HIGH-SCHOOL STUDENTS: COPING WITH STRESS

High-school students are stressed out and anxious. Many of them are coping in unhealthy ways.

**TEENS + HIGH SCHOOL = STRESS:**

61% of teens say stress and anxiety have a large impact on their lives.

(2016 Partnership for Drug-Free Kids)

**UNHEALTHY WAYS TO COPE:**

11% of teens say they feel compelled at times to drink alcohol or use drugs to help cope with stress and anxiety.

(2016 Partnership for Drug-Free Kids)

**MANY TEENS ABUSE PILLS:**

Over half a million teens have abused a prescription stimulant in their lifetime.

(2014 MDDUK)

**TEENS THINK IT’S OKAY TO ABUSE MEDICINE:**

One in five teens believes it’s okay to abuse a prescription drug, as long as they weren’t doing so to “get high.”

(2016 Partnership for Drug-Free Kids)

#endmedicineabuse