

# DRUGFREEAZKIDS.org

*A Program of Southwest Behavioral & Health Services*



## **Partnering with Families™**

*for Healthy Living and Drug-Free Kids*

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Phone: (602) 305-7126 • Fax: (602) 305-7130 • E-mail: [partner@DrugFreeAZKids.org](mailto:partner@DrugFreeAZKids.org)

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# Parenting for **PREVENTION**

Let's face it. Growing up just isn't what it used to be. Through music, movies and the Internet, kids today are hammered by adult ideas and images and pushed to make important choices at an age when most of us worried about getting a date — or a driver's license.

**Just consider some of these startling facts:**

- 1 out of 7 high school seniors has taken a prescription drug to get high
- 40% of high school students have used marijuana by the time they graduate
- Marijuana is the number two drug of choice among Arizona teens
- Drug use in Arizona starts young. The average age of a young person's first use of alcohol and marijuana is 13

*\*Arizona Criminal Justice Commission Youth Use Survey 2016*

The risks for our youth are rising. Still, the basic rules for raising kids haven't changed much over the years. Getting involved in our kids' lives and teaching them a strong sense of self-worth is as important now as ever. Kids who value themselves and their own feelings are less likely to make choices based on what their friends say or think or do.

## **So how does a busy, modern-day parent do all that?**

**Spend time together.** Set aside at least 10 minutes daily for quiet conversation with each child. Plan at least one family fun time each week — for walks, games, family projects or shared hobbies. Give your kids access to you; it's what they want most.

**Build good feelings.** Encourage your kids often, pointing out the special qualities of each child. Be specific (they'll know if you're faking): "I appreciate the way you helped your baby brother today," or "You make friends so easily."

Remember that your kids are individuals, too, and may choose to be different from you. Within reason, allow for differences in dress and lifestyle without taking your love away.



**Build strong boundaries.** Teach your children to like and respect themselves by liking yourself. Don't allow your kids, friends, or spouse to bully or mistreat you.

**Decision-making.** Within careful limits, let your kids make their own choices — when to study, what to play, how to spend their money. Encourage working together on family chores and activities, from making the beds to making plans for a ball game. Watch for “teachable moments” — a chance to talk about an idea, share an experience, or (gulp) let the kids decide what’s for dinner.

## Family Drug **EDUCATION**

The best place to begin guiding our kids in making decisions about alcohol and other drugs is in the home. We suggest beginning drug education early — and as a natural part of family projects and mealtime talks. And if it's too late to start “early,” start anyway. Your kids may not know as much as they think.

### **GROUP** Think

- Begin by collecting information on drugs and alcohol. Read and talk about issues and separate rumors from facts.
- Share your feelings about how drugs might affect your children: “I’m scared that you’ll get hurt by riding in a car with someone who is drunk or high,” or “I’m afraid that once you start, you won’t be able to stop.”
- Be honest about your own drug use: “I’m really struggling to quit smoking and I hate the thought of you starting. I hope you’ll save yourself all the trouble I’m going through and not start at all.”
- Keep your kids’ ages in mind:  
Young children view the world as black or white and are usually satisfied with the statement that drugs are “bad.” But don’t expect your teenagers to see it that simply. They’re more likely to view drug use and drinking as their own choice. Be ready with sound facts and solid examples of the damage alcohol and other drugs can do.





# What **YOU** Can Do

Your child's transition from elementary school to middle school or junior high calls for special vigilance. Children are much more vulnerable to drugs and other risky behavior when they move from sixth to seventh grade than when they were younger.

Continue the dialogue on drugs that you began when your child was younger, and stay involved in your child's daily life by encouraging interests and monitoring activities. Use the specific actions below to significantly reduce the chance of your child becoming involved with drugs. Some of these actions may seem like common sense. And some may meet with resistance from preteens who are naturally striving to achieve independence from their parents. But all the measures listed below are critically important in making sure that your child's life is structured in such a way that drugs have no place in it.

- **If possible, arrange to have your children looked after and engaged during the after-school hours.** Encourage them to get involved with youth groups, arts, music, sports, community service, and academic clubs.
- **Make sure children who are unattended for periods during the day feel your presence.** Give them a schedule and set limits on their behavior. Give them household chores to accomplish. Enforce a strict phone-in-to-you policy. Leave notes for them around the house. Provide easy-to-find snacks.
- **Get to know the parents of your child's friends.** Exchange phone numbers and addresses. Have everyone agree to forbid each others' children from consuming alcohol, tobacco, and other drugs in their homes, and pledge that you will inform each other if one of you becomes aware of a child who violates this pact.
- **Call parents whose home is to be used for a party.** Make sure they can assure you that no alcoholic beverages or illegal substances will be dispensed. Don't be afraid to check out the party yourself to see that adult supervision is in place.
- **Make it easy for your child to leave a place where substances are being used.** Discuss in advance how to contact you or another designated adult in order to get a ride home. If another adult provides the transportation, be up and available to talk about the incident when your child arrives home.
- **Set curfews and enforce them.** Your city, like many cities, has curfew laws. Weekend curfews might range from 9:00 p.m. for a fifth-grader to midnight for a senior in high school. It's important to check with your city as many cities have curfew laws that define what hours a minor may be outside without adult supervision.

# Laying the **FOUNDATION**

There's good news and bad news about being a parent today.

The bad news is that it's hard work — maybe the hardest work that we'll ever take on in our lives. And as growing up gets more complicated for our kids, our job of supporting and guiding them in the decisions they make gets tougher too.

The good news is that we don't have to do it alone.

In this section we'll review common community resources for "drug-proofing" our kids — from simple, common sense changes we can all make at home to community-wide campaigns and activities.

The rest is up to you. Because like parenting, preventing alcohol and drug use is a tough job. But it's one you'll never regret.

