

tips for parents . . .

Parents, you are the first line of defense when it comes to your child's drug use or drinking. You make the difference!

1. **Set Rules.** Let your child know alcohol and drug use is unacceptable in your family. Enforce stated consequences when family rules are broken.
2. **Know where your teens are and what they will be doing during unsupervised time.**
3. **Talk to your teen.** Casually ask how things are going at school, with friends, and about plans for the future.
4. **Keep your teens busy, especially between 3 p.m. to 6 p.m. and into evening hours.** Teens who are involved in constructive, adult supervised activities are less likely to use drugs than other teens.
5. **Take time to learn the facts about marijuana and underage drinking and talk to your teen about the harmful effects on young people.**
6. **Get to know your teen's friends and parents.**
7. **Make sure you know their rules and standards.**
7. **Accept the role of a parent as your major responsibility.** Children do not need you to be their friend, let others be their friend. You be the parent!

The Elks Drug Awareness Program is fully funded by the Elks National Foundation, Inc., the charitable arm of the Benevolent and Protective Order of Elks of the USA and a 501(c)(3) public charity. The Elks are committed to providing a healthy future for America's youth. In addition to educating young people about the dangers of drugs, the Elks provide positive alternatives such as the Hoop Shoot and Soccer Shoot athletic programs. The Foundation also annually awards more than \$3.7 million in college scholarships. For more information, contact your local Elks Lodge or visit the Elks website at www.elks.org.

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www.elks.org/dan



how can I tell if my child is using drugs?

It is difficult because changes in mood, attitudes, unusual temper outbursts, and changes in hobbies or other interests are common in teens.

WATCH LIST FOR PARENTS: As a parent you should look for signs of depression, withdrawal and hostility. Also:

1. Changes in friends.
2. Negative changes in schoolwork, missing school, discipline problems at school, activity changes.
3. Increased secrecy about possessions or activities.
4. Use of incense, room deodorant, or perfume to hide smoke or chemical odors.
5. Subtle changes in conversations with friends, i.e. using more secretive coded language. For example, "four twenty" is a code name for a time to get high.
6. Change in clothing choices, such as a new fascination with clothes that highlight drug use.
7. Evidence of drug paraphernalia, such as pipes or rolling papers.
8. Evidence of products, such as hairspray, nail polish, correction fluid, and other common inhalants.
9. Bottles of eye drops, used to mask bloodshot eyes or dilated pupils.
10. Missing prescription drugs—especially narcotics and stabilizers.



These changes often signal that something is going on and often that involves alcohol or drugs. Seek professional help in dealing with this.

Methodone Clinics
New Brunswick Counseling Center-732-246-4025
Strathmore Clinic-732-727-2555
Somerset Treatment Services 908-722-1232

Outpatient Treatment
Princeton House- 888-437-1610
Raritan Bay Medical Center- 732-422-7030
JFK Center for Behavioral Health- 732-321-7189
GenPsych- 855-436-7792
Diamond Counseling Center- 732-248-1805
Journey to Wellness - 732-7099-7440
The Open Door/New Hope Integrated Behavioral Health Care- 732-246-4800
New Brunswick Counseling Center- 732-246-4025
Extra-Care Health Services 908-472-5122
Stress Care of New Jersey- 732-679-4500
High Focus Centers- 800-877-3625
Center for Great Expectations- 732-993-6403
Center for Network Therapy- 732-560-1080
Community Care Behavioral Health- 732-572-9305

Support Groups
Alcoholics Anonymous - 908-887-8566
Narcotics Anonymous -732-933-0462
Cocaine Anonymous- 732-930-1128
Marijuana Anonymous -800-766-5779
2nd Floor Youth Helpline 888-222-2228

Family Support
Al-anon/Alateen National 973-744-8686
Nar-Anon Family Group Hotline 800-477-6291
Families Against Addiction - 732-991-1022

This is not a comprehensive resource list. For additional resources contact **Wellspring Center for Prevention** - 732-254-3344



Resource Directory

If you or someone you know received a life-saving medication after a drug overdose this resource guide can help you find recovery

Types of Treatment

Detox services provide supervised withdrawal from alcohol and/ or other drugs

Outpatient/Inpatient treatment programs include assessment, interventions, individual and group therapy

Residential treatment programs provide inpatient services through comprehensive addiction treatment

Emergency Numbers

Police/Fire/Ambulance - 911
Poison Control Center
800-222-1222

Assistance and Referral to Treatment

Rutgers UBHC - 800-322-5525
Reach NJ- 844-732-2465
NJ Connect for Recovery - 855-652-3737
NJ Addictions Hotline - 221 or 800-238-2333
Bridge Towards Recovery - 732-710-6651
HEART Program/Elijah's Promise- 732-545-9002, ext 119/123
Helptool.org

Community Resources

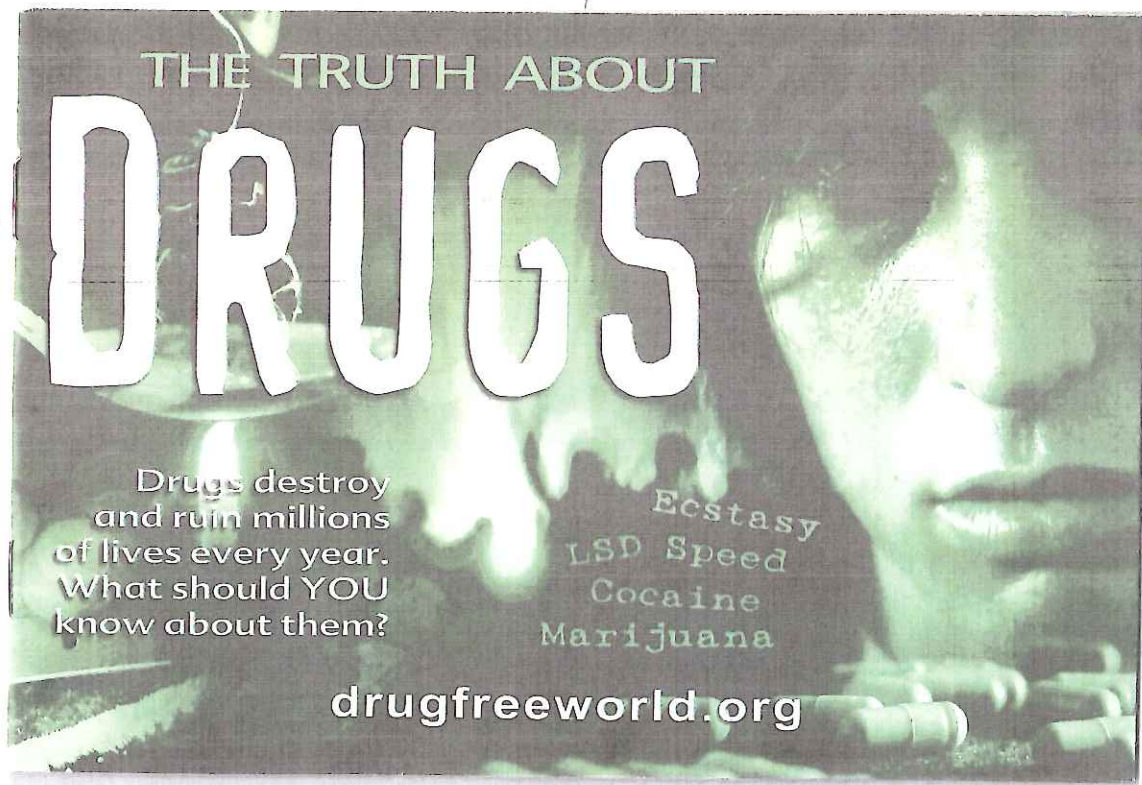
Central Jersey Legal Services- 732-249-7600
Middlesex Division of Addictions & Mental Health - 732-745-4186
Wellspring Center for Prevention - 732-254-3344

Detox

Bergen Regional-1-800-732-2762
Carepoint- 201-983-9575
New Hope - 732-946-3030
Carrier Clinic -800-933-3579
Princeton House -800-242-2550
Serenity at Summit- 1-844-695-3370
Summit Oaks- 908-522-7071

Inpatient Services

Carrie Clinic- 800-933-3579
Core Health- 732-721-1000
Catholic Charities 732-257-6100
Straight and Narrow
973-345-6000 ext . 6637
Damon House 973-279-5663
Turning Point 973-239-9400
Discovery Institute
1-800-714-2175
Sunrise House-973-383-6300
Endeavor House- 732-264-0327
Seabrook House- 800-761-7575
Integrity House- 973-848-3751
Cura, Inc.- 973-622-3570



THE TRUTH ABOUT

DRUGS

Drugs destroy
and ruin millions
of lives every year.
What should YOU
know about them?

- Ecstasy
- LSD
- Speed
- Cocaine
- Marijuana

drugfreeworld.org



WHY THIS BOOKLET WAS PRODUCED

There is a lot of talk about drugs in the world—on the streets, at school, on the Internet and TV. Some of it is true, some not.

Much of what you hear about drugs *actually* comes from those selling them. Reformed drug dealers have confessed they would have said anything to get others to buy drugs.

Don't be fooled. You need facts to avoid becoming hooked on drugs and to help your friends stay off them. That is why we have prepared this booklet—for you.

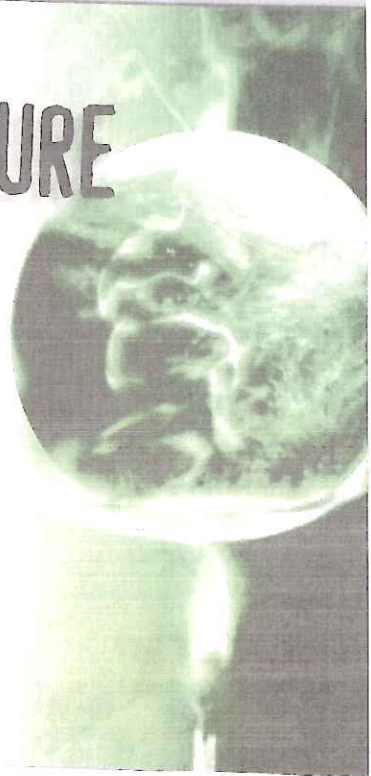
Your feedback is important to us, so we look forward to hearing from you. You can visit us on the web at drugfreeworld.org and e-mail us at info@drugfreeworld.org.

OUR DRUG CULTURE

Drugs have been part of our culture since the middle of the last century. Popularized in the 1960s by music and mass media, they invade all aspects of society.

An estimated 208 million people internationally consume illegal drugs. In the United States, results from the 2007 National Survey on Drug Use and Health showed that 19.9 million Americans (or 8% of the population aged 12 or older) used illegal drugs in the month prior to the survey.

You probably know someone who has been affected by drugs, directly or indirectly.



The most commonly used—and abused—drug in the US is alcohol. Alcohol-related motor accidents are the second leading cause of teen death in the United States.

The most commonly used illegal drug is marijuana. According to the United Nations 2008 World Drug Report, about 3.9% of the world's population between the ages of 15 and 64 abuse marijuana.

Young people today are exposed earlier than ever to drugs. Based on a survey by the Centers for Disease Control in 2007,

45% of high school students nationwide drank alcohol and 19.7% smoked pot during a one-month period.

