

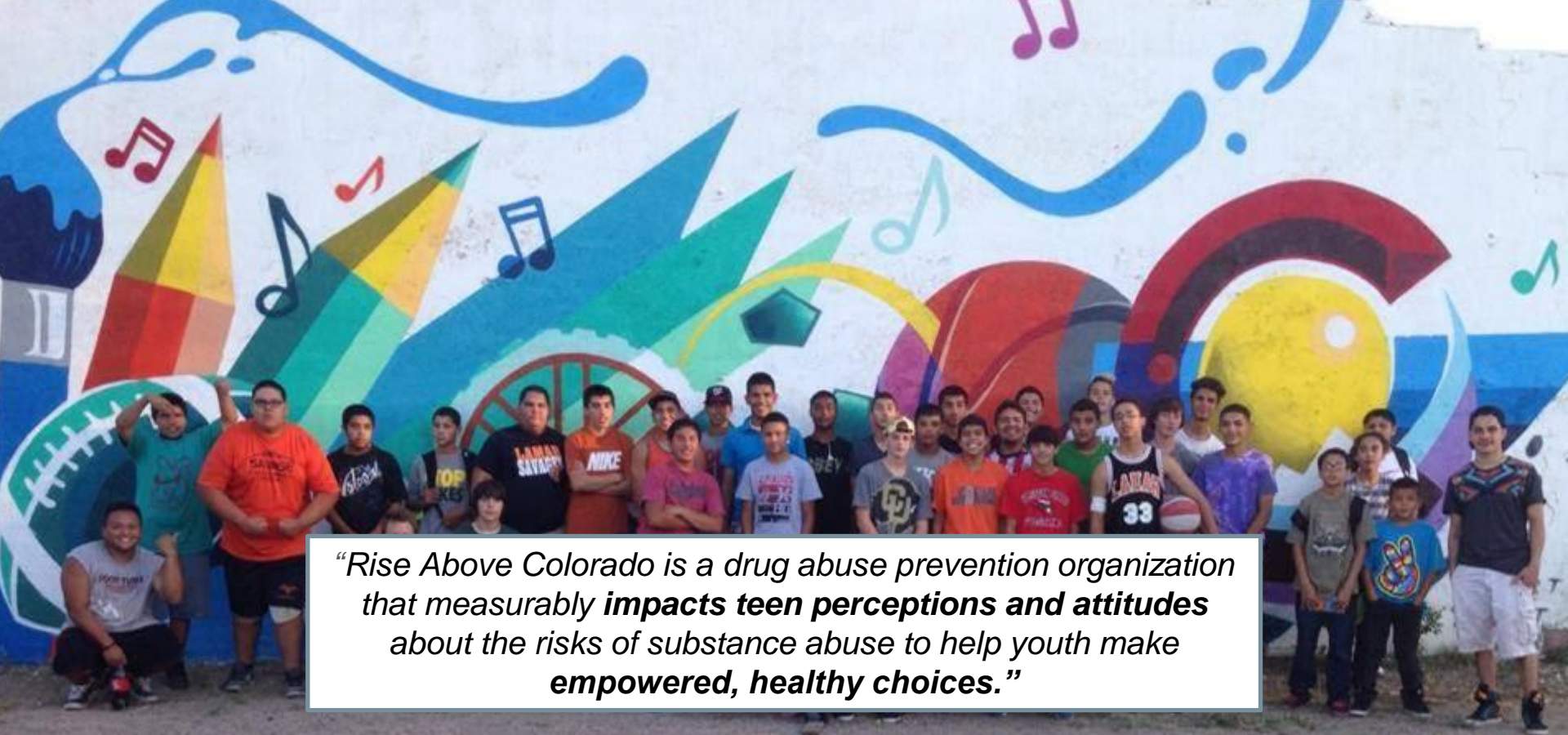
CLOSING THE



GAP

ALIGNING PERCEPTION WITH REALITY



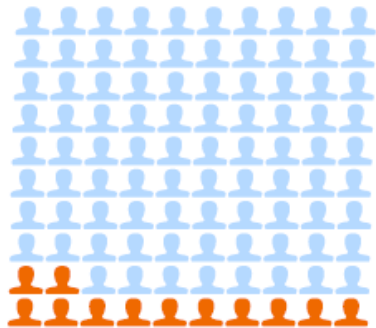


*“Rise Above Colorado is a drug abuse prevention organization that measurably **impacts teen perceptions and attitudes** about the risks of substance abuse to help youth make **empowered, healthy choices.**”*

