

RECOGNIZING & RESPONDING TO

Stressors & Pressures



ANXIETY, STRESS AND DEPRESSION

According to the American Psychological Association, teenagers are the most stressed-out age group in the U.S. Stress can lead to poor sleep, sadness, depression, irritability and substance use.



Up to 45% of 11th graders reported missing school due to not getting enough sleep in the past 30 days

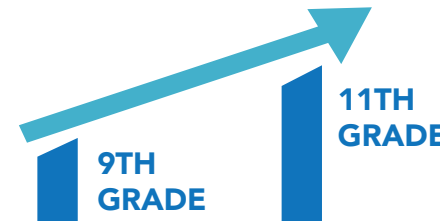


1 in 4 11th graders reported missing school due to feeling sad, hopeless, stressed or angry in the past 30 days



DRUGS & ALCOHOL

The most effective approach to reducing substance misuse is by preventing it before it starts. Those who start drinking before age 13 have a 45% chance of becoming alcohol dependent, compared to 7% for those who wait until age 21.



The percentage of Beach Cities students that report **using alcohol or drugs in the past 30 days nearly doubles between 9th and 11th grade**

36%

of Beach Cities 11th graders have used **drugs or alcohol in the past 30 days, on average**



For more information on youth health priorities in the Beach Cities, visit bchd.org.

Let's Talk



For parenting resources and more information, go to southbayfamiliesconnected.org



- Always keep conversations open and honest
- Come from a place of love, even when you're having tough conversations
- Provide positive reinforcement

DRUGS & ALCOHOL

- Make sure your child knows your rules and that you'll enforce the consequences if rules are broken. Research shows that kids are less likely to use tobacco, alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.
- Kids who don't know what to say when someone offers them drugs are more likely to give in to peer pressure. Let your child know that they can always use you as an excuse and say: "No, I'll be in big trouble with my mom (or dad, aunt, etc.) if I smoke a cigarette."
- Get to know your child's friends and their friends' parents. Check in with other parents to make sure they're on the same page as you with prohibiting drug and alcohol use.

ANXIETY, STRESS AND DEPRESSION

- **Notice out loud:** Tell your child when you notice something bothering them. If you can, name the feeling you think your child is experiencing. This should be a casual observation – be sympathetic and show you care and want to understand.
- **Listen to your child:** Ask your child to tell you what's wrong. Listen attentively and calmly – with interest, patience and openness. Avoid any urge to judge, blame or lecture.
- **Be there:** Kids don't always feel like talking about what's bothering them. Sometimes that's OK. Let your kids know you'll be there when they do feel like talking.