

TALK TO YOUR ATHLETES ABOUT SUBSTANCE USE

The Competition:

19% OF LINCOLN COUNTY HIGH SCHOOL STUDENTS REPORT DRINKING ALCOHOL ON A REGULAR BASIS.

- 30% OF HIGH SCHOOL STUDENTS HAVE TRIED MARIJUANA.
- 1 OUT OF 6 PEOPLE WHO SMOKE MARIJUANA AT A YOUNG AGE GET ADDICTED.
- ALCOHOL AND OTHER DRUGS DECREASE AN ATHLETE'S COORDINATION, DECISION MAKING AND CAN LEAD TO INJURY IN A GAME.

Best Defense:

AS A COACH, YOU HAVE A BIG IMPACT ON YOUNG PEOPLE - TELL THEM YOU WANT THEM TO MAKE HEALTHY CHOICES.

- EMPHASIZE RESILIENCY AND BEING ONE'S BEST SELF ON THE FIELD AND APPLYING SKILLS FOR ALL ASPECTS OF LIFE.
- SET CLEAR EXPECTATIONS AROUND DRINKING AND DRUG USE AND CLEARLY DEFINE THE CONSEQUENCES.
- TELL ATHLETES THAT SUBSTANCES ARE NOT A PART OF CELEBRATING THE TEAM'S SUCCESSES OR LOSSES.



Contact Healthy Lincoln County
for more information:
(207) 563-1330
www.healthylincolncounty.org



Maine Center for Disease Control & Prevention
Department of Health and Human Services