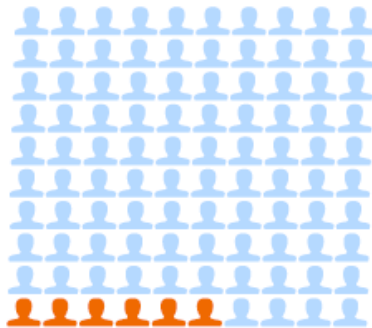
Objectives

- Review the data and facts describing teen substance misuse
- Explain how perceptions shape our behaviors
- Build critical thinking skills for interpreting the world around us with an open mind
- Discuss hopes and concerns around Colorado teen substance misuse
- Plan ways to correct misperceptions and rise above substance misuse

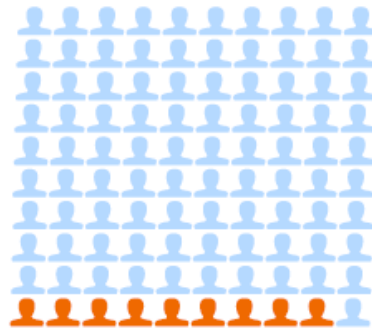
In the past 30 days, out of 400,000 youth in Colorado...



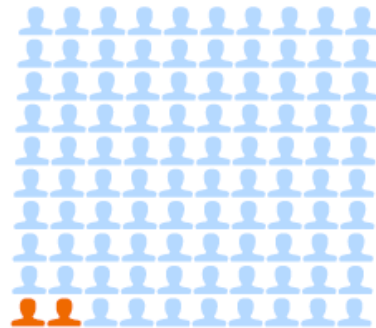
48,000 used
alcohol



24,000 used
marijuana



36,000 used
vaping products



8,000 used
prescription drugs

safe2tellTM
Colorado

Anonymously Report Safety Concerns:

WEB: safe2tellco.org

APP:  

CALL: 1-877-542-7233

GET HELP 24/7:



TrevorText

Text START to 678678



TrevorChat

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TrevorLifeline

866.488.7386

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives

**EVERYTHING
IS EASIER**
when I'm numb

Sometimes dependence lies just below the surface.

You're not alone.