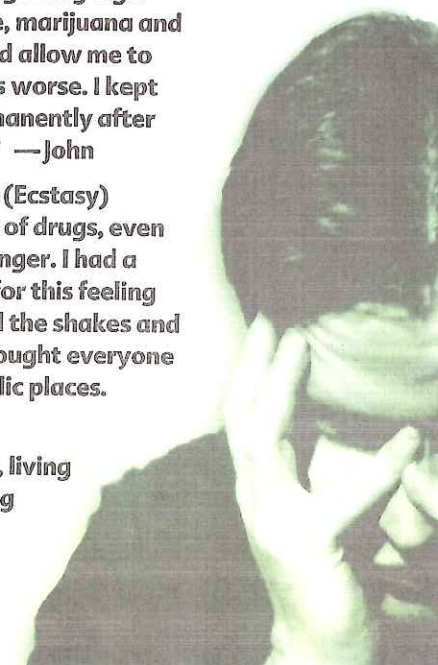
In Europe, recent studies among 15- and 16-year-olds suggest that use of marijuana varies from under 10% to over 40%, with the highest rates reported by teens in the Czech Republic (44%), followed by Ireland (39%), the UK (38%) and France (38%). In Spain and the United Kingdom, cocaine use among 15- to 16-year-olds is 4% to 6%. Cocaine use among young people has risen in Denmark, Italy, Spain, UK, Norway and France.



My goal in life wasn't living... it was getting high. Over the years, I turned to cocaine, marijuana and alcohol under a false belief it would allow me to escape my problems. It just made things worse. I kept saying to myself, I'm going to stop permanently after using one last time. It never happened." — John

It started with the weed, then the pills (Ecstasy) and acid, making cocktails of all sorts of drugs, even overdosing to make the rushes last longer. I had a bad trip one night... I prayed and cried for this feeling to go away, I had voices in my head, had the shakes and couldn't leave home for six months. I thought everyone was watching me. I couldn't walk in public places. Man! I couldn't even drive.

"I ended up homeless and on the streets, living and sleeping in a cardboard box, begging and struggling to find ways to get my next meal." — Ben



WHY DO PEOPLE TAKE DRUGS?

People take drugs because they want to change something about their lives.

Here are some of the reasons young people have given for taking drugs:

- To fit in
- To escape or relax
- To relieve boredom
- To seem grown up
- To rebel
- To experiment

They think drugs are a solution. But eventually, the drugs become the problem.

Difficult as it may be to face one's problems, the consequences of drug use are always worse than the problem one is trying to solve with them. The real answer is to get the facts and not to take drugs in the first place.

HOW DO DRUGS WORK?

Drugs are essentially poisons. The amount taken determines the effect.

A small amount acts as a stimulant (speeds you up). A greater amount acts as a sedative (slows you down). An even larger amount poisons and can kill.

This is true of any drug. Only the amount needed to achieve the effect differs.

But many drugs have another liability: they directly affect the mind. They can distort the user's perception of what is happening around him or her. As a result, the person's actions may be odd, irrational, inappropriate and even destructive.

Drugs block off all sensations, the ones with the unwanted. So, while short-term help in the relief of pain also wipe out ability and alertness, muddy one's thinking.

Medicines are drugs that are intended to speed up or slow down or change something about the way your body is working to make it work better. Sometimes they are necessary. But they are still drugs: too much can kill you. So if you do not use medicines as they are supposed to be used, they can be as dangerous as illegal drugs.

DRUGS AFFECT THE MIND

Normally, when a person remembers something, the mind is very fast and information comes to him quickly. But drugs blur memory, causing blank spots. When a person tries to get information through this cloudy mess, he can't do it. Drugs make a person feel slow or stupid and cause him to have failures in life. And as he has more failures and life gets harder, he wants more drugs to help him deal with the problem.

Drugs Destroy Creativity

One lie told about drugs is that they help a person become more creative. The truth is quite different.

Someone who is sad might use drugs to get a feeling of happiness, but it does not work. Drugs can lift a person into a fake kind of cheerfulness, but when the drug wears off, he or she crashes even lower than before. And each time, the emotional plunge is lower and lower. Eventually, drugs will completely destroy all the creativity a person has.



During the whole time I was on drugs I thought I had control over my life and that I had it great. But I destroyed everything I had built up and fought for in my life. I cut ties to all my drug-free friends and my family, so I hadn't any friends but my drug mates. Every day revolved around one thing: my plan for getting the money I needed for drugs. I would do everything possible to get my amphetamine—it was the only thing in my life.” — Pat

I felt that I was more fun when I was drunk. Soon after [I started drinking] I was introduced to marijuana.... Later, I was hanging out at my friend's house smoking marijuana when she pulled out a bag of cocaine. Snorting cocaine became a daily habit. I was stealing money from my parents' business and from my grandparents' daily basis to support my alcohol, cocaine, and LSD habits. Then I was introduced to cocaine and began using it on a regular basis. By then I realized I was addicted, snorting OxyContin as part of my daily routine. I needed something stronger and was introduced to heroin. I would stop using nothing to get high. My addiction was winning every time I tried to kick it, the physical craving would send me back for more.” — Edith

BASIC FACTS ABOUT COMMONLY ABUSED DRUGS

The facts about these commonly abused drugs have been compiled from references at the end of this booklet. They are included here to provide the truth about what these drugs are and what they do.

- * MARIJUANA.....
- * ALCOHOL.....
- * SYNTHETIC DRUGS.....
- * ECSTASY.....
- * COCAINE & CRACK COCAINE.....
- * CRYSTAL METH & METHAMPHETAMINE.....
- * INHALANTS.....
- * HEROIN.....
- * LSD.....
- * PRESCRIPTION DRUG ABUSE.....

MARIJUANA

Marijuana is usually rolled up in a cigarette called a joint or a nail. It can also be brewed as a tea or mixed with food, or smoked through a water pipe called a bong.

Cannabis* is number three of the top five substances which account for admissions to drug treatment facilities in the United States, at 16%. According

STREET NAMES:

- Weed
- Blunt
- Grass
- Herb
- Pot
- Reefer
- Smoke
- Mary Jane
- Skunk
- Boom
- Gangster
- Kiff
- Chronic
- Ganja
- Super Skunk
- Purple Haze
- Dope
- Nederweed

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to a National Household Survey on Drug Abuse, kids who frequently use marijuana are almost four times more likely to act violently or damage property. They are five times more likely to steal than those who do not use the drug.

Marijuana is often more potent today than it used to be. Growing techniques and selective use of seeds have produced a more powerful drug. As a result, there has been a sharp increase in the number of marijuana-related emergency room visits by young pot smokers.

Because a tolerance builds up, marijuana can lead users to consume stronger drugs to achieve the same high. When the effects start to wear off, the person may turn to

* cannabis: any of the different drugs that come from Indian hemp, including marijuana and hashish.

more potent drugs to rid himself of the unwanted conditions that prompted him to take marijuana in the first place. Marijuana itself does not lead the person to the other drugs: people take drugs to get rid of unwanted situations or feelings. The drug (marijuana) masks the problem for a time (while the user is high). When the "high" fades, the problem, unwanted condition or situation returns more intensely than before. The user may then turn to stronger drugs since marijuana no longer "works."

Short-term Effects:

Loss of coordination and distortions in the sense of time, vision and hearing, sleepiness, reddening of the eyes, increased appetite and relaxed muscles. Heart rate can speed up. In fact, in the first hour of smoking marijuana, a user's risk of a heart attack could increase fivefold. School performance is reduced through impaired memory and lessened ability to solve problems.

Long-term Effects:

Long-term use can cause psychotic symptoms. It can also damage the lungs and the heart, worsen the symptoms of bronchitis and cause coughing and wheezing. It may reduce the body's ability to fight lung infections and illness.

ALCOHOL

STREET NAMES:

- Booze
- Sauce
- Brews
- Brewskis
- Hooch
- Hard Stuff
- Juice

Alcohol depresses your central nervous system (brain and spinal cord), lowers inhibitions* and impairs judgment. Drinking large amounts can lead to a coma and even death. Mixing alcohol with medications or street drugs is extremely dangerous and can be fatal. Alcohol influences your brain and leads to a loss of coordination, slowed reflexes, distorted vision, memory lapses and blackouts. Teenage bodies are still growing and alcohol has a greater impact on young people's physical and mental well-being than on older people.

Short-term Effects:

Feeling of warmth, flushed skin, impaired judgment, lack of coordination, slurred speech, memory and comprehension loss. Heavy drinking usually results in a "hangover," headache, nausea, anxiety, weakness, shakiness and sometimes vomiting.

Long-term Effects:

Tolerance to many of the unpleasant effects of alcohol and a resulting ability to drink more. This leads to a deteriorating physical condition that can include liver damage and increases the risk of heart disease. A pregnant woman may give birth to a baby with defects that affect the baby's heart, brain and other major organs. A person can become dependent on alcohol. If someone suddenly stops drinking, withdrawal symptoms may set in. They range from jumpiness, sleeplessness, sweating and poor appetite to convulsions and sometimes death. Alcohol abuse can also lead to violence and conflicts in one's personal relationships.

* inhibitions: ideas or rules that tend to stop a person from doing something.



SYNTHETIC DRUGS

STREET NAMES:

- K2
- Smiles
- Spice
- Bath Salts
- Blizzard
- N-bomb
- Fake Weed
- Black Mamba

Synthetic drugs are created using man-made chemicals. A class of synthetic drugs known as “designer drugs” include synthetic marijuana (“Spice” or “K2”), synthetic stimulants (“Bath Salts”) and “N-bomb”. These are chemically made versions of illegal drugs that have been slightly altered to avoid classification as illegal, allowing dealers to make profits on the Internet or in stores without technically breaking the law. When a designer drug becomes illegal, the chemist alters it again. This repeats over and over. Because the chemicals used constantly change, users have no way of knowing the content and effects.

Short-term Effects:

Hallucinations and delusions, confusion and disorientation, psychosis, suicidal thoughts or suicide, extreme agitation and anxiety, panic attacks, depression, insomnia, violent behavior, unresponsiveness, loss of consciousness. Headaches, nausea, vomiting, diarrhea, heavy sweating, high fever, kidney malfunction, heart attack, bleeding in the brain.

Long-term Effects:

Long-term permanent effects can include kidney damage, liver failure, liver damage, seizure, brain swelling and brain death, tremors, extreme tiredness, insomnia, forgetfulness and confusion, paralysis, persistent depression, breakdown of skeletal muscle tissue, death.

ECSTASY

STREET NAMES:

- E
- Hug
- Lover's
- XTC
- Beans
- Speed
- X
- Clarity
- Love Drug
- Adam

Ecstasy is usually taken orally in pill, tablet or capsule form. Taking more than one at a time is called "bumping."

Ecstasy is a synthetic (man-made) drug made in a laboratory. Makers may add anything they choose to the drug, such as caffeine, amphetamine* and even cocaine. Ecstasy is illegal and has effects similar to hallucinogens and stimulants. The pills are of different colors and are sometimes marked with cartoon-like images. Mixing Ecstasy with alcohol is extremely dangerous and can be lethal.

The stimulative effects of drugs such as Ecstasy enable the user to dance for long periods, and when combined with the hot, crowded conditions found at raves, can lead to extreme dehydration and heart or kidney failure.



