



# PREVENTION RESOURCES

FOR HEALTHY COMMUNITIES

2023 EDITION | PRINT AND DIGITAL TOOLS IN ENGLISH AND SPANISH

**SAMHSA**

Substance Abuse and Mental Health  
Services Administration

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The Center for Substance Abuse Prevention is pleased to share this collection of practical, evidence-based approaches to preventing substance misuse, with special sections focused on messages for young people and Spanish-language materials. **Unless otherwise noted, all resources in this catalog are available for free from the SAMHSA website.**

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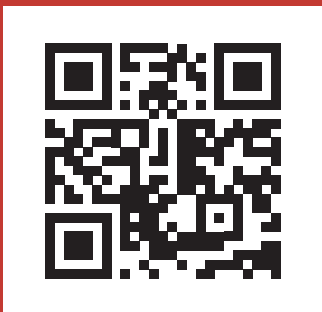
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*New* **RELEASES**





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**SAMHSA ADVISORY**  
Substance Abuse and Mental Health Services Administration

**PRESCRIPTION STIMULANT MISUSE AND PREVENTION AMONG YOUTH AND YOUNG ADULTS**

The misuse of prescription pain relievers, tranquilizers, stimulants, and sedatives among youth and young adults aged 12 to 20 is a major public health issue in the United States. The prevalence of prescription drug misuse is highest among young adults between the ages of 18 and 20, over 11 percent report the misuse of prescription drugs in the past year. Similarly, over 4 percent of youth between the ages of 12 and 17 report prescription drug misuse in the past year. Although the overall prevalence of prescription drug misuse among youth and young adults has declined in recent years, its relative high rate among young adults, in particular, is concerning. In this age category, the rates of prescription stimulant misuse are higher than the rates of misuse for other categories of prescription medications.

In this advisory, prescription stimulant misuse includes:

- Using medication without a prescription of one's own, even if with therapeutic intent;
- Using medication in greater amounts, more often, or longer than prescribed;
- Using medication in any way other than directed by a prescriber (e.g., non-medical uses); or
- Using medication for recreational purposes or without therapeutic intent.

This advisory occasionally uses the phrase "non-medical use of prescription stimulants" when citing studies that use this terminology.

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**Prescription Stimulant Misuse and Prevention Among Youth and Young Adults**

This advisory establishes prescription stimulant misuse as a public health problem. It identifies associated risk and protective factors and action steps for practitioners, educators, and parents to prevent misuse. The advisory also provides a resource page listing additional prevention materials.

**Moving Beyond Change Efforts: Evidence and Action to Support and Affirm LGBTQ+ Youth**

This report provides current knowledge about LGBTQ+ youth; a review of research on sexual orientation and gender identity change efforts (commonly known as "conversion therapy"); evidence-based therapeutic approaches, including affirming care; and policy options that can benefit LGBTQ+ youth and their families.

**coming soon**

**Moving Beyond Change Efforts: Evidence and Action to Support and Affirm LGBTQ+ Youth**

A report prepared by the Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

**Implementing Community-Level Policies to Prevent Alcohol Misuse**

This guide discusses evidence-based policies that help prevent alcohol misuse by changing or influencing community conditions, systems, and behaviors. It reviews key considerations around policy implementation, including equity, capacity building, changing needs, state preemption, enforcement, commitment, and industry influence.

EVIDENCE-BASED RESOURCE GUIDE SERIES

**Implementing Community-Level Policies to Prevent Alcohol Misuse**

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

**S** Also available in Spanish

**NOW AVAILABLE IN SPANISH**

**CONSEJOS para ADOLESCENTES**

**CONSUMO DE ALCOHOL EN MENORES DE EDAD**

**LA VERDAD SOBRE EL CONSUMO DE ALCOHOL EN MENORES DE EDAD**

**OTROS NOMBRES PARA EL ALCOHOL SON: BEBIDA CHELA/LICOR/TRAGO**

**ESTA ES LA REALIDAD**

**EL CONSUMO DE ALCOHOL EN MENORES DE EDAD ES PELIGROSO.** Consumir alcohol puede hacer que tomemos decisiones incorrectas, lo que nos puede hacer menos conscientes de nuestras acciones e incapaces de reconocer el peligro. El consumo de alcohol también puede dar lugar a un estereotipo de la conducción en la que nos hace creer un mayor riesgo de lesiones por caídas o accidentes automovilísticos. Si está estresado o más probable que haga cosas irresponsables, como beber y conducir, tener relaciones sexuales sin protección o participar en acciones agresivas o violentas.

**EL CONSUMO DE ALCOHOL EN MENORES DE EDAD PUEDE SER FÁCIL.** Cuando una persona no puede discernir el control de consumo de alcohol, incluso si enfrenta graves consecuencias de salud, social o académicas, padecerá un trastorno por consumo de alcohol que requiere tratamiento. Hablar con un consejero, psicólogo, psiquiatra u otro profesional capacitado puede ayudar.

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**¿PREGUNTAS Y RESPUESTAS**

**¿ES REALMENTE PELIGROSO BEBER ANTES DE LOS 21 AÑOS?**

R: Los riesgos del consumo de alcohol en menores de edad son altos. Varias estadísticas indican que consumir alcohol durante la adolescencia puede interferir con el desarrollo normal del cerebro y aumentar el riesgo de desarrollar un trastorno por el consumo de alcohol en la vida.

**¿POR QUÉ MIS AMIGOS BEBEN ALCOHOL SI ES PELIGROSO BEBER?**

R: Muchos adolescentes creen que beber alcohol es una forma de hacer amigos. Sin embargo, beber alcohol en menores de edad genera más problemas, no menos. En 2016, un estudio de la Universidad de Carolina del Sur de 23 años de edad encontró que beber alcohol para hacer amigos, estar estresado o más probable que haga cosas irresponsables, a más temprana edad se asoció con un mayor riesgo de lesiones por caídas o accidentes automovilísticos.

**¿MIS PADRES SOLAMENTE BEBEN CUANDO ESTÁN EN MENORES DE EDAD, ¿POR QUÉ YO NO PUEDO?**

R: Las leyes que establecen la edad mínima para beber alcohol en una bebida alcohólica con alcohol no son promulgadas. Después de que los estados aumentaron la edad legal para consumir alcohol a 21 años, hubo menos accidentes automovilísticos. Además, el consumo de alcohol durante el menor de edad puede afectar el desarrollo del cerebro y aumentar el riesgo de lesiones por caídas o accidentes automovilísticos.

**CONCLUSIÓN:** El consumo de alcohol por menores de edad perjudica y puede ser fatal. Beber no es bueno, ni saludable. Un consumo de alcohol en menor de edad puede ser peligroso.

**MÁS INFORMACIÓN:** Si necesita más información sobre el consumo de alcohol por menores de edad, visite el sitio web de SAMHSA.

**PARA OBTENER MÁS INFORMACIÓN SOBRE LA PREVENCIÓN DEL CONSUMO DE ALCOHOL EN MENORES DE EDAD, CONTACTE CON:**

**SAMHSA**  
1-877-SAMHSA-7 (1-877-726-4273) (en inglés y español)  
TTY: 1-800-487-4889  
www.samhsa.gov | @samhsa.gov

**Tips for Teens: The Truth About Alcohol**

Newly available in Spanish, this fact sheet describes short- and long-term effects of alcohol use and common myths about alcohol.

