

DECEMBER 2023

RCYSUC NEWSLETTER



Richland County Youth Substance Use Coalition

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Hi everyone,

Thank you for reading the December issue of the Richland County Youth Substance Use Coalition (RCYSUC) Prevention Newsletter! In this issue you'll find the most recent news, helpful resources, webinars and more. Our next Coalition meeting will be **January 22nd, 2024 at 3pm**. You can join us in person at Richland Public Health. Read until the end to learn about a great opportunity for youth to win up to \$5,000!!

Wishing everyone Merry Christmas and a Happy New Year. Thanks for your dedication and support!



drugfreerc.org



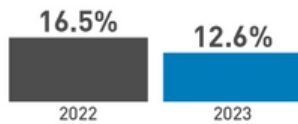
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2023 NATIONAL YOUTH TOBACCO SURVEY (NYTS)

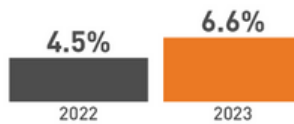
NYTS
2023

About **2.8 million**
youth currently use any tobacco product

Any tobacco use **decreased** among
high school students



Any tobacco use **increased** among
middle school students



Driven by a **drop**
in high school e-cigarette use



In 2023, 2.8 million middle and high school students (or 10%) reported current use (within the past 30 days) of any tobacco product. Among students who had ever used an e-cig in their life, 46.7% of them reported currently using them. More than 1 in 4

e-cig users are using every day. Flavored products and Elf Bars are the most popular. Current e-cig use for high school students dropped from 14.1% to 10.0% from 2022 to 2023. Middle school students unfortunately saw an increase in the use of any tobacco products (4.5% to 6.5%). Look at more results from the annual survey [HERE](#).

NEWS + RESOURCES

[Evidence-Based Recommendations For Marijuana Policy](#)

The Partnership to End Addiction put together a report based on a comprehensive review of the literature of marijuana policies that can protect youth. It also includes a survey of 1,500 adults thoughts about each of the policies listed. Some key items recommended that are well supported by the research include:

- prohibit manufacture of marijuana products that are designed to attract minors (look like candy, colorful, have cartoon characters, etc). Use plain packaging.
- limit THC to 5mg per serving.
- require products to include clear warnings.
- prohibit advertisements near colleges, parks, libraries, areas where minors are.
- prohibit use in public spaces, similar to tobacco.

Read about all the other recommendations [HERE](#).

[Methods Used By Youth E-cigarette Users To Quit Vaping](#)

1,436 participants of the 2021 National Youth Tobacco Survey were current vapers. 889 (67.9%) of them had tried to quit within the past 12 months of taking the survey. Of those that tried to quit, 63.7% did not use any resources to help them quit. The top 4 cessation methods were peer support (14.2%), help on the internet (6.4%), a mobile app or text messaging (5.9%), and parent support (5.8%). It is crucial to show support and share different cessation methods with youth since the majority of them try to quit without any help. Read more about the study [HERE](#).

UPCOMING TRAININGS AND WEBINARS

Beyond “Just Say No”: Cannabis Misuse Prevention Messaging For Today’s Teens

Tuesday, December 19th, 2023 from 1-2PM

[Register Now](#)

ELMO AND FRIENDS EXPLAIN ADDICTION TO KIDS



Muppets from Sesame Workshop have videos explaining addiction to children. The idea behind these videos is to build emotional resilience for youth. A recent grant will allow them to develop more resources. Read more and watch additional videos [HERE](#).

WIN \$5,000!! - FENTANYL AWARENESS CHALLENGE

The Substance Abuse and Mental Health Services Administration has put out a challenge with a total of \$80,000 in cash prizes available to youth ages 14-18. The challenge is to pitch an idea on a community strategy to “increase youth awareness, education, and prevention around the dangers of fentanyl, especially the hidden dangers of fake pills and other contaminants that can lead to drug overdose deaths.” You may enter individually, or as a team. Learn more about the challenge [HERE](#).



The Coalition is looking for additional volunteers! Do you want to be a Chair or Co-chair of a committee? Help with social media? Attend community events? Fundraise? Advocate on behalf of RCYSUC? Or simply learn more? Visit drugfreerc.org/becoming-a-member/

RCYSUC Mission: To empower Richland County youth, families, and the community to reduce youth substance use through education, intervention, and participation.

The RCYSUC is brought to you by [Richland Public Health](#) and funded by the Office of National Drug Control Policy.

