

National Drug and Alcohol Facts Week

April 20th through April 26 is National Drug and Alcohol Facts Week, the goal behind this week is to inspire dialogue about the science of drug use and addiction among our youth. Every day, teens are presented with conflicting messages from a variety of sources such as the internet, social media, movies, and friends. This misinformation about drug use can lead to a sense of confusion about who to ask for facts. This is where we as the adults come in to help Shatter the Myths on drug and alcohol use; every day of the year not just this one week.

NDAFW was launched in 2010 by scientists at the National Institute on Drug Abuse to stimulate educational events so teens can learn what science has taught us about drug use and addiction. In 2016 The National Institute on Alcohol Abuse and Alcoholism became a partner and alcohol was added as topic for this week.

Why the study of addiction in teens? According to Dr. Volkow from the National Institute on Drug Abuse “the teen brain is like a computer program that is still being coded. Because it’s developing, it’s more vulnerable than the adult brain to changes caused by drug use.” For more information to make informed decisions about drugs and drug use check out Drugs and the Brain at nida.nih.gov website.

The more we know, the more we can share and open up the dialogue to the hard conversations with our youth. At the National Institute on Drug Abuse (NIDA), their goal is to help people get accurate, science-based information about drugs and health. To help you start a conversation about drugs and health, NIDA compiled teens' 10 most frequently asked questions from more than 118,000 queries they received from young people during National Drug and Alcohol Facts Week®.

Parenting is not for the faint of heart and to date there is no handbook; but we do have resources to give us the tools we need to prevent drug and alcohol use in our youth. The more we as parents, teachers, caregivers know, the more conversations we can have. Education will help Shatter the Myths of drug and alcohol use in our youth. <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>