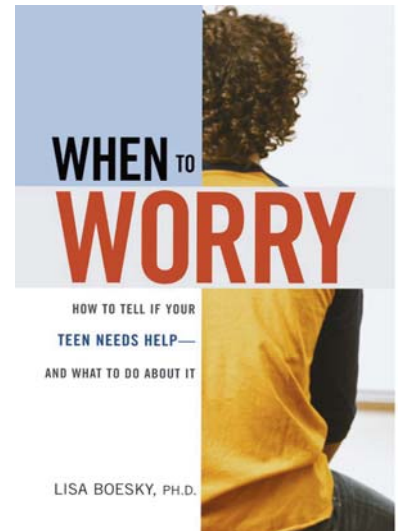


“Quick Facts” About Today’s Teens
Dr. Lisa Boesky, Author of *When to Worry: How to Tell if Your Teen Needs Help—and What to Do About It*



- ❑ 1 in 5 teenagers has a mental health disorder
- ❑ Only 20% of teens with true mental health disorders receive necessary treatment

- ❑ Suicide is the 2nd leading cause of death for 11-14 year olds and 3rd for 15-21 year olds
- ❑ 28% of teens feel so sad or hopeless (for at least 2 weeks) that they stopped doing some of their usual activities
- ❑ 16% of teens seriously considered attempting suicide
- ❑ 13% of teens have made a plan as to how they would kill themselves
- ❑ 8% of teens tried to kill themselves (with some attempts requiring medical attention)

- ❑ 74% of teens have drunk alcohol (25% before age 13)
- ❑ 25% of teens have had more than 5 drinks in one session
- ❑ 38% of teens have used marijuana
- ❑ 12% of teens have sniffed or inhaled paints, glue, chemicals
- ❑ 9% of teens have abused prescription drugs

- ❑ Almost half of teens have had sexual intercourse before graduating high school
- ❑ 1 in 5 ninth graders have engaged in oral sex
- ❑ 12% of teens have gone without eating for 24 hours or more to lose weight
- ❑ 18% of teens have carried a weapon (e.g., gun, knife, club)
- ❑ 28% of teens have ridden in a car with a driver who was drinking alcohol

Sources: *Mental Health: A Report of the Surgeon General, 1999*; *YRBS/CDC, 2005*; *Archives of General Psychiatry, 2004*; *Pediatrics, 2005*.

For More Information:
www.whentoworry.com
www.drlisab.com