

# Many Students Are Substance Free

## You can make smart choices.

Here's what your classmates had to say about using tobacco and other substances:



**88% of students say they've never smoked cigarettes.**

*Smoking causes cancer, heart disease, and lung disease. It can also increase your risk for other chronic diseases. If you smoke and want to quit, text "Start My Quit" to 36072 to get connected to free and confidential support.* Source: Centers for Disease Control and Prevention (CDC)



**68% of students say they've never tried vaping.**

*When you vape, you inhale nicotine and other cancer-causing chemicals. Nicotine is a highly addictive chemical that affects your brain and can make it harder to pay attention and learn new things.* Source: Tobaccofreekids.org



**74% of students say they've never tried marijuana.**

*Marijuana changes the way your brain develops. It affects how you learn, think, and feel. This substance also changes your breathing and heart rate, increasing your risk of disease.* Source: National Institute on Drug Abuse



**61% of students say they've never tried alcohol.**

*Drinking alcohol can lead to chronic conditions like high blood pressure and liver disease. It can also cause you to make decisions you wouldn't typically make.* Source: CDC



**92% of students didn't binge drink in the last 30 days.**

*Having many alcoholic drinks at one time, known as binge drinking, is dangerous. It increases your risk of liver damage and your risk of being injured or in an accident.* Source: CDC



**92% of students say they've never misused prescription medication.**

*If your doctor didn't prescribe it for you, don't take it. Stay away from prescription medication.*

There are healthier ways to manage stress and have a good time with friends.  
If you're using substances and want to stop, there is help available to you:

Speak to a behavioral health professional at your school or find a Student Assistance Counselor at [risas.org/about/participating-schools](https://risas.org/about/participating-schools)



Visit [mylifemyquit.com](https://mylifemyquit.com)



**RIDE** Rhode Island Department of Education

The Youth Risk Behavior Survey was conducted during the fall of 2021 by the Rhode Island Departments of Health and Education, and the Centers for Disease Control and Prevention (CDC). To learn more, visit [health.ri.gov/data/adolescenthealth](https://health.ri.gov/data/adolescenthealth)

