



# KNOWLEDGE IS THE KEY

## get the facts on DRUG PARAPHERNALIA

ONE OF THE MOST POPULAR ADOLESCENT TRENDS TODAY INVOLVES HIDING DRUGS AND PARAPHERNALIA IN PLAIN SIGHT.

Often this involves using everyday items such as water bottles, deodorant sticks, soft drink cans, coffee mugs, mint/gum containers, etc. as concealment. Adolescents know that parents see these items as harmless and are not aware of their alternate uses.

Paraphernalia is very easy for our adolescents to purchase or make themselves. You can purchase many of these items in local head shops (liquor or tobacco stores), vaping shops, from online retailers, and also in local stores such as Spencer's Gifts, Lids, and Hot Topic. Monitor your teen's mail, and intercept any packages you see as suspicious (especially arriving from Colorado, Washington state, or China).

### What can parents do?

- Stay informed about what is out there; these trends change regularly
- Talk openly with your kids about dangers and consequences of using alcohol and other substances
- Lock up all medications (prescription and OTC) and alcohol in your household
- If you see something that causes suspicion, say something
- Trust your gut
- Reach out to community resources for help when needed

**Resource:**

DrugFacts: Prescription and Over-the-Counter Medications  
<https://goo.gl/7Km1tI>