Text **TALK** to **38255**

A personal, confidential text support line



BELOW THE SURFACE

BelowTheSurfaceCD.com

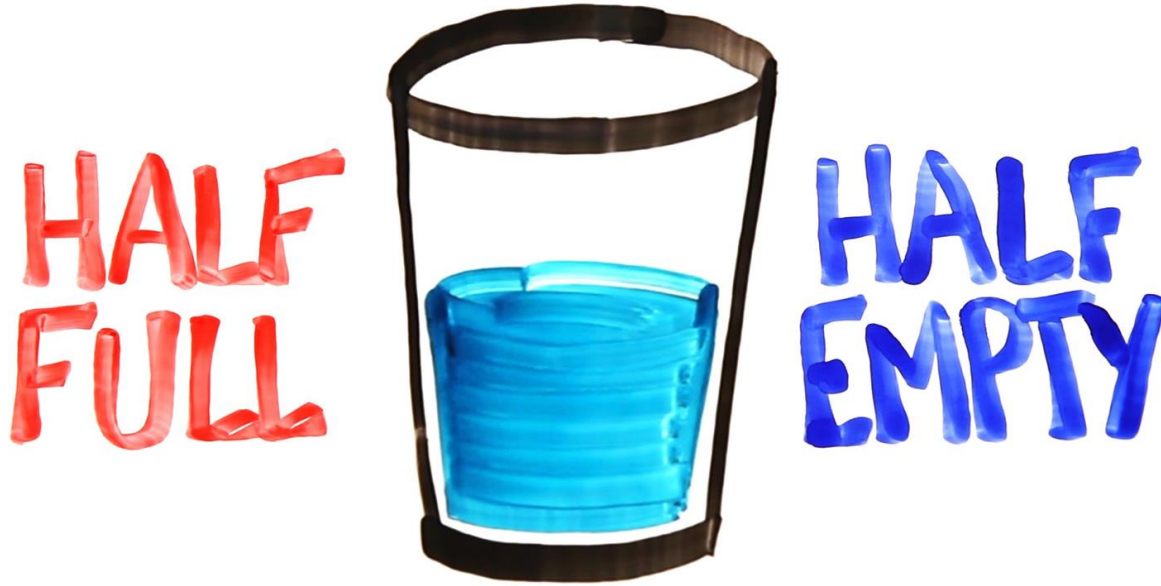


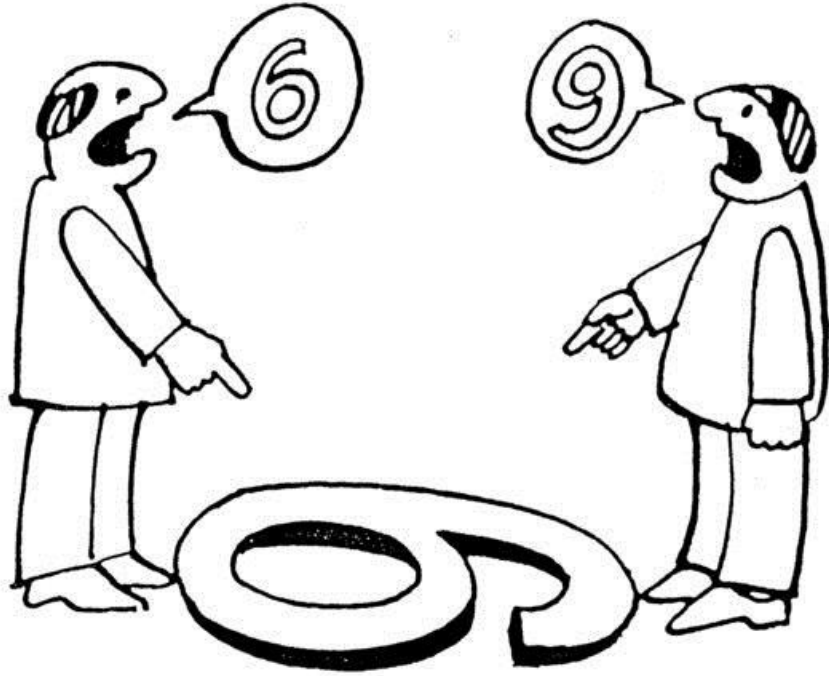




*How do you define
PERCEPTION?*

Where do our perceptions come from?

