

Teenage Drug Use: A Parental Guide

When it comes to teenage drug use, prevention is the best answer. The more you know about drug use the better equipped you will be to recognize and prevent drug use in your children. By reviewing this presentation you will be able to:

- Identify slang and appearances of popular illegal and prescription medications
- Detect signs of use
- Recognize general signs of a teen using drugs

Popular Teenage Drugs - Signs & Symptoms

Ecstasy

I. Slang

- X, XTC, Roll

II. Appearance

- Pill with different logos (looks like candy)

III. Signs of Use

- Giggling
- Confused behavior (blank stares)
- Fast eye movement
- Chills or sweats



Restlessness/above normal movement

Cocaine

I. Slang

- Coke, yayo (yay), blow, nose candy

II. Appearance

- White powder, sometimes rocky

III. Signs of Use

- Enlarged pupils
- Shaking
- Weight loss
- Eating less

Heroin

I. Slang

- H, smack, dope, junk, brown sugar

II. Appearance (different types)

- Brown powder, white powder, black “goo”, small black rocks
- III. Signs of Use
- Very small pupils
 - Weight loss
 - Increase in sleep (strange sleep patterns)
 - Bruising/strange marks on body
 - Vomiting
 - Slurred speech

Marijuana

I. Slang

- Pot, weed, ganja, dank, 420, chronic, blunt

II. Appearance

- Dried, greenish leaves (sometimes in clumps)

III. Sign of Use

- Red eyes
- Extreme hunger
- Drowsiness
- Strange behavior (very relaxed, very talkative, confused, laughing for no reason)



Methamphetamine

I. Slang

- Ice, meth, speed, crank

II. Appearance

- Small, clear crystals, sometimes powder

III. Signs of Use

- Weight loss
- Open sores on skin
- Severe tooth decay
- Change in sleep (none at all or too much)
- Repetitive behaviors
- Jittery



LSD (lysergic acid diethylamide)

I. Slang

- Acid, tabs, Lucy

II. Appearance

- Very small pieces of paper, sugar cubes, small “dots”, liquid

III. Signs of Use

- Enlarged pupils
- Confused

- Excessive laughing

Mushrooms

I. Slang

- “Shrooms”, caps

II. Appearance

- Dried up mushrooms (usually white or brown)

III. Signs of Use

- Excessive laughing
- Confused



Inhalants

I. Slang

- Whippets, huffing, dusting

II. Appearance

- Glue bottles, gasoline, compressed air, spray paint, other household chemicals (with strong smells)

III. Signs of Use

- Enlarged pupils
- Mood swings
- Odor of paint or glue
- Loss of memory
- Unusual sleep patterns

Prescription Drugs: The new trend

Prescription drugs are the most commonly abused drugs only second to Marijuana

- Prescription drugs are easily obtained. Teens can easily get them from friends. Many can easily find them in a medicine cabinet at their own house
- Prescription drugs provide teens with a sense of security. They believe that because they are from a doctor no harm can come from use
- Over the counter drugs such as cough medicine have become increasingly popular with teens as well.
- Many teens mix prescription drugs with each other or alcohol to achieve a more effective high



Popular Prescription Drugs

Ritalin

I. Slang

- Speed, vitamin R

II. Appearance

- Blue pill, can be crushed

III. Signs of Use

- Shaking
- Sleep loss
- Weight loss
- Mood changes



Vicodin

I. Slang

- Vics, vike

II. Appearance

- White pill

III. Signs of Use

- Slurred speech
- Drowsiness
- Vomiting



Soma

I. Slang

- Soma

II. Appearance

- White pill

III. Signs of Use

- Drowsiness
- Dizziness



Valium

I. Slang

- Benzos

II. Appearance

- Small pills (usually blue or orange)

III. Signs of Use

- Drowsiness
- Too much sleep
- Slurred speech



Percocet

I. Slang

- Percs

II. Appearance

- Pills (usually white, but sometimes yellow or peach)

III. Signs of Use

- Drowsiness
- Slurred speech
- Dizziness

Oxycontin

I. Slang

- Oxy, OC, oxycotton

II. Appearance

- Tablets or capsules (green, yellow, white, gray, and pink are common colors)

