

Youth that start using substances at a younger age are more likely to report current, past month use

Research shows the younger you are when you start using substances, the more likely you are to have a substance use problem as you get older. Data specific to 11th graders in Delaware support this. Most youth report they began using cigarettes, alcohol, and/or marijuana between ages 13-15. Youth who reported using a substance at age 12 or younger were more likely to report past month use of that same substance when compared to those who started using when they were older. For instance, of youth who reported first trying marijuana at age 12 or younger, 71 percent reported using marijuana within the past month, compared to 40 percent of those who began using it at age 16 or older.