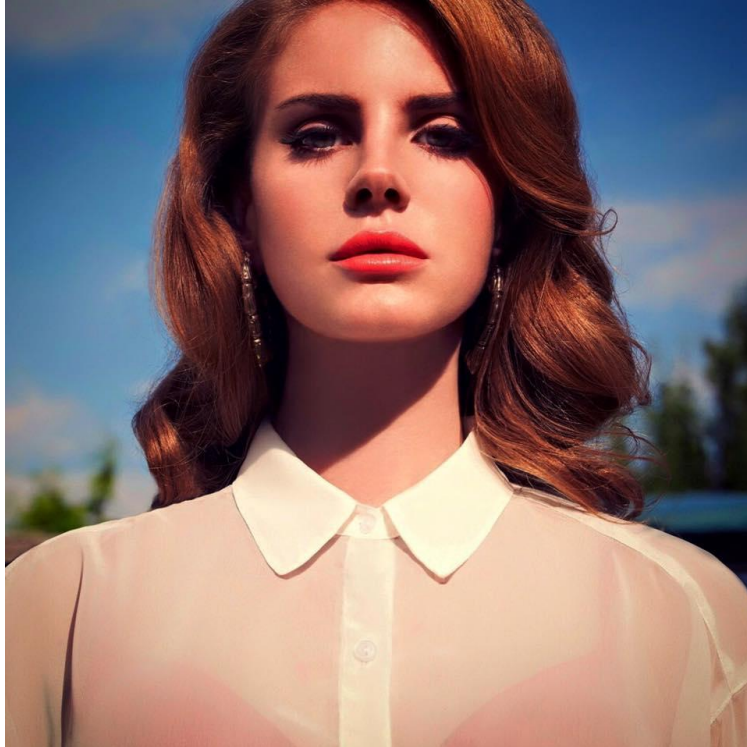




*Does this mean
that the **FACTS**
are different for
each of us?*



Perception is *NOT* always reality.



Social Media is *NOT* always reality

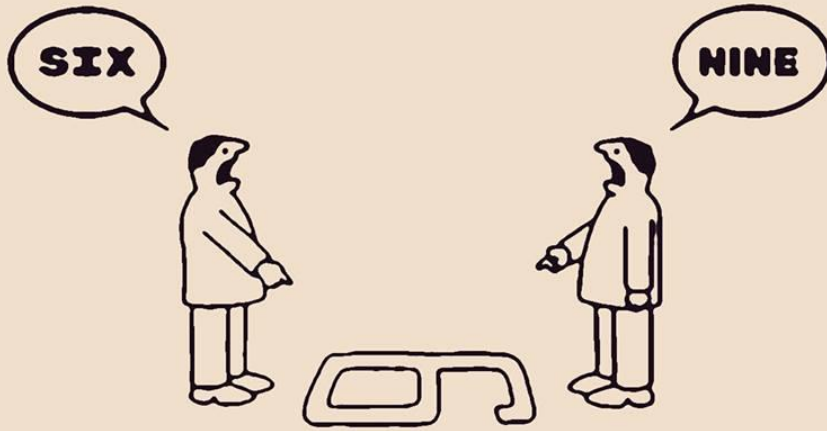
**MAY YOUR LIFE
BE AS AWESOME AS
YOU PRETEND IT IS
ON INSTAGRAM**

Social Media is *NOT* always reality



Why is it important to have an accurate perception
of the world around us?





~~Just because you are right,
does not mean, I am wrong.~~

But one of those people is wrong, someone painted a six or a nine, they need to back up and orient themselves, see if there are any other numbers to align with. Maybe there's a driveway or a building to face, or they can ask someone who actually knows.

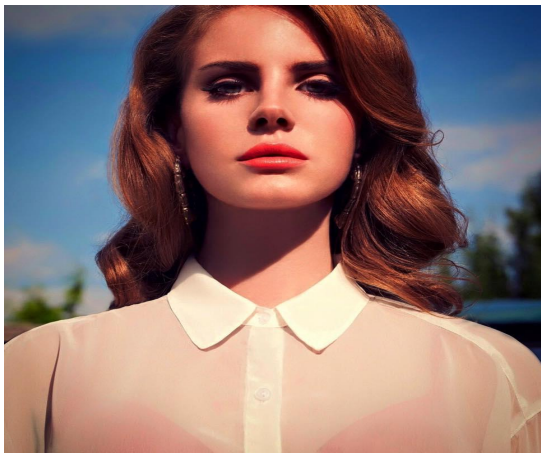
Use DATA and FACTS
to understand reality.



Observation First.

Question Next.

Interpretation Last.

