FOR AMERICAN INDIAN AND ALASKA NATIVE YOUTH.

THE NEWS COULD BE BETTER.

- On average, Native teens first use alcohol at the age of 14.
- AI/AN teens use marijuana and prescription drugs at **twice** the rate of the national average.
- Many AI/AN youth believe that their parents do **not** strongly disapprove of them drinking alcohol or smoking pot.

BUT THERE'S A LOT TO CELEBRATE!

RECENT RESEARCH SUGGESTS THAT:

- Just talking with your teen about drug and alcohol use – early and often – can give them greater self-control and the confidence to say "no" when pressured.
- More than 75% of AI/AN youths surveyed had **not** used drugs or alcohol in the past month.
- AI/ANs 12 and older were the **least** likely group of any race/ethnicity to currently use alcohol.

SO WHAT'S THE MESSAGE?

- Talk to your child about alcohol and drugs. If possible, start the conversation before they're in school – but it's **never** too late.
- Make it clear that you **strongly disapprove** of underage smoking, drinking, or using any other drugs. Never let someone drive who has been drinking or using drugs.
- **Set a good example. Live a drug and alcohol-free life.**
- For additional help, go to **www.weRnative.org**

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STRENGTHEN YOUR CHILD.
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KEEP YOUR CHILD DRUG AND ALCOHOL-FREE.

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