Short-term Effects:

- Impaired Judgment
- False sense of affection
- Confusion
- Depression
- Sleep problems
- Severe anxiety
- Paranoia†
- Drug craving
- Muscle tension
- Involuntary teeth clenching
- Nausea
- Blurred vision
- Faintness
- Chills or sweating

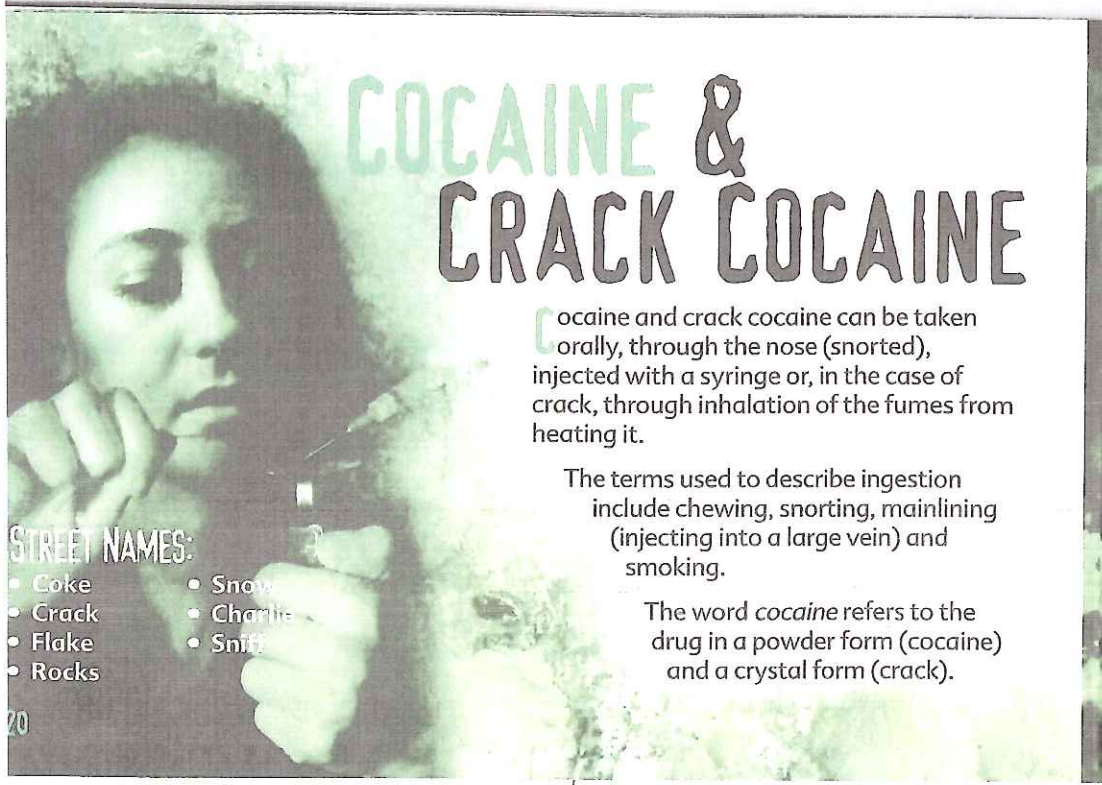


Long-term Effects:

- Prolonged use causes long-lasting and perhaps permanent damage to the brain, affecting the person's judgment and thinking ability.

* amphetamine: a central nervous system stimulant, often called "speed."
† paranoia: suspicion, distrust or fear of other people.

Ecstasy made me
day I bit glass, ju
have bitten an a
to have my mouth
of glass to realize v
happening to me.
Another time
I tore rags with
my teeth for an
hour." — Ann



COCAINE & CRACK COCAINE

Cocaine and crack cocaine can be taken orally, through the nose (snorted), injected with a syringe or, in the case of crack, through inhalation of the fumes from heating it.

The terms used to describe ingestion include chewing, snorting, mainlining (injecting into a large vein) and smoking.

The word *cocaine* refers to the drug in a powder form (cocaine) and a crystal form (crack).

STREET NAMES:

- Coke
- Crack
- Flake
- Rocks
- Snow
- Charlie
- Sniff

It is made from the coca plant and, next to methamphetamine,* creates the greatest psychological dependence of any drug.

Short-term Effects:

Cocaine causes a short-lived intense high that is immediately followed by the opposite—intense feelings of depression and edginess and a craving for more of the drug. People who use it often don't eat or sleep properly. They can experience greatly increased heart rate, muscle spasms and convulsions. The drug can make people feel paranoid, angry, hostile and anxious, even when they aren't high.

* methamphetamine: a highly addictive central nervous system stimulant.

Long-term Effects:

In addition to those effects already mentioned, cocaine can cause mood disturbances, restlessness, paranoia and auditory (hearing) hallucinations. Tolerance to the drug develops so that more is needed to produce the same "high."

Coming down from the drug causes severe depression, which becomes deeper after each use. This is so severe that a person will do anything to get the drug—even murder. And if he or she can't get the drug, the depression can get so intense that it drives the addict to suicide.

CRYSTAL METH & METHAMPHETAMINE

Crystal meth and meth are inhaled, smoked or injected. Low doses are in pill form.

Crystal meth is a form of methamphetamine that resembles small fragments of glass or shiny blue-white rocks. On the street, it is known as “ice,” “crystal,” “glass” and other names. It is a highly powerful and addictive man-made stimulant that causes aggression and violent or psychotic behavior. Many users report getting hooked (addicted) from the first time they use it. It is one of the hardest drugs to treat.

STREET NAMES:

- Speed
- Meth
- Crystal
- Crank
- Tweak
- Go-fast
- Ice
- Glass
- Tina
- Quartz

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Short-term Effects:

Negative effects can include disturbed sleep patterns, hyperactivity, nausea, delusions of power, increased aggressiveness and irritability. Can cause decreased hunger and bring on weight loss. In higher doses has a greater “rush,” followed by increased agitation and sometimes violence. Other effects can include insomnia, confusion, hallucinations, anxiety and paranoia. Can cause convulsions leading to death.

Long-term Effects

Increased heart rate and blood damage to blood vessels in the leading to strokes or irregular and cardiovascular (involving blood vessels) collapse or death. liver, kidney and lung damage suffer brain damage, including impairment and an increasing to grasp abstract thoughts. Those who recover are usually subjected to memory gaps and extreme mood swings.

Crystal meth was my drug of choice, but there were others too—cheap, easy to get, easy to become addicted to and, of course, easy to use. I tried it once and BOOM! I was addicted. One of the main things that this affected was my music career. I had a great band and played great music and had great members who weren't only band members but best friends. That all changed when I started using meth.” — Brad

INHALANTS

STREET NAMES:

- Poppers
- Whippets
- Laughing Gas
- Rush

Inhalants include chemicals found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, nail polish remover, amyl nitrite* and lighter fuel. They are sniffed or “huffed” (act of inhaling vapors).

Inhalants affect the brain. When substances or fumes are inhaled through the nose or mouth, they can cause permanent physical and mental damage. They starve the body of oxygen and force the heart to beat irregularly and more rapidly. People who use inhalants can lose their sense of smell, suffer nausea and nosebleeds and may develop liver, lung and kidney problems. Continued use can lead to reduced muscle mass, tone and strength. Inhalants can

make people unable to walk, talk and think normally. Much of the damage is caused to the brain tissue when the toxic fumes are sniffed straight into the sinus.†

Short-term Effects:

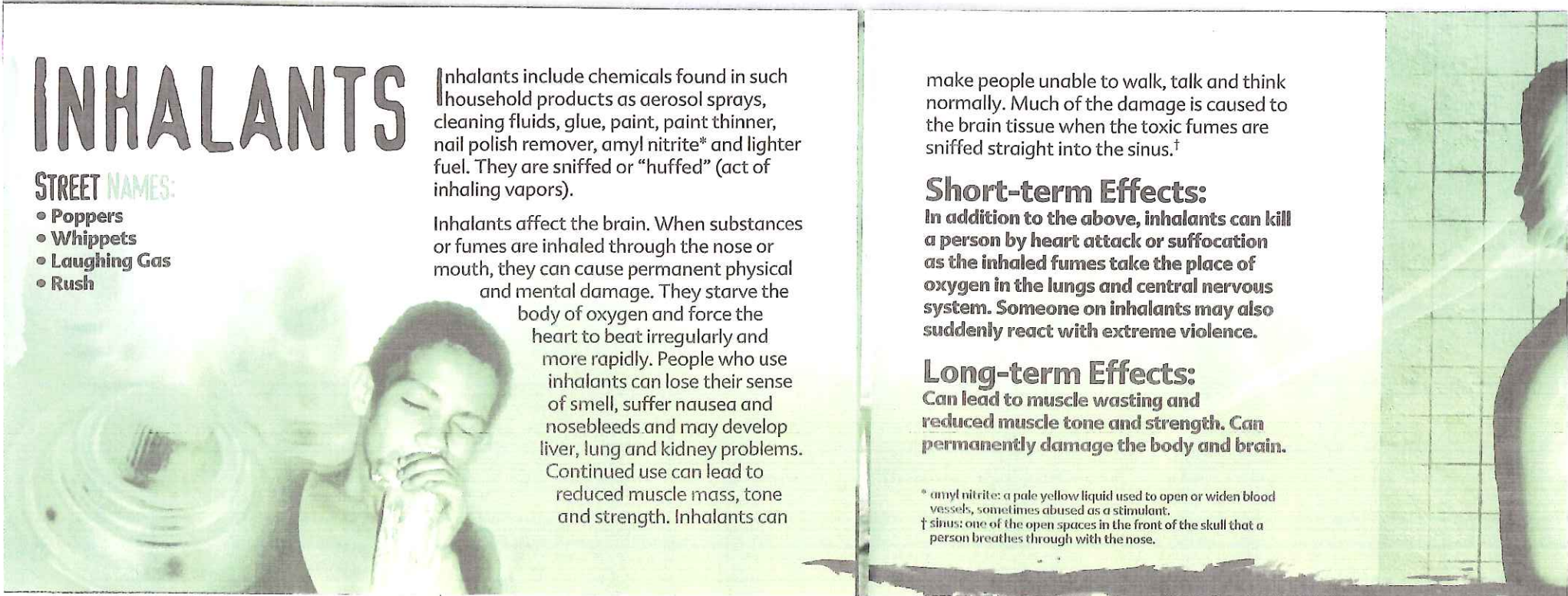
In addition to the above, inhalants can kill a person by heart attack or suffocation as the inhaled fumes take the place of oxygen in the lungs and central nervous system. Someone on inhalants may also suddenly react with extreme violence.

Long-term Effects:

Can lead to muscle wasting and reduced muscle tone and strength. Can permanently damage the body and brain.

* amyl nitrite: a pale yellow liquid used to open or widen blood vessels, sometimes abused as a stimulant.

† sinus: one of the open spaces in the front of the skull that a person breathes through with the nose.





HEROIN

Heroin is usually injected, snorted or smoked. It is highly addictive. Heroin enters the brain rapidly but makes people think and react slowly, impairing their decision-making ability. It causes difficulty in remembering things.

STREET NAMES:

- Horse
- Smack
- H
- Skag
- Junk
- Brown Sugar

Injecting the drug can create a risk of AIDS, hepatitis (liver disease) and other diseases caused by infected needles. These health problems can be passed on to sexual partners and newborns. Heroin is one of the three drugs most frequently involved in drug abuse deaths. Violence and crime are linked to its use.

Short-term Effects:

Abusers experience clouded mental functioning, nausea and vomiting. Awareness of pain may be suppressed. Pregnant women can suffer spontaneous abortion. Cardiac (heart) functions slow down and breathing is severely slowed, sometimes to the point of death.

Long-term Effects

Scarred and/or collapsed vein bacterial infections of the blood vessels, heart valves, abscesses, other soft-tissue infections, and liver or kidney disease. Lung complications may result. Sharing of needles or fluids may result in hepatitis, AIDS and other blood-borne virus diseases.

LSD

STREET NAMES:

- Acid
- Cid
- Blotter
- Heavenly Blue
- Microdot
- Purple Heart
- California Sunshine
- Tab
- Dots

LSD is sold in tablets, capsules or in liquid form. It is commonly added to absorbent paper and divided into small decorated squares. Each square is a dose.

LSD is still one of the most potent mood-changing chemicals and is derived from the extremely poisonous ergot fungus, a mold which grows on rye and other grains. Its effects are unpredictable. A tiny amount can produce 12 hours or more of effects.

Short-term Effects:

Dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth and tremors. People can experience severe, terrifying thoughts and feelings, fear of losing control, fear of insanity and death and feelings of despair while using LSD.

Long-term Effects:

Flashbacks, or recurrences, of an LSD "trip" can be experienced long after the drug is taken and its effect has apparently worn off. The "trip" itself usually begins to clear up after about 12 hours, but some users manifest long-lasting psychoses.

