• Opening video: NIDA Director Dr. Nora Volkow visits with teens in New York City

• Statistics on use – Monitoring the Future – Annual nationally representative survey conducted by University of Michigan
  o Began in 1975 as high school senior survey, added 8th and 10th graders in 1991
  o Approximately 50,000 participants each year, completing surveys in school
  o Extensive data on trends over time (because analyses compare exclusively 12th graders, or exclusively 10th graders, or 8th graders, there are not developmental; rather, comparing the 1970s, 1980s, 1990s, 2000s, and 2010s provide a window on societal attitudes and trends)

• Article on teen involvement in drunk-driving

• Partnership for a Drug Free America, which produced those 1980s “This is Your Brain on Drugs” commercials, based their ads on the Monitoring the Future finding that “when young people perceive a drug as more dangerous... they are less likely to use it” (Delaney, 2003, p. 204, in Romer, Reducing Adolescent Risk)

- “Add Health” Project: Participant ages and years of data collection:

<table>
<thead>
<tr>
<th></th>
<th>Wave 1</th>
<th>Wave 2</th>
<th>Wave 3</th>
<th>Wave 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages</td>
<td>~12-18 (7th-12th grade)</td>
<td>~13-19</td>
<td>18-24</td>
<td>24-32</td>
</tr>
<tr>
<td>Years</td>
<td>1995</td>
<td>1996</td>
<td>2001-02</td>
<td>2008-09</td>
</tr>
</tbody>
</table>

- Classifies participants into 5 groups based on sexual orientation and behavior, and then compares the average drinking of the 5 groups at each wave (Figure 4).


- See Tables 1 and 2.


- See Figure 2, on how being college-bound shifts from being protective against heavy drinking in high school to becoming a danger factor for heavy drinking once in college.

Report from Harvard's national College Alcohol Study on [consistent finding](#) over several years of 44% of college students engaging in binge-drinking.
Research on Adolescent Marijuana Use

• “Male teens are less likely to use marijuana use with strong parent support”

• “It Turns Out Legal Weed In Colorado Hasn’t Led To Kids Abusing The Drug”
“Stepping Stone”/“Gateway” Theory

Works in a downward direction

- Someone who has used a substance at a particular step is highly likely to have used those below
- Less than 1% of adolescents who’ve used hard drugs did so without ever using alcohol
- Only about 10-15% of adolescents who’ve used marijuana did not use alcohol first

Does not fully explain upward progression

- Only some of the people at a particular step go on to use the substances above
- In one study, 81% of adolescent sample had used alcohol, but only 17% had used hard drugs

Data from the University of Michigan's Monitoring the Future Project. Time 1, Time 2, and Time 3 represent various two-year intervals (18-20-22; 20-22-24; 22-24-26; 24-26-28).* See Figure 10.3 (p. 261) for marital and divorce effects and Figure 10.7 (p. 267) for effects of becoming a parent on heavy drinking (5+ drink episodes), which Dr. Reifman will display in class.

The authors conclude on page 272 that, "The present analyses show some parenthood effects, more so among women than among men, but the effects seem modest at best, certainly much smaller than the effects of marriage."

*The authors acknowledge their use of multiple sequences per participant is "somewhat unusual," but argue for making use of all available data.
E-Cigarettes/Vaping

- U.S. Surgeon General statement (video)
- “Does Vaping Put Young People at Risk for Smoking Cigarettes?”
- “Vaping Can Be Addictive and May Lure Teenagers to Smoking”
- Health issues addressed in Question & Answer format
Internet Resources

- National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- National Institute on Drug Abuse (NIDA)
- Research Institute on Addictions -- Buffalo, New York -- My old home
- The Adolescent Brain and Addiction (video)
  - “Adolescents can get addicted harder, stronger, longer, faster than an adult…”
  - “… teen synapses are made stronger through addiction”
- Article on Drug/Gang Task Force among Lubbock-area law-enforcement (describes scope of drug-trafficking here)