



Youth Nonmedical Stimulant Use and Delinquent Behaviors

Youths who used stimulants nonmedically in the past year are significantly more likely than those who did not report nonmedical stimulant use to engage in delinquent behaviors, according to a recent report from the National Survey on Drug Use and Health (NSDUH). More than two-thirds (70%) of youths ages 12 to 17 who had used stimulants nonmedically in the past year also said that they used marijuana and more than half (57%) reported non-medical pain reliever use, compared to 12% and 6%, respectively, of youths who did not report nonmedical stimulant use. Similar results were found for other illicit drugs, including hallucinogens, and tranquilizers.

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For more information on Youth Development [click Here](#).

"Choking Game" Claims Adolescents' Lives in 31 States

A study from the Centers for Disease Control and Prevention (CDC) reports that at least 82 young people have died from "the choking game" -- trying to get a brief high from being choked by another person or oneself. "Because most parents in the study had not heard of the choking game, we hope to raise awareness of the choking game among parents, health care providers, and educators, so they can recognize warning signs of the activity," said Robin L. Toblin, Ph.D., M.P.H., the study's lead author. The study found that most victims were 11- to 16-year-old males, many of whom were alone while engaging in the dangerous game.

Click [here](#) for the full story



Want to know what is happening in each of the 7 HCTC communities? [Click Here](#)

Focus on Alcohol and Availability

It is illegal in all 50 States for youth under the age of 21 to buy or publicly possess alcohol. In communities where proven law enforcement techniques to stop underage alcohol purchases have been used, many of the problems linked to underage drinking have been reduced. The effective management of alcohol availability is a community problem. In practical terms, it means placing reasonable limits on the retail distribution of alcohol, on the operation of alcohol outlets, and on the management of events at which alcohol is sold.

Facts

- ☑ Since 1975, minimum purchase age laws have prevented more than 17,000 traffic fatalities by reducing the availability of alcohol to young people
- ☑ Nearly 90 percent of 10th graders and 75 percent of 8th graders think that alcohol is either fairly easy or very easy for them to get (National Institute on Drug Abuse)

What To Do:

- ☑ Participate in Project Sticker Shock, a program where a group of youth place stickers on multi packs of alcohol in local stores that warn adults of the legal consequences of providing alcohol to minors.
- ☑ Create a youth planning committee to assist in observing April's Alcohol Awareness Month. Have youth develop messages to increase their peers' awareness of the effects of alcohol on their health, academic performance and athletic abilities.
- ☑ Participate in *Reach out Now*: a curriculum put together by Scholastic, Inc for 5th and 6th grade complete with lesson plans and activities to teach middle school youth about the dangers of underage drinking
- ☑ Engage youth in a discussion about where they think underage drinkers in your community get alcohol. Ask them for suggestions about how to make alcohol less accessible to youth. Publish the report/story in the local paper.
- ☑ Assist local law enforcement in conducting a "compliance check survey" to determine the number of business that correctly require identification and refuse service to underage buyers. Create a press release to announce the general compliance statistics to the public.

For help arranging any of these activities contact Rachel Pena at 748-5146