

ALCOHOL AND OTHER DRUG USE

Encourage our youth to make good choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2019:

- 17% had their first drink of alcohol before age 13 years
- 27% currently drank alcohol¹
- 13% engaged in binge drinking^{1,2}
- 38% reported they got the alcohol they drank by someone giving it to them¹
- 36% had ever used marijuana
- 17% currently used marijuana¹
- 6% had ever used synthetic marijuana
- 16% had ever taken a prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it³
- 19% were offered, sold, or given an illegal drug on school property⁴



FOR MORE
INFORMATION CONTACT:
405.271.6761
YRBS.HEALTH.OK.GOV



RECOMMENDATIONS



ACCESS TO ALCOHOL

Reduce youth access to alcohol and other drugs by supporting local and state policies that restrict easy availability to adolescents.



TREATMENT

For anyone considering treatment, visiting with your primary care physician is a great first step; they can discuss treatment options and refer you to treatment. Call 211 for 24-hour assistance in linking to local providers or visit <https://www.ok.gov/odmhsas/>.



ADOLESCENT DEVELOPMENT

Educate youth, parents and community members about adolescent development and the effects of alcohol and drug use. Utilize SAMHSA's, "Talk. They hear you campaign" at <https://talktheyhearyou.org/>.



ALCOHOL AND MEDICATION

Mixing alcohol and medication can cause harmful reactions. If you are taking medication, avoid alcohol if possible or contact the Oklahoma Center for Poison and Drug Information for a specific inquiry at 1-800-222-1222.



UNDERAGE DRINKING LAWS

Understand, follow, and promote enforcement of underage drinking laws such as "Social Host" and retailer compliance policies.



SURVEYS

Encourage schools to participate in surveys, such as the Youth Risk Behavior Survey (YRBS) and the Oklahoma Prevention Needs Assessment (OPNA), that assess risk-taking behaviors among youth.

1. During the 30 days before the survey
2. Had four or more drinks in a row for female students or five or more drinks in a row for male students, within a couple of hours
3. Counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet
4. During the 12 months before the survey