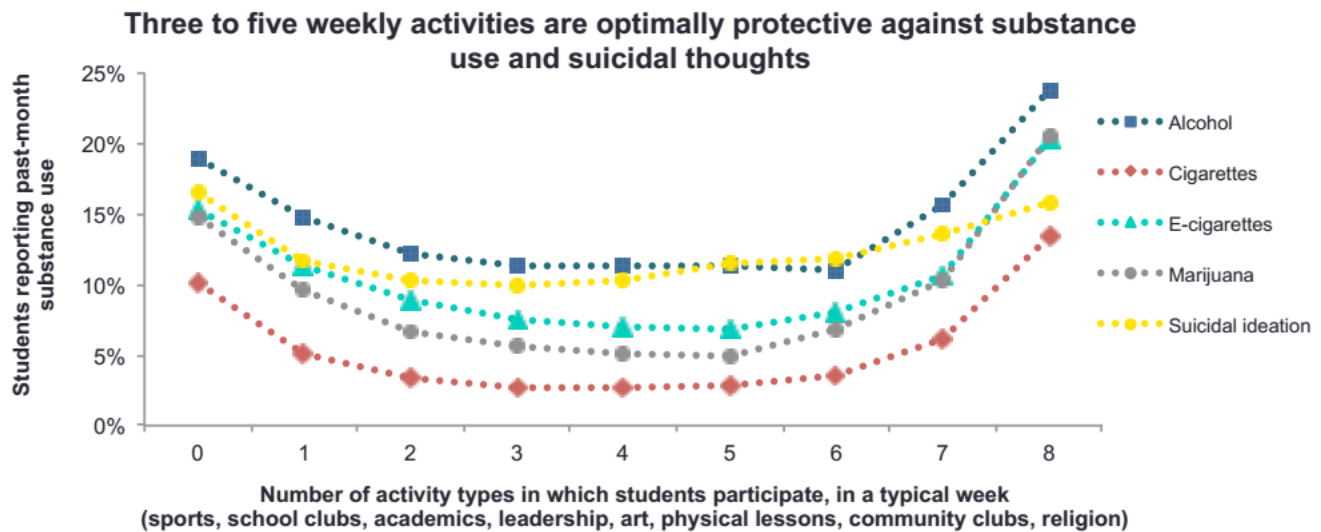


## What's The (data)Point?

*Turning Data Into Action*

This edition explores youth participation in extra-curricular activities, implications on substance use, and how you can take action.

### DATA



Source: 2016 Minnesota Student Survey

The data above suggests participation in at least one extra-curricular activity puts youth at less risk for substance use and suicidal ideation. It also suggests participation in a additional activities is associated with even less risk. However, there is a tipping point at which this is no longer true.

### RESOURCE

#### Does this sound familiar?

*"Youth in our community use drugs and alcohol because they're bored. They just need more activities."*

This is a common conversation in communities when brainstorming strategies for preventing youth substance use. However, data and research on activity involvement

**The truth is, reducing risk for youth substance use is not this simple.**



and substance use suggests the solution is more complex.

This [research brief](#) responds to the question: Are activities for youth effective as a substance abuse prevention strategy? Studies featured in the brief found **adult supervision and caring relationships with adults** to be important factors for whether an activity was associated with reduced risk of substance use.

## TAKE ACTION

***Make the development of caring youth-adult relationships a focus for the youth activities in your community.***

Get to know the youth serving-organizations in your community and identify ways you can support one another in this mutual goal.

- Use [this tool](#) from MENTOR Minnesota to find youth mentoring programs near you.
- Use Youth Intervention Program Association's [Member Directory](#) to see a list of organizations near you which are committed to supporting youth.



Help youth in your community build more relationships with caring adults.

- Learn about the [AmeriCorps Promise Fellow and VISTA](#) programs and how your community can apply to host a member next year.
- Learn about the impact of developmental relationships by [downloading this new publication](#) from Search Institute.
- Attend a breakout session on developmental relationships, the power of protective factors, and/or community engagement at this year's [Minnesota Prevention Program Sharing Conference](#).

Think through your ideas with someone before you start! Contact your [Regional Prevention Coordinator](#).

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***What's The (data)Point?*** is a monthly e-news feature, distributed to *MN-Prev* subscribers.

It brings together the data, information, and personalized support that is available to you from the following:



State Epidemiological Outcomes Workgroup

Minnesota Prevention Resource Center

Regional Alcohol, Tobacco, and Other Drug Prevention Coordinators



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