

## Underage Drinkers, Smokers Often Get Cigarettes and Alcohol from Family and Friends

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A survey of underage smokers and drinkers in Canada finds many of them obtain their cigarettes and alcohol from family and friends.

The survey of more than 9,000 teens asked them about their smoking and drinking habits.

Of the teens who smoked, 58 percent said they got their last cigarette from a friend or family member, according to *HealthDay*.

In addition, 19 percent said they got their last cigarette at a corner store, grocery store, gas station or bar. Girls were more likely than boys to have gotten their last cigarette from a friend or family member (73 percent versus 46 percent).

Of the students who drank alcohol, 39 percent said a friend or family member gave it to them, and 28 percent said they gave money to someone to purchase it for them.

The survey, by researchers at the Center for Addiction and Mental Health in Toronto, found 32 percent of older students said they got their alcohol by giving someone else money to buy it, compared with 2 percent of younger students.

"Despite efforts to curb youth smoking and prevent youth alcohol use, the survey tells us that youth are still able to easily access these substances, often from the very people who should be looking out for their well-being," survey principal investigator Dr. Robert Mann said in a news release.

Do you suspect that your child is abusing alcohol or using drugs? Are you worried? Have you noticed some changes with your child? As a parent, it is normal to be concerned. Listen to your intuitive voice and [read on here!](#)