

**DRUGFREEAZKIDS.org**

*A Program of Southwest Behavioral & Health Services*

# **AZ Parents Connect**

## **Thank you, Madison School District!**

This project is supported by The Governor's Office of Youth, Faith and Family (GOYFF)  
and the Arizona Parents Commission on Drug Education and Prevention.

**1. Why you need to connect**

**2. Why kids use drugs & alcohol**

**3. What are the current trends**

**4. What you can do**

# The Reality

**Children are  
exposed to  
drugs**

**AVERAGE AGE**  
**13**  
**FIRST TIME  
DRUG USE**

# The Reality

**Kids whose parents  
have talked to them  
about the dangers of  
drugs & alcohol are**

**UP TO  
50%  
LESS LIKELY  
TO USE**

# Why do kids use?

**Perception of risk**

**Social approval**

**Thrill seeking**

**To deal with problems**

# In their minds...



The human brain is not completely developed until the age of 25.

The part of the brain responsible for judgment and foresight is the last part to develop.

# In their worlds...

**SCHOOL**  
Transitions



Pressures  
**FRIENDS**



**DATING**  
Family



# Special Vulnerabilities

- **Family history**
- Close friends who use drugs or alcohol
- **Early first-time use**
- Diagnosed or undiagnosed mental health disorders & learning disabilities
- **Academic & social challenges**



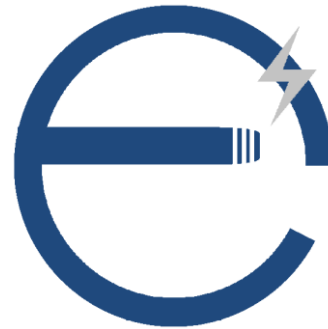
# Trends in Substance Abuse



**Alcohol**



**Medicine**



**Tobacco &  
E-cigarettes**



**Marijuana**

# Trends in Substance Abuse



## Alcohol

# Underage Drinking Today

## Alcohol

- **Binge drinking**
- **Mixing alcohol with meds & energy drinks**
- **Social media**
- **15% of teen drinkers say:**  
*"It is a habit; I cant stop."<sup>1</sup>*



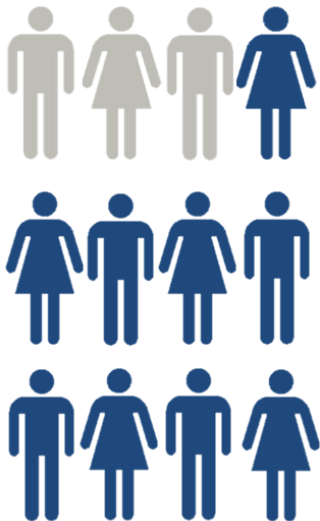


# Consumption

# Alcohol

**28%**

**8<sup>th</sup> Grade**



Has consumed alcohol

**44%**

**10<sup>th</sup> Grade**



Has not consumed alcohol

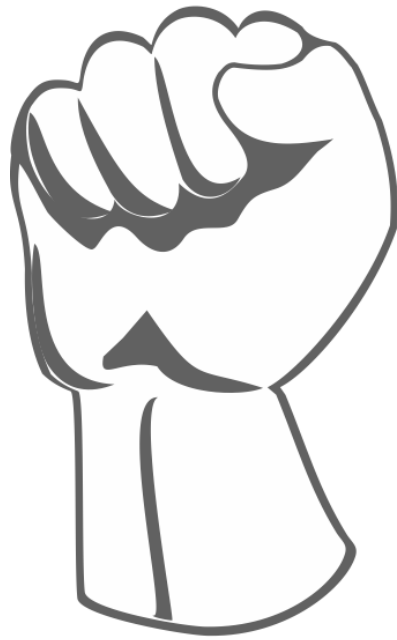
**59%**

**12<sup>th</sup> Grade**



# Short-Term Effects

# Alcohol



Teens who drink **alcohol** are more likely to be part of physical or sexual assault



# Short-Term Effects

# Alcohol



Students who  
binge drink are 3  
times more likely  
to get D's & F's



# Short-Term Effects

# Alcohol



- **Dizziness, slurred speech, disturbed sleep, nausea & vomiting**
- **Impaired judgment**  
*(Increased likelihood to engage in other risky behavior)*