**CONSEJOS para ADOLESCENTES**

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# Report to Congress

## Turning Data into Action

### State Reports



# State Resources on Under



Substance

REPORTS *and*  
PUBLICATIONS

Data

Key Subst

Competencies



age Drinking

State Reports

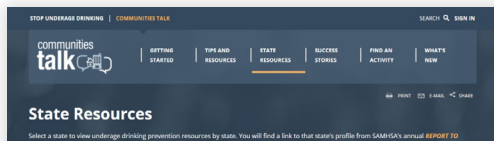




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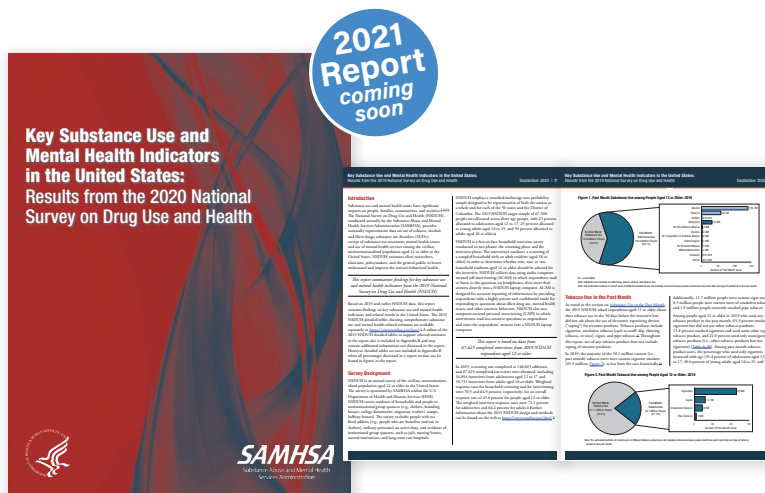
## State Resources on Underage Drinking Prevention and Enforcement

This interactive web page allows you to access reports from all 50 states, the District of Columbia, and U.S. territories on underage drinking, enforcement, and prevention. The page also contains links to prevention videos and success stories. Visit <https://www.stopalcoholabuse.gov/communitiestalk/stateprofiles/fullmap.aspx>.



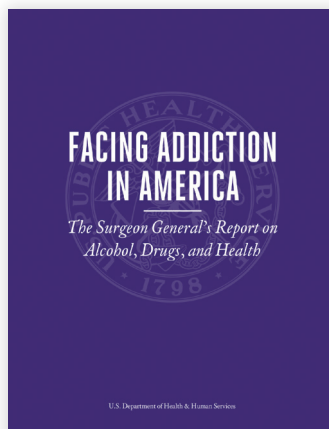
## Turning Data Into Action: A User's Guide to the Report to Congress on the Prevention and Reduction of Underage Drinking

This user's guide provides an overview of the Report to Congress for prevention professionals, state and local agencies, and community-based organizations.



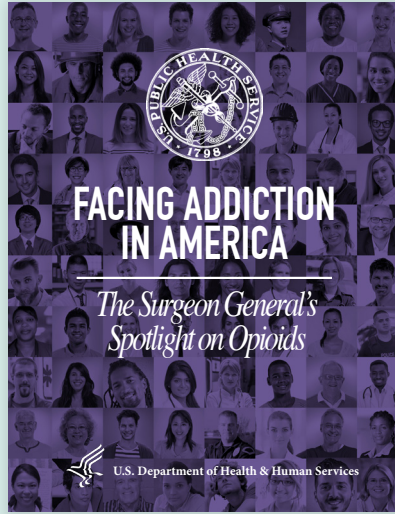
## Key Substance Use and Mental Health Indicators in the United States: Results from the 2020 National Survey on Drug Use and Health

This report summarizes key findings from the National Survey on Drug Use and Health on substance use and mental health among people ages 12 years or older in the United States.



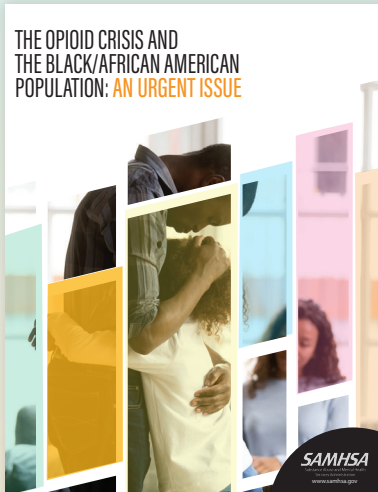
## Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health

The first-ever Surgeon General's Report on the addiction crisis in America aims to change the way our society thinks about substance misuse and identifies actions we can take to treat and prevent these conditions. Visit <https://addiction.surgeongeneral.gov/>.



## Facing Addiction in America: The Surgeon General's Spotlight on Opioids

Taken from the Surgeon General's Report, the Spotlight shares opioid-related information for family and friends of individuals with a higher risk of opioid overdose, misuse, or disorder. Visit <https://addiction.surgeongeneral.gov/>.



### The Opioid Crisis and the Black/African American Population: An Urgent Issue

This issue brief presents data on the prevalence of opioid misuse and death rates in the Black/African American population, and outreach and engagement strategies to connect people to evidence-based treatment.



### The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue

The prevalence of opioid misuse and death rates in the Hispanic/Latino population is the focus of this issue brief, along with strategies to connect people to evidence-based treatment.

Fact Sheet 1 of 4

### Opioid Use Disorder and Pregnancy

Taking helpful steps for a healthy pregnancy

**Introduction**

If you have an opioid use disorder (OUD) and are pregnant, you can take helpful steps now to ensure you have a healthy pregnancy and a healthy baby. During pregnancy, OUD should be treated with medicines, counseling, and recovery support. Good prenatal care is also very important. Ongoing contact between the healthcare professionals treating your OUD and those supporting your pregnancy is very important.

The actions you take or don't take play a vital role during your pregnancy. Below are some important things to know about OUD and pregnancy, as well as the Do's and Don'ts for making sure you have a healthy pregnancy and a healthy baby.

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**Things to know**

- OUD is a treatable illness like diabetes or high blood pressure.
- You should not try to stop opioid use on your own. Suddenly stopping the use of opioids can lead to withdrawal for you and your baby. You may be more likely to start using drugs again and even experience overdose.
- For pregnant women, OUD is best treated with the medicines called methadone or buprenorphine along with counseling and recovery support services. Both of these medicines stop and prevent withdrawal and reduce opioid cravings, allowing you to focus on your recovery and caring for your baby.
- Tobacco, alcohol, and benzodiazepines may harm your baby. So make sure your treatment includes steps to stop using these substances.
- Depression and anxiety are common in women with OUD, and new mothers may also experience depression and anxiety after giving birth. Your healthcare professionals should check for these conditions regularly and, if you have them, help you get treatment for them.
- Mothers with OUD are at risk for hepatitis and HIV. Your healthcare professionals should do regular lab tests to make sure you are not infected and, if you are infected, provide treatment.
- Babies exposed to opioids and other substances before birth may develop neonatal abstinence syndrome (NAS) after birth. NAS is a group of withdrawal signs. Babies need to be watched for NAS in the hospital and may need treatment for a little while to help them sleep and eat.

**About OUD**

People with OUD typically feel a strong craving for opioids and find it hard to stop or stop using them. Over time, many people build up a tolerance to opioids and need larger amounts. They also spend more time looking for and using opioids and less time on everyday tasks and relationships. Those who suddenly reduce or stop opioid use may suffer withdrawal symptoms such as nausea or vomiting, muscle aches, diarrhea, fever, and trouble sleeping.

If you are concerned about your opioid use or have any of these symptoms, please check with your healthcare professionals about treatment or tapering or find a provider at this website: [www.samhsa.gov/ncmh-help](http://www.samhsa.gov/ncmh-help)

### Opioid Use Disorder and Pregnancy

This fact sheet for pregnant people with opioid use disorder describes ways to protect their health and the health of their babies.

Also available in Spanish

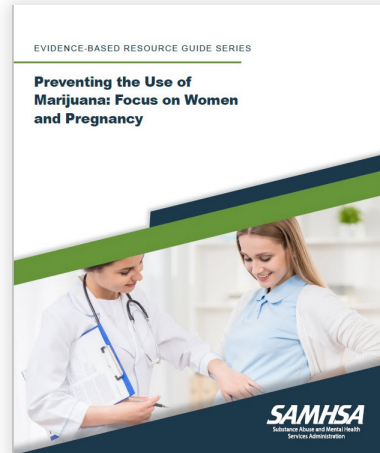


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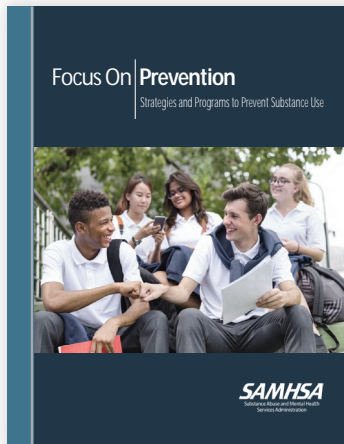
### Prevention Core Competencies

This guide outlines the core competencies of substance misuse prevention work and the knowledge, skills, and abilities associated with them.