PRESCRIPTION DRUG ABUSE

Abuse of prescription drugs has become a more serious problem than most street drugs. Painkillers, tranquilizers, antidepressants, sleeping pills and stimulants may appear “safe” due to being prescribed by doctors, but they can be just as addictive and potent as the heroin or cocaine sold on the street. The painkiller OxyContin, for example, is as powerful as heroin and affects the body in the same way. Continued use of painkillers, depressants (“downers”), stimulants (“uppers”) or antidepressants can lead to addiction—and painful withdrawal symptoms for those who try to quit.

Just a few of the effects of these drugs are given here.

Painkillers: OxyContin, Fentanyl, morphine, Percodan, Demerol are a few of a long list of

painkillers. Effects can include slowed breathing, nausea and unconsciousness. Abuse can lead to addiction.

Depressants: These drugs, which slow down your brain and nervous system functions, include Xanax, Zyprexa, Amytal, Seconal, Vallium and many others. Effects can include heart problems, weight gain, fatigue* and slurred speech. Continued use can lead to addiction.

Stimulants: These drugs speed up your heart rate and breathing, similar to “speed” or cocaine. They include Ritalin, Adderall, Concerta and drugs known as “bennies.” Effects include increased blood pressure and heartbeat, hostility and paranoia.

Antidepressants: Prozac, Paxil, Zoloft and Celexa are some of the commonly used antidepressants. Effects can include irregular heartbeat, paranoid reactions, violent or suicidal thoughts and hallucinations. Long-term use can lead to addiction.

Painkillers, depressants and antidepressants are responsible for more overdose deaths in the US than cocaine, heroin, methamphetamine and amphetamines combined.

* fatigue: extreme physical or mental tiredness.

What Dealers Will Tell You

When teens were surveyed to find out why they started using drugs in the first place, 55% replied that it was due to pressure from their friends. They wanted to be cool and popular. Dealers know this.

They will approach you as a friend and offer to “help you out” with “something to bring you up.” The drug will “help you fit in” or “make you cool.”

Drug dealers, motivated by the profits they make, will say anything to get you to buy their drugs.

They will tell you that “cocaine will make your life a party” and that “heroin is a warm blanket.” If you take Ecstasy, “you can be with a lot of girls.”

They don’t care if the drugs ruin your life as long as they are getting paid. All they care about is money. Former dealers have admitted they saw their buyers as “pawns in a chess game.”

Get the facts about drugs. Make your own decisions.

Millions of copies of booklets such as *What Dealers Will Tell You* have been distributed to people around the world in many languages. As new drugs appear, more information about their effects will be added. Existing booklets are updated annually.

The booklets are published by the National Drug Foundation for a Drug-Free World, a nonprofit organization headquartered in Los Angeles, California.

The Foundation provides educational materials, advice and coordination for its international prevention network. It works with educators, volunteer organizations, and other agencies—anyone with an interest in helping lead lives free from drug abuse.

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“Drug Facts, Did You Know?” Drugs and the Environment, October 2004
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“New Initiative Harnesses Power of Teens, Parents to Stop Teen Drug Use,” *Adelphi Campaign*, News Release, 21 January 2004
Office of National Drug Control Policy, National Youth Anti-Drug Media Campaign, 3 October 2004
“Help for Parents: Is Your Child Using Drugs? How to Find Out,” *Partnership for a Drug-Free America*, 17 October 2004
Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services

FACTS YOU NEED TO KNOW

This booklet is one in a series of publications that cover the facts about marijuana, alcohol, synthetic drugs, Ecstasy, cocaine, crack cocaine, crystal meth and methamphetamine, inhalants, heroin, LSD and prescription drug abuse. Armed with this information, the reader can make the decision to live a drug-free life.



**For more information or to obtain more copies
of this or other booklets in this series, contact:**

Foundation for a Drug-Free World
1626 N. Wilcox Ave., No. 1297
Los Angeles, CA 90028

drugfreeworld.org • info@drugfreeworld.org
1 (888) NO-TO-DRUGS 1 (888) 668-6378

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The truth about e-cigarettes & vaping

E-CIGARETTES, ALSO KNOWN AS ELECTRONIC CIGARETTES OR E-CIGS, COME IN MANY DIFFERENT SHAPES AND SIZES. A BATTERY CHARGED HEATING ELEMENT TURNS FLAVORED LIQUID LADED WITH NICOTINE INTO VAPOR, WHICH IS THEN INHALED. THIS IS WHY USING AN E-CIGARETTE IS ALSO KNOWN AS "VAPING."

what's in the vapor?

Most e-cigarette liquid is made of propylene glycol, glycerin, or a mixture of the two. The liquid usually includes **nicotine** and different types of flavoring.

the dangers of nicotine

Nicotine is a HIGHLY ADDICTIVE DRUG with serious health risks. It may cause:

- INCREASED HEART RATE • FEVER
- ELEVATED BLOOD PRESSURE
- VOMITING • NAUSEA • ADDICTION
- SHORTNESS OF BREATH • HEADACHES

are they safe?

E-cigarettes have only been around for a short time, so the long-term effects of using them is still not known. Here's what we do know:

- E-cigarettes are **not regulated**.
- E-cigarettes labeled as **nicotine-free may still contain nicotine**.
- **Potentially harmful ingredients** have been found in some e-cigarette liquid.
- **Nicotine chambers may leak**, increasing the risk for nicotine poisoning.
- **Nanoparticles in the vapor** may lead to heart disease, asthma, stroke, and diabetes.

opening the door to addiction

- Healthcare professionals believe that e-cigarettes may make **smoking popular again**.
- E-cigarettes come in **dozens of flavors**, from tobacco to chocolate.
- The more unusual flavors may persuade **young people to try e-cigarettes**.

- New e-cigarette users may develop a **nicotine addiction**, which may lead them to traditional tobacco products.
- A nicotine addiction is one of the most **difficult addictions to kick**.



E-cigarettes are **not FDA-approved cessation devices**. Studies of their effectiveness have had mixed results.

can they be used to quit smoking?

- Some people are able to quit smoking with e-cigarettes.
- Others become addicted to e-cigarettes.
- And still others continue to smoke regular cigarettes and e-cigarettes, increasing their nicotine dependence.

FDA-approved Nicotine Replacement Therapies (NRT) like **nicotine patches, gum, and lozenges** are a safer choice.

why start?

IF YOU DON'T SMOKE, E-CIGARETTES WILL ONLY CREATE AN APPETITE FOR THE REAL THING. IF YOU DO SMOKE, THERE ARE PLENTY OF OTHER RESOURCES AVAILABLE TO HELP YOU QUIT SUCCESSFULLY.



no smoking. no vaping. no nicotine. no addiction.

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KEEPING ALCOHOL OFF OF THE GUEST LIST

Here are a few ways that adults and teens can make sure that gatherings stay safe and sober.

For Parents:

- Keep the guest list small.
- Have a “zero-tolerance” alcohol policy.
- Talk to your teen about your expectations.
- Lock up your liquor cabinet and remove alcohol from the refrigerator.
- Stock up on snacks and non-alcoholic drinks.
- Stay at home the night of the party.



For Teens:

- Send or hand out written invitations instead of announcing the party on social media sites.
- Tell your friends that the party is alcohol-free – no exceptions.
- If someone shows up with alcohol, show them the door.
- Don't let guests bring people you don't know.

SOCIAL HOSTING

“Social Hosting” is the term used to describe any situation where an adult allows underage teens to drink alcohol.

A “Safe” Place to Drink?

One of the most common misconceptions about social hosting is that allowing teens to drink at home helps keep them safe. Adults who let their teens drink often say that they're trying to prevent tragedies, like accidents caused by drunk driving but they're forgetting about the other consequences of teenage drinking.

Social Hosting and the Law

Several states have laws in place aimed specifically at social hosts. More recently, individual cities have passed ordinances that make social hosting illegal. Adults who provide alcohol to underage teens are facing serious consequences, including:

- Heavy fines
- Jail time
- Probation
- Revoked/suspended driver's license



Facts about Social Hosting

Teens may not be able to legally purchase beer, wine, or liquor, but according to a survey conducted by the American Medical Association, many teens get access to alcohol from adults they know:

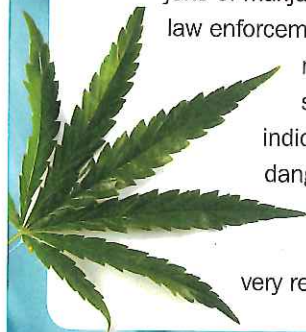
- One out of three teens said they could easily get alcohol from their parents.
- Two out of five teens said they could get alcohol from a friend's parents.
- One out of four teens have been to a party where adults allowed underage drinking.

MARIJUANA - NOT HARMLESS

Although marijuana use, possession, and sale are illegal in most countries around the world, it is a commonly abused drug. In the U.S., a recent survey revealed that 42 percent of high school seniors had used marijuana at some point. The widespread use and easy availability of this very popular drug gives the impression that, despite continued warnings by drug prevention agencies, marijuana is an almost harmless source of recreation. A quick look at the hard facts will give you the opportunity to decide for yourself whether weed is worth the risk it poses to your body, mind and future.

SURROUNDED BY CONFUSION

There are many reasons why young people are confused about marijuana. Over-the-top prevention campaigns sometimes use scare tactics, making it sound like smoking pot will kill you immediately. On the other hand, popular culture frequently makes a joke of marijuana use and ridicules law enforcement. Friends who use marijuana daily might seem perfectly normal, indicating that it isn't dangerous at all. Unfortunately, most of the drug's negative effects, while very real, are not visible at first.



Unfortunately, most of the drug's negative effects - while very real - are not visible at first.

HOW DOES MARIJUANA WORK?

When marijuana is ingested it releases chemicals that travel to and alter certain areas of the brain. The main chemical in marijuana is Delta-9-Tetrahydrocannabinol or THC. THC binds to receptors in the brain affecting memory, thought, concentration, time and depth, and coordinated movement. Users may feel hot or cold, have muscle impairment and experience dramatically increased heart rates.

SHORT-TERM EFFECTS

As marijuana's chemicals enter the body and brain, they alter its functions for about three hours. During this period, the heart rate of the user increases greatly- up to double its normal rate. This abnormal increase is very dangerous, and research indicates that the risk of heart attack during marijuana use is up to four times as high as under normal conditions. The other common physical effects are reddened eyes, a dry mouth, the sensation of change in skin temperature, and relaxation of muscles. Mentally, users experience hallucinations and psychedelic effects, a false sense of calm, and a severe impairment of their ability to perform simple motor tasks. Attempting to do even simple things while under the influence of marijuana is dangerous, and users are often unable to perceive the danger because the drug lulls them into a false state of relaxation.

FOR MORE INFORMATION

Go to www.intheknowzone.com for more information on substance abuse. Increase your knowledge using the information, statistics, images, and links. Test your understanding with a quick quiz.

**Don't stay in the dark.
Get In the Know!**



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MARIJUANA

*how it affects
the body*



LONG-TERM EFFECTS

Research into the long-term effects of marijuana use is incomplete. Scientists have found it difficult to measure exactly how the drug affects the body over the course of years, isolating it from other factors. The unquestioned long-term risk is addiction. About nine percent of marijuana users become dependent, and the more often a user takes marijuana, the more likely he is to get addicted—the rate can be as high as fifty percent for people who use it every day. For those who become dependent on marijuana, quitting brings its own set of physically draining withdrawal symptoms.



Everyone is familiar with the “smoker’s cough,” audible evidence that smoking causes irreparable damage to the throat, lungs, and airways. Marijuana smoke is even more destructive than tobacco

About nine percent of marijuana users become dependent, and the more often a user takes marijuana, the more likely he is to get addicted



smoke, and serious health issues like bronchitis and asthma often follow those who smoke pot. As far as long term mental problems, studies on animals have indicated that marijuana’s active chemicals leave permanent damage behind in the brain. Researchers expect to find that memory and learning are negatively impacted for life by this damage.

