



Hidden in Plain Sight Bedroom Project

A Resource for Parents and Guardians

A drug and alcohol awareness seminar presented as a guide for identifying substance use issues among teens

Understanding

Insight Human Services

- Prevention Division of Insight Human Services is in 18 counties across North Carolina
- Insight does prevention work in classrooms and after school programs at the school level as well as community focused efforts with civic and local level groups
- We believe in empowering both families and individuals to make the best possible choices for them to have a happy, healthy and safe life



Today's Goals

- Provide you with knowledge on the trending substance use issues that we are seeing among adolescents and young adults
- Present information in a clear and concise manner for you to share with other parents/guardians and adult community members



Youth who
have parents
that talk with
them about
substance use
are less likely to
experiment
when
approached by
friends





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Understanding

Spot the Vapes



What are youth saying about vaping devices?

- It's just water vapor
- It's safer than cigarettes
- Everyone's doing it



“It’s just water
vapor”

- It is not “water vapor”, it is an aerosol
 - Small/minute particulates are inhaled
- It contains harmful ingredients
 - Propylene glycol
 - Vegetable glycerin
 - Flavoring additives (diacetyl)
 - Nicotine
 - Nicotine salts are more addictive than traditional nicotine



“It’s safer than
cigarettes”

- Safer than cigarettes isn’t safe
- Do you know any adults who smoke?
 - Do they say, “I’m glad I started smoking” and “I can stop anytime I want to”
 - Do they say, “I wish I never started” and “I tried to quit but I just can’t”



“Everyone’s doing it”

- Most students choose not to vape, but peer pressure is different in 2024
- Students could feel pressured into trying it so they can fit in
 - They could rationalize just “trying” it not realizing that it is harmful to their developing bodies
- Just because everyone’s doing it doesn’t make it right



EVOLUTION OF VAPING DEVICES



Youth Marijuana Use

Normalization of
cannabis

Pop Culture

Social Media

Encouraged as an
alternative to drugs
that are “more
harmful”



Youth Attitudes of Marijuana

- Low perceived risk of harm
 - This won't harm me like other drugs
 - It's legal in some states so it's not bad for your health
- Low perceived risk of consequence
 - My parents won't catch me smoking weed
 - My parents would be more mad if it was



Rising Marijuana Trends

- Marijuana use by teens looks different in 2024
- Vaping devices with THC instead of nicotine
- Edibles
- Items are available in NC due to 2019 Farm Bill
- Available online shipped directly to you
- Available at stores to be purchased over the counter
- Only restriction is 21 years +
- Up to the clerk to check ID's



Rising Marijuana Trends

A



B



Rising Marijuana Trends



Rising Marijuana Trends



Rising Marijuana Trends

- Edibles can look like food that is available at the grocery or convenience stores
- Potency varies
- Effects could last 4-6 hours or more
- Negative outcomes very possible
- Youth may try to “prank” their friends or others
- Possible to “over-consume” and need medical attention



Rising Marijuana Trends



Rising Marijuana Trends



Underage Alcohol Use

- #1 misused substance by teens
- Marketing campaigns
- Social use is normalized
- Easily accessible



Youth Attitudes of Alcohol

- Low perceived risk of consequence
 - My parents won't notice if a few drinks are missing
 - Police won't catch me drinking
 - My parents would be more mad if it was _____
- Low perceived risk of harm
 - My parents drink so it can't be that bad
 - This won't damage my body like other drugs
 - I won't get in trouble with this like other drugs



Concealment Devices



Reducing Underage Alcohol Use

- Parent provided parties can have unintended consequences
 - Teen could “blackmail” the parent
 - Loss of home owners insurance
 - Alcohol use can cause risky behaviors and poor decisions
- Youth who wait until legal age to consume alcohol beverages are less likely to develop alcohol dependence as an adult
 - The longer a teen waits to consume alcohol the less likely they are to develop a drinking problem



Contact us for
more
information or
to schedule a
seminar

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