## **PARENT POWER**

**Know yourself.** Be clear about where you (and any other adults in the household) stand on using drugs and alcohol. Talk it over in advance with your spouse or other adult partner.

**No drug use.** Many families establish a no drug use rule for their kids. It's short, simple — and safe. Whatever your rules are, be certain family members know what they are.

**Family rules.** Set consequences for breaking family rules that you are willing to carry out and that match the rule that's been broken. Don't threaten if you won't follow through.

**Healthy choices.** One of the best ways to practice "drug-proofing" in your family is by helping your children make healthy lifestyle choices. Teach them how to reduce stress and worry without illegal substances, through exercise or talking their troubles out. And help them learn to have fun and feel good about themselves by learning new skills — or fine-tuning old ones.

**Support systems.** Get to know other parents in your neighborhood, your child's group of friends, or after-school activities. Use your network to provide a caring, supervised setting for your kids when you're not there. Carpool, join the PTA, share supervision of activities, develop joint rules on curfews and dating, and support one another in maintaining a safe space for kids.

**Community Connections.** Investigate local prevention resources through public schools and special law enforcement programs. Service groups, such as Boys and Girls Clubs, YMCA, Head Start, departments of parks and recreation and others also offer summer and after-school activities and prevention programs for youth.

# How to **TALK WITH YOUR CHILD** About Drugs **Preschoolers**



It may seem premature to talk about drugs with preschoolers, but the attitudes and habits that they form at this age have an important bearing on the decisions they will make when they're older. At this early age, they are eager to know and memorize rules, and they want your opinion on what's "bad" and what's "good."

Although they are old enough to understand that smoking is bad for them, they're not ready to take in complex facts about alcohol, tobacco, and other drugs. Nevertheless, this is a good time to practice the decision-making and problem-solving skills that they will need to say "no" later on.

**Here are some ways to help your preschool children make good decisions about what should and should not go into their bodies:**

- Discuss why children need to eat healthy food. Have your child name several favorite good foods and explain how these foods contribute to health and strength.
- Set aside regular times when you can give your son or daughter your full attention. You'll build strong bonds of trust and affection that will make turning away from drugs easier in the years to come.
- Provide guidelines like playing fair, sharing toys, and telling the truth so children know what kind of behavior you expect from them.
- Encourage your child to follow instructions, and to ask questions if he does not understand the instructions.
- When your child becomes frustrated at play, use the opportunity to strengthen problem-solving skills. For example, if a tower of blocks keeps collapsing, work together to find possible solutions. Turning a bad situation into a success reinforces a child's self-confidence.
- Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- Point out the poisonous and harmful substances commonly found in homes, such as bleach, kitchen cleanser, and furniture polish, and explain the products' warning labels.
- Be aware that some harmful substances like marijuana edibles come in the form of candy and baked goods. E-cigarette cartridges and refills contain colorful, flavored liquid nicotine. All of these products can be especially attractive and dangerous to young children.
- Explain that prescription medications are drugs which can help the person for whom they are meant but that can harm anyone else – especially children, who must stay away from them. Let your child know that they should only take medicine that you, a grandparent or babysitter give them.

## Kindergarten through third grade (5-8 years old)

A child this age usually shows increasing interest in the world outside the family and home. Now is the time to begin to explain what alcohol, tobacco, and drugs are, that some people use them even though they are harmful, and the consequences of using them. Discuss how anything you put in your body that is not food can be extremely harmful, and how drugs interfere with the way our bodies work and can make a person very sick or even cause them to die. (Most children of this age have had real-life experiences with a death of a relative or the relative of someone at school.) Explain the idea of addiction – that drug use can become a very bad habit that is hard to stop. Praise your children for taking good care of their bodies and avoiding things that might harm them.

**By the time your children are in third grade, they should understand:**

- how foods, poisons, medicines, and illegal drugs differ;
- how medicines prescribed by a doctor and administered by a responsible adult may help during illness but can be harmful if misused, so children need to stay away from any unknown substance or container;
- why adults may drink but children may not, even in small amounts – it's harmful to children's developing brains and bodies.

## Grades four through six (9-11 years old)

Continue to take a firm stand about drugs. At this age, children can handle more sophisticated discussions about why people are attracted to drugs. You can use their curiosity about major traumatic events in people's lives (like a car accident or divorce) to discuss how drugs can cause these events. Children this age also love to learn facts, especially strange ones, and they want to know how things work. This age group can be fascinated by how drugs affect a user's brain or body. Let them know that failing to take medication as directed can be dangerous.



**Friends** – either a single best friend or a group of friends – are extremely important during this time, as is fitting in and being seen as “normal.” When children enter middle or junior high school, they leave their smaller, more protective surroundings and join a much larger, less intimate crowd of preteens. These older children may expose your child to alcohol, tobacco, or drugs. Research shows that the earlier children begin using these substances, the more likely they are to experience serious problems. It is essential that your child’s anti-drug attitudes be strong before entering middle school or junior high.

### Before leaving elementary school, your children should know:

- the immediate effects of alcohol, tobacco, marijuana, illegal and prescription drug use on different parts of the body, including risks of coma or fatal overdose;
- the long-term consequences – how and why drugs can be addicting and make users lose control of their lives;
- the reasons why drugs are especially dangerous for growing bodies;
- the problems that alcohol and other illegal drugs cause not only to the user, but the user’s family and world.

Rehearse potential scenarios in which friends offer drugs. Have your children practice delivering an emphatic “That stuff is really bad for you!” Give them permission to use you as an excuse: “My mom will kill me if I drink a beer!” “Upsetting my parents” is one of the top reasons preteens give for why they won’t use marijuana.

Teach your children to be aware of how drugs and alcohol are promoted. Discuss how advertising, song lyrics, movies, social media, and TV shows bombard them with messages that using alcohol, tobacco, and other drugs is glamorous. Make sure that they are able to separate the myths of alcohol, tobacco, and other drug use from the realities, and praise them for thinking for themselves.