- **Lack of coordination**  
*(Higher risk for car accidents and unintentional injuries to self or others)*



# Long-Term Effects

## Alcohol



- **Malnutrition**
- **Permanent damage to vital organs**  
*(heart, liver, kidneys)*
- **Weakened immune system**



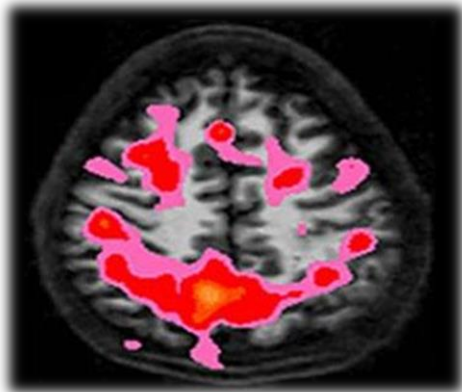
- **High blood pressure**
- **Brain Damage**



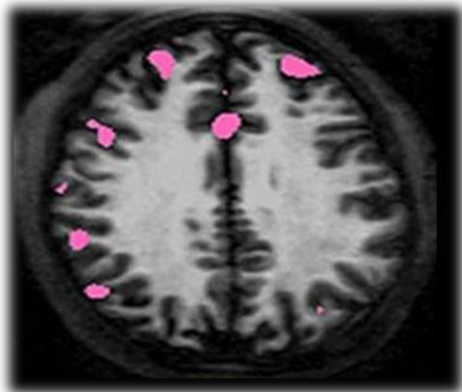


# Long-Term Effects

# Alcohol



Healthy, **unaffected** brain of **15 year old** who has not had alcohol



**Affected** brain of **15 year old** who has had alcohol



# Long-Term Effects

# Alcohol

Annual cost of underage drinking

**\$56,943,500,000**



Nearly \$57 Billion is spent each year in the US because of problems tied to underage drinking.



# Trends in Substance Abuse



## Medicine Abuse

# Which Kids Are Expendable?

## Medicine



Used prescription drugs to get high



Did not use

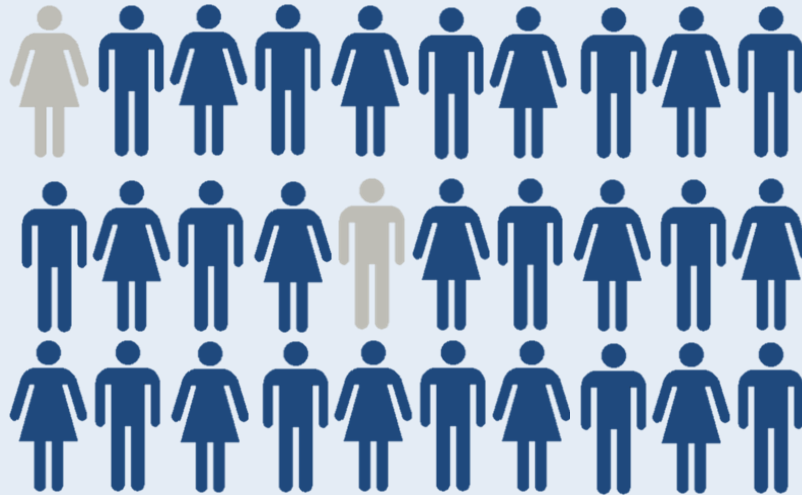


# Which Kids Are Expendable?

## Medicine

8<sup>th</sup> GRADE

8%



Used prescription drugs to get high



Did not use



# Which Kids Are Expendable?

## Medicine

10<sup>th</sup> GRADE

11%



Used prescription drugs to get high



Did not use



# Which Kids Are Expendable?

## Medicine

12<sup>th</sup> GRADE

14%



Used prescription drugs to get high



Did not use



# Sedatives



Amytal



Nembutal



Valium



Xanax



Lunesta



Ambien

# Medicine



## EFFECTS & RISKS

Sedation, drowsiness, impaired coordination and memory, slowed breathing, withdrawal.



