

《调查显示，大多数美国青少年不饮酒、不吸烟，也不吸食大麻》



Teen drug use hasn't rebounded from its drop during the early years of the COVID-19 pandemic, according to the results from a large annual national survey released Tuesday.

根据周二发布的一项大型全国性年度调查结果，自新冠肺炎疫情早期起，青少年药物滥用的数量并未回升。

About two-thirds of 12th graders this year said they hadn't used alcohol, marijuana, cigarettes or e-cigarettes in the previous 30 days. That's the largest proportion abstaining since the annual survey started measuring abstinence in 2017.

今年在过去30天内，大约三分之二的高三学生表示，他们没有喝酒、吸大麻、香烟或电子烟。这是自2017年该年度调查开始统计戒断率以来，比例最高的一年。

Among 10th graders, 80% said they hadn't used any of those substances recently, another record. Among 8th graders, 90% didn't use any of them, the same as was reported in the previous survey.

对于高一的学生而言，有80%的人声称近期未曾沾染上述任何一项不良嗜好，这一比例再次刷新了记录。至于八年级的学生，90%的人表示未曾接触过这些东西，这一数据与上一次调查结果持平。

The only significant increase occurred in nicotine pouches. About 6% of 12th graders

saying they'd used them in the previous year, up from about 3% in 2023.

唯一出现显著增长的是尼古丁袋装物的使用。约有6%的高三学生表示他们在过去一年中用过，相较于2023年的3%，这一比例有所上升。

Whether that has the makings of a new public health problem is unclear. The University of Michigan's Richard Miech, who leads the survey, said: "It's hard to know if we're seeing the start of something, or not."

这一趋势是否会演变成一个新的公共卫生问题，目前尚无法确定。密歇根大学负责此次调查的理查德·米奇指出：“我们难以判断这是初露端倪，还是并非如此。”

The federally funded Monitoring the Future survey has been operating since 1975. This year's findings are based on responses from about 24,000 students in grades 8, 10 and 12 in schools across the country. The survey is "one of the best, if not the best" source of national data for substance use by teens, said Noah Kreski, a Columbia University researcher who has studied teen drug use.

自1975年起，由联邦政府资助的“监测未来”调查一直在持续进行。今年的调查结果基于全国范围内约2.4万名初二、高一以及高三的学生反馈。哥伦比亚大学研究青少年药物使用的学者诺亚·克雷斯基于认为，该调查是“获取全国青少年药物使用数据的最佳来源之一，甚至可以说是最佳的来源”。

Early in the pandemic, students across the country were told not to go to schools and to avoid parties or other gatherings. They were at home, under parents' supervision. Alcohol and drug use of all kinds dropped because experimentation tends to occur with friends, spurred by peer pressure, experts say.

疫情爆发初期，要求全国各地的学生不得返校，也不要参加聚会或其他集会活动。他们留在家中，由父母监管。专家指出，青少年通常在朋友聚会中受同伴压力影响而尝试新事物，因此在疫情期间，各类酒精与毒品的使用量均有所下降。

As lockdowns ended, "I think everyone expected at least a partial rebound," Miech said.

随着疫情防控措施的逐步放宽，米奇指出：“人们普遍认为会出现某种程度的回弹。”

Even before the pandemic, there were longstanding declines in teen cigarette smoking, drinking and use of several types of drugs. Experts theorized that kids were staying home and communicating on smartphones rather than hanging out in groups, where they sometimes tried illicit substances.

事实上，在疫情肆虐之前，青少年吸烟、饮酒及多种毒品的使用量已处于下滑趋势。

专家们认为，这主要是因为青少年更倾向于居家并通过智能手机进行社交，而非外出与朋友面对面聚会，这一趋势在一定程度上降低了他们接触并滥用非法物质的风险。

But marijuana use wasn't falling before the pandemic. And vaping was on the upswing. It was only during the pandemic that those two saw enduring declines, too.

然而，值得注意的是，大麻的使用量在疫情之前并未呈现下降趋势，而电子烟的使用反而在持续增长。只是在疫情期间，这两种东西的使用量才出现了长时间的减少。

Some experts wonder if the pandemic lockdowns had a deeper influence.

部分专家好奇，疫情的封锁措施是否产生了更重要的影响。

Miech noted that a lot of teens who experiment with e-cigarettes or drugs start in the 9th grade, sometimes because older adolescents are doing it. But the kids who were 9th graders during the lockdowns never picked up the habit, and never had the opportunity to turn into negative influencers of their younger classmates, he said.

米奇观察到，许多青少年是在九年级时开始尝试电子烟或毒品的，这有时是受到了高年级学生的影响。他说，那些在封锁期间上九年级的孩子们从未养成这个习惯，也从未有机会成为对低年级同学产生负面影响的因素。

"The pandemic stopped the cycle of new kids coming in and being recruited to drug use," Miech said.

米奇说：“由于疫情，新入学学生好奇并尝试吸毒的念头熄灭，”

Mental health may also be a factor. There were increased reports of depression and anxiety in kids after the pandemic began. Depression is often associated with substance use, but some people with depression and anxiety are very wary of messing with drugs, said Dr. Duncan Clark, a University of Pittsburgh psychiatrist who researches substance use in kids.

心理健康可能也是一个关键因素。

疫情开始后，儿童抑郁和焦虑的报告数量有所增加。匹兹堡大学研究儿童药物使用的精神病学家邓肯·克拉克博士指出，虽然抑郁常与药物滥用有关，但部分抑郁和焦虑的人对吸毒非常警惕。

"Some teens with anxiety are worried about the effects of substances. They may also be socially inhibited and have less opportunity to use drugs," Clark said. "It's a complicated relationship."

克拉克指出：“部分青少年对毒品产生的影响感到担忧。他们可能在社交活动中受限，因此接触到毒品的机会也更少。” “这是一种复杂的关系。”

重点词汇

rebounded 反弹；回升；弹回；报应；反作用于；rebound的过去分词和过去式

early years 早年；早期；初年；早期教育

pandemic 流行病；大流行病；大流行的；普遍的，全世界的

according to 根据；按照；按；依照；据

national survey 全国调查；全国的调查

two-thirds 三分之二

this year 今年

abstaining 弃权；戒；回避；戒除；离开；abstain的现在分词

annual survey 年度调查

abstinence 禁欲；节制