

- 22% of teen drivers who died in car crashes were **drinking**. Car crashes are the leading cause of teen deaths.



- **Marijuana** affects skills needed for safe driving, like reacting to sounds and signals on the road.

- Teens who use **marijuana** are more likely to get lower grades and drop out of high school.



- High school students who use **alcohol** are five times more likely to drop out.

- **Marijuana's** effects on attention and memory make it harder to learn and do complex tasks.

- Teens who use **marijuana** a lot may have lower IQ when they are adults.



- Teens who binge **drink** every month damage their brains, making it harder to pay attention and learn new information.

- **Alcohol** poisoning and suicide are major causes of alcohol-related teen deaths.



- Teen **drinking** and **marijuana** use raise the risk of sexual assault, sexually transmitted diseases, and unplanned pregnancy.

- Teen **drinking** raises the risk of injuries – the third leading cause of death among teens.

Raise subject

- “Thank you for answering these questions - is it ok if we review them together?”
- “Can you tell me, in your own words, about your drinking or drug use? How often, how much, etc.?”

Provide feedback

- “I recommend all my teen patients not use at all. Substance use can increase the risk of the things listed on the front of this card.”
- “Some teens can’t quit on their own, even if they wanted to. I recommend these patients get help to stop using.”

Enhance motivation

- “What do you like and not like about your drinking/drug use?”
- “On a scale of 0-10, how ready are you to stop using/receive specialized treatment? Why not a lower number?”

Negotiate plan

- “What steps do you think you can take to reach your goal of not using/seeking specialized treatment?”
- “Can we schedule an appointment to check in?”

Oregon alcohol & drug referral
helpline: 800-923-4357