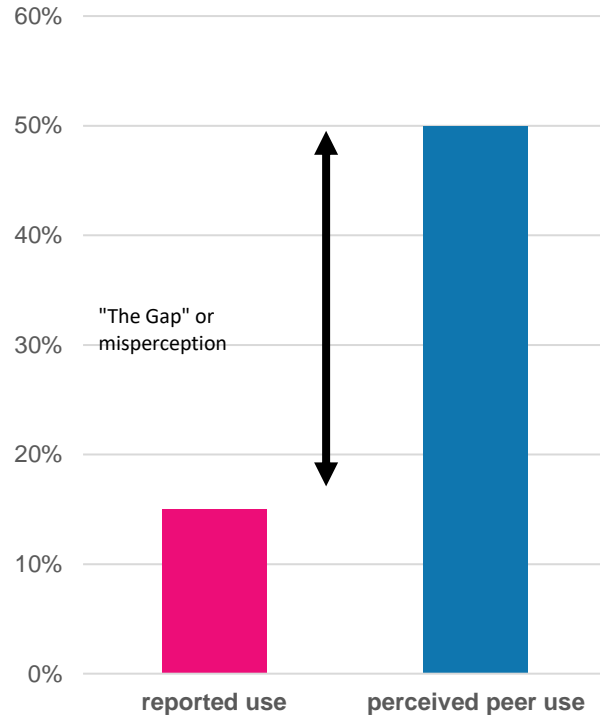




What is RACYS?



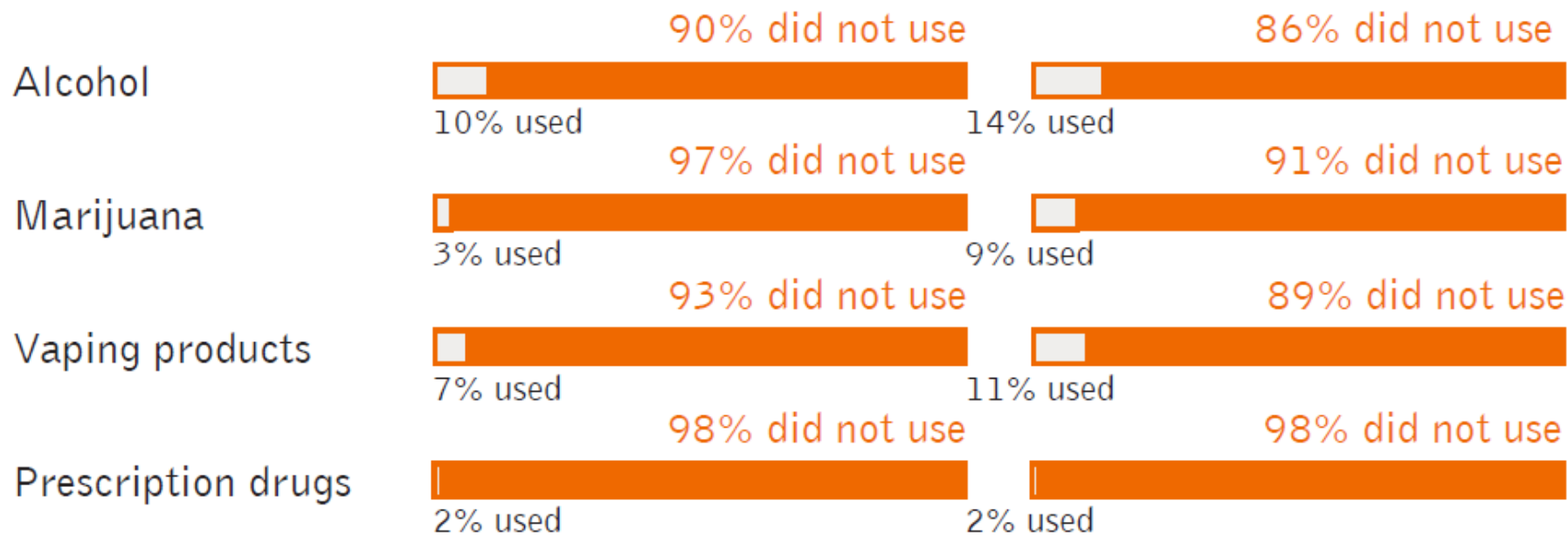
Perception, Reality, & Behavior



In the past 30 days:

Middle school-aged youth said...

