Know the Truth™ Prevention Program

Here's What You Need to Know

- 60% of teens have at least one friend that uses drugs.
- 33% of teens get their information about drugs from unreliable sources.
- 1 in 4 11th graders are vaping.
- 20.7% of 11th graders are using marijuana.
- 45% of high school students have had alcohol.
- Of the teens that drink alcohol, 22% of them take alcohol from their home.

How to Talk to Your Teen

If your teen is not using:

- Research the effects of substances on teenagers you have before your conversation.
- Approach the conversation openly, try not to come off as accusatory or threatening.
- Set expectations and consequences together. If they break the rules they have set with you, it's harder for them to argue back.
- Have the conversation often, once is not enough.

References: MN Department of Health, Center on Addiction, MN Student Survey, Know the Truth™ Prevention Program Surveys
**Warning Signs**

- **Changes in Behavior**
  - They may have a sudden change of friends, isolation from family and friends, disinterest in activities they've previously enjoyed and lack of communication.

- **Mood Changes**
  - Your child may become irritable, irrational, depressed, paranoid, dramatic or even violent.

- **Physical Changes**
  - They may experience sudden weight loss or gain, dilated pupils, poor hygiene, fatigue or restlessness.

- **Poor Academic Success**
  - They may start to perform poorly at school through bad grades, failed tests and showing poor behavior in the classroom.

**What to do if your child is using**

- **Remain calm**
  - Teens with substance use habits are in a vulnerable state, how you react to them can make all the difference in their recovery.

- **Avoid Confrontation**
  - This closes the ability to have an open conversation.

- **Don’t Enable Them**
  - Do not ignore their negative behavior. Step in early and often to ensure their safety.

- **Reach out for help**
  - You shouldn’t do this alone. Reach out to your child’s school, health providers and intervention specialists.

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