Get to know your children’s friends, where they hang out, and what they like to do. Make friends with the parents of your children’s friends so you can reinforce each other’s efforts. You’ll feel in closer touch with your child’s daily life and be in a better position to recognize trouble spots. (A child whose friends are using drugs is very likely to be using them, too.) Children this age really appreciate this attention and involvement.





## Grades seven through nine

(12-14 years old)

A common stereotype holds that teenagers are rebellious, are ruled by peer pressure, and court danger even to the point of self-destructiveness. Although teens often seem unreceptive to their parents as they struggle to become independent, teens need parental support, involvement, and guidance more than ever.

Young teens can experience extreme and rapid shifts in their bodies, emotional lives, and relationships. Adolescence is often a confusing and stressful time, characterized by mood changes and deep insecurity, as teens struggle to figure out who they are and how to fit in while establishing their own identities. It's not surprising that this is the time when many young people try alcohol, tobacco, and other drugs for the first time.

Parents may not be aware of the landscape of youth substance abuse today. "Significant levels of daily use, increases in perceived use by friends, and data showing that one third of teens would be more likely to use marijuana if it were legal, suggest that marijuana use is becoming essentially normalized among a large segment of adolescents." (Partnership Attitude Tracking Study, 2013)

More than a third reported that they believe that drugs are easy to get, and 1 in 5 reported that they got alcohol from their own home.

Kids are getting high in places that parents think are safe havens, such as around school, at home, and at friends' houses.

Although teens may not show they appreciate it, parents profoundly shape the choices their children make about drugs.

Take advantage of how much young people care about social image and appearance to point out the immediate, distasteful consequences of tobacco and marijuana use – for example, that smoking causes bad breath and stained teeth and makes clothes and hair smell. At the same time, you should discuss drugs' long-term effects:

- lack of crucial social and emotional skills, ordinarily learned during adolescence;
- risk of lung cancer and emphysema from smoking;
- fatal or crippling car accidents and liver damage from heavy drinking;
- a loss in IQ points from using marijuana;
- addiction, brain coma, and death.



## Grades ten through twelve (15-17 years old)

Older teens have already had to make decisions many times about whether to try drugs or not. Today's teens are savvy about drug use, making distinctions not only among different drugs and their effects, but also among trial, occasional use, and addiction. They witness many of their peers using drugs – some without obvious or immediate consequences, others whose drug use gets out of control.

To resist peer pressure, teens need more than a general message not to use drugs. It's now also appropriate to mention how alcohol, tobacco, and other drug consumption during pregnancy has been linked with birth defects in newborns. Teens need to be warned of the potentially deadly effects of combining drugs. They need to hear a parent's assertion that anyone can become a chronic user or an addict and that even non-addicted use can have serious permanent consequences.

Because most high school students are future-oriented, they are more likely to listen to discussions of how drugs can ruin chances of getting into a good college, being accepted by the military, or being hired for certain jobs.

Teenagers tend to be idealistic and enjoy hearing about ways they can help make the world a better place. Tell your teens that drug use is not a victimless crime, and make sure they understand the effect that drug use has on our society. Appeal to your teen by pointing out how avoiding illegal drugs helps make your town a safer, better place, and how being drug-free leaves more energy to volunteer after school for tutoring or coaching younger kids– activities the community is counting on.



Your teenager may be aware of the debate over the legalization of marijuana. The idea that there might be legitimate health advantages to an illegal drug is confusing. Emerging products such as powdered alcohol and e-cigarettes are advertised with messaging that can be misleading. Now that your teenager is old enough to understand these types of complexities, it is important to discuss it at some point - perhaps during a teachable moment inspired by a news report.



The landscape is always changing, so stay current on the latest drug trends and seek out reliable sources of information. DrugFreeAZKids.org provides up-to-date and relevant information that reflects the changing nature of substances that are posing risks to our kids. Converse with your teen about their understanding of these substances, without interrupting or judging. You'll have a better chance of influencing them positively.

It is important that parents praise and encourage teens for all the things they do well and for the positive choices they make. When you are proud of your son or daughter, tell him or her. Knowing they are seen and appreciated by the adults in their lives is highly motivating and can shore up their commitments to avoid drug use. Your teen may also be impressed by the importance of serving as a good role model for a younger brother or sister.





## What are the Drugs in Your Child's World?

### PRESCHOOLERS

- Alcohol
- Inhalants
- Tobacco
- E-Cigarettes

### K-3RD GRADE

- Alcohol
- Over the Counter (Cough & Cold)
- Prescription Drugs
- Tobacco
- E-Cigarettes
- Inhalants

### 4TH-6TH GRADE

- Alcohol
- Inhalants
- Marijuana
- Tobacco
- Over the Counter (Cough & Cold)
- E-Cigarettes
- Prescription Drugs

### 7TH-9TH GRADE

- Alcohol
- Bath Salts
- Cocaine
- Ecstasy
- Heroin
- Inhalants
- Marijuana
- Mushrooms
- Over the Counter (Cough & Cold)
- Spice / K2
- Salvia
- Tobacco
- E-Cigarettes
- Prescription Drugs

### 10TH-12TH GRADE

- Alcohol
- Bath Salts
- Cocaine
- Ecstasy
- Heroin
- Inhalants
- Ketamine
- Marijuana
- Mushrooms
- Rohypnol
- Spice / K2
- Salvia
- E-Cigarettes
- Tobacco
- Over the Counter (Cough & Cold)
- Prescription Drugs

## ALCOHOL

### What is it and what does it look like?

Alcohol is a depressant, and is consumed orally (swallowed).