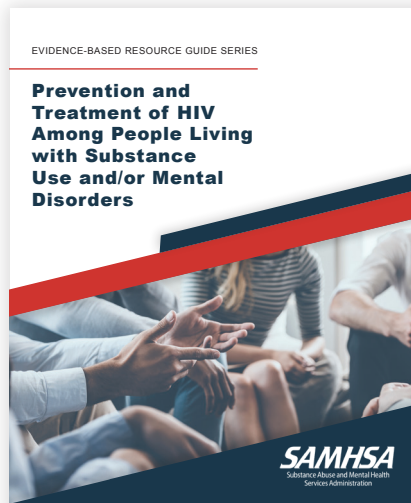
### Preventing the Use of Marijuana: Focus on Women and Pregnancy

This is a guide to emerging and best practices, knowledge gaps and implementation challenges, and useful resources for community-level efforts to prevent marijuana use by pregnant women.



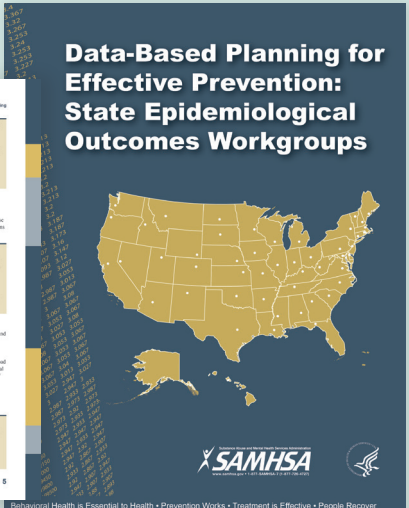
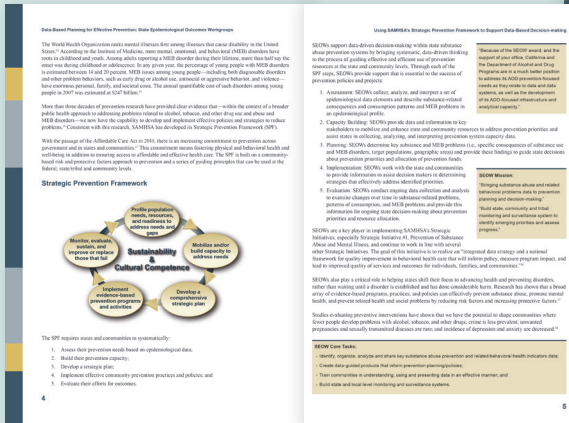
### Focus on Prevention: Strategies and Programs to Prevent Substance Use

This manual helps communities plan and deliver substance use prevention strategies. It covers conducting needs assessments, identifying partners, and creating effective strategies for marketing and program evaluation.



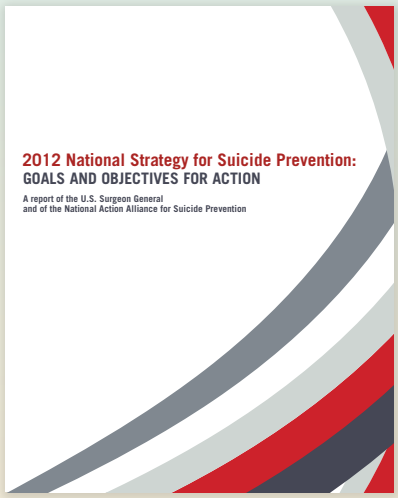
### Prevention and Treatment of HIV Among People Living with Substance Use and/or Mental Disorders

This review examines research findings related to preventing HIV among people with mental illness and/or substance use disorder (SUD) and linking people with HIV and co-occurring mental illness and/or SUD to HIV care.



## Data-Based Planning for Effective Prevention: State Epidemiological Outcomes Workgroups

This report describes the evolution, structure, and accomplishments of the collaboration between the State Epidemiological Outcomes Workgroups and SAMHSA and efforts to address problems related to substance misuse and mental, emotional, and behavioral disorders.




## 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action

A collaboration of the Office of the U.S. Surgeon General and the National Action Alliance for Suicide Prevention, this guide summarizes suicide prevention efforts across the country.



## Learn the Law: Preventing and Reducing Underage Drinking, Series 1-24

These 24 legal policy summaries allow you to track how your state regulates underage drinking, compared to other states.



**YOUTH *and*  
CAMPUS  
OUTREACH**

# YOUTH and CAMPUS OUTREACH



**SCAN** TO SEARCH AND DOWNLOAD YOUR RESOURCE.

## UNDERAGE DRINKING MYTHS VERSUS FACTS

You probably see and hear a lot about alcohol—from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

- MYTH:** You need to drink to fit in.
- FACT:** Only 16 percent of teens drink alcohol. Research shows that almost 80 percent of 12th graders who haven't had a drink in the past month.
- MYTH:** Drinking alcohol will make people like you.
- FACT:** There's nothing healthy about drinking alcohol, passing out, or drinking on purpose. Drinking alcohol can also make your brain and liver hurt.
- MYTH:** Drinking is a shortcut way to become an adult.
- FACT:** Making you an adult isn't better than not being an adult. It can make you act foolish, get things you shouldn't get, and do things you shouldn't really do. In fact, drinking can increase the likelihood of getting into a car crash or other accident.
- MYTH:** You're brain doesn't stop growing until about age 25, and drinking can affect that.
- FACT:** Drinking "Pops," alcohol increases your risk for many illnesses, such as liver and heart disease. Cause you to have accidents and get injured, sending you to the emergency room.
- MYTH:** You can drink alcohol and you won't get into trouble.
- FACT:** You can drink alcohol and you won't get into trouble. 21-year-old minimum drinking age laws. If you get caught drinking, you could have to pay a fine, sit community service, take alcohol education classes, or even spend time in jail.

## Underage Drinking: Myths Versus Facts

This brochure outlines common myths teens and preteens may believe about alcohol use.

## FACTS on Underage Drinking

MARCH 2021

**PREVENTION WORKS!**

- The facts on the story: **Prevention of underage drinking leads to consequences in jobs.**
- Between 2002 and 2018, current drinking by 12- to 20-year-olds declined by 24 percent for females. From 2015 to 2018, binge drinking had more incident use declined from 13 percent to 11 percent and 3 percent to 2 percent, respectively.<sup>1</sup>
- The number of 12th graders who reported using alcohol at least once in their lives declined from 82 percent to 79 percent in 2018, and 87 percent to 84 percent in 2019.<sup>2</sup>
- Minimum legal drinking age laws are estimated to have saved 25,000 lives since 1976. 12th graders who have achieved through strong, continuing prevention efforts.<sup>3</sup>

**UNDERAGE DRINKING STARTS EARLY**

Alcohol continues to be the most widely used substance of abuse among American youth, and a higher proportion use alcohol than tobacco, marijuana, or other drugs.

