

Youth's #1 Drug of Choice

Quick Quiz: What is the leading drug used by our youth today? If you're thinking marijuana or heroin, guess again.

The answer is ALCOHOL.

It has long been and still remains the most widely used drug among young people, making alcoholism and alcohol-related problems the number one public health problem in the United States.

April is Alcohol Awareness Month, founded and sponsored by the National Council on Alcoholism and Drug Dependence (NCADD).

NCADD says fostering healthy and responsible attitudes, talking openly and honestly, encouraging supportive relationships and showing children that their opinions and decisions matter, are all ways to help prevent the use of alcohol and other drugs. These experts also point to research showing that kids who have conversations with their parents about the dangers of alcohol and drug use are 50% less likely to use than those who don't have such conversations. NCADD shares the following basic guidelines to encourage and assist you in your on-going conversations with your children:



Listen Before You Talk: As parents we want to have “all the answers.” And, sometimes we are so anxious to share our wisdom – or our opinion – that we don't take the time to listen. For kids, knowing that we are really listening may be the most important thing we can do to help.