# Pain Killers



Codeine



Morphine



Oxycontin



Percocet



Vicodin



Demorol

# Medicine



## EFFECTS & RISKS

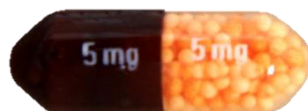
Euphoria, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, slowed breathing, lowered pulse and blood pressure

# Stimulants

# Medicine



Adderall



Dexedrine



Concerta



Ritalin



## EFFECTS & RISKS

Increased energy, mental alertness, increased heart rate, reduced appetite, nervousness, insomnia, seizures, stroke

# DXM

# Medicine



Dextromethorphan



## EFFECTS & RISKS

Euphoria, increased heart rate, dizziness, nausea, confusion, paranoia

# Youth Perceptions

# Medicine



“Sanitized”



“Sanctioned”



“Safe”



# Safeguard

# Medicine



# Trends in Substance Abuse



## Tobacco & E-cigarettes

# Tobacco

## Hookah



## Cigarettes & Cigars



## Dip & Chew





# Health Impact

# Tobacco

## Short-Term



Increased Heart Rate  
& Blood Pressure



Dizziness & Nausea

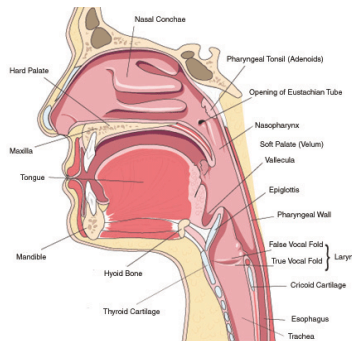


