

CRAFFT Feedback

You've just answered a six-question test that we call the CRAFFT screen. We've found that these questions are very helpful for health care providers to use when talking to young people about drug and alcohol use. We hope you've found it helpful to answer them too. Please read over the six questions again and think about your answers to the questions. Then read the comments below each question.

Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?

Most people know that drinking and driving is dangerous. The best way to protect yourself is to decide BEFORE YOU LEAVE YOUR HOUSE that you won't drive after drinking or using drugs, or that you will not get in a car with a friend who has been drinking or using drugs. At the end of an evening a friend's warm car might be very tempting. Stick to the promise you made yourself and find another way home.

Many young people don't know that driving after smoking pot is JUST AS DANGEROUS as driving after drinking. You might not feel high, but if you have smoked you are NOT okay to drive. If you've never had a problem you have been lucky. Imagine what could happen if you are unlucky, even just once. Use the Contract for Life we've given you and make sure you never drive after using alcohol or drugs, or get in a car with a drunk or high driver again.

Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

People use alcohol and drugs for lots of different reasons. People who use drugs or alcohol to relax often begin to rely on them. Think about why you use. Do you drink or smoke when you are bored or stressed? If you need alcohol or drugs to relax, your body is trying to tell you something — pay attention! Try to think of other ways to relax.

Other people think they need alcohol or drugs to feel better about themselves. If you feel that way, try thinking about all the things you like about you - we're sure you have a lot of great qualities! And if you get drunk or high to fit in with others, maybe you should reconsider WHO you are trying to fit in with. Is getting drunk or high the price you have to pay for a friendship or relationship? If so, the price may be too high. Shouldn't people who care about you like you for yourself?

Do you ever use alcohol or drugs while you are by yourself, or ALONE?

Most young people who smoke or drink do it to have a good time with their friends. Using alone could be a warning sign that you are using too much. If you drink or smoke when you are alone, ask yourself why. Are you using to try and make your problems go away? Unfortunately, alcohol and drugs make people's problems worse in the long run. Are you using to try and escape bad feelings?

Alcohol and drugs can make you feel better for a few hours, but when you come down, the feelings are almost always worse. And this kind of using changes the way your brain works over time. This is what causes people to become addicted. If you're not sure why you use, try to quit. If you have trouble quitting, your problem is serious and you need help!

CRAFFT Feedback (continued)

Do you ever FORGET things you did while using alcohol or drugs?

WOW! If you are forgetting things you did while you were high, that's a BIG problem! It means that your alcohol and/or drug use is directly affecting your brain, and NOT in a good way. You are also putting yourself in danger if you can't think clearly. You are much more likely to be in a car accident, be in an unsafe neighborhood, or leave a party with someone you shouldn't. Wouldn't you rather always feel in control of your own life? Don't you always want to remember what you've done and not done?

Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?

Lots of young people tell us that their parents worry too much, and yeah, parents sometimes worry about silly things. If your parents don't know what you're doing, they may imagine the worst. But if you are using drugs and alcohol, your parents are worried with good reason. DRUGS AND ALCOHOL CAN KILL. Be honest with your parents. If they trust you they will worry less, and if you have a real problem, they can help.

If your friends are worried that you are drinking or smoking too much, listen to them. Your friends know what you are doing and what other young people are doing, so take what they say seriously. If you think some of your friends are using too much, tell them. You might save a life.

Have you ever gotten into TROUBLE while you were using alcohol or drugs?

Drugs and alcohol almost always lead to trouble. Some kids get into trouble when they are high — car accident, arrest, or rape. Other kids get into trouble because of the long term effects of drugs on their brain — bad grades, depression, fights with family and friends. Lots of kids have problems without realizing the connection to drugs. That's because these problems start slowly and increase gradually, so they can be hard to notice.

How are your problems related to alcohol and/or drugs? How will your problems affect your future? What are your goals? Try to imagine your future without using alcohol or drugs. Will this help or hurt your chances of achieving your goals? You deserve a good life — give yourself a chance!

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