

A Weekly FAX from the Center for Substance Abuse Research

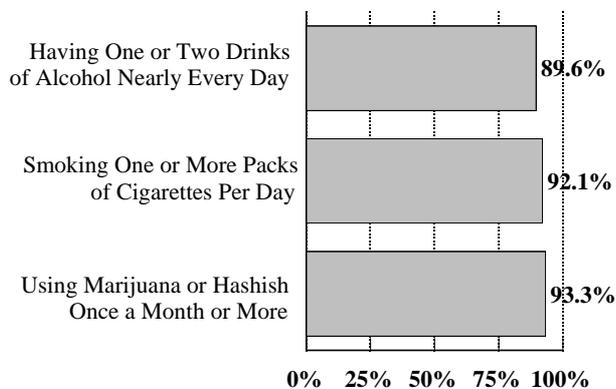
University of Maryland, College Park

## *Majority of Youths Say Their Parents Are Involved in Their Lives and Would Disapprove of Their Substance Use*

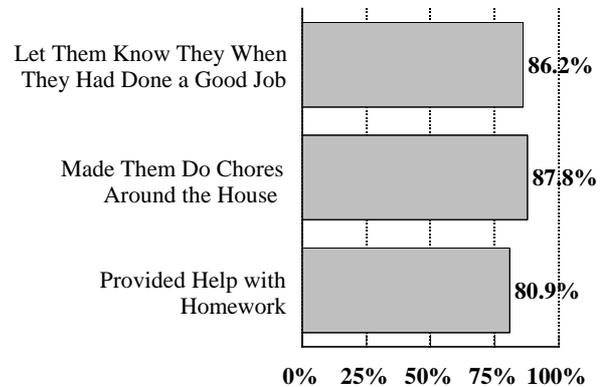
Between 89% and 93% of youths say that their parents would strongly disapprove of their drinking alcohol, smoking cigarettes, or using marijuana, according to an analysis of data from the 2007 National Household Survey on Drug Use and Health. The majority of youths also report that their parents are actively involved in their lives, as shown by the fact that their parents always or sometimes let them know when they had done a good job (86.2%), made them do chores around the house (87.8%), and provided help with homework (80.9%). However, perceived disapproval of substance use and parental involvement decreased as youths got older. For example, 93.8% of youths ages 12 or 13 report that their parents would strongly disapprove of their alcohol use, compared to 85.2% of youths ages 16 or 17 (data not shown). According to the authors, “previous research shows that youths who perceive that their parents disapprove of substance use and who report that their parents are involved in their day-to-day activities are less likely than those who do not to use alcohol, tobacco, or illicit drugs” (p. 3). That these factors decreased as youths got older indicates a need for increased parental communication and involvement in the later teen years.

### **Youths’ Perceptions of Their Parents’ Disapproval of Substance Use and Involvement in Day-to-Day Activities, 2007**

Parents Strongly Disapprove of . . .



Parents Always or Sometimes . . .



SOURCE: Adapted by CESAR from Substance Abuse and Mental Health Services Administration (SAMHSA), “Parental Involvement in Preventing Youth Substance Use,” *The NSDUH Report*, May 28, 2009. Available online at <http://www.oas.samhsa.gov/2k9/159/ParentInvolvement.cfm>.

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