Training Topics

- The impact of alcohol, nicotine and THC on youth physical and mental health
- Moderate vs heavy drinking
- Parental influences on drinking
- How to spot vaping devices
- Illegal vs legal vapes
- Nicotine addiction and withdrawal
- The changing THC landscape
- Current regulations around cannabis products
- THC and addiction

*With an emphasis on **mental health!**

Contact Us

Schedule a free training for parents, educators or community members!

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newvista
regional prevention center

The Big 3 & Teens

Alcohol, Nicotine & THC

Free Training for Parents and Concerned Adults

Alcohol

Alcohol use among teens has decreased over the years, but it is still **the most widely used substance.**

You'll learn standard drink sizes, moderate drinking habits, and influences on teen drinking.

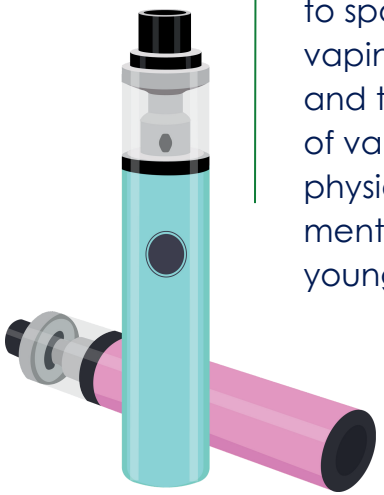
> **Did you know?** Binge drinking accounts for 90% of all alcoholic drinks consumed by youth



Nicotine/Vaping

The use of vaping devices (vapes) is seen as an epidemic among teens. Many illegal vapes remain on the market, despite the FDA's efforts to crack down, due to a lack of enforcement.

Nicotine is a highly addictive substance that causes adverse effects for young people, despite advertisements that make health claims.



You'll learn how to spot a modern vaping device and the impacts of vaping on the physical and mental health of young people.



THC

This isn't your grandparent's cannabis! Laws and perceptions around THC are changing quickly, leading to an **explosion of highly potent** vapes, gummies, drinks and other products.

> **Did you know?** Many edible THC products come in packaging that appeals to youth, with bright colors and imagery they'll recognize.

You'll learn the harms of high-potency THC and the latest on the ever-changing cannabis landscape.