#### Street names or slang terms:

- beer
- wine
- liquor
- cooler
- shots
- malt liquor

#### Short and long term effects:

- dizziness
- slurred speech
- disturbed sleep
- nausea, vomiting
- hangovers
- impaired motor skills
- violent behavior
- impaired learning
- fetal alcohol syndrome
- respiratory depression, death (high doses)

#### Every parent should know:

According to the 2016 Arizona Youth Survey, one out of four 8th graders has had a drink containing alcohol.



## AMPHETAMINES

### What is it and what does it look like?

Amphetamines are stimulants, and they can be injected, snorted, smoked or swallowed.



#### Street names or slang terms:

- speed
- ups
- biphphetamine
- black beauties
- bumble bees
- dexedrine
- uppers
- hearts
- bennies
- copilots
- footballs

#### Short and long term effects:

- irritability, aggression
- increased blood pressure, temperature
- paranoia/psychosis
- anxiety
- dizziness, convulsions
- loss of appetite
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)

#### Every parent should know:

Both Ecstasy and methamphetamine are forms of amphetamines. Chronic use of amphetamines can induce psychosis with symptoms similar to schizophrenia.



## BATH SALTS

### What is it and what does it look like?

Bath Salts is a synthetic designer drug that has been compared to cocaine and methamphetamine because of its addictive characteristics. Bath salts is a powdery substance typically labeled "not for human consumption." It can be snorted, smoked, injected or ingested.

#### Street names or slang terms:

- cloud nine
- ivory wave
- blue silk
- vanilla sky
- energy 1
- plant fertilizer
- flakka
- gravel
- insect repellent

#### Short and long term effects:

- high anxiety and paranoia
- rapid heartbeat and elevated blood pressure
- intense, prolonged panic attacks
- hallucinations and violent behavior
- psychosis induced by sleep deprivation

#### Every parent should know:

"Bath Salts" are illegal. Information concerning side effects is limited and long term effects are not known.





## COCAINE/CRACK

### What is it and what does it look like?

Cocaine/Crack is a stimulant and is consumed by injecting, smoking, snorting or swallowing.



### Street names or slang terms:

- coke
- snow
- flake
- blow
- white
- big c
- nose candy
- rock
- snowbirds
- freebase
- pony
- pebbles
- 151
- baseball
- apple jacks
- half track

### Short and long term effects:

- increased blood pressure and heart rate
- paranoia, anxiety, hallucinations
- seizures, heart attack, respiratory failure
- insomnia, irritability, loss of appetite
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)
- death

### Every parent should know:

Paraphernalia include razor blades, scales, small mirrors, mini ziplock bags, short straws, surgical tubing, syringes, funnels, pipes and spoons with the stems broken off.

## COUGH MEDICINE

### What is it and what does it look like?

DXM, dextromethorphan, is a cough-suppressant, and is found in many over-the-counter cold medicines (tablets or gelcaps) and liquid cough syrups.



### Street names or slang terms:

- dex
- robo
- tussin
- skittles
- c-c-c
- triple c
- red devils
- sizzurp
- purple Ddank
- lean

### Short and long term effects:

- nausea, vomiting, abdominal pain
- seizures
- confusion
- hallucinations
- sleep problems
- numbness of fingers and toes
- high blood pressure, irregular heart beat
- brain damage
- death

### Every parent should know:

Prescription cough syrup is mixed with clear soda and hard candies to make what kids call "Sizzurp." This is especially dangerous since the person does not know how much of the codeine and promethazine they are consuming and overdose is possible, causing seizures and even death.

## ECSTASY/MDMA

### What is it and what does it look like?

Ecstasy is part stimulant and part hallucinogen, usually in colorful tablets with embossed cartoon characters, symbols or logos, resembling candy.



### Street names or slang terms:

- e
- xtc
- Adam
- hug drug
- clarity
- beans
- roll
- Molly

### Short and long term effects:

- anxiety, paranoia, depression
- muscle tension
- nausea, reduced appetite
- blurred vision
- fainting
- increased heart rate and blood pressure
- tremors, hallucinations
- increased body temperature, dehydration, and enhanced sense of touch
- death

### Every parent should know:

Paraphernalia can include pacifiers, candy necklaces or rings, glow sticks, nasal inhalers, breath sweetener bottles, and dust masks. Raves are dance parties where ecstasy is sold. In capsule form, MDMA can be easily mixed with other drugs.



# HEROIN

## What is it and what does it look like?

Heroin is an opiate drug that can be smoked or snorted, or heated into a liquid and injected.



## Street names or slang terms:

- smack
- mud
- dope
- horse
- junk
- brown sugar
- big h
- black tar

## Short and long term effects:

- constricted pupils, impaired night vision
- vomiting after first use and at high doses
- respiratory failure
- dry itching skin, skin infections
- increased risk of exposure to HIV, hepatitis, infectious diseases (if injected)
- death

## Every parent should know:

Heroin paraphernalia can include

burnt spoons or plastic spoops, needles, razor blades, straws, pipes, plastic tubing, rolled-up dollar bills, eyedroppers and aluminum foil.



# INHALANTS

## What is it and what does it look like?

Inhalants can be anything from household cleaning products to spray paint. The vapors from these products are inhaled to produce a fast high.



## Street names or slang terms:

- nitrous oxide
- whippers
- laughing gas
- poppers
- huffing
- bagging

## Short and long term effects:

- severe mood swings
- decrease or loss of sense of smell and appetite
- decrease in heart and respiratory rates
- liver, lung, kidney damage
- tremors, hallucinations
- dangerous chemical imbalances in body
- fatigue, lack of coordination, muscle weakness
- hepatitis or peripheral neuropathy

## Every parent should know:

Products that are used as inhalants can include computer cleaner spray (compressed air), model airplane glue, nail polish remover, cleaning fluids, fabric protector, hairspray, body spray, gasoline, freon, spray paint, cooking spray, correction fluid and the propellant in whipped cream cans.

# KETAMINE

## What is it and what does it look like?

Ketamine is a dissociative anesthetic. It can be in pill, powder, or liquid form, and is usually snorted or smoked.



