



Learning Series

TEENAGE DRUG AND ALCOHOL USE

TRAINING FOR: Employers Supervisors Employees

American Counseling & Training, Inc.
EMPLOYEE ASSISTANCE PROGRAMS

P O Box 66083 ♦ Portland, OR 97290

Local 503-774-9971

National 866-774-9971

FAX 503-774-3221



TOPIC: Teenage Drug and Alcohol Use

Protecting our Future Work Force

The workplace continues to be assaulted with drug and alcohol use among personnel creating performance problems and increased costs for business owners. Symptoms of alcohol usage are absenteeism, tardiness, problems with interpersonal relationships, shoddy workmanship, and inappropriate use of health benefits. Health benefit abuse from immediate family members occurs four times more often when alcohol misuse occurs. Marijuana usage continues to be the number one illegal drug consumed in America. Our future workforce also reflects these trends with national statistics demonstrating teenaged students experiencing strong alcohol and marijuana use.

This issue can be demonstrated with the following statistics:

1. **Alcohol-** alcohol is the drug most abused by teens. Within a 30-day national survey, **42.5%** of 10th and **55.2%** of 12th graders had consumed alcohol. Teenagers also suffer a high accident and fatality rate when driving under the influence of intoxicants.
2. **Marijuana-** within a 30-day national survey, **18%** of 10th and **21.5%** of 12th graders used marijuana, which makes it the second greatest abused drug by teens.
3. **Tobacco-** each day more than 3,000 teens under 18 become regular smokers. That is more than one million teens per year. Of this number one third of these smokers will eventually die from tobacco related diseases. Even with these disturbing facts, **64%** of the 12-17 year olds will enter adulthood with never having tried a cigarette.
4. **Hallucinogens-** the majority of teens do not use hallucinogens. Recent studies indicate the only 1% use hallucinogens regularly, while a huge 94% have never tried them.
5. **Club Drugs-** the vast majority of teens don't use club drugs. Ecstasy is the most frequently used "club drug", and it is extremely dangerous when mixed with alcohol. Even with the name recognition that Ecstasy has acquired, only **2%** of eighth to twelve graders have used this drug on a regular basis, while **94%** of teens have never tried Ecstasy.
6. **Cocaine-** Recent studies indicate that only 1% of teens have tried our use cocaine.
7. **Heroin-** the vast majority of teens don't use heroin, with a national study reporting a 2% usage of any kind.
8. **Inhalants-** the vast majority of teens don't use inhalants. Recent studies indicate that only 1.1% of teens are regular inhalant users.
9. **Meth** Only 2% of Teens have tried or use meth."