

5 THINGS

YOU MIGHT WANT TO KNOW...

...about teenagers, mental health & substance use...

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1. BRAIN DEVELOPMENT continues into our mid-twenties according to current research. During this time the brain is highly vulnerable and even small amounts of alcohol and drugs have a significant impact.

2. MENTAL HEALTH challenges such as anxiety and depression are a leading contributor to substance use; and substance use can lead to mental illness. This is true for all ages but even more so for teenagers.

3. POOR SLEEP & SCREEN TIME are associated with an increased risk of mental health issues across all age groups, but adolescents are particularly susceptible. Developing good habits early has long term benefits.

4. ORGANISED ACTIVITIES & FAMILY TIME are important factors when it comes to developing good mental health for teenagers and have been proven to help them avoid substance use.

5. PARENTS & CARERS still have a big impact on a teenager's attitudes and behaviours, even as they get older and more independent. Good communication and guidance is proven to prevent substance use.

Find out more
planetyouthbm.net.au

