HIGH-SCHOOL STUDENTS: COPING WITH STRESS

High-school students are stressed out and anxious. Many of them are coping in unhealthy ways.

TEENS + HIGH SCHOOL = STRESS:

61% of teens say stress and anxiety have a large impact on their lives. (2016 Partnership for Drug-Free Kids)

UNHEALTHY WAYS TO COPE:

11% of teens say they feel compelled at times to drink alcohol or use drugs to help cope with stress and anxiety. (2016 Partnership for Drug-Free Kids)

MANY TEENS ABUSE PILLS:

Over half a million teens have abused a prescription stimulant in their lifetime. (2014 NCHS)

TEENS THINK IT’S OKAY TO ABUSE MEDICINE:

One in five teens believes it’s okay to abuse a prescription drug, as long as they weren’t doing so to “get high.” (2016 Partnership for Drug-Free Kids)

#endmedicineabuse