



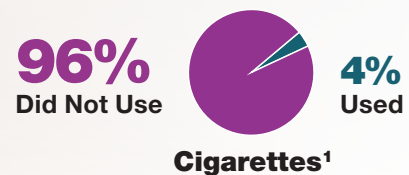
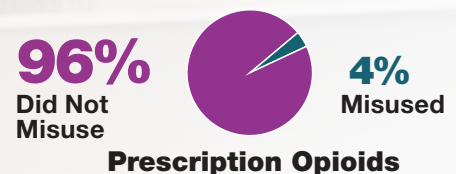
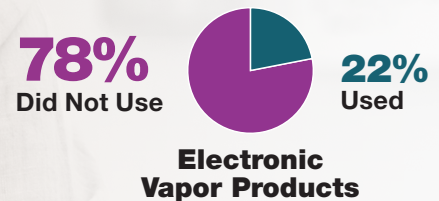
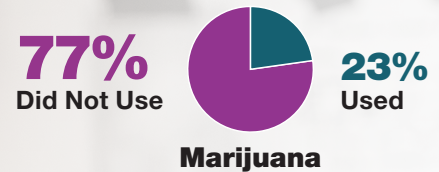
Substance Use

Among American Indian and Alaska Native High School Students

The strength of American Indian and Alaska Native (AI/AN) communities comes from generations of Indigenous traditions, language, culture, and knowledge. For many AI/AN people, these strengths are challenged by factors such as historical and ongoing trauma, poverty, and racism, which may lead to substance use among some AI/AN teens.

Most AI/AN high school students **did not** drink alcohol, use marijuana, use electronic vapor products (vape), misuse prescription opioids, or use cigarettes. Studies show that teens with high parental monitoring—when a parent or other adult in the family most of the time or always knows where their teen is going and with whom—are less likely to use certain drugs. Nationwide, 75% of AI/AN high school students report high parental monitoring.

Current Substance Use Among AI/AN Students



The 2023 Youth Risk Behavior Survey (YRBS) collected data about substance use among a nationally representative sample of high school students, including AI/AN students. These data describe AI/AN high school students, including those identifying as Hispanic/ Latino or Multiracial.

National rates among high school students overall: 22% currently used alcohol, 17% currently used marijuana, 17% currently used electronic vapor products, 4% currently misused prescription opioids, and 4% currently used cigarettes.

¹ Question did not distinguish the ceremonial use of tobacco products



For more information about promoting YRBS, visit www.cdc.gov/yrbs.



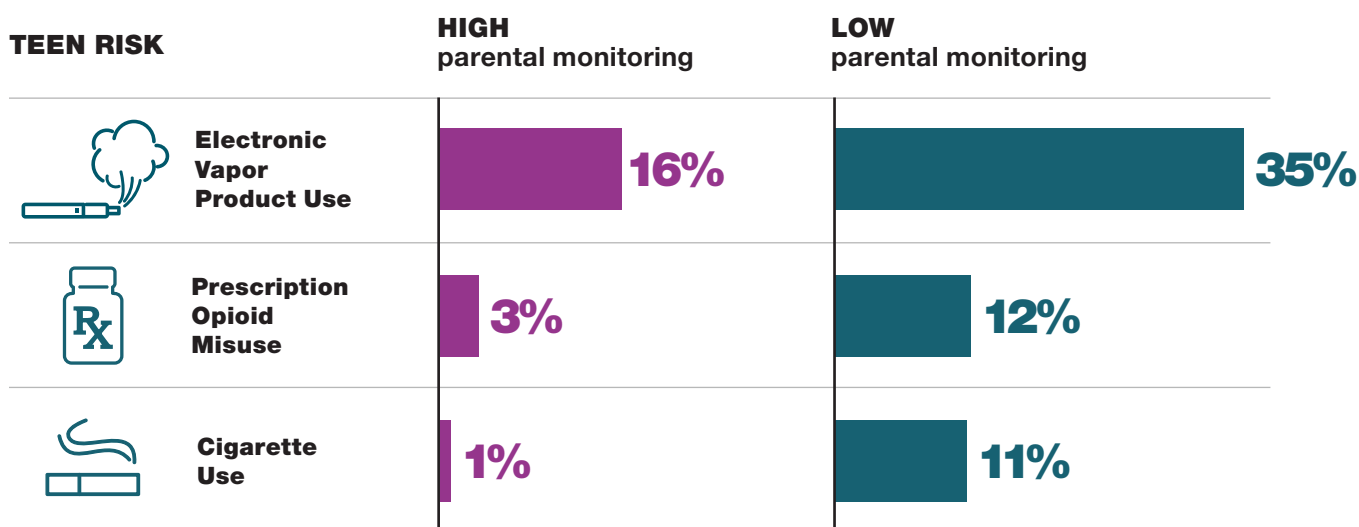
The Role of Parents and Caretakers

The teen years are a time of rapid growth, exploration, and risk-taking. Taking risks provides teens the opportunity to test their skills and abilities and discover who they are. But some risks—such as using commercial tobacco products and drugs—can have harmful and long-lasting effects on a teen’s health and well-being. It is important for adults to know what’s going on in their teens’ lives. **Parental monitoring** can reduce teen risk behaviors.

When parents or other adults in the family usually or always knew where their AI/AN teens were going and with whom, **those students were less likely to:**



AI/AN students with high parental monitoring are less likely to report substance use



Parents are A Powerful Influence in the Lives of Their Teens

When parents or other adults in the family make a habit of knowing what’s going on with their teens—what they are doing, who they are with, and where they are—and setting clear expectations for behavior, they can reduce the chances their teens will engage in risk behaviors.

Source: Everett Jones S, Satter DE, Reece J, et al. Adult Caretaker Engagement and School Connectedness and Association with Substance Use, Indicators of Emotional Well-Being and Suicide Risk, and Experiences with Violence Among American Indian or Alaska Native High School Students—Youth Risk Behavior Survey, United States, 2023. MMWR Suppl 2024;73(Suppl-4):13–22. DOI: <http://dx.doi.org/10.15585/mmwr.su7304a2>.

For more information about parental monitoring, visit www.cdc.gov/healthyouth/protective/positiveparenting.htm.