MENTAL IMPAIRMENT

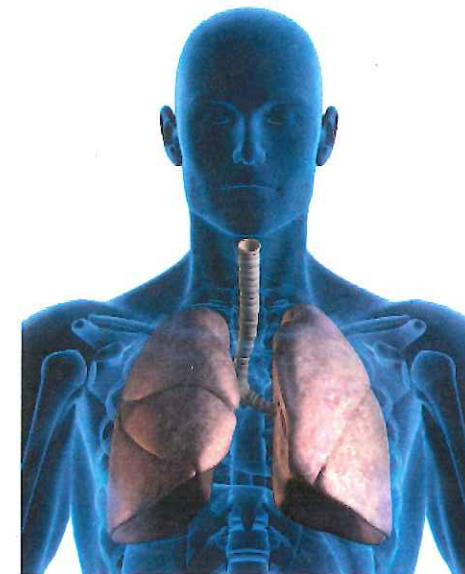
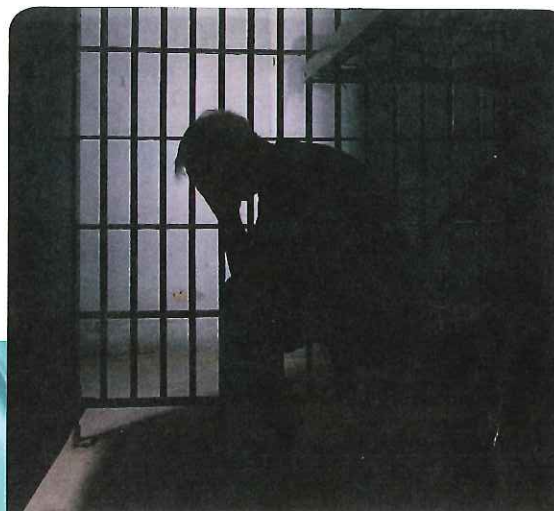
The effect of marijuana on the mind continues long after the high is over. Although medical professionals have suspected for many years that marijuana use takes a lasting toll on mental function, recent studies confirm their fears. A person who uses marijuana does not return to his normal mental capacity for at least a day and at most several weeks. For a student, this means that marijuana use translates directly into a serious learning handicap, hurting grades as well as any other mentally demanding activities such as sports, drama, music or debate.

MARIJUANA AND CANCER

Perhaps the most disturbing evidence of long term damage to the body by marijuana is a better understanding of cancer. We now know that one “joint” of marijuana contains as many carcinogens as five cigarettes, and the irritation to the airways and lungs also increases a user’s cancer risk dramatically.

OTHER EFFECTS

There are many effects of using marijuana that science is unable to put in a chart or percentage number. Inability to excel in school because of stunted mental function leads to failing grades, ejection from sports programs, and even dropping out of school altogether. Socially, users often find it difficult to relate to anyone other than marijuana users. Because marijuana can be detected in blood and urine samples long after use, getting and keeping a job is difficult for regular users.



Finally, there is the cold, hard fact that the United States government and most states treat marijuana-related crimes very seriously. Jail time is not just a possibility, but a probability for those who are caught using.

Failing in so many areas of life quickly leads to depression, self-loathing, and even the danger of suicide, problems that are all very common among admitted marijuana users.

Ignoring the research and conclusions of science in favor of your own opinion is never a safe bet. When it comes to marijuana, most of the world’s governments have decided that their countries’ populations need to be protected from its damaging effects.

Your brain, body, and future depend on your decision to keep them safe from marijuana.

danger of suicide

permanent damage

addiction

CONVERSATION WITH QUESTIONS

ay to help kids and teens steer clear of drink-
gs you can do is start a two-way conversa-

start here:

Listen to what they have to say.

y to tune you out if they feel like they're part
st the urge to lecture. Instead, ask questions

if someone offered you alcohol?

d alcohol? Have you ever wanted to try

ids that drink? Where do they get their

n to a party (or other social event) where
ng?

essured to drink alcohol?

uestions for me about alcohol?



KIDS, ALCOHOL AND THE MEDIA

Movies and TV shows
sometimes portray teen
drinking as a rite of
passage. While you can't
always prevent kids from
seeing portrayals of under-
age drinking, you can use
them to kick off a discus-
sion. Get kids talking by
asking a few questions:



- Do you think this situation is realistic? Why or why not?
- Why do you think they're drinking?
- Do you think this makes drinking look fun and cool?
- Do you think these characters are good role models? Why or why not?
- What would you do if you were in that situation?
- Do you think movies/shows like this make teens want to drink?

Social Hosting: Not a "Safe" Alternative

Some parents think that by letting kids drink at home (often called "social hosting"), they're doing the responsible thing. They believe that by giving kids a safe, supervised place to drink they're reducing the risk of alcohol-related problems.

When it comes to underage drinking, there's no such thing as "safe." Supervised or not, young people that drink are more likely to engage in risky behavior. What's more, if a kid is hurt or killed as a result of an alcohol-related accident, the adult who provided the alcohol can be held responsible. Some states even have specific laws against social hosting.

DISCUSS CONSEQUENCES

Make sure kids and teens know that if they drink, they're not just breaking your rules — they're breaking the law. Discuss your state's drinking age, and talk about the consequences of underage drinking.

- Probation
- Fines
- Jail time
- Community service
- Getting kicked out of extracurricular activities like sports, band, or clubs
- Losing their driver's license
- Trouble getting into college

WHAT IF KIDS ARE ALREADY DRINKING?

If a kid is already experimenting with alcohol, the first thing to do is find out why. Stay calm and ask a few questions:

- Did they feel pressured to drink by friends, peers, or family members?
- Did they think they had to drink to fit in or look "cool"?
- Where did they get the alcohol?
- Is there something else going on — such as stress or depression — that made them want to drink?

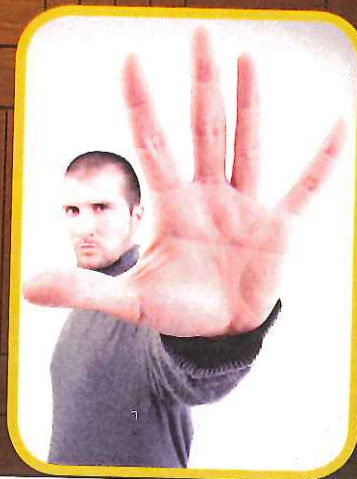
Once you've figured out why they started drinking, help them come up with other ways to deal with peer pressure, stress, or other issues. Revisit your rules about drinking, and encourage them to come to you if they have questions or problems — or if they just need a little extra encouragement. Most importantly, keep talking. Kids and teens who feel that they can talk to a trusted adult are less likely to drink.

REFUSAL SKILLS: SAYING "NO"

Discuss situations, such as parties or other social events, where they might feel extra pressure to drink alcohol — and then help them come up with a few good ways to say "no." Help them come up with a few lines, such as:

- "Drinking makes me feel sick. Can I have a soda instead?"
- "No thanks. I'm good right now."
- "My parents will ground me for life if they smell that stuff on me."
- "Sorry. I'm driving tonight."
- "You know that's illegal, right?"
- "I don't drink."
- "I don't like the taste of alcohol."

Remind them that a simple "no" works fine, too — they don't owe anybody an explanation.



Lowdown on Signs of Drug Use

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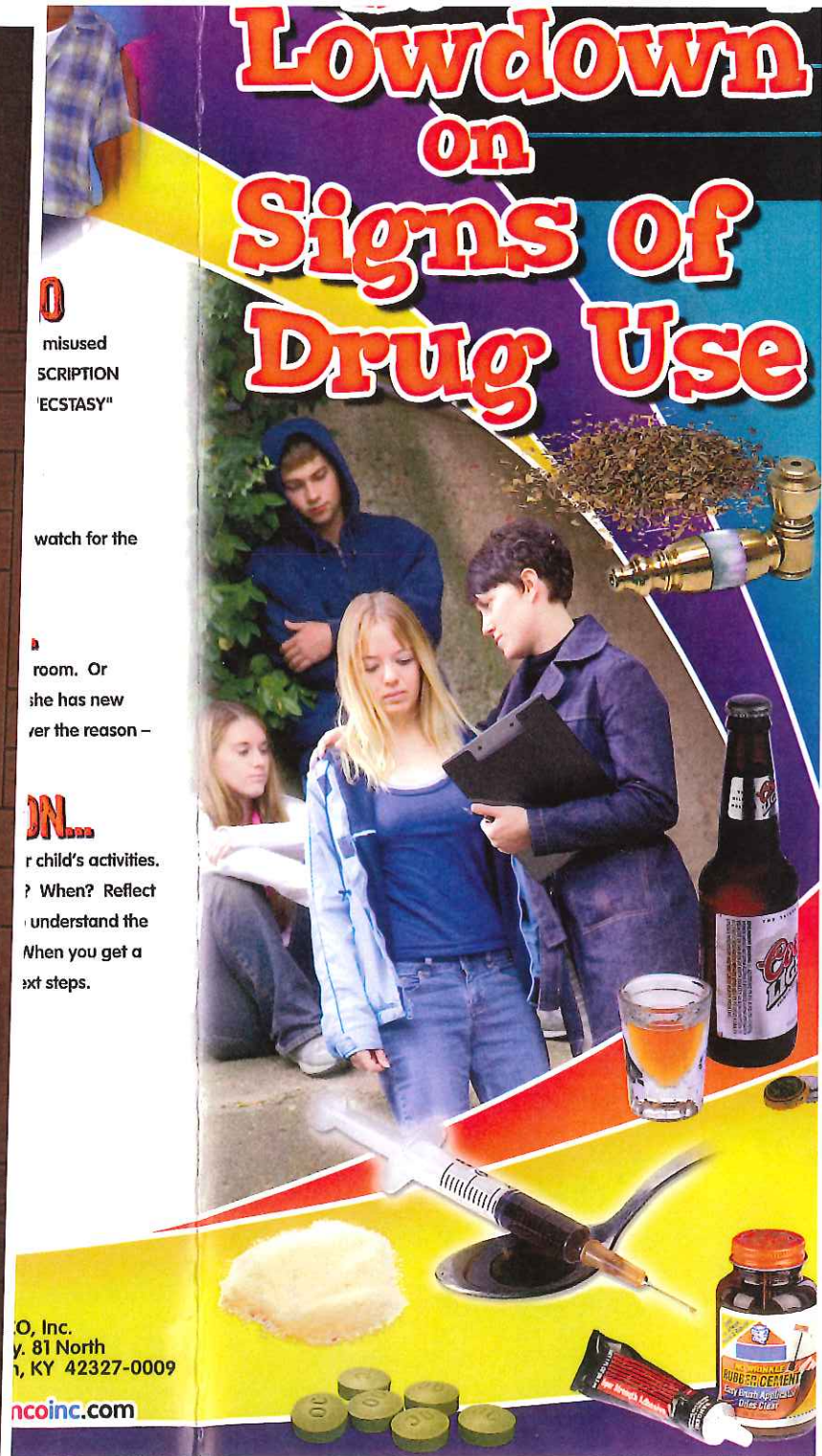
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TALKING TO KIDS ABOUT DRINKING: THE DO'S AND DON'TS

DO:

- Set clear rules about drinking. Tell them that you don't allow drinking — and make sure they understand what will happen to them if they break those rules.
- Set a good example. If you drink, make sure you drink responsibly — don't overindulge, and never drive after drinking alcohol.
- Work on self-esteem. Most young people that drink are struggling with low self-esteem. Many have trouble fitting in with their peers. Help your child build their confidence and develop healthy ways of coping and dealing with stress.
- Encourage them to get involved with extracurricular activities, such as art, music, sports or clubs.

