



3 Tips For Parents & Guardians to Prevent Youth Substance Use

Insights from the 2025 Springfield Prevention Needs Assessment Survey of 8th, 10th, and 12th Grade Students



Although only half of enrolled 8th, 10th, and 12th grade students took the survey, these findings highlight insights that align with [broader research](#) on supporting healthy youth development.

1

Build a Strong, Supportive Relationship

Students were less likely to report ever using alcohol, marijuana, or e-cigarettes when they had a parent or guardian whom they:

- Felt very close to
- Could share thoughts and feelings with
- Enjoy spending time with.

2

Include Youth in Family Decisions that Affect Them

Students who reported that their parents or guardians asked for their thoughts before making family decisions affecting them were less likely to report ever using alcohol, marijuana, and e-cigarettes.

3

Set Clear Expectations

Students who reported clear rules in their family were more than half as likely to report ever using alcohol, marijuana, and e-cigarettes than those who did not report clear rules.



Learn more:

bit.ly/PreventSubstanceUse