Underage drinking often begins at an early age. Of those who drink, underage, 15 percent began using alcohol before they were 10 years old. Nearly 2.3 million 12- to 17-year-olds used alcohol for the first time in 2019, which is equivalent to approximately 6,200 adolescents who began using alcohol each day.<sup>4</sup>

Underage drinking is common and often increases. In 2019, over 7 million 12- to 20-year-olds reported past month alcohol use, over 4 million reported past month binge drinking, and nearly 1 million reported past month heavy alcohol use.<sup>5</sup>

On their most recent drinking occasion, 73 percent of youth reported that they obtained alcohol for free. Most got free alcohol from a non-relative who was older than 21 (22 percent) or persons under 21 (2 percent).<sup>6</sup> Half of them drank the alcohol at someone else's home.<sup>7</sup>

**PREVALENCE OF ALCOHOL USE BY ADOLESCENTS VARIES BY AGE**

Among adolescents, 46 percent of 16- to 17-year-olds, 25 percent of 14- to 15-year-olds, and 8 percent of 12- to 13-year-olds reported using alcohol at least once in their lives.<sup>8</sup> Among adolescents ages 12 to 17, 2.3 million reported using alcohol in the past month and 290,000 reported using alcohol daily.<sup>9</sup>

By grade, 29 percent of 12th graders, 18 percent of 10th graders, and 8 percent of 8th graders reported current drinking. By 10th grade, 2.4 percent of students had never alcohol used and by the end of high school 59 percent of students had done so.<sup>10</sup>

Past month binge drinking was reported by 11 percent of 16- to 17-year-olds and 3 percent of 14- to 15-year-olds.<sup>11</sup> Among 12th graders, 5 percent reported drinking 10 or more drinks in a row and 3 percent drank 15 or more drinks in a row.<sup>12</sup>

Adolescents find it easy to obtain alcohol. The majority of students in 10th and 12th grades reported that alcohol is "very easy" or "easy" to obtain alcohol. This perception was most common among 12th graders, with 64 percent reporting easy access. This percentage, however, represents a decline from a high of 93 percent reported in 1999.<sup>13</sup>

All data are from 2019 unless otherwise indicated.

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

## Facts on Underage Drinking

This fact sheet provides an overview of underage student drinking habits and associated risks, as well as the positive impact of prevention efforts.



## Keeping Youth Drug Free

This resource guide provides statistics about adolescent substance use and advice for parents on how to keep their children drug free.

## PREVENTING SUICIDE

A Toolkit for High Schools

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

## Preventing Suicide: A Toolkit for High Schools

This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health among students.



# TIPS for TEENS

## UNDERAGE DRINKING

THE TRUTH ABOUT UNDERAGE DRINKING

SLANG: BOOZE/BREW/LIQUOR/SAUCE

## GET THE FACTS

**UNDERAGE DRINKING IS DANGEROUS.** Drinking alcohol can result in poor decision making which can make you less aware of your actions and unable to recognize potential danger. Drinking may also lead to impaired motor coordination, placing you at a greater risk of being injured from falls or vehicle crashes. While intoxicated, you are more likely to engage in unsafe behavior, including drinking and driving, unprotected sex, and aggressive or violent actions.<sup>1</sup>

**UNDERAGE DRINKING CAN BE FATAL.** When a person has an alcohol overdose, their breathing and heart rate slows down to dangerous levels. Symptoms include confusion, being unconscious, vomiting, seizures, and trouble breathing. Overdosing on alcohol can lead to permanent brain damage or death. In addition, driving after drinking alcohol can lead to vehicle accidents and deaths.<sup>2</sup>

**UNDERAGE DRINKING CAN BE ADDICTIVE.** When someone is unable to stop or control their alcohol use—even when facing serious health, social, or academic consequences—they have an alcohol use disorder that requires treatment. Talking with a counselor, psychologist, psychiatrist, or other trained professional can help.<sup>3</sup>

### Q&A

**Q. IS IT REALLY UNSAFE TO DRINK UNTIL I'M 21?**  
**A. YES.** The risks of underage drinking are high. Research suggests that drinking during the teen years could interfere with normal brain development and increase the risk of developing an alcohol use disorder later in life.<sup>4</sup>

**Q. WHY DO MY FRIENDS DRINK ALCOHOL IF IT IS UNSAFE?**  
**A.** Many teens experience peer pressure to drink alcohol, and some are looking for a way to cope with stress; however, underage drinking will result in more problems—not fewer. In 2019, about 4.2 million young people aged 12 to 20 reported binge drinking (for males, 5 or more drinks, and for females, 4 or more drinks on the same occasion within a few hours) at least once in the past month.<sup>5</sup>

**Q. MY PARENTS USED TO DRINK WHEN THEY WERE UNDERAGE. WHY CAN'T I?**  
**A.** Minimum drinking age laws exist for a reason—they help keep everyone safer. After states increased the legal drinking age to 21, there were fewer car crashes. Also, drinking during the previous month for 18- to 20-year-olds declined after all states adopted a minimum legal drinking age of 21, from 59 percent in 1985 to 40 percent in 1991.<sup>6</sup>

**THE BOTTOM LINE:** Underage drinking is dangerous and can be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

**LEARN MORE:** Get the latest information on how underage drinking affects the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

**TO LEARN MORE ABOUT UNDERAGE DRINKING PREVENTION, CONTACT:**  
**SAMHSA**  
 1-877-SAMHSA-7 (1-877-726-4277) (English and Español)  
 TTY 1-800-487-4889  
[www.samhsa.gov](https://www.samhsa.gov) | [store.samhsa.gov](https://store.samhsa.gov)



## TIPS for TEENS

### TOBACCO USE

THE TRUTH ABOUT TOBACCO USE

SLANG FOR CIGARETTES, SMOKES/DISCS/BUTTS  
 CHEW/DIP/SPIT TOBACCO/SNUFF

## GET THE FACTS

**TOBACCO USE DAMAGES YOUR BRAIN.** Smoking, snuffing, and chewing tobacco can damage your brain and affect your ability to think, learn, and remember. It can also lead to addiction and other health problems.

**TOBACCO USE AFFECTS YOUR BODY'S DEVELOPMENT.** Smoking, snuffing, and chewing tobacco can affect your body's development, including your lungs, heart, and immune system. It can also lead to addiction and other health problems.

**TOBACCO CAN BE ADDICTIVE.** Nicotine is a powerful drug that can be addictive. It can also lead to addiction and other health problems.

**TOBACCO USE CAN KILL YOU.** Tobacco smoking is responsible for about 480,000 deaths per year in the U.S. Tobacco smoke causes cancer, heart disease, and other health problems.

**Q&A**  
**Q. WHY SHOULD I NOT USE TOBACCO?**  
**A.** Tobacco use can damage your brain and affect your ability to think, learn, and remember. It can also lead to addiction and other health problems.

**Q. IS THERE ANY SAFE WAY TO USE TOBACCO?**  
**A.** No. There is no safe way to use tobacco. It can damage your brain and affect your ability to think, learn, and remember. It can also lead to addiction and other health problems.

**Q. SHOULD FRIENDS HELP YOU RESIST?**  
**A.** Yes. Your friends can help you resist peer pressure to use tobacco. They can also help you understand the risks of tobacco use.

**THE BOTTOM LINE:** Tobacco use is dangerous and can be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

**LEARN MORE:** Get the latest information on how tobacco use affects the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

**TO LEARN MORE ABOUT TOBACCO PREVENTION, CONTACT:**  
**SAMHSA**  
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 TTY 1-800-487-4889  
[www.samhsa.gov](https://www.samhsa.gov)

## TIPS for TEENS

### E-CIGARETTES

THE TRUTH ABOUT E-CIGARETTES

SLANG: E-CIGS/E-HOOKAHS/VAPE PENS/VAPES/TANK SYSTEMS/MODS

## GET THE FACTS

**E-CIGARETTES ARE NOT SAFE FOR TEENS.** E-cigarettes are not safe for teens. They can damage your brain and affect your ability to think, learn, and remember. They can also lead to addiction and other health problems.

**E-CIGARETTES CAN BE ADDICTIVE.** Nicotine is a powerful drug that can be addictive. It can also lead to addiction and other health problems.

**E-CIGARETTES CAN BE DANGEROUS.** E-cigarettes can be dangerous. They can cause lung disease and other health problems.

**Q&A**  
**Q. ARE E-CIGARETTES SAFE FOR TEENS?**  
**A.** No. E-cigarettes are not safe for teens. They can damage your brain and affect your ability to think, learn, and remember. They can also lead to addiction and other health problems.

**Q. CAN E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?**  
**A.** E-cigarettes can help you quit smoking, but they are not safe for teens. They can damage your brain and affect your ability to think, learn, and remember. They can also lead to addiction and other health problems.

**Q. ARE E-CIGARETTES USED MORE OFTEN BY TEENS NOW?**  
**A.** Yes. E-cigarette use among teens has increased significantly in recent years. It can damage your brain and affect your ability to think, learn, and remember. It can also lead to addiction and other health problems.

