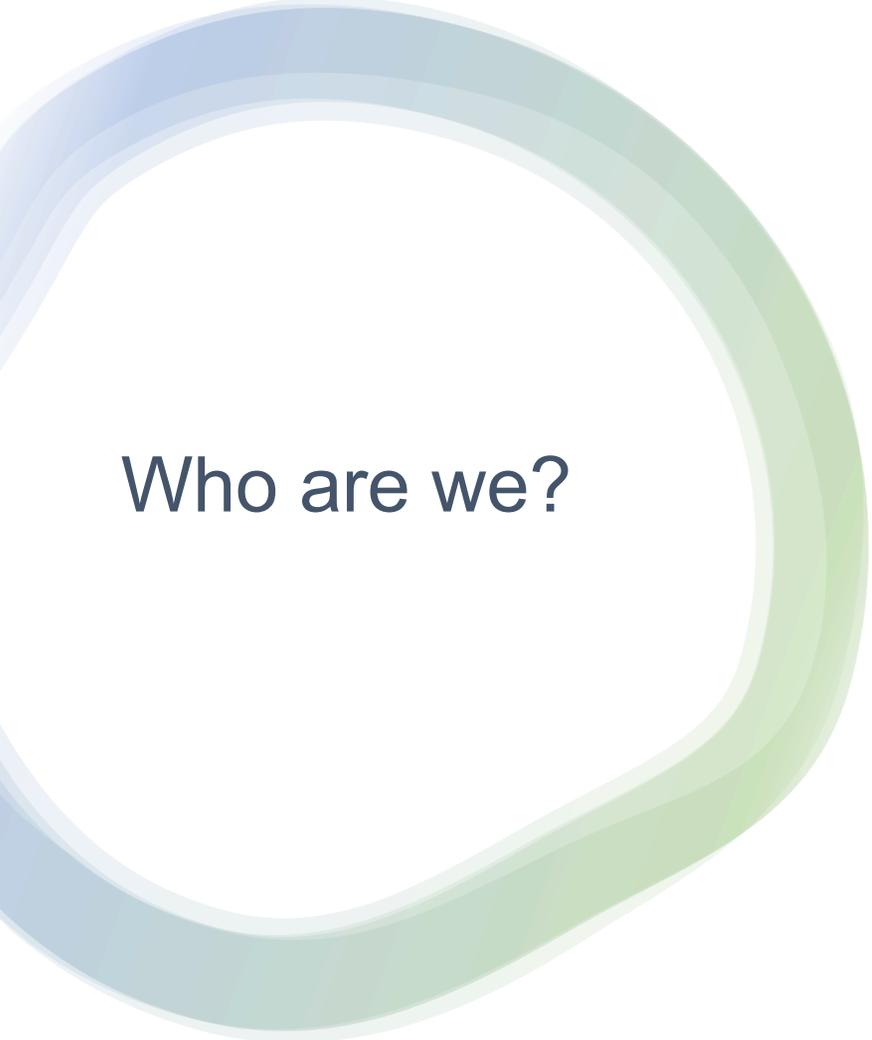


# The Belmont Wellness Coalition Presents:

- The Impact of Substances
- Risk and Protective Factors re: Substance Misuse
- Refusal Skills
- Tips for Students



Who are we?

Maeve Kennelly,  
Prevention Specialist for  
Belmont Wellness  
Coalition

Christina Lupica,  
Prevention Specialist for  
Watertown Youth  
Coalition

## What The Data Says...

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**36%** Reported  
drinking alcohol

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**13%** Reported  
vaping

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**17%** Reported using  
weed

On the  
Other  
Hand...

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**64%** are not drinking

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**87%** are not vaping

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**83%** are not smoking  
weed

# Negative Impacts of Alcohol Use:

Impacts  
*developing*  
brains

Higher risk of  
sexual assault,  
accidents,  
drownings, etc.

Impairs  
judgement =  
making bad  
decisions

Frequent use  
can trigger an  
addiction

# Negative Impacts of Marijuana Use:

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Impacts **your**  
developing brain

Frequent weed  
use can lead to  
laziness + less  
motivation

Today's weed is  
MUCH stronger  
= *stronger*  
*effects*

Impacts timing,  
movement,  
coordination

# Addiction

Substances, such as nicotine, are highly addictive

Dopamine is increased = your body will crave more

Causes psychological and physical cravings



# Substance Use

# Risk Factors for Use/Addiction

Mental Health  
Challenges  
(esp.  
undiagnosed)

Childhood  
Trauma

Overwhelming  
Stress

Genetics (family  
history)

Certain  
subgroups  
(LGBTQ+,  
BIPOC, women)

Friend Group  
drinking/vaping

Feeling Isolated

Access to  
Substances

# Protective Factors

Good relationships with family members, family support

Having a supportive friend group

Clear expectations from parents re: substance use

# Protective Factors (cont.)

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Good self-esteem

Healthy coping + problem-solving skills

Keeping an eye on your stress levels

# How to Say “No”

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*Be confident, clear, and direct:*

- **Say:** *“No thanks – I’m good.”*
- **Delay the decision:** *“Not right now, maybe later.”*
- **Make parents the bad guys:** *“My parents would kill me.”*



For help, call 800-422-6022

**HOW TO**  
**SAY**  
**NO TO**  
**DRUGS**

# Tips:

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**Make** a plan, *before* you go

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**Remember** that substances impair you

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**Respect** the rules

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**Be aware** of your surroundings

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**Look** after your friends

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**Use** Good Judgement ...

# Good Judgement Guidelines

Never get in a car with someone who's been using

Do not binge drink (drinking quickly)

Do not mix substances

Look out for your friends

Cover your drink (of any sort)

Have an escape plan

# Healthy Coping Skills

Music

Listen to a podcast

Get outside

Hang with friends

Learn something new

Journal

Clean out your camera roll

Watch a funny movie

Rearrange your space

Questions?

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