You Should Know About Substance Abuse

Reasons Why Children Abuse Drugs and Alcohol

Students abuse drugs and alcohol for a variety of reasons including: to feel grown up, to fit in and belong, to relax and feel good, to take risks and rebel, and to satisfy curiosity.

Some are seeking psychological or physical pleasure. Others face pressure to get better grades or to fit in with friends and may not be aware

How You Can Help

Just as certain drugs have tell-tale symptoms, they also have particular and varied consequences.

If you suspect your student has a drug problem, do not hesitate to contact the 9-NO-DRUG LINE (1-877-966-3784) for tips on how to approach and treat the problem.

Speak to your students about prescription drug abuse and alcohol. Do not presume that illegal drugs are the only threat.

Alert parents if you are concerned about their child and let them know what they can do.

Provide a safe and open environment for your students to talk about abuse issues.

Empathize with the stresses of growing up and identify positive outlets that can help relieve teens' stress, such as sports teams and youth groups.

Hold interactive discussions with your students to dispel myths and give them the facts.

Encourage students to speak with you or another faculty member if they suspect a friend may have a problem.

Be observant about discussions students may have in the hallways about prescription drug abuse. If you hear misconceptions, join in to correct them and show your support.

Source: Texas Department of State Health Services –