



School Health Advisory Board Meeting  
March 17, 2015

Based on the 2013 - 2014 Youth Risk Behavior Survey the Substance Abuse Prevention Coalition of Alexandria recommends the following activities to address youth substance use among Alexandria youth:

**YRBS Finding:** The youth usage rate is highest among 12th grade students for all substances. Twelfth graders also have the lowest perception of risk from regular use of alcohol and marijuana than any other grade level. Substance abuse prevention curriculum and/or programming is currently delivered during health class which ends in tenth grade.

**Recommendation: Provide substance abuse prevention curriculum/programming to students through 12th grade.**

**YRBS Finding:** The perception of risk from marijuana use significantly declined among high school students since 2011. Youth lack the proper information and are unaware of the consequences of youth marijuana use.

**Recommendation: Increase education on the harms of youth marijuana use and the impact youth use will have on the adolescent brain.**

Based on the YRBS findings and the needs of the Alexandria's youth, SAPCA recommends the following:

**Recommendation: Provide annual professional development opportunities for physical education and health teachers to improve their knowledge and understanding of youth substance use and the risks associated with use.** Health and physical education teachers lead the prevention efforts among Alexandria youth, educating youth on the harms of youth substance use. Teachers need support and professional development opportunities to learn about the harms of youth substance use and understand the latest research on the adolescent brain.