## Street names or slang terms:

- cat valium
- jet
- vitamin k
- superk
- ketalar
- ketajet
- new ecstasy
- special k
- breakfast cereal
- psychedelic heroin

## Short and long term effects:

- delirium
- amnesia
- impaired motor functions
- potentially fatal respiratory problems

## Every parent should know:

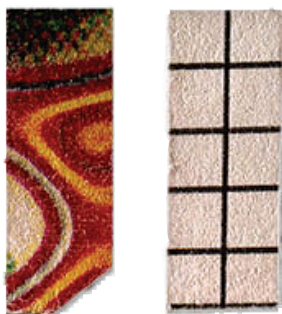
Ketamine, which is an anesthetic used mostly on animals, is chemically similar to PCP. Many ketamine users have reported severe hallucinations, and those hallucinations turn up as flashbacks during recovery.



# LSD

## What is it and what does it look like?

LSD is a hallucinogen, and is in pill, liquid, blotter paper or gelatin form. LSD normally is consumed orally or placed on the tongue (blotter paper).



## Street names or slang terms:

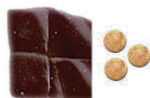
- lysergic acid diethylamide
- acid
- tabs
- barrels
- window panes
- yellow sunshines
- microdot
- sugar cubes
- blotter

## Short and long term effects:

- elevated body temperature
- elevated blood pressure
- chronic recurring hallucinations
- flashbacks
- suppressed appetite
- tremors, numbness
- psychosis
- death

## Every parent should know:

LSD liquid often is sold in breath mint bottles, and blotter paper is decorated with icons, cartoons and other eye-catching symbols.



# MARIJUANA

## CULTIVATED

## What is it and what does it look like?

Marijuana can be in the form of dried leaves that are crushed and rolled into a "joint" and smoked in bongos or water pipes.

## Street names or slang terms:

- weed
- reefer
- dope
- Aunt Mary
- sinsemilla
- gangster
- herb
- pot
- grass
- Mary Jane
- 420
- chronic
- ganja
- kif

## Short and long term effects:

- bloodshot eyes
- dry mouth, throat
- reduced ability in concentration, coordination
- impairments in learning, memory, perception, judgment
- intense anxiety, panic attacks
- difficulty in speaking, thinking, retaining knowledge, problem-solving, forming concepts

## Every parent should know:

- Marijuana strength has increased by 2 to 7 times since the 1970s, as measured by levels of THC, the mind-altering chemical in marijuana.
- About 1 in 6 teens who use marijuana become addicted. The rate of addiction is between 25% - 50% for teens who use it daily.
- Negative effects on attention, memory and learning can range from days or weeks to permanent.
- Frequent use can result in a loss over time of up to 8 points of a teen user's IQ.

## CONCENTRATES, DABBING & EDIBLES

## What is it and what does it look like?

Sticky, waxy or oily, honey-colored or amber-colored substance which is a highly concentrated form of THC. Dabbing refers to the small dabs of the substance that are vaporized and inhaled.

## Street names or slang terms:

- ear wax
- Amber
- dabs
- honey
- bho
- shatter

## Every parent should know:

- Concentrates can be composed of as much as 80-90% THC, the psychoactive ingredient in marijuana, as compared to 3-15% THC potency levels in marijuana joints.
- Hashish Oil (hash oil, liquid hash, cannabis oil) is produced by extracting the cannabinoids from the plant material with toxic solvents, such as butane.
- There are concerns that vape pens allow teens to smoke marijuana without being detected, because the pens leave no odor.
- Marijuana is commonly added to baked goods and other edibles, which can be attractive to children.

See page 25.



## METHAMPHETAMINE

### What is it and what does it look like?

Meth is a stimulant that can be snorted, swallowed, injected, or smoked (the smokable form, crystal meth, resembles crushed ice).



### Street names or slang terms:

- meth
- speed
- crank
- crypto
- fire
- crystal
- glass
- ice
- cristy
- quartz
- white cross

### Short and long term effects:

- increased blood pressure, hyperthermia
- convulsions, stroke, heart and blood toxicity
- hallucinations, and the sensation of insects crawling on or under skin
- compulsive behavior
- paranoia

### Every parent should know:

Meth paraphernalia can include glass pipes or bongs, scales, hand torches, syringes and mini ziplock bags. A disturbing trend among female teens is using meth to lose weight. Weight loss is severe, but so are the side effects.



## MUSHROOMS

### What is it and what does it look like?

Mushrooms are hallucinogens, and are dried, then swallowed or brewed in tea.



### Street names or slang terms:

- magic mushrooms
- shrooms
- caps
- psilocin
- psilocybin

### Short and long term effects:

- increased blood pressure
- hallucinations
- distorted perceptions of sensations, such as touch, sight, sound and taste
- paranoia
- nervousness
- sweating
- nausea

### Every parent should know:

The use of "magic" mushrooms didn't die with the 1970s. Mushrooms and other hallucinogenics have made a comeback, especially at raves.



## PCP

### What is it and what does it look like?

PCP is a dissociative anesthetic, and comes in tablets, capsules and various colors of powder. It can be injected, snorted, swallowed or smoked.



### Street names or slang terms:

- angel dust
- dust
- ozone
- rocket fuel
- wack
- peace pill
- elephant tranquilizers
- embalming fluid

### Short and long term effects:

- hallucinations, sometimes severe
- "out of body" experiences
- impaired motor skills
- inability to feel pain
- respiratory attack
- aggressive behavior, violence, paranoia
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)
- death

### Every parent should know:



PCP has made a comeback in recent years. The severe effects are still the same, but the look has changed to attract the younger "rave" crowd. PCP

pills now can look like candy (and ecstasy): colorful tablets embossed with cartoon characters.

