







Dear Parents and Guardians,

Safety is our number one priority in the Hillsboro School District. In partnership with the Hillsboro Police Department and Washington County Health and Human Services, we would like to share information related to an increase in student use of prescription medications and other drugs that we are seeing in our community. With students transitioning into the summer, we have closely worked with our expert partner Washington County Health and Human Services to ensure that you are aware of potential signs of drug use to watch for. There are two main concerns with prescription drugs: 1) It is easy to manufacture pills that look like prescribed medications, so if drugs are purchased from an unknown source, they may be mixed with other substances. 2) An additional danger with prescription drugs is they are often taken with alcohol or other substances which makes them much easier to overdose. <https://www.co.washington.or.us/HHS/Addiction/opioids.cfm>

Drug/Medication	Street Names	Signs Of Use	*Related Paraphernalia
<p>Xanax</p>  <p><i>*Some of these pills have been prescribed, others are replicas and may contain other substances.*</i></p>	<p><i>Hulk, Xannies/Zannies, bars, footballs, school bus</i></p>	<p><i>Drowsiness, slurred speech, loss of coordination, slowed breathing, sluggishness, inability to wake up, nausea or vomiting, dry mouth, delirium</i></p>	 <p>Tablet press and mold</p>
<p>Cannabis</p> 	<p><i>Weed, grass, herb, dabbing, etc. Strain specific names include Girl Scout Cookie, Kush, Animal Cookies, Tangy OG, etc.</i></p>	<p><i>Bloodshot, glassy, or watery eyes, slowed responses or loss of coordination, increased appetite, increased heart rate, dry mouth etc.</i></p>	 <p>Cannabis pens, cartridges and bowl pipe</p>
<p>Nicotine</p> 	<p><i>Juuling, vaping, cig, e-cig, etc.</i></p>	<p><i>Increased thirst (ie: drinking liquids and urinating more), sweet smells (fruit, candy, gum, etc.) without a clear source (associated with vaping/juuling), nose bleeds, cough</i></p>	 <p>Vaping pens and cartridges</p>



**Related Paraphernalia can be very dangerous and therefore we may need to call upon a community agency to confiscate and remove devices off of school property for the safety of students and staff.*

Be aware of changes in behavior - Changes in behavior, such as eating and sleeping patterns, can be a sign of substance use. Keep an eye on your child's mental health and stress levels, especially if there are stressful situations happening at home or school. Look for irregular mood changes, lack of involvement in former interests, low energy, and/or general signs of depression. If you notice your student experiencing any of the warning signs associated with Xanax, please contact 911 immediately. If a student is observed to have any of these warning signs on campus and there is reason to believe that the individual may have taken a drug/medication, it is standard protocol to call 911. If you are concerned about your child or anyone else having drug, alcohol, or mental health issues, the Hawthorn Walk-in Center is open 9am-8:30pm, and is located at 5240 NE Elam Young Parkway, Suite 100, Hillsboro (right next to the Hawthorn Farm MAX stop). Services are FREE. You can also call the Washington County Crisis Line 24 hours a day, 7 days a week, at 503-291-9111. For more information, visit Partnership for Drug Free Kids (www.drugfree.org).

Prevention- The most effective methods of drug prevention at home involve supporting, educating, and monitoring students. The following suggestions are just a few proactive steps parents/guardians can take to work to prevent drug abuse:

Establish open, positive communication - As difficult as it may be, it is important to have conversations with your child(ren) about drug use. Teens who believe that their parents would strongly disapprove of substance use are less likely to use alcohol, nicotine, marijuana, and other drugs. Parents/guardians should be available to talk to their children, and children should know that no topic is "off limits" for discussion. **Get/stay involved in their lives** - Spend quality time together, giving your teen(s) your full attention. Teens are more likely to respond well when they feel respected, validated, and listened to.

To the best of your ability, **know where your teen(s) are, who they are spending time with, and what they're doing** - Kids who know that their parents are keeping a watchful eye on their whereabouts have fewer opportunities to abuse drugs and alcohol and are less likely to try.

Set clear rules and enforce them consistently and fairly - Teens, like all children, thrive with consistency and structure - It makes them feel safe and loved.

Model desired behavior - Even if it isn't obvious, teens are observant and influenced by their parents'/guardians' actions. Show them healthy ways to deal with stressful people and situations so that they can learn how to handle these situations productively.

Review how to refuse drugs, and to question their origin - Often, teens go along with things that they may actually be uncomfortable with simply because others are and they don't know how to refuse. Remind your teen(s) that drugs and medications that appear in one form are often blended with other substances, which can make them extremely toxic. Role play situations that may come up and give them opportunities to practice how they could respond.

Make your home safe - Monitor who visits your home and avoid having people who abuse drugs and alcohol there. Keep track of medications and cleaning products. Do not keep any drugs or paraphernalia in the house, or if this is unavoidable, lock up all drugs (prescription, over the counter, non-prescription, and/or alcohol).

Within the next week, a video will be available on our Hillsboro School District website under the "Safety" title. If you have any further questions, please contact your building administrator. We hope you have a safe and enjoyable summer!

