



Teens are more likely to use e-cigarettes than cigarettes.

**17.1 %** of high school seniors reported using e-cigarettes in the past month

**vs.**

**13.6%** who reported smoking cigarettes in the past month.



Only **14.2 %** of high school seniors view e-cigarette usage as harmful.

## Help for Teens in Crisis



Teenage years can be rough for parents and teens alike. Often times, it can seem like teens are on an emotional roller coaster, as this is a dynamic time in one's life.

Keep in mind that some deviant behavior your teen is displaying could be a symptom of a more serious issue that needs to be addressed therapeutically. In order to promote a life-long change in your teen, it is important to get help for him or her.

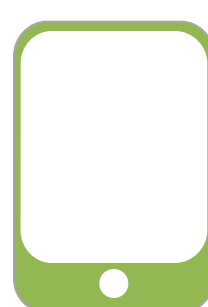
**Helping your son or daughter transition into a successful, happy, well-balanced adult means being there for him or her during the difficult teenaged years.**

Over 1 in 3 high school students



report drinking some amount of alcohol in the past 30 days.

**21%** of teen girls and **18%** of teen boys



have sent/posted nude or semi-nude images of themselves.

By age 18,  
a teenager will have seen  
**350,000**

commercials; 100,000 may be advertisements for beer.



21% of high schoolers report binge drinking within the past 30 days.



10% of high schoolers report driving after drinking within the past 30 days.

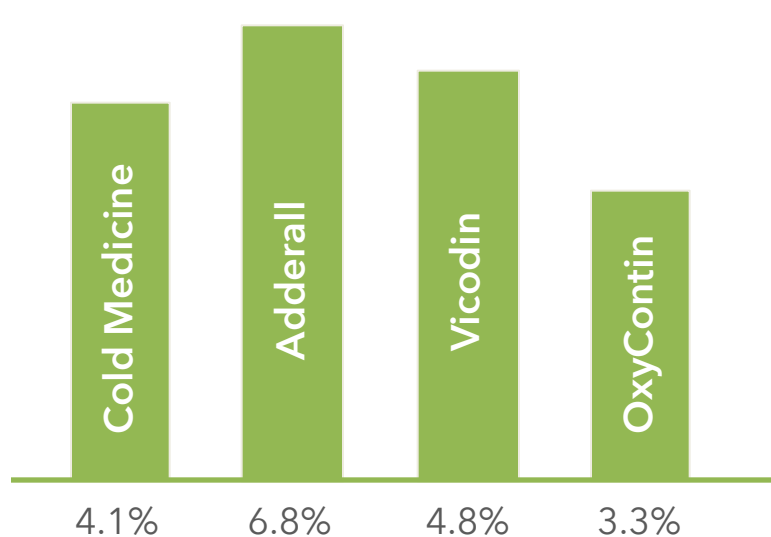


22% of high schoolers report riding with a driver who had been drinking in the past 30 days.

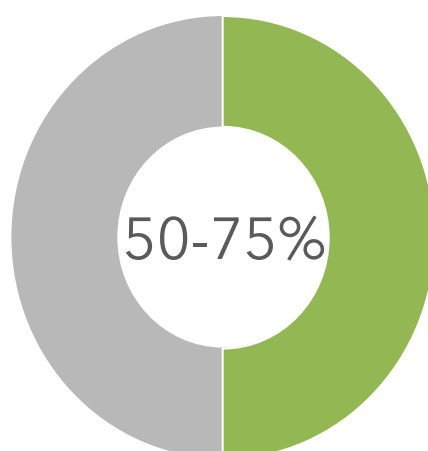


Untreated mental health problems may lead to poor school performance, school dropout, strained family relationships, involvement with the child welfare or juvenile justice systems, substance abuse, and engaging in risky sexual behaviors.

### Prescription/OTC Drug Abuse Among High School Seniors



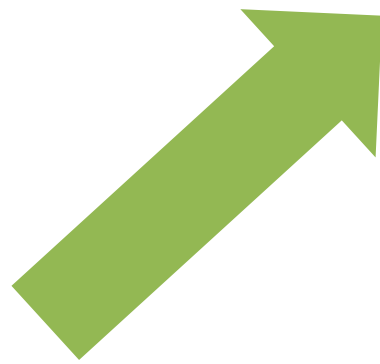
Aside from Marijuana, more high school seniors abuse prescription/OTC drugs than illicit drugs.



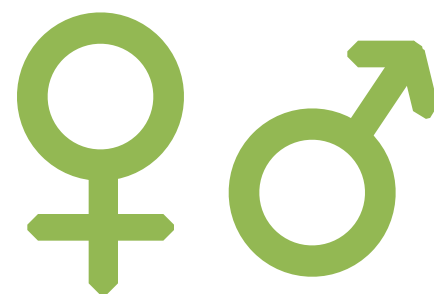
Of adolescents with anxiety disorders and impulse control disorders (such as ADHD) develop these disorders during adolescence.



of teens (ages 14 to 19) report engaging in **self harm**.  
(burning, cutting, or otherwise)



Teens who engage in self harm are more likely to report smoking, drinking, or abusing drugs.



Teenage girls are more likely to report engaging in self harm than teenage boys.  
**(10% of girls vs 6% of boys)**

**13 %** of teen girls and **17%** of teen boys spend more than **20** hours a week online.

**1 in 25**  
teens

displays problematic internet use.

### Resources:

Monitoring the Future 2014 Survey Results  
National Institute on Drug Abuse

Problematic Internet Use and Health in Adolescents:  
Data from a High School Survey in Connecticut,  
Yale University

Sex and Tech: Results from a Survey of Teens and Young Adults.  
The National Campaign to Prevent Teen and Unplanned Pregnancy's

Teen Health and the Media  
University of Washington

The natural history of self-harm from adolescence to young adulthood: a population-based cohort study  
King's College London

Adolescent Mental Health in the United States  
National Center for Children in Poverty