**THE BOTTOM LINE:** E-cigarettes are not safe for young people. Whether a young person smokes regular or flavored e-cigarettes, they can be dangerous for their health.

**LEARN MORE:** Get the latest information on how e-cigarettes affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

**TO LEARN MORE ABOUT TOBACCO PREVENTION, CONTACT:**  
**SAMHSA**  
 1-877-SAMHSA-7 (1-877-726-4277) (English and Español)  
 TTY 1-800-487-4889  
[www.samhsa.gov](https://www.samhsa.gov)

## TIPS for TEENS

### STERIODS

THE TRUTH ABOUT ANABOLIC STEROIDS

SLANG: ARNOLDS/GYM CANDY/PUMPERS/STACKERS/WEIGHT TRAINERS/JUICE

## GET THE FACTS

**STERIODS AFFECT YOUR HEART.** Steroid use and misuse have been associated with cardiovascular disease, including heart attack and stroke. Researchers found that steroid users had significantly weaker hearts than those who never used steroids.

**STERIODS AFFECT YOUR MOOD.** Steroids can cause paranoia, jealousy, extreme irritability, and impaired judgment. Extreme mood swings also can occur, including "roid rage"—irrity, feelings and behavior that may lead to violence.

**STERIODS WEAKEN YOUR BONES.** Steroid use can lead to osteoporosis, which can increase the risk of fractures and other bone problems.

**Q&A**  
**Q. WHAT ARE ANABOLIC STEROIDS?**  
**A.** Anabolic steroids, commonly referred to as steroids, are medications related to testosterone, some of which are anabolic steroids approved for certain therapeutic uses. Bodybuilders and athletes may misuse steroids to build muscle, often taking doses much higher than would be prescribed for a medical condition, such as delayed puberty or muscle loss due to disease. Taking them this way is not legal or safe.

**Q. ARE STEROIDS ADDICTIVE?**  
**A.** Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, weakness, loss of appetite, and loss of sleep.<sup>1</sup>

**Q. WHAT CAN I DO TO EXCEL IN SPORTS IF I DON'T USE STEROIDS?**  
**A.** Focus on eating a proper diet and getting plenty of rest. These are important factors in mental and physical health and conditioning. Most elite athletes excel in sports without using steroids.

**THE BOTTOM LINE:** Many sports are prescribed steroids for medical reasons, but steroids can still be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

**LEARN MORE:** Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

**TO LEARN MORE ABOUT TOBACCO PREVENTION, CONTACT:**  
**SAMHSA**  
 1-877-SAMHSA-7 (1-877-726-4277) (English and Español)  
 TTY 1-800-487-4889  
[www.samhsa.gov](https://www.samhsa.gov)

## FACT SHEET TOPICS

- The Truth About Alcohol
- The Truth About Cocaine
- The Truth About E-Cigarettes
- The Truth About Hallucinogens
- The Truth About Heroin
- The Truth About HIV
- The Truth About Inhalants
- The Truth About Marijuana
- The Truth About Methamphetamine
- The Truth About Opioids
- The Truth About Sedatives
- The Truth About Stimulants
- The Truth About Steroids
- The Truth About Tobacco

Also available in Spanish



**Talk. They Hear You<sup>®</sup>s**

The "Talk. They Hear You."<sup>®</sup> campaign aims to reduce underage drinking and other substance use among youths under the age of 21. It provides parents and caregivers with information and resources they need to address these issues with their children early and often.

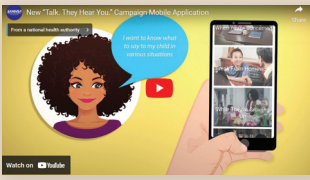


**Public Service Announcements (PSAs)**

Talk. They Hear You.<sup>®</sup> features an extensive selection of TV, radio, and print PSAs that can be downloaded for free and shared. TV and radio spots are available in 30- and 60-second versions, and print PSAs can be published in sizes ranging from a postcard to a full page.

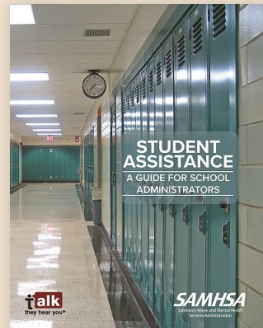
**Partner Toolkit Flash Drive**

The partner toolkit flash drive contains the full suite of Talk. They Hear You.<sup>®</sup> campaign products, plus supporting materials for use by parents and communities.



**Mobile App**

Parents can influence whether their kids drink. This app prepares parents and caregivers for conversations about alcohol and drugs.



**Student Assistance Resource Guide**

This guide describes the Talk. They Hear You.<sup>®</sup> campaign's student assistance resources and offers ways that school administrators and student assistance teams can use those resources.



**"What Parents Are Saying" Podcast**

Hosted by Debbie Berndt, director of the drug awareness initiative Parent Movement 2.0, this podcast features conversations with parents, caregivers, and leading experts on effective ways to talk about substance use with young people.

See the full Talk. They Hear You.<sup>®</sup> program page at <https://www.samhsa.gov/talk-they-hear-you> and in Spanish at <https://www.samhsa.gov/hable-ellos-escuchan>.

# DATA VISUALIZATIONS

SAMHSA's data visualizations share the latest data from the annual National Survey on Drug Use and Health.

- Be Prepared to Have the Difficult Conversation
- Getting Ahead of a Problem
- Helping Girls and Young Women Stay Healthy by Avoiding Alcohol
- Prevent Unsafe Drinking Behaviors on Campus
- Take Action to Prevent Underage Alcohol Use **S**

### Helping Girls and Young Women Stay Healthy ... BY AVOIDING ALCOHOL

In 2020, girls and young women ages 12-20 years old were more likely than boys and young men to say they used alcohol.

**GIRLS AND YOUNG WOMEN REPORTED:**

HAVING USED ALCOHOL AT LEAST ONCE IN THE PAST YEAR	HAVING USED ALCOHOL IN THE PAST YEAR
36.7% VS. 32.7% OF BOYS AND YOUNG MEN	31.6% VS. 22.6% OF BOYS AND YOUNG MEN

#### HOW CAN PARENTS, CAREGIVERS, AND COMMUNITIES RESPOND?

- 1 **Be aware** of the reasons that youth use alcohol, including stress over fitting in or a traumatic experience, a relationship break-up, or peer pressure.
- 2 **Make it clear** to the girls and underage young women in your life that you disapprove of underage drinking and other drug misuse. Share the reasons why.
- 3 **Talk** with your daughters, granddaughters, students, and other girls you care about on how to avoid alcohol and other drug misuse.
- 4 **Share positive solutions** to problems they may be facing.

Learn more about underage drinking—and what you can do to prevent it—at [StopAlcoholAbuse.gov/CommunitiesTalk](http://StopAlcoholAbuse.gov/CommunitiesTalk).

### GETTING AHEAD OF A PROBLEM

Underage alcohol use can start early—even as young as age 8. Prevention efforts need to start just as early. Here's why:

40%  
In 2020, nearly 7 million (17.1%) 12-year-olds reportedly used alcohol for the first time.\*

Despite what parents may think, children really hear their concerns when it comes to using substances, and it's important to discuss the risks of using alcohol and other drugs with them at every opportunity.

Informed, prepared parents/guardians and communities have the best chance of getting ahead of underage drinking and other substance issues.

**SAMHSA**  
Center for Substance Abuse Prevention

LEARN MORE AT [StopAlcoholAbuse.gov/CommunitiesTalk](http://StopAlcoholAbuse.gov/CommunitiesTalk)

### PREVENT UNSAFE DRINKING BEHAVIORS ON CAMPUS

College students drink, binge drink, and engage in heavy alcohol use more than young adults of the same age who are not in college.

In 2020, 48% of full-time college students ages 18 to 22 used alcohol in the past month. By comparison, 42% of young adults ages 18 to 22 who were not enrolled in college full-time used alcohol in a given month.\*

**BINGE DRINKING**  
NUMBER OF DRINKS CONSUMED ON THE SAME OCCASION

5+ **HEAVY ALCOHOL CONSUMPTION**  
BINGE DRINKING ON 5 OR MORE DAYS IN THE PAST MONTH

29% of full-time college students (ages 18 to 22) engaged in binge drinking and 8% engaged in heavy alcohol use in 2020.