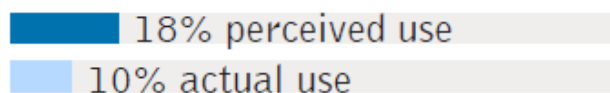
High school-aged youth said...



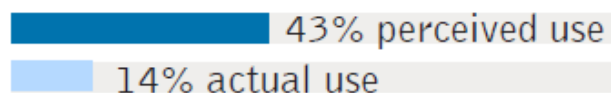
In the past 30 days:

Alcohol

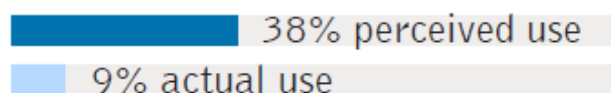
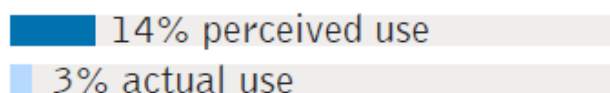
Middle school-aged youth said...



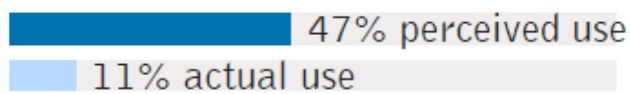
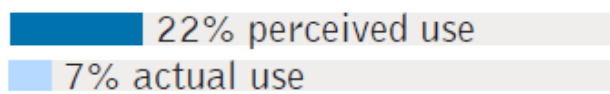
High school-aged youth said...



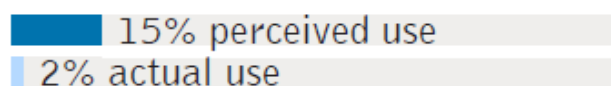
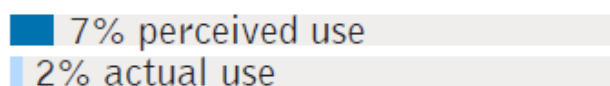
Marijuana




Vaping products



Prescription drugs





What factors
contribute to teens
misusing substances?



Family history of addiction

Environment

Media

Poor mental health



Trusted adults

Positive peers

Future goals

Hobbies and passions

Community connections

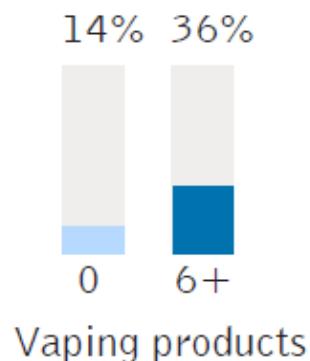
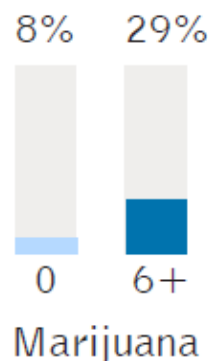
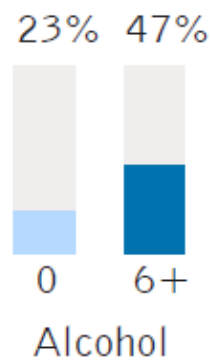
Stress management skills

One in three youth report having 6 or more difficult mental health days in a month.



These youth are also significantly more likely to have used alcohol, marijuana, and vaping products.

% who used based on mentally difficult days last month:



What concerns do you have after reviewing this data? What makes you hopeful?

Why do you think misperceptions around teen substance misuse tend to grow with age?

What information do teens typically use to form their perceptions and opinions? How can we use “*Observe, Question, Interpret*” to avoid forming misperceptions?

Looking at the factors that protect young people from substance misuse, which do you believe have the most potential for making positive change in your community?

***What are actions YOU can take
to change the misperceptions
among your friends,
schoolmates, family and
community?***

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COLORADO
CRISIS SERVICES

Below the Surface CD.com



Check out youth resources & campaign updates: www.IRiseAboveCO.org

Share your story and/or highlight positivity from your community:
www.iriseaboveco.org/submit-your-story

Connect with Rise Above Colorado on social media: **#IRiseAbove**

