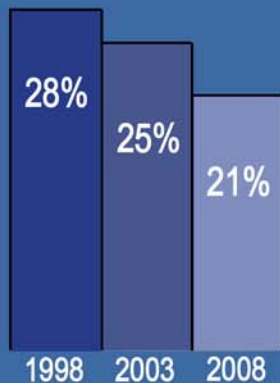


# Who Do **YOU** Know Uses Alcohol & Marijuana?

**75% of 16-18 year olds in BC had tried alcohol, and 46% had tried marijuana.**

**However, more youth today are making healthier choices.**

**16-18 year olds who first drank alcohol at age 12 or younger**



## Want to talk?

### Alcohol and Drug Information and Referral Service

604-660-9382

BC Toll Free: 1-800-663-1441

24 hours, 7 days a week

Deaf and hard of hearing callers:

TTY 604-875-0885 (collect calls accepted)

or text 604-836-6381

### Kids Help Phone

1-800-668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### Here To Help

Information about substance use, mental health information, and where to find other supports.

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

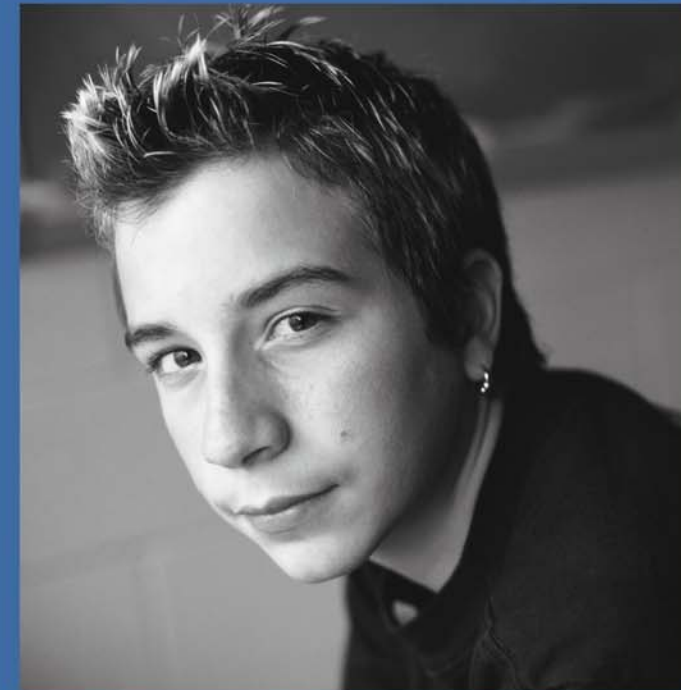


This pamphlet is based on the results of the 2008 Adolescent Health Survey, as reported in "What a difference a year can make: Early alcohol and marijuana use among 16-18 year old BC students" which is available for free on our website.



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# Alcohol, Marijuana and YOU



# Drugs Alcohol Life



**Youth who never tried marijuana reported better emotional health.**

## Fast Facts:

In 2008, 16-18 year olds who had first used alcohol or marijuana at age 12 or younger were more likely to:

- Drive under the influence
- Report extreme stress
- Get involved in a fight
- Report having an STI
- Attempt suicide

Delaying the use of alcohol and marijuana by even a couple of years improves health.

## Did you know?

It's never too late to stop. Avoiding alcohol and marijuana has noticeable benefits, and lowers health risk behaviours.

“I was always told marijuana isn't addicting and now I use it every day and feel horrible if I don't.”  
17 year old male

Youth with higher levels of family connectedness, friends with healthy attitudes and meaningful community engagement are less at risk of trying drugs and alcohol at a young age.

The older youth were when first using alcohol and marijuana, the less likely they were to be current users or to engage in risky use such as binge drinking.

