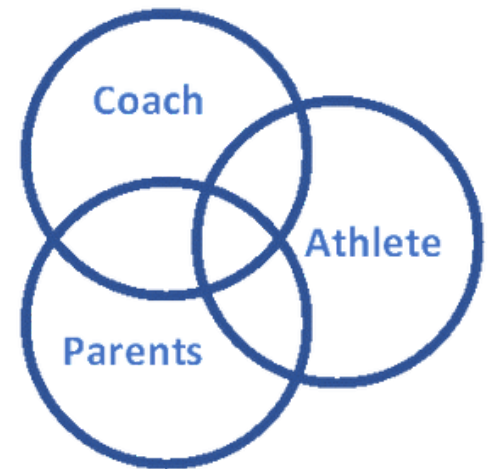
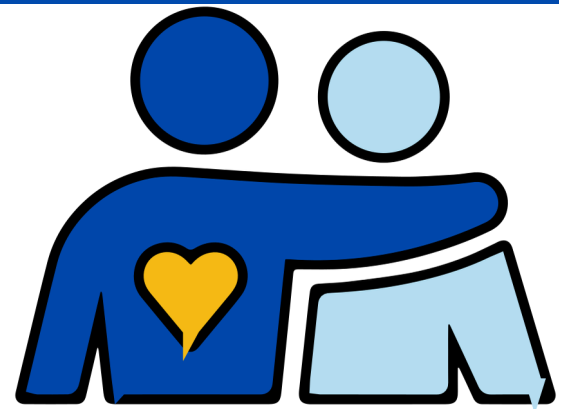


What every PARENT should know about SUBSTANCE USE

- Parent influence matters – 80% of young people ages 10-18 say their parents are the leading influence in their decision to drink or not. – SAMHSA
- Current substance research and understanding of brain development suggests a new health standard – no drug or alcohol use when young for reasons of health – just like seat belts and helmets protect kids, young people are uniquely vulnerable to the harms of all substance use. – Dr. Robert Dupont, The Institute for Behavior and Health
- For teens, the use of one substance generally means the use of other substances, i.e. if a teen is using marijuana they are much more likely to be using alcohol, nicotine and illicit drugs. – National Survey on Drug Use and Health
- Substance use hurts athletic performance among middle and high school athletes.
- Substance use in high school is NOT inevitable. In fact, more high school seniors today (8th and 10th graders, too) have NEVER used any drugs or alcohol than in any year prior. – Monitoring The Future



How to HELP YOUR ATHLETES

RESOURCES



EDUCATE YOURSELF – be able to counter misinformation about drugs and alcohol



SUPPORT SYSTEMS – don't go it alone; join other trusted adults, parenting peers and support coaches

COMMUNICATION



ONGOING DIALOGUE– it's more than one conversation



ENCOURAGEMENT & PRAISE– recognize good choices



HONEST & AUTHENTIC – our kids know when we're not



AGREED UPON OUTCOMES & CLEAR CONSEQUENCES – set-up for success

PROTECT YOUR GAME

Not all game
time decisions
are made on
the mat
KNOW THE IMPACTS

Physical impacts of NICOTINE use:



HEALTH

Stressed pulmonary system
(heart and lungs)



INJURY

More susceptibility
to injury



HEALING

Slow recovery processes



NO ENHANCEMENT

Less endurance;
weakness

Physical impacts of ALCOHOL use:



METABOLISM

Constricts aerobic
metabolism - reduces
endurance



NUTRIENTS

Inhibits absorption of nutrients -
lowering endurance and
increasing risk of injury



WEIGHT

Makes weight difficult to
maintain (gain or lose)



SLEEP

Constricts aerobic
metabolism - reduces
endurance



INJURY

Weekly use doubles
rate of injury



PERFORMANCE

Use within 24 hours of
activity reduces aerobic
performance

Neurological impacts of MARIJUANA use:



ABILITY

Dulls reaction time and
hand-eye coordination



PERFORMANCE

Reduces balance and
tracking ability



MEMORY

Impairs memory and
causes retrieval failure



NO ENHANCEMENT

THC has no performance
enhancing potential



ATHLETIC REPOSITORY

Degrades ability to
play your game



IDENTIFICATION

Impairs facial
recognition



**SUBSTANCE-FREE
ATHLETICS®**



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information