DON'T:

- Don't lecture. Give kids lots of opportunities to talk and express their opinions.
- Don't assume that one talk is enough. Talk to kids frequently about the risks associated with alcohol abuse and underage drinking.
- Don't wait until you catch kids drinking to think of a punishment. Set clear rules and expectations early on, and make sure kids know exactly what will happen if they break your rules about drinking.
- Don't ignore your instincts. If you suspect that a kid is drinking, talk to them. Ask questions. Let them know you're paying attention.

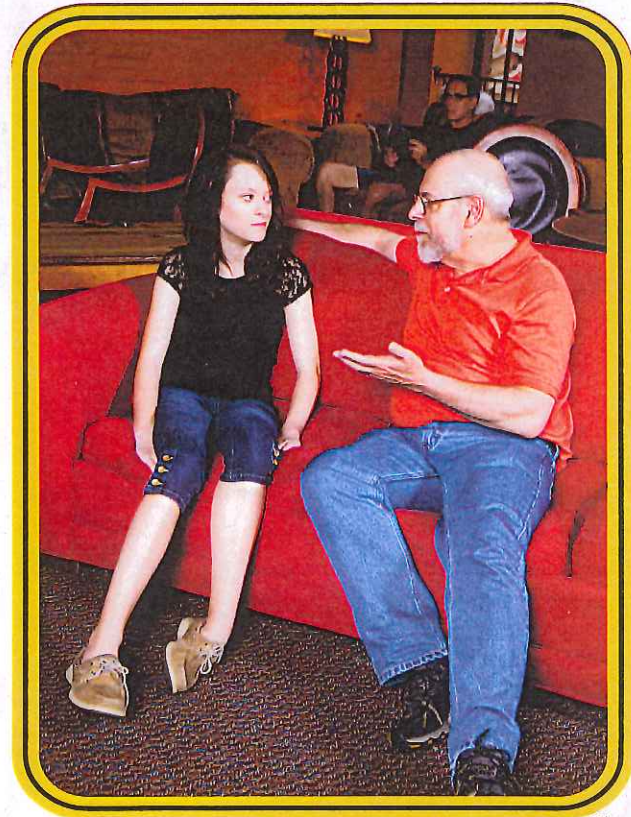


LEARN MORE: ADDITIONAL RESOURCES

Need more information? Looking for more resources? Here are a few websites you can visit to learn more about how to keep kids and teens drug-free:

- Mothers Against Drunk Driving (MADD):
www.madd.org/underage-drinking/
- The Centers for Disease Control and Prevention:
www.cdc.gov/alcohol/

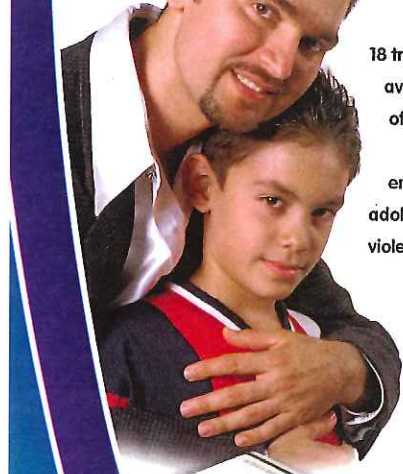
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Everyday, approximately 4,700 American youth under age 18 try marijuana for the first time. That is about equal to the enrollment of six average-sized U.S. high schools. By the time they finish the eighth grade, approximately 50 percent of adolescents have had at least one drink, and more than 20 percent report having been "drunk".

Youth drug use cuts across all ethnic, geographic, and socioeconomic lines. Youth experience pressure to use alcohol, tobacco, and illegal drugs at increasingly early ages. Survey's suggest that adolescents ages 12 to 17 named drugs as the most important problem they face-more than social pressures, violence, crime, or any other issues.

Statistics show that, fortunately, the majority of youth do not use drugs. However, some parents still underestimate how often their kids are exposed to drugs. According to the Partnership for a Drug-Free America: • **16%** of parents think their child has tried marijuana versus **40%** of teens who say they have tried marijuana • **37%** of parents believe their teen has been offered drugs versus **54%** of teens who say they have been offered drugs • **5%** of parents think their child has abused inhalants verses **21%** of teens who say they have abused inhalants.

If your Child Smokes Cigarettes...

he or she is 9 times more likely to use illegal drugs and over 15 times more likely to drink heavily than nonsmoking youth.

Youth, who use marijuana weekly, are 9 times more likely than nonusers to experiment with illegal drugs or alcohol, 6 times more likely to run away from home, 5 times more likely to steal, nearly 4 times more likely to engage in violence, and 3 times more likely to have thoughts about committing suicide.

PARENTS! You Are the Most Important Influence in Your Child's Life!

Parents, you are the first line of defense when it comes to your child's drug use or drinking. And you do make a difference! Nearly two-thirds of teenagers see great risk of upsetting their parents or losing the respect of family and friends if they smoke marijuana or use other drugs. Most teens who do not use alcohol, tobacco, or illegal drugs credit their parents as a major factor in that decision. Kids who learn from their parents or caregivers about the risks of drugs are:

- 36%** less likely to smoke marijuana
- 50%** less likely to use inhalants
- 56%** less likely to use cocaine
- 65%** less likely to use LSD



Signs of Drug Use

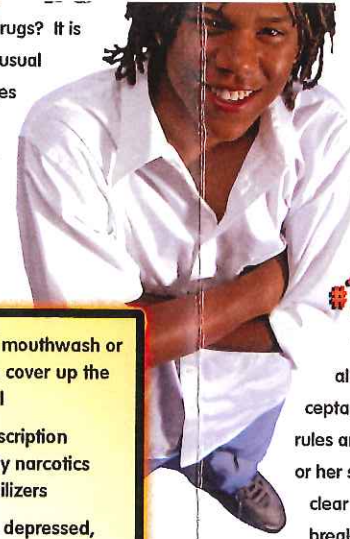
How can you tell if your child is using drugs? It is difficult because changes in mood or attitudes, unusual temper outbursts, changes in sleeping habits, changes in hobbies or other interests are common in teens.

Also look for signs of depression, withdrawal, carelessness with grooming or hostility. These symptoms often signal that something troubling is going on and may involve alcohol or drugs. Watch out for other signs...

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Negative changes in schoolwork; missing school or declining grades <input type="checkbox"/> Increased secrecy about possessions or activities <input type="checkbox"/> Use of incense, room deodorant, or perfume to hide smoke or chemical odors <input type="checkbox"/> Subtle changes in conversation with friends, for example: more secretive & using "coded" language <input type="checkbox"/> Hanging out with a new group of friends & unwilling to introduce them <input type="checkbox"/> Change in clothing choice- new fascination with clothes that highlight drug use <input type="checkbox"/> Borrowing money more frequently <input type="checkbox"/> Evidence of drug paraphernalia, such as pipes, rolling papers <input type="checkbox"/> Evidence of inhaling products & accessories, such as hair spray, nail polish, correction fluid, paper bags & common household products <input type="checkbox"/> Bottles of eye drops, which may be used to mask blood-shot eyes or dilated pupils | <ul style="list-style-type: none"> <input type="checkbox"/> New use of mouthwash or breath mints to cover up the smell of alcohol <input type="checkbox"/> Missing prescription drugs-especially narcotics and mood stabilizers <input type="checkbox"/> Withdrawn, depressed, tired, or neglecting personal grooming <input type="checkbox"/> Hostile, uncooperative & frequently breaks curfew <input type="checkbox"/> Suffering deteriorating relationships with family members <input type="checkbox"/> Skipping school and experiencing dropping grades <input type="checkbox"/> Losing interest in hobbies, sports and other favorite activities <input type="checkbox"/> Exhibiting changes in sleeping patterns (for example: Awake at night, asleep during the day) <input type="checkbox"/> Having a hard time concentrating <input type="checkbox"/> Responsible for taking household money without permission <input type="checkbox"/> Exhibiting red eyes or runny nose without evidence of allergies or a cold |
|---|--|

Ground Rules...

Here are 10 steps you can take to keep track of your child's activities. Of course, your kids might not like you keeping tabs on where they are and what they're doing. It won't be a democracy, and it shouldn't be, according to many parenting experts. In the end, it's not pestering, it's parenting.



- #1** Set rules. Let your teen know that drug and alcohol use is unacceptable and that these rules are set to keep him or her safe. Set limits with clear consequences for breaking them.
- #2** Praise & reward good behavior for compliance & enforce consequences for non-compliance.
- #3** Know where your teen is and what he or she will be doing during unsupervised time.
- #4** Talk to your teen. While shopping or riding in the car, casually ask him how things are going at school, about his friends, what his plans are for the weekend, etc..
- #5** Check on your teen. Occasionally check in to see that your kids are where they say they're going to be & that they are spending time with whom they say they are with.
- #6** Establish a "core values statement" for your family. Consider developing a family mission statement that reflects your family's core values.
- #7** Create a bond with your child. Spend time together as a family regularly and be involved in your kid's lives.
- #8** Take time to learn the facts about marijuana and underage drinking and talk to your teen about its harmful health, social, learning, and mental effects on young users.
- #9** Get to know your teen's friends (and their parents) by inviting them over for dinner or talking with them at your teen's soccer practice, dance rehearsal, or other activities.
- #10** Stay in touch with the adult supervisors of your child (camp counselors, coaches, teachers) and have them inform you of any changes in your teen.



TALKING TO KIDS ABOUT DRUGS: THE DO'S AND DON'TS

DO:

- Set clear rules about drug use – and make sure they understand what will happen to them if they break those rules.
- Work on confidence. Most young people start using drugs because they are struggling with low self-esteem. Many have trouble fitting in with their peers. Help them build their confidence and develop healthy ways of coping and dealing with stress.
- Choose a good time to talk. Avoid times when they are distracted with schoolwork, video games or other activities. Wait until you can get – and keep – their full attention.
- Encourage them to get involved with extracurricular activities, such as sports, music, art or clubs.

DON'T:

- Don't lecture. Give kids lots of opportunities to talk and express their opinions.
- Don't assume that one talk is enough. Talk to kids frequently about the risks associated with alcohol abuse and underage drinking.
- Don't wait until you catch kids drinking to think of a punishment. Set clear rules and expectations early on, and make sure kids know exactly what will happen if they break your rules about drinking.
- Don't ignore your instincts. If you suspect that a kid is drinking, talk to them. Ask questions. Let them know you're paying attention.

UNDER PRESSURE

Many young people start using drugs because they feel pressured. They feel like they have to smoke a joint or pop a pill just to fit in. Discuss situations, such as parties or other social events, where they might feel extra pressure to use drugs and then help them come up with a few good ways to say "no."

- "My parents will ground me for life if they find out."
- "Sorry. I'm driving tonight."
- "That stuff makes you stupid. I need all my brain cells for the chem test next week."

LEARN MORE: ADDITIONAL RESOURCES

Here are a few websites you can visit to learn more about how to keep kids and teens drug-free:

- Students Against Destructive Decisions (SADD): www.sadd.org
- Parents. The Anti-Drug: www.theantidrug.org
- National Institute on Drug Abuse (NIDA): www.drugabuse.gov
- NIDA for Teens: www.teens.drugabuse.gov

Starting a Conversation:

& KIDS & DRUG PREVENTION



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TALKING MATTERS

"My teen is way too smart to try drugs."

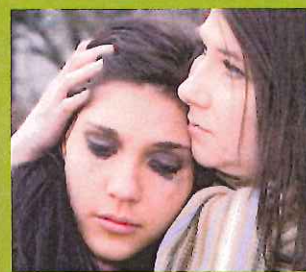
"If my teen were on drugs, I'd know."

"I've already had the 'drug talk' with my teen."

"I smoked pot when I was younger – giving my kid an anti-drug speech would be hypocritical."

Any of these sound familiar?