III. Signs of Use

- Dizziness
- Slurred speech
- Too much sleep
- Very small pupils

Signs and Symptoms of drug use in a teenager

- A loss of interest in sports, hobbies, and activities that used to be very important
- A decline in personal grooming habits
- Strained family relationships
- Red eyes
- Late nights out
- Broken curfews
- More naps during the day
- Depression and withdrawal
- Dropping grades
- Borrowing money
- Excessive use of eye drops or mouthwash

Blood shot eyes may be a sign of drug abuse



What can you do to reduce the risks of drug use in your children?

Educate yourself about popular drugs

- Talk to your teens-the earlier the better
- Consistently enforce house rules
- Set clear boundaries
- Get to know your teen's friends and their parents
- Throw away any unused prescriptions

Ideal ages to discuss drugs

- One of the best prevention methods for parents is communication. It is important children clearly understand their parent's expectation.
- The Five Year Rule- created by Mike Merchant of the Anasazi Foundation

| Drug | Child's First Encounter | Good Age to Discuss |
|--------------------|-------------------------|---------------------|
| Marijuana | 13 years old | 8 years old |
| Cocaine | 16 years old | 11 years old |
| LSD | 17 years old | 12 years old |
| Methamphetamine | 15 years old | 10 years old |
| Ecstasy | 15 years old | 10 years old |
| Prescription Drugs | 14 years old | 9 years old |
| Heroin | 17 years old | 12 years old |
| Mushrooms | 17 years old | 12 years old |
| Inhalants | 10 years old | 5 years old |

Resources

If you would like additional information, please visit:

www.notmykid.org

www.drugfreeaz.com

<http://www.whitehousedrugpolicy.gov/>

Thanks to Eryn Icard for developing and donating this curriculum to the Community Learning Center.

Edited by: Paulina Arce.

Teenage Drug Use

A Parental Guide

Teenage Drug Use

- When it comes to teenage drug use, prevention is the best answer. The more you know about drug use the better equipped you will be to recognize and prevent drug use in your children. By reviewing this presentation you will be able to:
 - Identify slang and appearances of popular illegal and prescription medications
 - Detect signs of use
 - Recognize general signs of a teen using drugs

What can I do to reduce the risks of drug use in my children?

- Educate yourself about popular drugs
- Talk to your teens-the earlier the better
- Consistently enforce house rules
- Set clear boundaries
- Get to know your teen's friends and their parents
- Throw away any unused prescriptions

Popular Teenage Drugs

- Ecstasy
 - Often called X, XTC, and Roll
 - Looks like candy (pill with logos on it)
 - Signs of Ecstasy use
 - Giggling
 - Blank stare or confused behavior
 - Chills or sweats
 - Fast eye movements



Popular Teenage Drugs

- Cocaine

- Often called coke, yayo, blow, nose candy
- Appearance is white powder and sometimes rocky
- Signs of Cocaine use
 - Enlarged pupils
 - Shaking
 - Weight loss
 - Eating less
 - Restlessness



Popular Teenage Drugs

- Heroin

- Often called H, smack, dope, junk, and brown sugar
- May look like brown powder, white powder, black “goo”, or small black rocks
- Signs of Heroin use
 - Small pupils
 - Weight Loss
 - Strange sleep patterns
 - Bruising/strange marks on body
 - Vomiting
 - Slurred speech



Popular Teenage Drugs

- Marijuana

- Often called pot, weed, ganga, dank, 420, chronic, blunt
- Looks like dried greenish leaves (sometimes in clumps)
- Signs of Marijuana use
 - Red eyes
 - Extreme hunger
 - Drowsiness
 - Strange behaviors (very relaxed, overly talkative, laughing for no reason, confused)



Popular Teenage Drugs

- Methamphetamine

- Often called ice, meth, speed, crank
- Looks like small, clear crystals, can also be in powder form
- Signs of Methamphetamine use
 - Weight loss
 - Open sore on skin
 - Severe tooth decay
 - Change in sleep habits (none at all or too much)
 - Repetitive behaviors
 - Jittery