## PRESCRIPTION PAIN RELIEVERS

**What is it and what does it look like?**

OxyContin, Vicodin and Percocet are opioids and come in tablets or caplets. Some users snort the crushed powder or boil it with water and inject it.



**Street names or slang terms:**

- vics
- hillbilly heroin
- killers
- oxycotton
- vike
- hydrocodone
- oxy
- oc
- percs
- oxycodone
- hydrocodone bitartrate
- poor man's heroin

**Short and long term effects:**

- respiratory depression
- constipation
- nausea, vomiting
- dizziness, weakness
- analgesia
- headache, dry mouth
- sedation/drowsiness
- mood changes
- anxiety and fear
- skin rash
- decreased mental and physical abilities
- hearing loss

**Every parent should know:**

Prescription pain relievers can be legally prescribed to relieve moderate to severe pain.

However, non-legal use of the drugs is on the rise because they can produce a heroin-like high.

## PRESCRIPTION SEDATIVES

**What is it and what does it look like?**

Ambien, Xanax and Valium are prescribed to treat anxiety, panic attacks, insomnia, and seizures. They come in multi-colored tablets and capsules; some can be in liquid form. They can be swallowed, injected or snorted.



**Street names or slang terms:**

- quaaludes
- ludes
- chill pills
- zannies
- xandy bars
- benzos
- downers

**Short and long term effects:**

- slows brain activity
- seizures
- slurred speech
- shallow breathing
- sluggishness
- disorientation
- lack of coordination

**Every parent should know:**

Using prescription sedatives with alcohol can slow the heart and respiration, and may lead to death.

## PRESCRIPTION STIMULANTS

**What is it and what does it look like?**

Ritalin, Adderall, Concerta, Dexedrine are prescription medications used to treat ADD and ADHD. It is in tablet form, which can be swallowed, crushed into a powder and snorted, or injected.



**Street names or slang terms:**

- uppers
- addy
- smart drug
- west coast
- vitamin r

**Short and long term effects:**

- irregular heartbeat or respiration
- paranoia, hallucinations, delusions
- excessive repetition of movements and meaningless tasks
- tremors, convulsions, seizures
- stroke
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)

**Every parent should know:**

There have been reports of abuse by those for whom it is not a medication. These prescription tablets can create powerful stimulant effects and serious health risks. Many teens abuse these drugs to help them cram for exams or suppress their appetite.



## ROHYPNOL

### What is it and what does it look like?

Rohypnol is a prescription medication that is not legally available in the U.S.; it comes in pill form. It can be swallowed, or crushed and dissolved into a drink, or snorted.



### Street names or slang terms:

- date-rape drug
- flunitrazepam
- roach
- roofies
- forget pill
- rophies
- rope
- r2
- rib
- roofenol
- la roche

### Short and long term effects:

- blackouts with complete loss of memory
- sense of fearlessness
- aggression
- dizziness
- disorientation
- nausea
- difficulty with motor movements and with speaking

### Every parent should know:

Rohypnol is a prescription drug approved in 60 countries to treat severe insomnia. It is tasteless, odorless, and can completely dissolve in liquid, hence its popularity as a "date-rape drug" at nightclubs or parties.

## SALVIA

### What is it and what does it look like?

Salvia is a psychoactive mint.



### Street names or slang terms:

- magic mint
- ska pastora
- diviner's sage
- diviner's mint
- Sally-d
- lady salvia

### Short and long term effects:

- intense hallucinations
- dramatic/frightening mindstate

### Every parent should know:

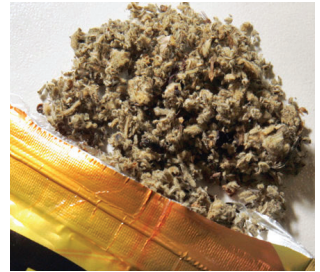
Salvia comes in the form of green plant leaves or liquid extract. It can be ingested (liquid form) or smoked (powder form). Salvia rivals the potency of the synthetic hallucinogens like LSD.



## SPICE/K2

### What is it and what does it look like?

Spice is a chemically treated blend of herbs (or dried leaves or potpourri) often smoked as an alternative to marijuana. Spice can be smoked in joints or pipes, made into tea or added to food.



### Street names or slang terms:

- spice gold
- spice silver
- genie
- yucatan fire
- bliss
- fake weed
- zohai
- red magic
- black mamba
- spice diamond
- bombay blue

### Short and long term effects:

- elevates heart rate & blood pressure
- paranoia
- panic attacks
- giddiness

### Every parent should know:

Although Spice/K2 is illegal, it is still being sold online and in head shops and marked "not for human consumption." Tests show that even the same brand of product may have different drugs, in different amounts, at different times. There's no way to know the dosage.

## STEROIDS

**What is it and what does it look like?**

Steroids are man-made substances related to male sex hormones.



**Street names or slang terms:**

- rhoids
- juice
- sauce
- slop

**Short and long term effects:**

- liver cancer
- sterility
- masculine traits in women
- feminine traits in men
- aggression
- depression
- acne
- mood swings

**Every parent should know:**

Paraphernalia associated with steroids can include syringes and ampules (small, sealed glass vials that hold hypodermic injectable solutions).



## TOBACCO

**What is it and what does it look like?**

Tobacco originates from the tobacco plant. The leaves are chopped up and are made into smokable or chewable forms.



**Street names or slang terms:**

- cigarettes
- cigars
- pipes
- smoke
- butt
- snuff
- bone
- coffin nail
- cancer stick

**Short and long term effects:**

- heart, cardiovascular disease
- cancer of the lung, larynx, esophagus, bladder, mouth, pancreas and kidney
- emphysema
- chronic bronchitis

**Every parent should know:**

According to the 2016 Arizona Youth Survey, 1 out of 5 teenagers has smoked a cigarette in their lifetime.



