**Evidence-Based/Evidence-Informed Strategies**

**Alcohol**

|  |  |
| --- | --- |
| Risk Factor | Evidence-Based/Evidence-Informed Strategies |
| Home Access | * Parent education and skill-building around locking up your alcohol
* Parent education around Social Host Law
 |
| Youth Attitudes Favorable Toward Use | * Social norms poster campaign to correct misperceptions about how common alcohol use is
* Peer social network interventions – mobilizing peer leaders to change culture around drinking
 |
| Lack of Pro-social Community Involvement for Youth  | * Youth drop-in centers
* Creation/expansion of after-school programs
* Youth-led community service or activism opportunities
 |
| Trauma/Mental Health | * Provide information to the public about available resources
* Partner with mental health providers to expand services
* Public education campaign promoting norms against violence and adversity
* Programs that connect youth to caring adults and activities
 |
| High Commercial Availability of Alcohol | * Cap and Retire policies – capping the number of liquor licenses in a community, and retiring licenses as they are given up
* Restriction of hours of alcohol sales
* Ban or restriction on home delivery of alcohol
 |

**Cannabis (Marijuana)**

|  |  |
| --- | --- |
| Risk Factor | Evidence-Based/Evidence-Informed Strategies |
| Low Parental Monitoring | * Provide information about risks of cannabis use
* Parental education on the importance of monitoring
* Parental education on signs of substance use in youth, such as Hidden in Plain Sight
* Psychoeducational family support programs such as [Positive Family Support-Family Check-Up](https://reachinstitute.asu.edu/programs/positivefamilysupport)
* Take-home drug-refusal activities for elementary school children to complete with parents such as [Keep A Clear Mind (KACM)](https://www.keepaclearmind.com/keep_a_clear_mind.php)
 |
| Youth Attitudes Favorable Toward Use  |  * Provide information on risks of cannabis use
* Curriculum that enhances social and emotional skills with an emphasis on resilience and refusal skills, such as Keepin’ It Real - <https://real-prevention.com/keepin-it-real/>
* Brief intervention consisting of a motivational enhancement therapy session – such as the Adolescent Cannabis Check up
 |
| Trauma/Mental Health |  * Provide information to the public about available resources
* Partner with mental health providers to expand services
* Public education campaign promoting norms against violence and adversity
* Programs that connect youth to caring adults and activities

  |
| Economic Disadvantage |  * Comprehensive and intensive early education program that includes a pre-school and school-age intervention, such as the [Abecederian Project](https://abc.fpg.unc.edu/)
* Advocate for economic supports for families
 |
| Discrimination/”Minority Stress” | * Training of peer “conflict managers” to interrupt bullying and conflict within schools
* <https://www.tolerance.org/professional-development/kids-to-the-rescue>
* Youth-led activism to create supportive school climate
 |

**Nicotine**

|  |  |
| --- | --- |
| Risk Factor | Evidence-Based/Evidence-Informed Strategies |
| Youth Attitudes Favorable Toward Use |  * Counter-advertising – youth-led poster campaign to show how marketing and packaging of tobacco products target youth (e.g., product location in stores, bright colors attracting youth by resembling candy wrappers)
* Provide information on negative health effects of vaping
* Social norms marketing posters – highlight the majority of youth who do not vape
*
 |
| Trauma/Mental Health |  * Provide information to the public about available resources
* Partner with mental health providers to expand services
* Public education campaign promoting norms against violence and adversity
* Programs that connect youth to caring adults and activities
 |
| Price and Promotion (e.g. marketing of flavors toward youth) |  * Increase price and tax on tobacco products
* Restrict advertising for tobacco products, including single-use vapes
 |
| Policy Environment |  * Ban single use flavored electronic cigarettes
* Increased penalties for retailers that sell tobacco to minors
* Laws and practices that reward tobacco retailers for being willing and eager partners in preventing underage tobacco use
* Ensure all tobacco policies extend to e-cigarettes
* Actively enforcing existing laws with a focus on retailers
 |