

Drug abuse facts:

31% of 12th graders used cannabis (**or marijuana**) in the past 12 months in 2022.

52% of 12th grade students report using alcohol within the past 12 months in 2022, an increase from **47%** during 2021.

7% of 8th graders have vaped nicotine **in the past 30 days in 2022**, while **14% of 10th graders** and **21% of 12th graders** reported having done so.

Source: Monitoring the Future study

THE STAGES OF ADDICTION



Teens who abuse drugs and alcohol on a regular basis risk becoming **one of the millions** of kids who have serious problems with addiction.

In their book **Adolescents, Alcohol and Drugs**, Judith Jaynes and Cheryl Rugg describe the stages of drug and alcohol addiction among teens.

Stage 1: Experimentation

This is the time when the teen's occasional use leads to mood changes that are generally positive and enjoyable with few or no side effects. The change is reliable, predictable, and enjoyable. They feel the same sensation each time they use the drug. Not all adolescents stay in the experimentation stage. Some, their curiosity satisfied, quit. Others move on to stage 2.

Stage 2: Social Use

Adolescents remain in control of how much they use, when they use, and the effects of use. The use is moderate and for the purpose of fitting in. Kids in this stage will limit alcohol and drug use to weekend parties and social gatherings.





HELP

Stage 3: Misuse

The focus shifts from socializing to a personal desire to get high. The euphoric effect becomes more important than having a good time with friends. Use becomes more frequent and is not limited to weekends and parties.

Stage 4: Abuse

When an adolescent enters this stage, there is a preoccupation with being high. It is during this stage that parents, friends, and family members begin to see the obvious and ugly effects of substance abuse in the life of the adolescent. Many kids in this stage will steal to support their daily habit. The goal of the teen is to stay high since a letdown leads to depression and aggressive behavior.

¹Judith H. Jaynes
and Cheryl A. Rugg,
*Adolescents, Alcohol and
Drugs* (Springfield, Ill.:
Charles C. Thomas, 1988),
13-22.

Stage 5: Chemical Dependency

When teens are depending on drugs and alcohol to feel normal, they have entered this stage. No longer does the teen find alcohol and drugs to be fun. The sense of euphoria is gone. Getting and taking drugs become a matter of survival. If daily, twenty-four-hour use is interrupted, the adolescent feels powerless to function physically or mentally.¹

Adapted from Walt
Mueller's book, *Youth
Culture 101*.

Drug and alcohol addiction is the ugly end to what begins as curious experimentation. Drugs and alcohol become the objects of worship in a life of physical and psychological dependency.

ADDICTION



CENTER FOR PARENT/YOUTH UNDERSTANDING

Phone: (717) 361-8429
E-Mail: CPYU@CPYU.ORG
Web: WWW.CPYU.ORG

Mail: PO BOX 414,
ELIZABETHTOWN
PA 17022, USA

For additional information on today's youth culture, visit the website of the Center for Parent/Youth Understanding at www.cpyu.org.

CPYU grants permission for this article to be copied in its entirety, provided the copies are distributed free of charge and the copies indicate the source as the Center for Parent/Youth Understanding.