Oxygen Imbalance

## Long-Term



Respiratory Complications



Mouth & Throat Disease



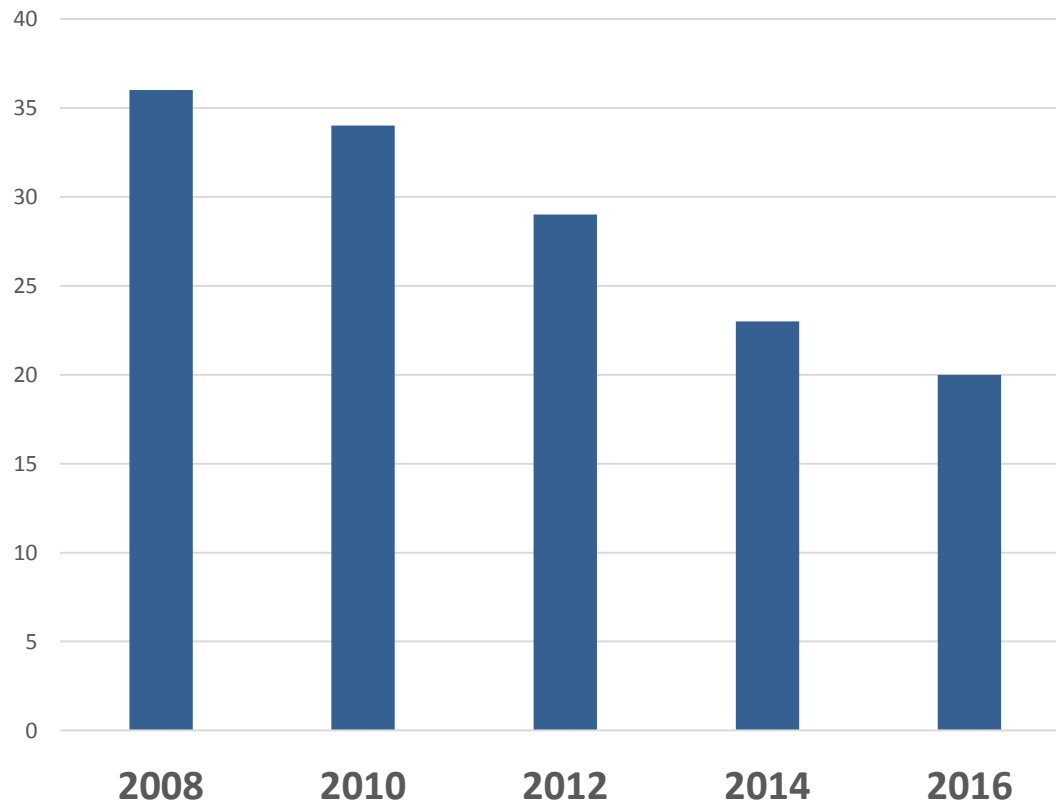
Failure of Vital Organs



# Trends

# Tobacco

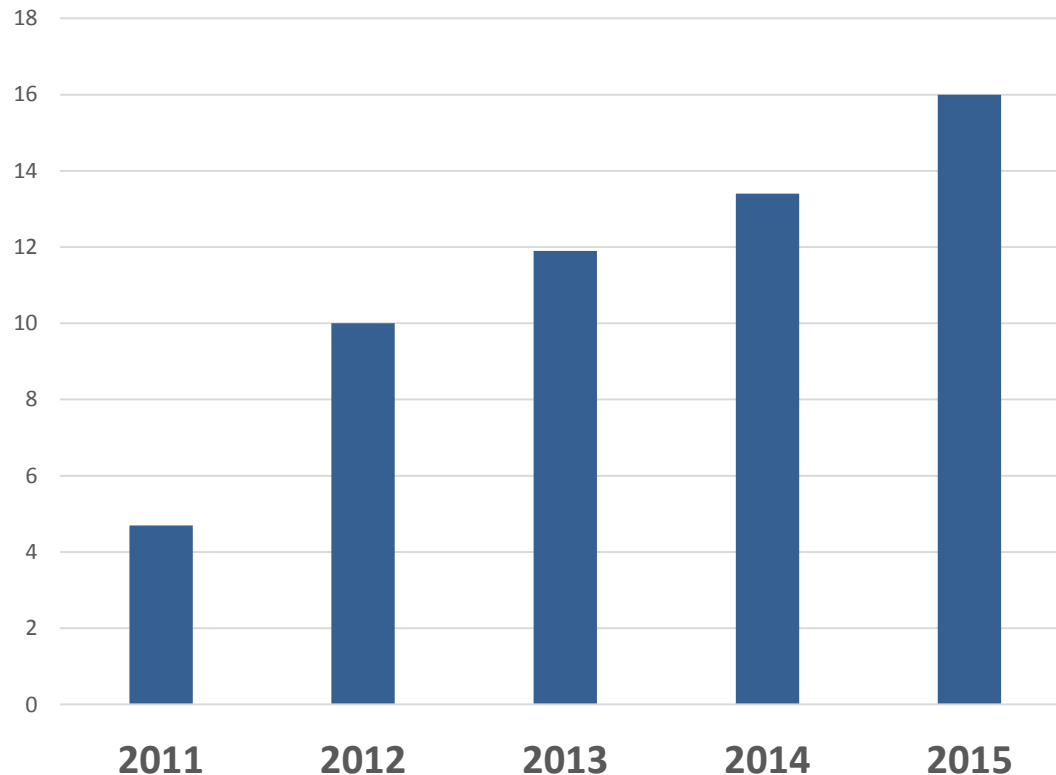
## Teen Cigarette Use



# Trends

## High School Students

### E-cigarette Use



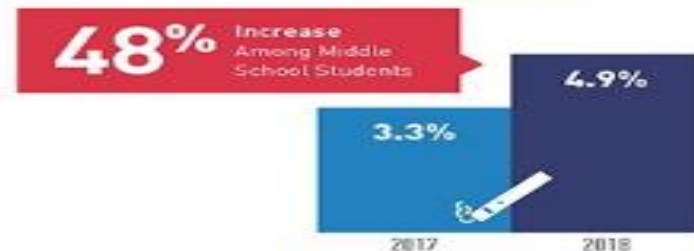
Source: National Youth Tobacco Survey

# 2018 NATIONAL YOUTH TOBACCO SURVEY FINDS CAUSE FOR CONCERN

Current e-cigarette use among middle and high school students **increased alarmingly** between 2017 and 2018.

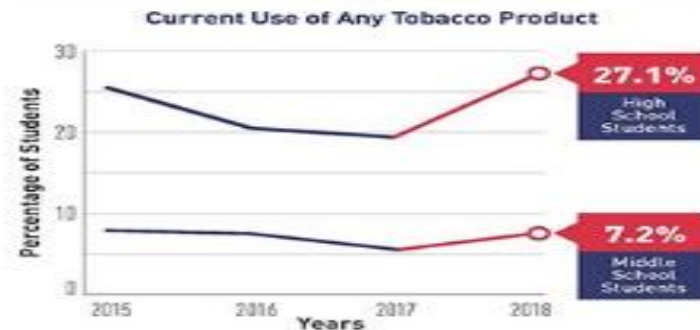
Here is a breakdown of the recent findings:

**SURGE IN YOUTH CURRENT E-CIGARETTE USE — 1.5 Million More Students Used E-Cigarettes in 2018 vs 2017**



**AMONG HIGH SCHOOL CURRENT E-CIGARETTE USERS — Rise in Frequency and Use of Flavors**

**E-CIGARETTE USE SURGE LED TO UPTICK IN OVERALL TOBACCO USE — Reversing Previous Declines**



Note: All numbers in this document are estimates.

