



Existing Instruments to Address
Challenges on Crime and Drug Use
Prevention Among Youth

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Youth Drug Use Around the Globe

- + Drug use increased far more rapidly among developing countries over the 2000-2018 period than in developed countries.
 - + Adolescents and young adults account for the largest share of those using drugs
 - + They are also the most vulnerable to the effects of drugs because they use the most and their brains are still developing.



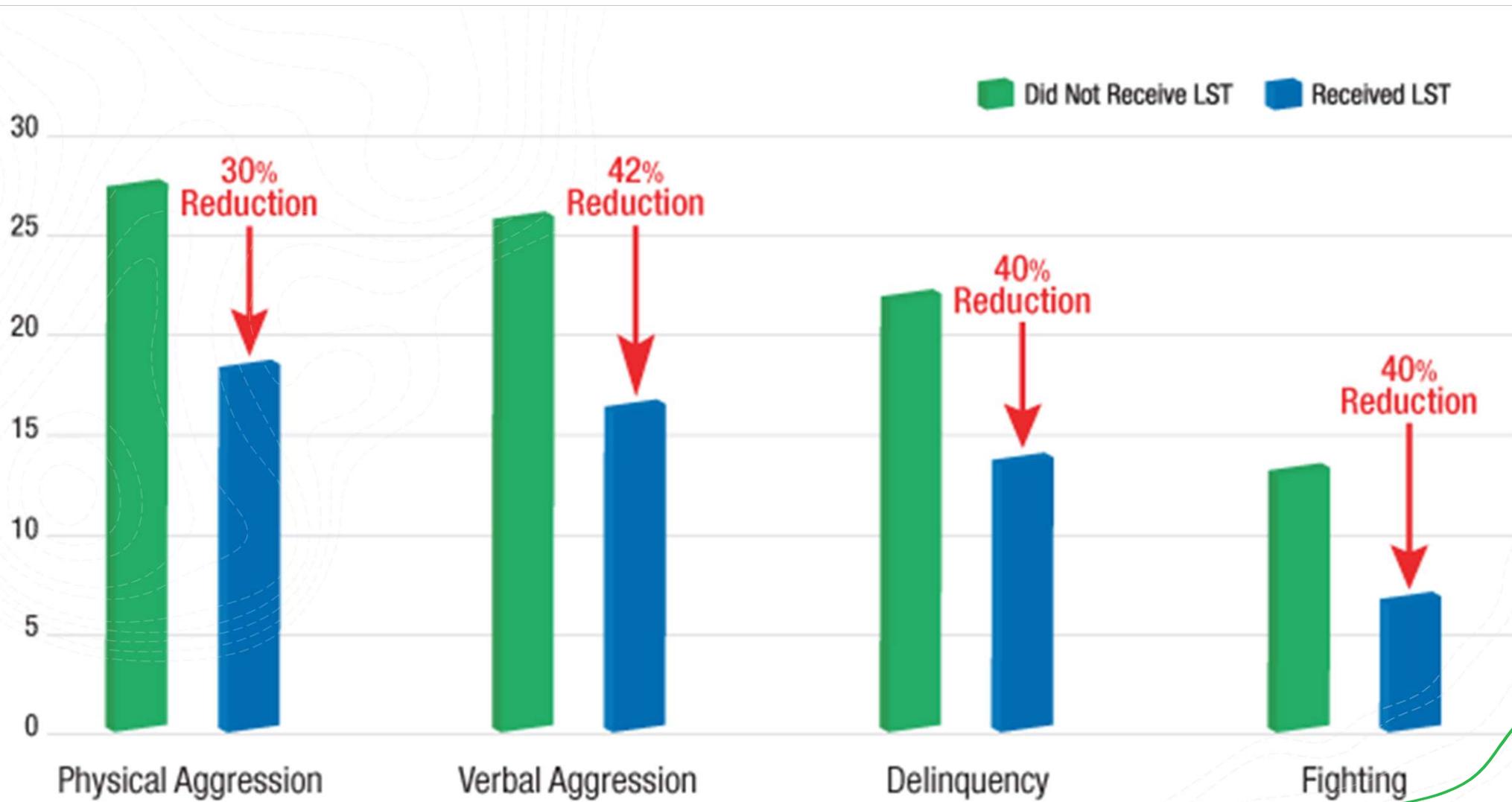
- + Harm Perception
 - + Cannabis is more potent but fewer young people see it as harmful
- + Increase drug sales over the Dark Web
 - + Social media and apps
- + Normalization via media and social media
- + Misinformation regarding the harms of drug use
- + COVID 19 pandemic (disruption of services, increased use due to increased stressors)
- + Stigma



Botvin Life Skills Training

- + Evidence based intervention that reduces risks for drug abuse, violence, and delinquency.
- + Universal prevention approach designed to be implemented in a school classroom setting
- + Teaches personal self management skills, social skills, and other cognitive behavioral skills needed to handle the challenges of everyday life and increase overall resilience.

