



TIPS FOR EDUCATORS

SUBSTANCE ABUSE PREVENTION

Preventing substance use in students is crucial to protect well-being and equip them with skills to make informed decisions. Substance use can impair brain development, affecting cognition and emotions. It disrupts academic success, relationships, and can lead to legal issues, hindering a teen's potential.

DID YOU KNOW?

- **16.3%** of Texas teens reported riding with a driver who had **been drinking alcohol**.
- **39.7%** of Texas teens reported ever using **electronic vapor products**.
- **17.4%** of Texas teens reported they **were offered, sold or given an illegal drug on school property**.

SUBSTANCES TO BE AWARE OF:

- **Fentanyl:** A nearly undetectable synthetic opioid found in illicit pills, with less than two grams being lethal.
- **Vaping/Nicotine:** Vapes can be disguised as household items like USB drives or highlighters and often contain nicotine, leading to unintentional addiction.
- **Marijuana:** Marijuana has seen a 200% rise in THC since 1995 (National Institute of Health), making it more potent, addictive, and dangerous for developing brains.
- **Alcohol:** Recognized as an addictive substance. Teens who begin experimenting before 15 have a 28% higher risk of addiction, compared to 4% for those who wait until 21.

BEST PRACTICES:

Where is fentanyl hidden:

- A lethal dose of fentanyl is found in 7 out of every 10 pills seized by the DEA.
- Although less common than pills, fentanyl has also been found in almost every substance available. It is colorless and odorless, making it easy for dealers to lace other substances without the buyers' knowledge.

Inform students of the harsh effects of substances:

- Open the discussion and answer questions honestly by offering information about potential risks.
 - Delayed brain development, risky behaviors, mood swings, overdose, prolonged sickness, etc.

Encourage critical thinking:

- Teach students how to make informed decisions by weighing the pros and cons and considering the potential outcomes of their choices.
- Use role-playing to help students practice saying no and making healthy choices in peer pressure situations.

Emphasize healthy choices and positive behaviors:

- Discuss the importance of physical, mental, and emotional health. Highlight how making healthy choices in diet, exercise, and sleep can enhance students' overall well-being.
- Share stories of individuals who have made healthy choices and avoided substance use, emphasizing the positive outcomes of those decisions.

Provide ongoing support:

- Being a supportive trusted adult who teaches healthy coping skills can be helpful for students who may be considering substance use.
- Find local resources for students who may need further support or treatment.
- A nonjudgmental and curious tone fosters a safe space, encouraging students to share their experiences.

HOW TO REPORT A TIP



Call 713.222.TIPS (8477)



Use our Mobile App

Application name: Crime Stoppers Houston



Go to crime-stoppers.org

HERE'S HOW IT WORKS



STEP 1

Submit an anonymous tip



STEP 2

Your tip leads to an arrest or disciplinary action



STEP 3

Receive a cash reward (up to \$5,000)



CRIME STOPPERS OF HOUSTON SAFE SCHOOL INSTITUTE

3001 Main St. Houston, TX 77002

(713) 521-4600 (office)

(713) 222-TIPS (to report)

www.crime-stoppers.org/safe-school-institute

ssi@crime-stoppers.org



RESOURCES

startyourrecovery.org

charliehealth.com

catch.org



BARK Drug
Emoji Code



Spot the Vape



How to use
Narcan