## VAPOR PENS & E-CIGARETTES

**What is it and what does it look like?**

E-cigarettes and vapor pens have various designs, but they all include a battery, a heating element called an atomizer, and a liquid nicotine cartridge.



**Street names or slang terms:**

- e-cig
- e-juice
- e-liquid
- juice
- smoke juice
- mods
- pv for personal vaporizer
- ego

**Short and long term effects:**

- nicotine is addictive
- studies have shown short term effects to the lungs similar to the effects of regular cigarettes.
- little is known of the long term effects

**Every parent should know:**

- These devices allow the user to inhale the nicotine or other drug producing a low-odor, smokeless vapor.
- Manufacturers add flavoring and use packaging that is attractive to youth.
- The liquid nicotine can be absorbed through the skin and poses a danger to young children who become exposed.
- Some of these devices can be used to vaporize hash oil or dry marijuana leaves.
- One out of every 4 AZ teens has used an electronic cigarette or vapor pen in their lifetime.

# How to spot **DRUG OR ALCOHOL USE**

Most parents have a sixth sense about how their kids act and feel. We usually know when something is “off” — and sometimes long before full-blown problems appear. But identifying drug and alcohol problems is tricky.

Lots of kids first get involved — or get in trouble — at the age when they naturally start demanding greater freedom and more privacy from parents.

Learning the difference between “symptoms” of growing up and the warning signs of alcohol and other drug use isn’t easy. As parents, we must ask questions carefully and avoid snap judgments, yet learn to trust our sense that our kids are in trouble.

By themselves, many of the following signs may signal nothing more than the pains and pangs of “teenagehood.” But taken together, they should make a parent’s sixth sense tingle. Because if alcohol or drug use is not the problem, something else may be.



## Your Child **Might Be Using Drugs If:**

- she’s withdrawn, depressed, tired, and careless about personal grooming;
- he’s hostile or uncooperative, and frequently breaks curfews;
- her relationships with family members have deteriorated;
- he’s hanging around with a new group of friends;
- her grades have slipped, and her school attendance is irregular;
- he’s lost interest in hobbies, sports, and other favorite activities;
- her eating or sleeping patterns changed;
- she’s up at night and sleeps during the day;
- he has a hard time concentrating;
- her eyes are red-rimmed and/or nose is runny in the absence of a cold;
- household money has been disappearing.

## What you can say to get a conversation going

- I think you've got a problem and I need to talk with you about it.
- You've scared me and broken our rules. Here's how we're going to help you.
- Do you want to tell me what's going on?

If you suspect your child is drinking or using drugs, go online to our Get Help section at [DrugFreeAZKids.org](http://DrugFreeAZKids.org).

## TIPS to help parents and caregivers intervene

- Hold a conversation when your child is not high or drunk, and when you feel you can be calm and rational.
- Explain that your love and concern for your child's safety and well-being is the basis for your concern.
- Try to remain neutral and non-judgmental.
- Tell your child the warning signs you've observed in her behavior that have made you concerned. Openly voice your suspicions, but avoid direct accusations.
- Listen to everything your child has to say. If she brings up related problems, promise you'll address those problems later. Reiterate that what you are addressing at the moment is her drug use, which is a serious health issue and may be at the core of other problems.
- If you need help during this conversation, involve another family member, your child's guidance counselor or physician.

## INTERVENE NOW if you think your child is using drugs or alcohol

Your suspicion or hunch may be right. The faster you act, the faster your child can become healthy again.

Have an informal intervention with your child; it doesn't have to be a formal confrontation. A powerful way to intervene is to have a conversation with your child. Letting her know that you don't want her using drugs or alcohol and sharing your reasons is a perfectly acceptable and responsible place to start. An online intervention guide is available at [DrugFreeAZKids.org](http://DrugFreeAZKids.org) to help you with the process.

## For Kids in Crisis: Get Help

As with any health issue, an important first step is to get a professional evaluation of your child's condition. Call your doctor, local hospital, state or local substance abuse agencies for a referral. Drug addiction is a treatable disease. And with proper treatment, you, your child and your family can live healthy, drug-free lives. If it's determined that your child has developed a pattern of drug use or an addiction, the next step could be a drug treatment program. Your school district may have a substance abuse coordinator or a counselor who can refer you to treatment programs. Parents whose children have been through treatment programs may also be a good source of information. To find a treatment center close to your home log on to our Get Help section and enter your zip code in the treatment locator. You will be directed to the treatment facilities in your area. You can also access our treatment e-book that guides you through the process of finding the right treatment option for your child online in the Get Help section.

# Need Help? **GET HELP!**

Inclusion in this guide does not constitute an endorsement by DrugFreeAZKids.org. Errors or omissions are not intended.

For a complete listing please visit [DrugFreeAZKids.org](http://DrugFreeAZKids.org)

## **EMERGENCIES**

- Police, fire or medical emergencies - Statewide. . . . . 911
- Banner Good Samaritan Poison Help Line . . . . . 1-800-222-1222

## **CRISIS HOTLINES**

- 24 Hour Crisis Line. . . . . 1-800-631-1314  
*Covers all of Maricopa County; Spanish language services*
- EMPACT— Suicide Prevention Center . . . . . 480-784-1500  
*24 Hour availability; Covers Maricopa County;  
Provides local referral services outside of Maricopa County;  
Spanish language services*
- Teen Lifeline. . . . . 800-248-TEEN (8336)  
*24 Hour availability; Spanish language services;  
Peer to peer counseling from 3:00 pm to 9:00 pm daily*

## **HELPLINES**

- Partnership for Drug-Free Kids Helpline . . . . . 855-378-4373  
*Listens to your concerns; Helps outline a course of action for you and your family; Spanish language operator available; 9:00 am to 6:00 pm, M-F, ET*
- Call 211 for Community Information and Referral Services

*For more information about programs at Southwest Behavioral Health Services, call 602-265-8338 or visit [www.sbhservices.org](http://www.sbhservices.org).*