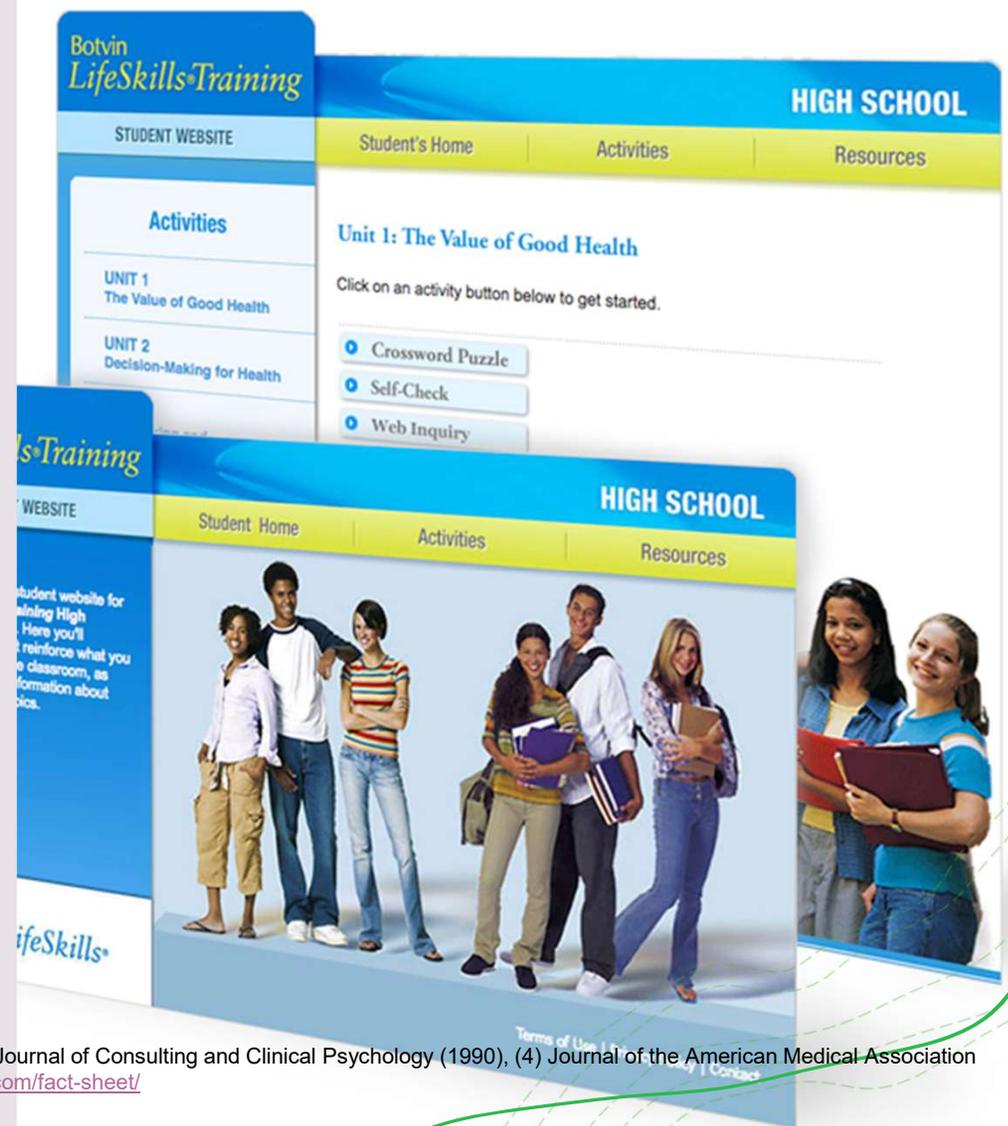
Source: Botvin, G. J., & Griffin, K. W. (2015). Preventing tobacco, alcohol, and drug abuse through life skills training. In L. M. Scheier (Ed.), *Handbook of adolescent drug use prevention: Research, intervention strategies, and practice*, (pp. 177–196). Washington, D.C.: American Psychological Association.