Parents sometimes feel that their kids already know all there is about drug abuse. Some have already had the "drug talk" and don't feel like they need to do it again. Others feel uncomfortable talking about such adult subject matter with their child or peer pressure.



While there are certain factors that put some teens at an especially high risk – such as a family history of drug abuse, lack of supervision, depression and low self-esteem – the truth is that no teen is completely immune to curiosity, peer pressure or the occasional bad decision. Studies suggest that kids and teens are less likely to use drugs if they have positive and close relationships with their parents or other trusted adults.

DISCUSS – DON'T LECTURE

Kids and teens are much less likely to tune you out if they feel like they're part of a discussion.

Ask open-ended questions, or use follow-up questions to keep them talking:

- Has anyone ever offered you drugs? How did you respond?
- Do any kids at school use drugs? Why? Where do they get their drugs?
- Have you ever tried drugs? Why or why not?
- How do you feel about drugs?
- Why do you think kids and teens experiment with drugs?
- What would you do if someone offered you drugs?

AVOID SCARE TACTICS

While it's true that drugs can kill people, teens and kids aren't likely to respond well to scare tactics or over-the-top stories. There's a good chance that your kid knows people who have gotten high without dying. Focus on the more realistic – and immediate – consequences of drug use:

- **Impaired decision-making skills.** Drugs interfere with your ability to make good decisions. That's why people on drugs are more likely to do dumb stunts, get in fights, or have unprotected sex.
- **Increased risk of drugged driving.** Most teens know that drinking and driving is dangerous – but drugged driving is just as risky as driving drunk.
- **Legal problems.** Getting caught with drugs can lead to serious long-term consequences, including jail time, probation, and heavy fines. Plus, a drug arrest can make it hard to get into college or find a job.
- **Addiction.** Drug addicts don't intend to get hooked – but it doesn't take long for your brain to become dependent on the "high" feeling that comes with drug abuse. All too often, young people who just get high occasionally at parties wind up with a lifelong drug habit.

USE TV SHOWS, NEWS ARTICLES AND MOVIES

You can't prevent kids from seeing drug use on TV, in movies, or in video games – but you can turn media portrayals of drug use into teachable moments. Ask them:

- Why do you think that person is using drugs?
- Do you think this person is a good role model? Why or why not?
- What would you do if you were in that situation?
- Do you think shows/movies like this make kids and teens want to use drugs?

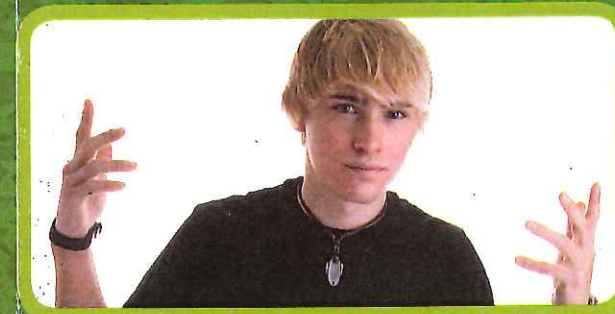


HONESTY IS THE BEST POLICY

If you have used drugs in the past:

- Explain why you tried drugs.
- Talk about the negative side effects you experienced.
- Mention any drug related health problem you may have had.

If you never used drugs when you were young, explain how you handled peer pressure. Talk about the things in your life that helped you stay drug-free.



KNOW THE SIGNS

How do you know if a kid is using drugs? Here are a few signs to look for:

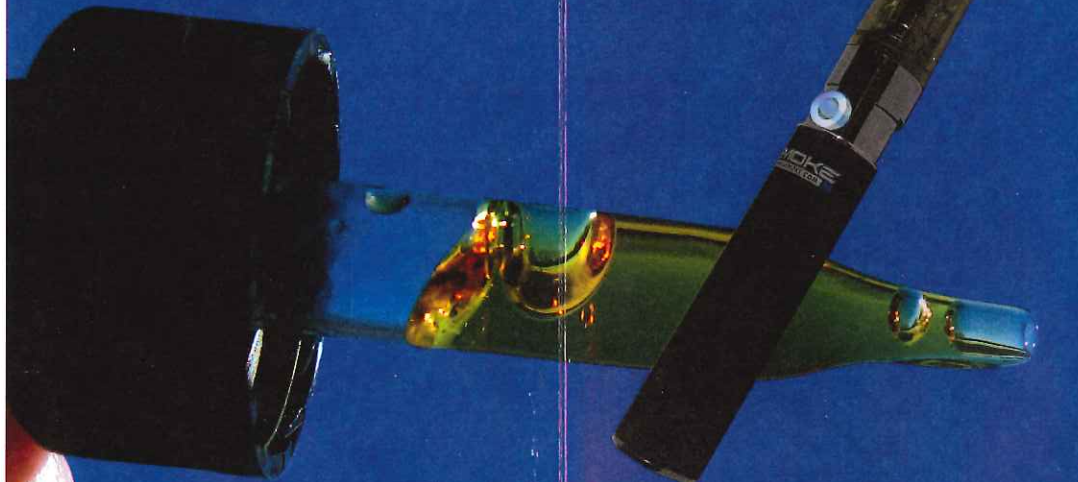
- Mood swings and withdrawn behavior
- Changes in sleep patterns
- Drastic weight loss
- Drop in grades and school performance
- Sudden change in friends and activities
- Extreme need for privacy

Of course, not all of these signs mean that a kid is on drugs. Young people – especially teenagers – often seem moody and withdrawn, and it's normal for them to experiment with different interests and friends as they try to figure out who they are. However, a drop in grades paired with sudden weight loss might be a sign of a serious problem. Trust your instincts.

If you do find out that a kid is using drugs, stay calm and try to focus on the reasons that they started experimenting with drugs in the first place. Revisit your rules about drugs, and encourage them to come to you if they have questions or problems. Most importantly, keep talking. Kids and teens who feel that they can talk to a trusted adult are less likely to use drugs.

an electronic cigarette or E-cigarette, is a battery-powered device which simulates tobacco smoking. In general, a heating element known as an atomizer is used to vaporize a liquid solution. Solutions usually contain a mixture of propylene glycol, vegetable glycerin, nicotine, and flavoring.

The risks of E-cigarette use are uncertain. Some research indicates that the health risks are greater than regular cigarettes, however the science is not complete. Believing that E-cigarettes are not dangerous could cause a surge in use.



Second-hand smoke comes from the burning end of a cigarette, and the smoke exhaled from the lungs of smokers.

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E-Cigarettes

Nicotine can affect brain development in children and teens.

Nicotine is the primary psychoactive chemical in cigarettes and E-cigarettes, and it is highly addictive.

E-cigarettes are a booming, billion-dollar industry on track to outsell tobacco products within a decade.

The end of a E-cigarette glows as you inhale. As you exhale, you puff out a cloud of what looks like smoke. It's vapor, similar to the fog you might see at rock shows, says M. Brad Drummond, MD, an assistant professor of medicine at Johns Hopkins University School of Medicine.

All E-cigarettes work basically the same way. Inside, there is a battery, a heating element, and a cartridge that holds nicotine and other liquids and flavorings. Features and costs vary. Some are disposable. Others have a rechargeable battery and refillable cartridges and new models are being introduced with greater frequency.



Tobacco use is the leading preventable cause of disease, disability, and death in the United States. According to the Centers for Disease Control and Prevention (CDC), cigarette smoking results in more than 480,000 premature deaths in the United States each year—about 1 in every 5 U.S. deaths—and an additional 16 million people suffer with a serious illness caused by smoking. In fact, for every one person who dies from smoking, about 30 more suffer from at least one serious tobacco-related illness.

E-cigarettes have triggered a fierce debate among health experts who share the same goal -- reducing the disease and death caused by tobacco. But they disagree about whether e-cigarettes make the problem better or worse.

The harmful effects of smoking extend far beyond the smoker. Exposure to secondhand smoke can cause serious diseases and death. Each year, an estimated 88 million nonsmoking Americans are regularly exposed to secondhand smoke and almost 41,000 nonsmokers die from diseases caused by secondhand smoke exposure. Will this trend continue with E-cigarettes? It is too early to tell but there may be other problems with E-cigarettes like what carcinogens will the burning of chemicals used in E-cigarettes produce?

How Does Tobacco Affect the Brain?

E-cigarettes, like tobacco—including cigars, pipe tobacco, snuff, and chewing tobacco—contain the addictive drug nicotine. Nicotine is readily absorbed into the bloodstream when a tobacco product is chewed, inhaled, or smoked. A typical smoker will take 10 puffs on a cigarette over the period of about 5 minutes that the cigarette is lit. Thus, a person who smokes about 1 pack (25 cigarettes) daily gets 250 “hits” of nicotine each day.

Upon entering the bloodstream, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, respiration, and heart rate.

Using an E-cigarette is called “vaping.”

E-cigarettes have not been fully studied, so consumers currently don't know:

- The potential risks of E-cigarettes when used as intended.
- How much nicotine or other potentially harmful chemicals are being inhaled during use.
- Whether there are any benefits associated with using these products.

Additionally, it is not known whether E-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.

Source: FDA

FDA Regulation of E-cigarettes

Only E-cigarettes that are marketed for therapeutic purposes are currently regulated by the FDA Center for Drug Evaluation and Research (CDER). Currently, the FDA Center for Tobacco Products (CTP) regulates:

- Cigarettes
- Cigarette tobacco
- Roll-your-own tobacco
- Smokeless tobacco

FDA has issued a proposed rule that would extend the agency's tobacco authority to cover additional products

that meet the legal definition of a tobacco product, such as E-cigarettes.

Adverse Event Reports for E-Cigarettes

The FDA regularly receives voluntary reports of adverse events involving E-cigarettes from consumers, health professionals and concerned members of the public. The adverse events described in these reports have included hospitalization for illnesses such as:

- Pneumonia
- Congestive heart failure
- Disorientation
- Seizure
- Hypotension

Other health problem reports include:

- Headache
- Pain
- Numbness
- Itching
- Unusual sensation
- Eye redness
- Chest tightness

Another Complaint:

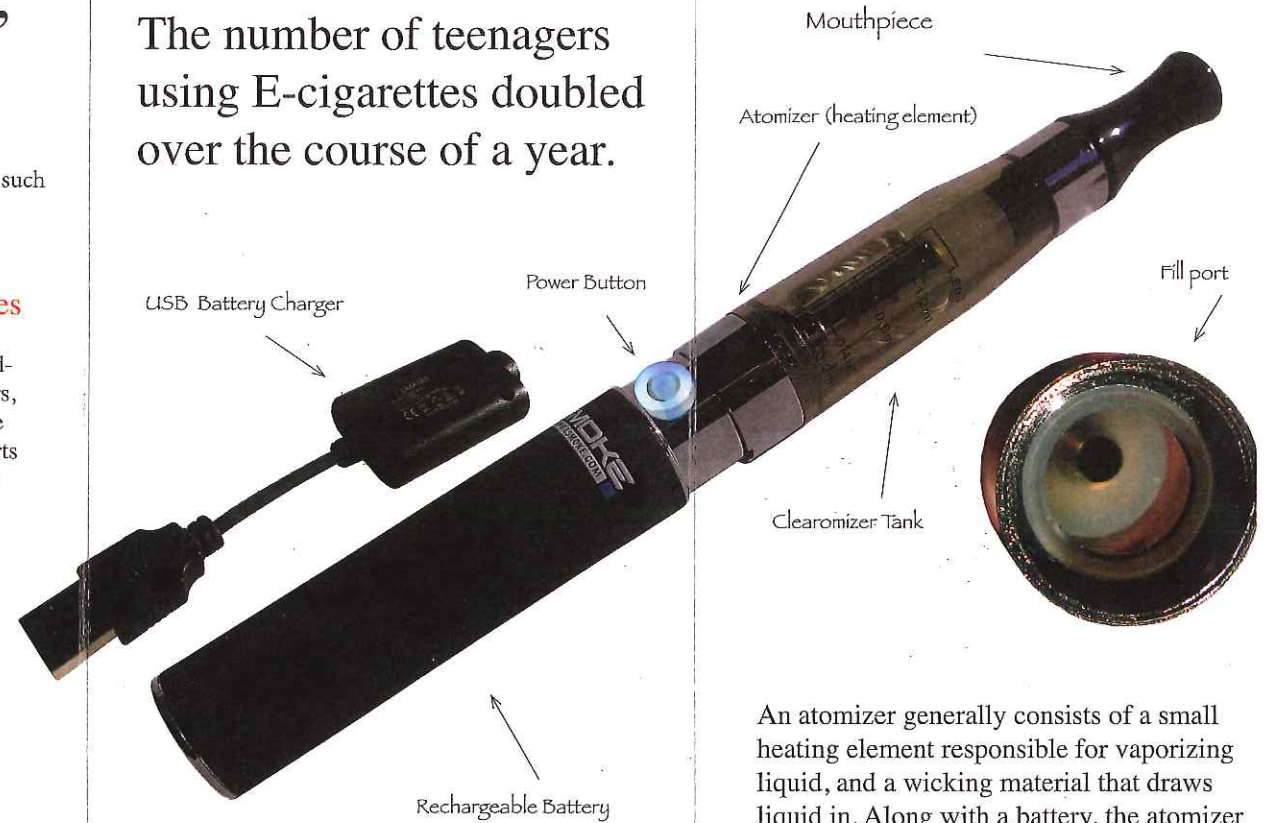
“Currently, my husband's nicotine level is 36mgs. His addiction has led to constant consumption or “chain vaping”. Health problems include chest pains that caused a blackout. He has difficulty sleeping, loss of appetite, anxiety, and loss of reality.”