Popular Teenage Drugs

- LSD (Lysergic Acid Diethylamide)
 - Often called acid, tabs, Lucy
 - Can look like very small pieces of paper, sugar cubes, small “dots”, liquid
 - Signs of LSD use
 - Enlarged pupils
 - Confused behaviors
 - Excessive laughing



Popular Teenage Drugs

- Mushrooms
 - Often called “shrooms”, caps
 - Looks like a dried up mushrooms (usually white or brown)
 - Signs of Mushroom use
 - Excessive laughing
 - Confused behavior



Popular Teenage Drugs

- Inhalants

- Often called whippets, huffing, dusting
- Teens often huff glue, gasoline, compressed air, spray paint, other household chemicals (with strong smells)
- Signs of Inhalant use
 - Enlarged pupils
 - Mood swings
 - Odor of paint or glue
 - Memory loss
 - Unusual sleep patterns



Prescription Drugs: The new trend



- Prescription drugs are the most commonly abused drugs only second to marijuana.
- They are easily obtained. Teens can easily get them from friends. Many can find them in a medicine cabinet at their own house
- Prescription drugs provide teens with a sense of security. They believe that because they are from a doctor no harm can come from use.
- Over-the-counter drugs such as cough medicine have become increasingly popular as well.
- Teens mix prescription drugs with each other or alcohol to achieve a more effective high.

Popular Prescription Drugs

- Ritalin

- Often called speed, vitamin R
- Blue/white pills that can be crushed
- Signs of Ritalin use
 - Shaking
 - Sleep loss
 - Weight loss
 - Mood changes



- Vicodin

- Often called vics, vike
- White pills
- Signs of Vicodin use
 - Slurred speech
 - Drowsiness
 - Vomiting



Popular Prescription Drugs

- Soma

- Often called somas
- White pills
- Signs of Soma use
 - Drowsiness
 - Dizziness



- Valium

- Often called benzos
- Small pills (usually blue or orange)
- Signs of Valium use
 - Drowsiness
 - Too much sleep
 - Slurred speech



Popular Prescription Drugs

- Percocet

- Often called perc
- Usually white pills, but may be yellow or peach as well
- Signs of Percocet use
 - Drowsiness
 - Slurred speech
 - Dizziness



- Oxycontin

- Often called oxy, OC, oxycotton
- Come in tablet or capsule form (green, yellow, white, gray, and pink are the most common colors)
- Signs of Oxycontin use
 - Dizziness
 - Slurred speech
 - Too much sleep
 - Very small pupils



Signs and Symptoms of a Teen using Drugs

- New friends/change in friends
- A loss of interest in sports, hobbies, and activities that used to be important
- A decline in personal grooming habits
- Strained family relationships
- Red eyes
- Broken curfews
- More naps during the day
- Depression and withdrawal
- Dropping grades
- Borrowing money
- Excessive use of eye drops and mouthwash
- Late nights out

Ideal ages to discuss drugs

- One of the best prevention methods for parents is communication.
- It is important children clearly understand their parent's expectations
- Next slide presents the recommended ages and topics to talk to your children about drugs

The Five Year Rule created by Mike Merchant

| Drug | Age introduced to drug | Age best for talking |
|--------------------------|------------------------|----------------------|
| inhalants | 10-years-old | 5-years-old |
| Marijuana | 13-years-old | 8-years-old |
| Ritalin | 13-years-old | 8-years-old |
| Prescription Misuse | 14-years-old | 9-years-old |
| Cocaine/Crack Cocaine | 16-years-old | 11-years-old |
| Ecstasy | 15-years-old | 10-years-old |
| LSD | 17-years-old | 12-years-old |
| Herion | 17-years-old | 12-years-old |
| Mushrooms | 17-years-old | 12-years-old |
| Methamphetamine | 15-years-old | 10-years-old |

More questions...useful resources

- www.notmykid.org
- www.drugfreeaz.com
- <http://www.whitehousedrugpolicy.gov/>
- www.arizonamethhproject.org