# Have questions? **GET ANSWERS!**

**DrugFreeAZKids.org** is the go-to-site for information and tips to keep our kids safe, healthy and drug-free.

## Get Informed

**At DrugFreeAZKids.org you'll find:**

- News on the latest trends in substance abuse - see our Drug Guide
- How to talk to your kids – at any age - about the dangers of substance abuse
- How to spot drug and or alcohol use/abuse – and what to do next
- How to get your child help if they are using drugs or alcohol

## Get Help

In this section you will find the following resources:

- **I think my child is using drugs**
  - › How to have that difficult conversation with your child and how to take the next steps
  - › What to do - a step-by-step checklist to help you evaluate the situation and make a plan
  - › What's available and how to find it
- **Intervention Guide**
  - › Downloadable e-book to help you make a plan and guide you through the process of confronting a child who is using drugs or drinking
- **Treatment Guide**
  - › If your child needs professional help for their drug or alcohol use, this downloadable e-book helps families find the best treatment options
- **Treatment locator by zip code**
  - › This helpful locator provides professional treatment center information by zip code, insurance and type of treatment

## Get Involved

**DrugFreeAZKids.org** is your partner in prevention.

- Attend a workshop
- Schedule our programs for your community

Phone: (602) 305-7126 • Fax: (602) 305-7130 • E-mail: [partner@DrugFreeAZKids.org](mailto:partner@DrugFreeAZKids.org)

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## PROGRAMS AND RESOURCES

**DrugFreeAZKids.org** has programs and tools to provide schools, parents, healthcare providers, law enforcement, military families and teens with information to help prevent and recognize substance abuse. These include in-person trainings and workshops, educational literature and online resources including a video learning center.

### Parent Workshops and Presentations

DrugFreeAZKids.org offers multi-session workshops focused on improving relationships within the family. During these interactive workshops, parents will gain valuable insights and skills on effective communication, respectful discipline, redirecting misbehavior, and using encouragement, just to name a few. The program is available throughout Maricopa County for parents of youth aged 5-18, in English and Spanish. We also offer one-hour presentations in English and Spanish on current trends in substance abuse and ways for parents to effectively communicate with youth about drugs.

### Professional Development

DrugFreeAZKids.org offers educational presentations that are suitable for all staff, teachers, administrators, counselors, healthcare providers and school resource officers. It is designed to provide an understanding of the prevalence of drug use, which children may be most vulnerable to substance abuse, how to spot drug or alcohol use, and current drug trends.

### Visit Our Online Resources at DrugFreeAZKids.org.

- Drug Guide: what's available, how they are used and why they are dangerous
- Tools for Parents: including warning signs, and how to talk with your kids about drugs

Bring these great programs and resources to your school or community!

Call (602) 305-7126 or e-mail [partner@DrugFreeAZKids.org](mailto:partner@DrugFreeAZKids.org)

Visit our website at



*A Program of Southwest Behavioral & Health Services*

Phone: (602) 305-7126 • Fax: (602) 305-7130 • E-mail: [partner@DrugFreeAZKids.org](mailto:partner@DrugFreeAZKids.org)

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# MARIJUANA

## What Parents Need to Know

### Access to marijuana is increasing for Arizona teens.

With greater availability, and society's changing attitudes about the drug, marijuana is now the number two drug of choice among Arizona teens, second only to alcohol. More teens are using marijuana than cigarettes and schools report an increase of on-campus possession of this harmful drug. In 2016, nearly 16% of Arizona teens who used marijuana reported getting the drug from a medical marijuana card holder.



### Marijuana impacts your child's developing brain.

THC, the mind-altering compound in marijuana, interferes with learning and memory. Potency is steadily increasing, with THC concentrations averaging 14.5 percent compared to 4 percent in the 1980s. Researchers at Duke University looked at a study that followed people from age 13 to 38 and found that those who were regular marijuana users as teens and continued into adulthood had a significant drop in IQ, even if they quit using the drug.



### Marijuana can be addictive.

1 in 6 teens who use marijuana will become addicted. According to the 2013 Monitoring the Future study, 29 percent of teens using marijuana also report using drugs like heroin, cocaine, and meth. Studies have linked chronic marijuana use with mental illness. High doses of marijuana can cause psychosis or panic attacks.

### Talk with your children.

If you suspect or know your child is using marijuana, talk with them as soon as possible. Their health and safety is at risk. 90 percent of drug addictions start in the teenage years. You can help prevent a life long struggle with addiction.

### For more information on talking with your child, visit [DrugFreeAZKids.org/Marijuana](http://DrugFreeAZKids.org/Marijuana).

Sources: Arizona Youth Survey, Monitoring the Future Study, National Institute on Drug Abuse, Partnership for Drug-Free Kids

Content for this publication is provided by Partnership for Drug-Free Kids, the Drug Enforcement Administration and the U.S. Department of Education. Special thanks to the Arizona Criminal Justice Commission for statistics on Arizona student drug use.

This publication is supported by the Governor's Office of Youth, Faith and Family and the Arizona Parents Commission on Drug Education and Prevention.

This publication was developed, in part, under grant number SP080069-01 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of ONDCP, SAMHSA, or HHS, and should not be construed as such.

For their extraordinary support of DrugFreeAZKids.org, we give special thanks to:

**Snell & Wilmer**  
— L.L.P. —  
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The mission of Southwest Behavioral and Health Services:  
We *inspire* people to *feel better* and reach their *potential*. Through  
helping people discover their *strengths*,  
we *improve* our communities.

The mission of DrugFreeAZKids.org is to prevent and reduce youth drug and alcohol use through community education and awareness by providing parents, caregivers, healthcare providers, educators and others with educational tools, information and resources.

**DRUGFREEAZKIDS.org**

*A Program of Southwest Behavioral & Health Services*

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