One non-smoker reported that blood analysis revealed that he/she has traces of various chemicals and nicotine and now needs an inhaler and is being treated for asthma related symptoms directly related to E-cigarette second hand smoke.

Whether E-cigarettes caused these reported adverse events is unknown. Some of the adverse events could be related to a pre-existing medical condition or to other causes that were not reported to FDA.

Source: FDA

The number of teenagers using E-cigarettes doubled over the course of a year.



E-liquid, e-juice or simply “juice,” refers to a liquid solution that when heated by an atomizer produces mist. The main ingredients of e-liquids are usually a mix of propylene glycol, and/or glycerin, and/or polyethylene glycol, sometimes with differing levels of alcohol mixed with nicotine. E-cigarettes are a rapidly changing science as these products are new.

The European Parliament passed regulations in February 2014 requiring standardization of liquids and personal vaporizers, listing of ingredients, and child-proofing of liquid containers. The US Food and Drug Administration (FDA) published proposed regulations in April 2014 with some similar measures.



E-cigarette use exposes teenagers to toxic chemicals, new study says

Published March 06, 2018

FoxNews.com

Teenagers who use e-cigarettes are exposed to significant levels of potentially cancer-causing chemicals also found in regular cigarettes, even when they do not contain nicotine, according to a new study published in the journal *Pediatrics*.

Researchers at the University of California, San Francisco (UCSF) studied urine samples from 104 adolescents in the Bay Area with an average age of 16.4. Sixty-seven used e-cigarettes only and 17 used both e-cigarettes and traditional tobacco cigarettes. They were compared with a control group of 20 non-smoking teens.

VAPING MAY INCREASE RISK OF PNEUMONIA, SAYS NEW STUDY

Lead author Mark L. Rubinstein, M.D., a professor of pediatrics at UCSF, said in a press release, "Teenagers need to be warned that the vapor produced by e-cigarettes is not harmless water vapor, but actually contains some of the same toxic chemicals found in smoke from traditional cigarettes."

"Teenagers should be inhaling air, not products with toxins in them," he added.

Teenagers who used the e-cigarettes had as much as three times higher level of toxic chemicals in their urine than the non-smoking teens. And, the groups that used both e-cigarettes and smoked tobacco cigarettes also had three times higher level of toxic chemicals than in the e-cigarette-only group.

"E-cigarettes are marketed to adults who are trying to reduce or quit smoking as a safer alternative to cigarettes," said Rubinstein. "While they may be beneficial to adults as a form of harm reduction, kids should not be using them at all."

DO E-CIGARETTES HELP OR HARM? REPORT SAYS NOT CLEAR YET

Some of the potentially cancer-causing compounds found in those who used e-cigarettes were acrylonitrile, acrolein, propylene oxide, acrylamide and crotonaldehyde. Researchers discovered some of the chemicals were also found in adolescents who used flavored e-cigarettes without nicotine.

The study cautioned that e-cigarettes are often promoted as a safer, healthier alternative to traditional tobacco smoking. However, the Centers for Disease Control and Prevention warns there is enough evidence that vaping can be harmful to teens.

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<http://www.foxnews.com/health/2018/03/06/e-cigarette-use-exposes-teenagers-to-toxic-chemicals-says-new-study.html>

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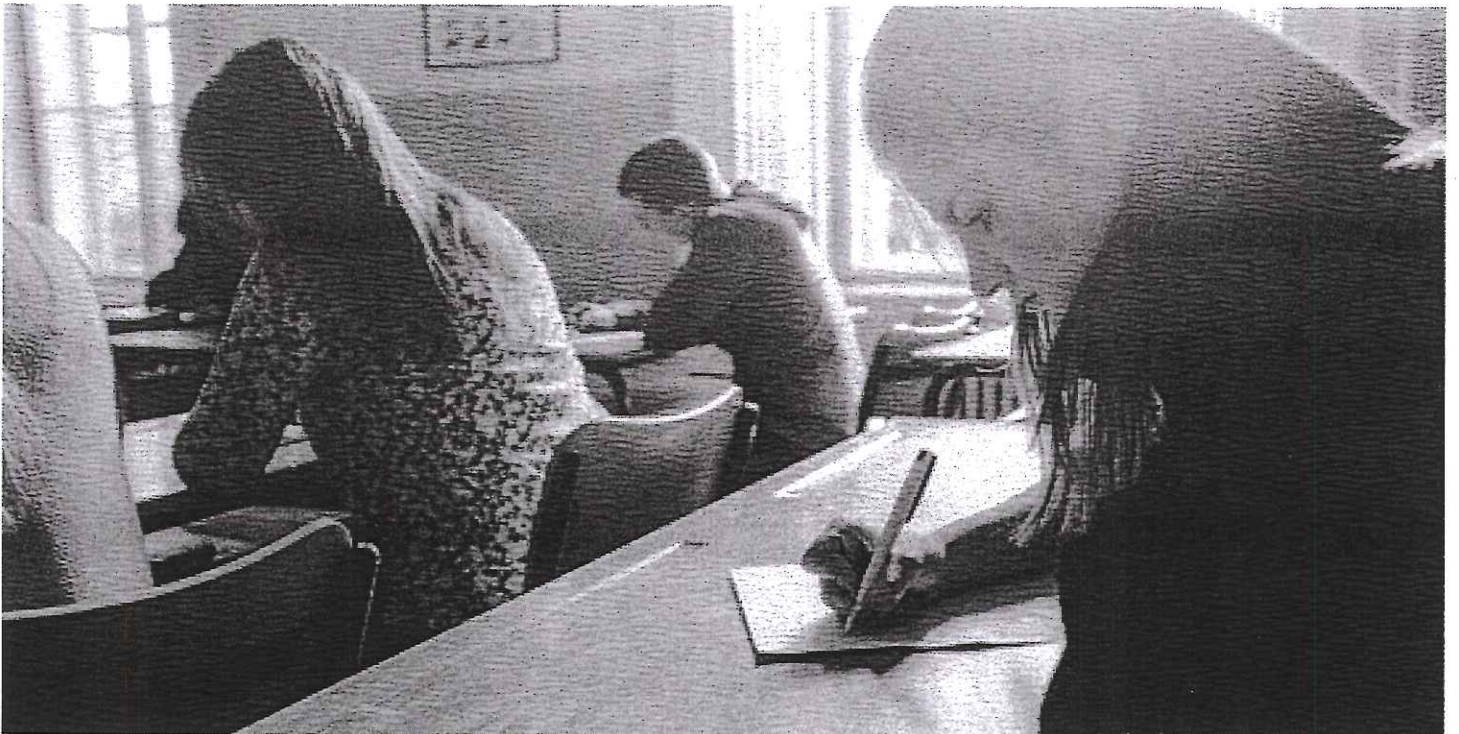
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THE BUZZ

Welcome to *The Buzz*—The National Center on Addiction and Substance Abuse's online conversation about addiction and substance use.

THE LATEST VAPING TREND PARENTS NEED TO KNOW ABOUT: JUULING

POSTED: 3/13/18 Comments(0)



When it comes to teenagers, fads may come and go, but parents should still make themselves aware of the latest substance use trend taking over middle and high schools: **“JUULing.”**

Even if you haven’t heard of JUULing yet, you’re likely already aware of the behavior it describes. More widely known as **vaping**, JUULing is the relatively widespread practice of inhaling and exhaling aerosol, or “vapor,” produced by a new and increasingly popular brand of e-cigarette. The sleek and modern looking JUUL is just the latest and **fastest growing e-cigarette** brand to corner the market.

JUUL devices are unique because they more closely resemble a USB drive or a stick of gum than a cigarette, and have captured the attention of users, especially middle and high school students attracted to the discreet design and relatively odorless vapor.

Despite being marketed as an alternative to cigarettes for adults who smoke, current smokers looking to quit are hardly the only people using JUUL products. In fact, the extent to which JUUL e-cigarettes -- which come in enticing flavors like mango, crème brûlée and fruit medley -- have pervaded middle and high schools and colleges across the country is alarming.

U.S. Senator Charles Schumer even credited “JUULing” as a significant contributor to New York State’s elevated teen vaping rate after a recent report indicated that **20 percent** of New York’s high school students use e-cigarettes. In an attempt to urge the U.S. Food and Drug Administration (FDA) to better regulate e-cigarette products in order to curb underage use, Schumer said, “a rise in the use of gadgets like JUUL, which can fool teachers and be brought to school, demands the FDA smoke out dangerous e-cigs and their mystery chemicals before more New York kids get hooked.”

But are JUULs actually dangerous?

While many young people (and adults) see little harm in vaping, the answer is yes.

The vapor JUULs and other e-cigarettes produce come from heating up liquid “e-juice,” which is added to the devices via refillable cartridges. In addition to nicotine (which is found in all JUUL products), the liquids used for e-cigarettes also contain **cancer-causing** toxic chemicals, heavy metals and ultrafine particles that pose additional health risks.

It is also common for people to “hack” their e-cigarettes or JUULs to vape marijuana or other drugs.

Beyond the risk toxic chemicals may pose, numerous studies have also shown the harm of **nicotine** itself to teenagers and a JUUL cartridge has approximately the same amount of nicotine as an entire pack of cigarettes. Nicotine can disrupt brain development, contribute to future cardiovascular disease and increase the risk of a teen trying alcohol or other drugs. Nicotine itself is also a highly addictive drug, which explains why a significant proportion of teens who have never smoked a cigarette or who never intended to smoke a cigarette end up smoking *after* using e-cigarettes like JUULs.

What can parents do?

Talk to your kids about the dangers of using any form of tobacco or nicotine product. Although they may be less harmful than traditional e-cigarettes, it is important to remind your children that JUULing,

vaping, or whatever they are calling it is bad for their health and development and best to be avoided. **Educate yourself** about like-cigarettes and what to do if you find out your children are using them.

Tell us in the comments below, how do you talk to your kids about the dangers of e-cigarettes?



HANNAH FREEDMAN

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TAGS: Smoking, E-Cigarette, Vaping, JUUL, Nicotine, Marijuana

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