Source: Preventing youth violence and delinquency through a universal school-based prevention approach. Prevention Science, (2006).
<https://www.lifeskillstraining.com/fact-sheet/>

Effectiveness

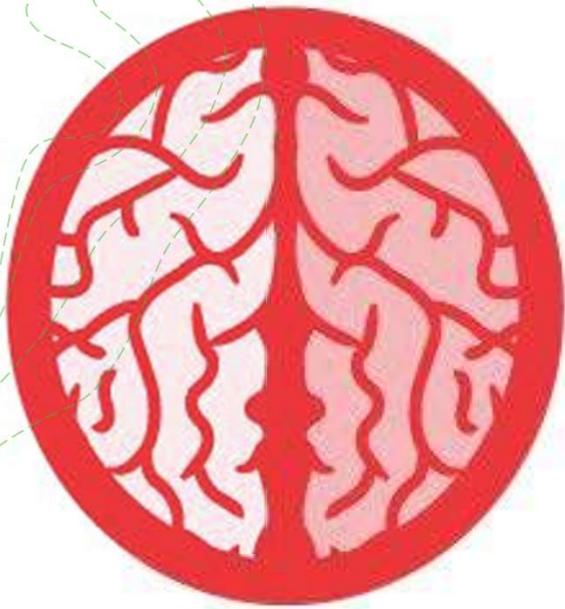
- + Cuts tobacco use by 87%
- + Cuts alcohol use by 60%
- + Cuts marijuana use by 75%
- + Cuts methamphetamine use by 68%
- + Cuts polydrug use by 66%
- + Reduces Pack-a-Day Smoking by 25%
- + Lowers risk for Rx & opioid misuse
- + Decreases Use of Inhalants, Narcotics and Hallucinogens
- + Reduces Violence
- + Reduces risky driving behavior
- + Demonstrates Effects on HIV Risk Behavior



Sources: (1) Journal of Behavioral Medicine (1983), (2) Journal of Studies on Alcohol (1984), (3) Journal of Consulting and Clinical Psychology (1990), (4) Journal of the American Medical Association (1995), and (5) Archives of Pediatric & Adolescent Medicine (2006). <https://www.lifeskillstraining.com/fact-sheet/>

Botvin Life Skills Training

- + An estimated 50,000 teachers, 10,000 schools/sites, and 3 million students have participated in the LifeSkills Training program.
- + LST has been extensively evaluated in more than 35 scientific studies involving more than 330 schools/sites and 26,000 students in suburban, urban, and rural settings.
- + Has been used in all 50 states in the US and 39 countries around the globe.
- + To find out more <https://www.lifeskillstraining.com/>



One
ChoiceTM

One Choice - The Institute for Behavior and Health is reframing the goal of substance use prevention as One Choice: no use of any alcohol, nicotine, marijuana, or other drugs by youth under age 21 for reasons of health.

One Choice

+ <https://onechoiceprevention.org/>

- + One Choice Toolkit
- + One Choice Community
- + Resources

WHAT IS #ONECHOICE?

ONE CHOICE IS A PREVENTION INITIATIVE THAT AMPLIFIES THE VOICES OF YOUTH WHO DO NOT USE ANY ALCOHOL, NICOTINE, MARIJUANA, OR OTHER DRUGS UNDER AGE 21 FOR REASONS OF HEALTH.

WHY?

- The brain is not fully developed until the mid-20s, making youth uniquely vulnerable to substance use.
- Substance use disorders are preventable, chronic diseases that most often begin during adolescence.
- Making the One Choice supports both physical and mental health of young people.

ONECHOICEPREVENTION.ORG



BE A TEEN LEADER

Share why you make One Choice not to use any alcohol, nicotine, marijuana, or other drugs.

Learn more at onechoiceprevention.org

MAKE THE #ONECHOICE

NOT TO USE ANY ALCOHOL, NICOTINE, MARIJUANA, OR OTHER DRUGS
TO PROTECT YOUR HEALTH JUST LIKE YOU DO WHEN:



wearing a seat belt



wearing a mask



eating healthy foods



exercising regularly



getting enough sleep

PROTECT YOUR HEALTH

**MAKE THE
ONE CHOICE**



**NO USE OF ANY ALCOHOL, NICOTINE, MARIJUANA,
OR OTHER DRUGS UNDER THE AGE OF 21**

“Sharing knowledge across countries and cultures may help us better understand patterns of youth substance use, related problems, and treatment needs, and may increase the likelihood that countries will develop informed social policies for their adolescent populations.”



Source: Hassan A, Csemy L, Rappo MA, Knight JR. Adolescent substance abuse around the world: an international perspective. *Adolesc Med State Art Rev.* 2009 Dec;20(3):915-29, ix. PMID: 20653209.