26% of young adults (ages 18 to 22) not enrolled in college full-time engaged in binge drinking and 7% engaged in heavy alcohol use in 2020.

**communities talk**  
to prevent alcohol abuse

To reduce underage, binge, or heavy drinking on your campus, host a **Communities Talk** activity or join the social media conversation using [#CommunitiesTalk](https://www.facebook.com/CommunitiesTalk).

For more information, visit [StopAlcoholAbuse.gov/CommunitiesTalk](http://StopAlcoholAbuse.gov/CommunitiesTalk).

### BE PREPARED TO HAVE THE DIFFICULT CONVERSATION

Before you allow your underage children to attend a party where you think alcohol may be available, take the opportunity to inform them of how alcohol and other substances—such as marijuana—can affect their bodies and minds.

NEARLY 19% OF UNDERAGE YOUTH  
Research shows that 40% of youth ages 12 to 17 also used marijuana in 2020.

Learn how you can keep underage youth informed about the consequences of substance misuse at [underdrinking.samhsa.gov](http://underdrinking.samhsa.gov).

**SAMHSA**  
Center for Substance Abuse Prevention

### TAKE ACTION TO PREVENT UNDERAGE ALCOHOL USE

Preventing underage and problem drinking must be a priority for every community. Being informed, being prepared and taking action are how local, state, and national efforts are paying off.

THAT'S REAL PROGRESS

Informed communities are effective communities.

Explore how communities are working together to disrupt the cycle of alcohol misuse at [StopAlcoholAbuse.gov/CommunitiesTalk](http://StopAlcoholAbuse.gov/CommunitiesTalk).

**8.2%**  
Current drinkers  
Between 2002 and 2019, current drinkers aged 12 to 17 years old declined from 10 percent to 8.2 percent.

**SAMHSA**  
Center for Substance Abuse Prevention

**S** Also available in Spanish

**BEHAVIORAL HEALTH AMONG COLLEGE STUDENTS INFORMATION & RESOURCE KIT**

**Substance Use and Mental Health Among College Students**

## Behavioral Health Among College Students Information & Resource Kit

The resource kit is for university prevention practitioners, health center staff, and administrators who want to address the substance misuse and mental health issues that many young adults encounter as they enter college life.

**FACTS on College Student Drinking**

MARCH 2021

**FAST FACTS**

- Of the 19 million undergraduate students enrolled in college in 2019, 9 million were under age 21, the U.S. minimum legal drinking age.
- College students have an increasing rate of alcohol use, as they use to legal drinking age. While 104,000 to 160,000 college students met the criteria for an alcohol use disorder in 2019, that number more than doubled to 271,000 in age 21.
- High blood alcohol concentrations and requirements are associated with binge drinking place those who binge drink and those required from a substantially elevated risk for negative consequences, such as traffic accidents, injury-related deaths, sexual assault, violent crimes, and reduced academic performance.
- Alcohol contributes to an estimated 133 deaths per year among college students.
- Current research from 2019 indicates that SAMHSA's research on drinking in a two-week period over the past 12 months is more likely to be used by students in the past 12 months than any other time period.

**COLLEGE DRINKING OVERVIEW**

Full-time college students tend to drink more than others in their age group. In 2019, 53 percent of full-time college students drank alcohol in the past month, 12 percent reported binge drinking and 8 percent reported heavy drinking in the past month. Among individuals ages 18 to 22 not enrolled full-time in college, the percentages were 44 percent, 28 percent, and 6 percent, respectively.

Many students may come to college with established drinking habits. Among 12th graders in 2019, 59 percent had already had alcohol and 49 percent said they had been drunk at least once.

Risk of alcohol misuse appears to be greater among some college groups. While individual rates of substance misuse vary among fraternities and sororities across campuses, in general, membership in these groups is associated with increased rates of binge drinking and marijuana use. Among student athletes, 42 percent reported binge drinking in 2019. More than one-quarter of student athletes reported having a hangover, experiencing memory loss, and/or doing something they regretted after drinking.

**GENDER TRENDS IN STUDENT DRINKING REVERSE**

Rates of current drinking by college males has historically been higher than that of females, but the trend has reversed over time. In 2019, 59 percent of male college students drank alcohol in the past month, compared to 52 percent of females. By 2019, the percent of males using alcohol each month was 51 percent, compared to 53 percent of females.<sup>1</sup> However, rates of binge and heavy drinking by male students continues to exceed that of female students. In 2019, binge drinking was reported by 35 percent of male students and by 31 percent of female students. Heavy drinking was reported by 10 percent of males and 7 percent of females.<sup>2</sup>

From 2015 to 2019, more male students than female students ages 18 to 22 reported drinking 10 or more drinks in a row in a two-week period—39 percent compared to 3 percent, respectively. Males also reported greater rates of drinking 15 drinks in a row in a two-week period when compared to females—4 percent compared to less than 1 percent, respectively.<sup>3</sup>

**ALCOHOL USE CONSEQUENCES**

About one-quarter of college students report having negative academic consequences because of their drinking, including missing class, falling behind in their studies, doing poorly on exams or papers, and receiving lower grades overall.<sup>4</sup>

## Facts on College Student Drinking

This fact sheet provides an overview of student drinking habits and associated risks, as well as the positive impact of prevention efforts.

**Tips for College Students: AFTER A DISASTER OR OTHER TRAUMA**

If you have experienced a disaster such as a hurricane or flood, or other traumatic event such as a car crash, you may have distressing reactions like feeling anxious or afraid. It's also pretty common to think about the event often, even if you were not directly affected and especially if you saw it on television. No reactions are wrong or right. Most responses are just normal ways of reacting to the situation.

**Tips for Coping**

- Talk About It.** One of the most helpful things to do is to connect with others. Don't isolate yourself. Talk with someone about your sadness, anger, and other emotions, even though it may be difficult to get started. Find a peer who will understand and accept your feelings, or a trusted professor, counselor, or faith leader. Call home to talk with your parents or other caregivers (for example, your Resident Assistant if you are living on campus). Share your feelings and concerns with them, or visit the Student Health Center for any physical or emotional concerns.
- Take Care of Yourself.** Rest when you need to. Eat healthy meals and snacks when they are available, and drink plenty of water.
- Calm Yourself.** More the stress hormones out of your body:
  - Deep breathing or breathing that emphasizes the exhale is really helpful in reducing stress.
  - Simple exercises like walking or gentle stretching such as yoga helps get rid of stress.

## Tips for College Students: After a Disaster or Other Trauma

Designed to help college students cope with disasters and other traumatic events, this fact sheet describes typical reactions to trauma and emphasizes the importance of talking about feelings.

**AFTER HIGH SCHOOL: TALKING WITH YOUR YOUNG ADULT ABOUT UNDERAGE DRINKING**

**THEIR NEXT PHASE OF LIFE**

While they're enjoying all high school studies and activities, high school is also a time of important decisions about the rest of their lives. Some choose to pursue a college degree immediately, and others may decide to join the workforce or military or delay college enrollment.

The quest for independence and self-reliance can be exciting. But it also can increase stress levels and lead to a variety of unhealthy behaviors—the underage drinking.<sup>1</sup> Research shows that the brain continues to develop into the 20s, so alcohol use can damage young adults' maturing brains—just as they're entering the rest of their lives.<sup>2</sup>

**UNDERAGE DRINKING AFTER HIGH SCHOOL**

Underage drinking is prevalent after seniors graduate from high school. After graduating from high school, young adults tend to drink more than their senior classmates. They have an average of 15 drinks in a row in a two-week period. They have an average of 10 drinks in a row in a two-week period. They have an average of 10 drinks in a row in a two-week period.

