

## THE OUTLINE

### PART 2

#### CRISIS #2: DRUG AND ALCOHOL USE AND ABUSE

##### - How bad is it?

- Drug use among young people is definitely down. It reached its highest level in 2004... And has generally been trending downward.

- Cigarette smoking and nicotine use was at an all-time low and then vaping became popular. Currently, over 27% of high school seniors report that they have vaped in the past year.

- Marijuana use is a mixed bag. A majority of kids do not view marijuana use as dangerous even when the facts are scientifically proven that marijuana use impairs short-term memory, distorts perception, and impairs judgment. It causes intoxication similar to alcohol use.

- In states where marijuana is legal for adults, there is a much greater instance of underage users and abusers.

## **DRUG PROOF YOUR KIDS**

### 1. Education

### 2. Self-Examination

#### **Here are some questions to ask yourself:**

- Is my medicine cabinet full of mood-altering chemicals?
- Do you medicate yourself with alcohol or drugs whenever you feel distress or pain?
- Do you have a routine need for an after-dinner drink or after-dinner smoke?
- Do you hang on to prescription drugs “just in case,” rather than throwing them out? (Pharming)

### 3. Prevention

## PERSONAL & GROUP REFLECTION

### PART 2

#### REFLECTION QUESTIONS:

1. Did you receive any wise and healthy education about drugs and alcohol when you were growing up? How did it affect your lifestyle choices?
2. Jim talked about a “mixed bag” of good and bad results concerning drug and alcohol use today. What scares you about today’s culture when it comes to drug and alcohol use among kids?
3. Jim was quite clear about self-examination. Do you agree or disagree with him?
4. Prevention is key to a healthy view of drugs and alcohol use. Do you feel prepared to have discussions with your children and create a positive go-forward plan?
5. What is one topic you wish could have been discussed in more depth in this short session?