**YOUNG ADULTS AND ALCOHOL**

Of 18- to 22-year-olds not attending college full-time, nearly 44 percent drink, nearly 28 percent binge drink, and nearly 6 percent drink heavily.<sup>3</sup>

**UNDERSTANDING UNDERAGE DRINKING**

Binge drinking at any age is associated with short- and long-term consequences, such as:

- Unintentional injuries (e.g., car crashes, falls, burns, drownings)
- Physical injuries (e.g., liver, pancreas, sexual assault, sexually transmitted diseases, and unintended pregnancy)
- Academic consequences (e.g., missing class, falling behind in studies, doing poorly on exams or papers, and receiving lower grades overall)

**LEARN MORE ABOUT UNDERAGE DRINKING AT WWW.SAMHSA.GOV**

**SAMHSA**  
Substance Abuse and Mental Health Services Administration

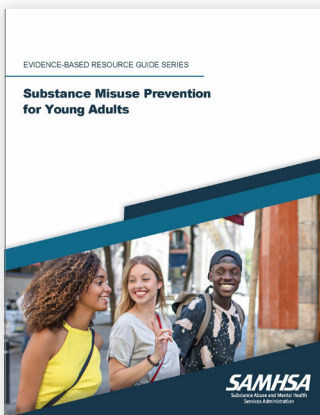
## After High School: Talking With Your Young Adult About Underage Drinking

This fact sheet is designed to help parents communicate openly with young adults about alcohol and the risks of alcohol misuse.

Also available in Spanish

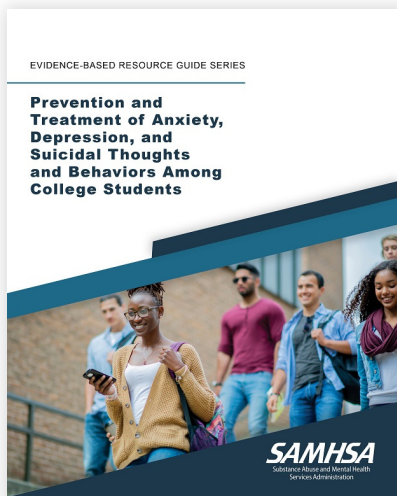


**SCAN** TO SEARCH AND DOWNLOAD YOUR RESOURCE.



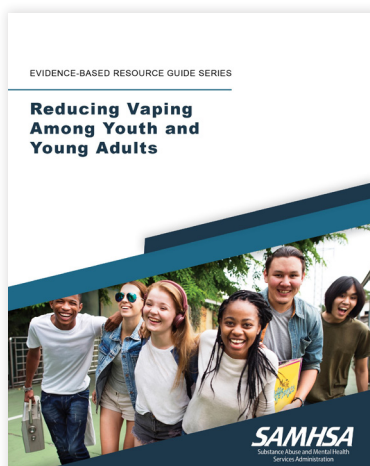
**Substance Misuse Prevention for Young Adults**

This guide is for healthcare providers, healthcare system administrators, and community members seeking to meet the needs of individuals at risk for, experiencing, or recovering from substance misuse and mental illness.



**Prevention and Treatment of Anxiety, Depression, and Suicidal Thoughts and Behaviors Among College Students**

This guide presents evidence-based practices for addressing mental health concerns, such as anxiety, depression, and suicidal thoughts and behaviors in college students.



**Reducing Vaping Among Youth and Young Adults**

This guide is for school administrators, community members, policymakers, and others working to reduce and prevent vaping among youth.



**Preventing Marijuana Use Among Youth**

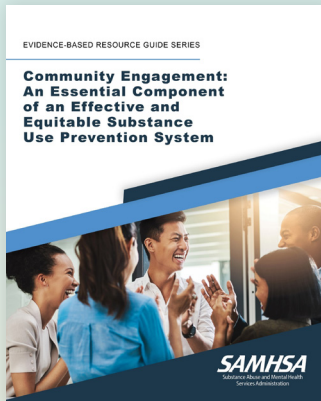
This summary reviews research on the prevention of marijuana use among youth and offers recommendations for practice.



An illustration from a top-down perspective showing a diverse group of people of various ethnicities and ages holding hands in a large circle. The background is a light blue with subtle circular patterns. In the center of the circle is a red rectangular box with a white border containing the text 'COMMUNITY ENGAGEMENT'.

**COMMUNITY  
ENGAGEMENT**

# COMMUNITY ENGAGEMENT



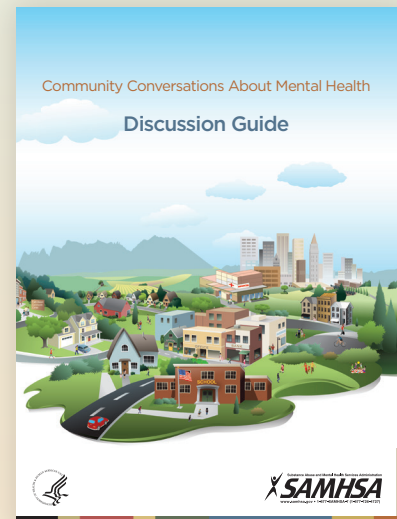
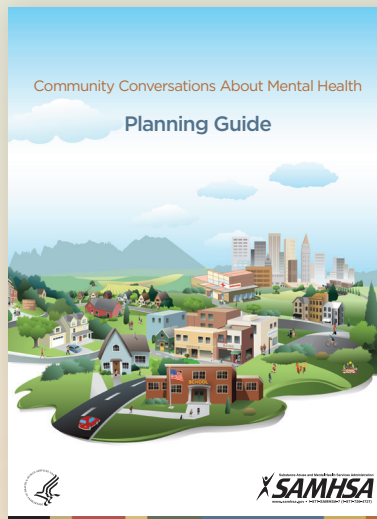
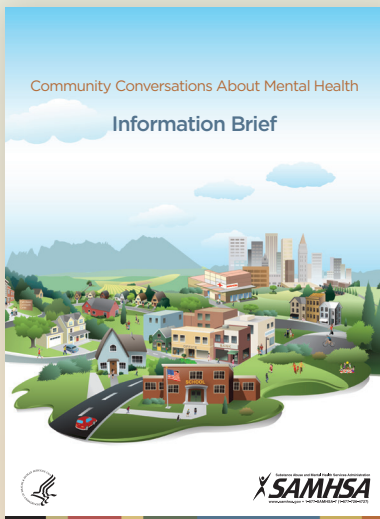
## Community Engagement: An Essential Component of an Effective and Equitable Substance Use Prevention System

This guide reviews the research on community engagement and provides implementation examples and outcomes. The guide also discusses practical considerations around how to effectively participate in community engagement.



## Top Health Issues for LGBT Populations Information and Resource Kit

This resource kit is designed for anyone who serves the LGBTQ+ community, including prevention professionals, community-based organizations, LGBTQ+ individuals, clinicians, and trainers and educators.



## Toolkit for Community Conversations About Mental Health **S**

This three-part resource is designed for those interested in holding a community dialog about mental health. It includes an information brief about the prevention of mental illness and the promotion of mental health awareness, a planning guide that lays out the logistics of conducting a one-day community conversation, and a companion discussion guide.

**S** Also available in Spanish





**SCAN TO SEARCH AND DOWNLOAD YOUR RESOURCE.**



**Rx Pain Medications: Know the Options, Get the Facts**

This series of fact sheets for healthcare providers and their patients discusses the risks associated with prescription opioid use and misuse, and alternative options for pain management.

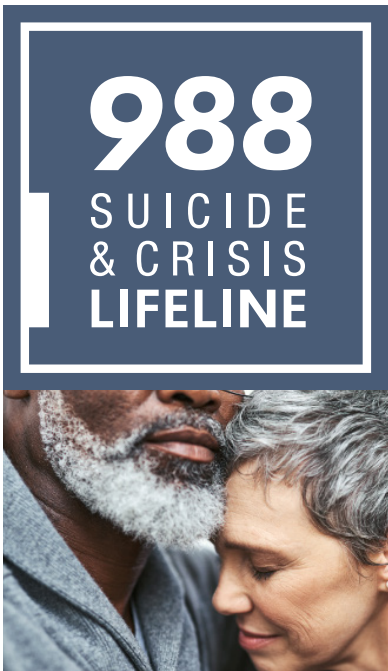
**SAMHSA Opioid Overdose Prevention Toolkit**

This toolkit offers strategies for healthcare providers, communities, and local governments to develop practices and policies that reduce opioid-related overdoses and deaths.



**Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health**

This toolkit helps organizations that provide services to older adults understand and address the issues associated with substance misuse and mental illness in older adults, and screen and refer at-risk clients appropriately.



**THE NATIONAL SUICIDE PREVENTION LIFELINE IS NOW 988**

**988 Partner Toolkit**

988 is a free national suicide and crisis hotline, and the 988 Partner Toolkit contains outreach materials to promote this valuable new resource. The materials can be used as-is or modified to meet the needs of your specific audiences. Some resources available in both English and Spanish.

**Available resources:**


- Fact sheets
- 988 logo and branding guidance
- E-newsletter template
- Radio PSA scripts
- Presentation template
- Operational guidance documents

Visit <https://www.samhsa.gov/find-help/988/partner-toolkit>

## SAMHSA PUBLIC MESSAGES SERIES



# PREVENTING SUICIDE



## Adults & Drug Use There Is Help.



## YOUNG ADULTS: IT'S OKAY TO ASK FOR HELP

SAMHSA public messages feature information and videos related to its mission: to lead public health and service delivery efforts that promote mental health, prevent substance misuse, and provide treatments and supports to foster recovery while ensuring equitable access and better outcomes. The messages cover such topics as marijuana, methamphetamine, suicide prevention, and mental and substance use disorders in young adults.

- Help Prevent Suicide
- Know the Risks of Marijuana
- Know the Risks of Meth
- Know the Risks of Using Drugs
- Living Well with Serious Mental Illness
- Mental Health Treatment Works
- Mental Illness and Substance Use in Young Adults
- Resources for Families Coping with Mental and Substance Use Disorders
- The Case for Screening and Treatment of Co-Occurring Disorders

View the full selection of public messages at <https://www.samhsa.gov/public-messages>.

# Communities Talk

## ABOUT PREVENTION



## PODCAST

### COMMUNITIES TALK TO PREVENT ALCOHOL AND OTHER DRUG MISUSE

#### **NEW!** SAMHSA's "Communities Talk About Prevention" Podcast Series

Tune into SAMHSA's podcast series "Communities Talk About Prevention." Each episode focuses on how organizations have coordinated local events and activities to support substance use prevention, how they have overcome unique challenges, and how they have measured success. Participants are from SAMHSA's national "Communities Talk" initiative. In the first episode, you will hear how one community coalition works to address youth substance misuse, bullying, and mental health to strengthen its tri-state area.

Check the "Communities Talk About Prevention" podcast page for updates on current and upcoming episodes. Listen to episodes on:

- Spotify
- Apple Podcast
- Google Podcast
- Amazon Music/Audible
- iHeartRadio
- Podcast Index

KnowBullying

Talk. T

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Disaster Mo



They Hear You<sup>®</sup>

Mobile App

**APPS *and*  
MULTIMEDIA  
TOOLS**

Suic



# APPS and MULTIMEDIA TOOLS

All SAMHSA apps are free and available for both iOS and Android.



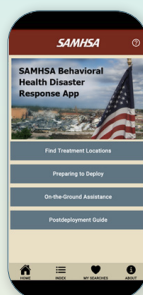
## KnowBullying

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their children or teens build strong relationships and prevent bullying. The KnowBullying app helps parents have these conversations with their children and build effective strategies to face bullying.



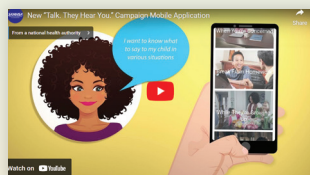
## Suicide Safe

Suicide Safe helps providers integrate suicide prevention strategies into their practice and address suicide risk among patients.



## Disaster Mobile App

The SAMHSA Disaster Mobile App offers first responders immediate access to pre-deployment preparation, on-the-ground assistance, and post-deployment resources to support communities affected by any type of disaster or traumatic event.



## Talk. They Hear You.®

Parents have a strong influence on whether or not their kids drink. This app prepares parents and caregivers for some of the most important conversations they may ever have with their kids.

## PLANNING PREVENTION ACTIVITIES MADE EASIER

### SAMHSA's Event Planner

Whether you are planning a "Communities Talk" or other prevention event, SAMHSA's new Event Planner application has resources and event management capabilities that enable you to succeed. You'll find resources to help you plan your event, as well as create tasks and collaborate with others as you plan. With the application, you'll be able to:



- **Leverage resources:** Search and browse through hundreds of articles and blogs from experts in substance misuse prevention.
- **Plan multiple events:** Need to manage more than one event in your area? Our planner allows you to manage multiple events at once.
- **Team up:** Collaborate with people in your community by assigning tasks, sharing tips, and tracking your progress. Invite up to five others to help bring your event to life.
- **Work on the go:** Simply log in with any browser on your phone to use the mobile version.



**SCAN** TO SEARCH AND DOWNLOAD  
YOUR RESOURCE.

COLLEGE DRINKING PREVENTION PERSPECTIVES VIDEO SERIES



College Drinking: Prevention Perspectives – Embracing Culture & Context to Prevent Underage...



These videos and discussion guides explore efforts at Frostburg State, Howard, and Morgan State universities to reduce underage and harmful drinking, offering educators, parents, and prevention organizations valuable insight into campus and community prevention efforts that work.

- Lessons Learned at Frostburg State University
  - Video (watch at <https://www.youtube.com/watch?v=PEwleuXyPZY>)
  - Discussion Guide
- Embracing Culture and Context to Prevent Underage Drinking
  - Video (watch at [https://www.youtube.com/watch?v=IJIm1IU\\_QZw](https://www.youtube.com/watch?v=IJIm1IU_QZw))
  - Discussion Guide







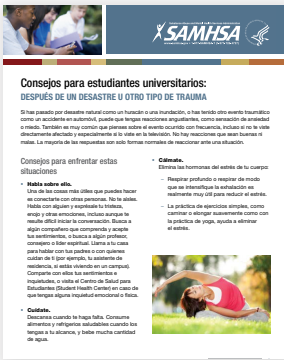
**SPANISH-  
LANGUAGE  
RESOURCES**





**Toolkit for Community Conversations About Mental Health (Diálogos comunitarios acerca de la salud mental)**

This three-part resource is designed for those interested in holding a community dialog about mental health. It includes an information brief about the prevention of mental illness and the promotion of mental health awareness, a planning guide that lays out the logistics of conducting a one-day community conversation, and a companion discussion guide.



**Tips for College Students: After a Disaster or Other Trauma (Consejos para estudiantes universitarios: después de un desastre u otro tipo de trauma)**

Designed to help college students cope with disasters and other

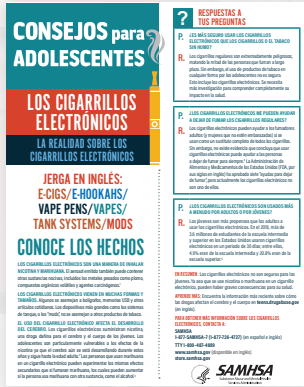
traumatic events, this fact sheet describes typical reactions to trauma and emphasizes the importance of talking about feelings.



**Opioid Overdose Prevention Toolkit (Manual de Instrucción de SAMHSA para la prevención de sobredosis de opioides)**

This toolkit offers strategies for healthcare providers, communities, and local governments to develop

practices and policies that reduce opioid-related overdoses and deaths.



**Tips for Teens Fact Sheet Series in Spanish**

Each fact sheet in the “Tips for Teens” series has been translated into Spanish, to help Spanish-speaking parents and caregivers discuss substance use with their kids. The series covers a range of drugs, including alcohol, heroin, methamphetamine, and tobacco, and also addresses e-cigarettes and the topic of HIV.

SAVE THE DATE FOR  
**NATIONAL PREVENTION WEEK 2023**  
SUNDAY, MAY 7 THROUGH SATURDAY, MAY 13

**NATIONAL  
PREVENTION  
WEEK**

A CELEBRATION OF POSSIBILITY

[HTTPS://WWW.SAMHSA.GOV/PREVENTION-WEEK](https://www.samhsa.gov/prevention-week)

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