Sources: (1) Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Increase in use of electronic cigarettes and any tobacco product among middle and high school students — United States, 2011–2018. *MMWR Morbidity and Mortality Weekly Report*. 2018;67(45). (2) Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco product use among middle and high school students — United States, 2011–2017. *MMWR Morbidity and Mortality Weekly Report*. 2018;67(22).

CTP-114

Last Updated November 2018

CENTER FOR TOBACCO PRODUCTS

[www.fda.gov/tobacco](http://www.fda.gov/tobacco)



@FDAtoTobacco

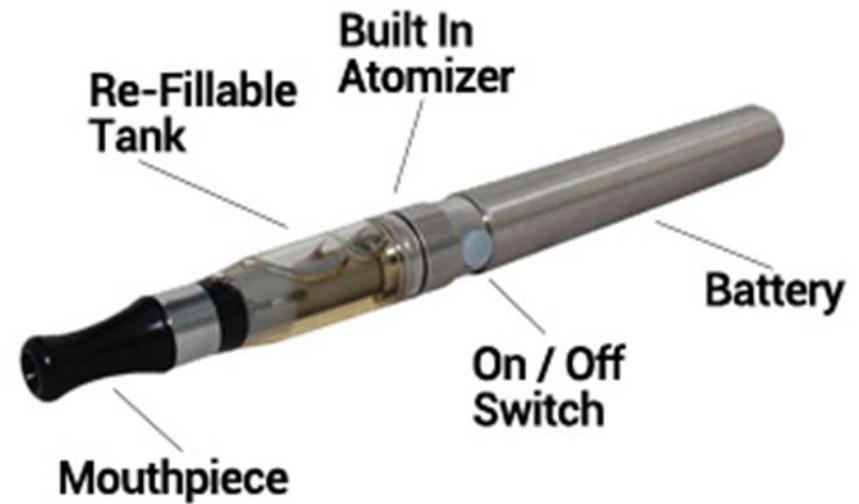


[facebook.com/fda](https://facebook.com/fda)



# How They Work

# E-cigarettes



Vanilla



Chocolate



Apple



Strawberry

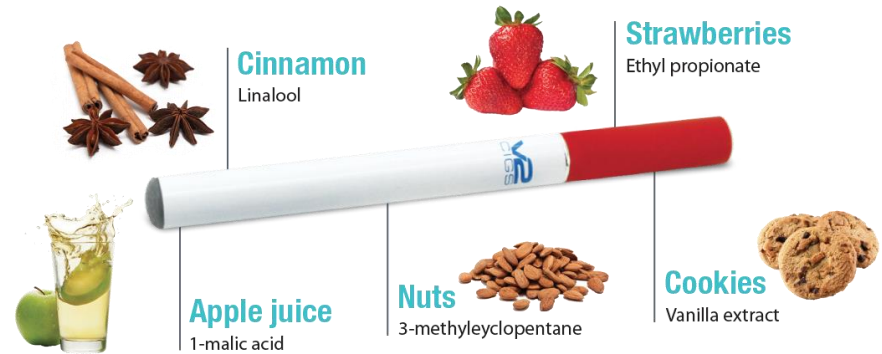


# Juuling in plain site



# E-Cigarettes Sparking Teens' Attention

- Attractive Flavors
- Vaping with/without nicotine
- Vaping with hash oil  
(makes marijuana use easy to disguise)





# E-Cigarettes Sparking Teens' Attention

## Vape Tricks



# E-Cigarettes



## Health Effects

- Long-term health effects of nicotine use in this form are unknown
- Danger is to children (and adults) from refill liquid

**LONG-TERM  
?IMPACT?**



Image: [myvaporstore.com/v/vspfiles/assets/images/ieliquid.jpg](http://myvaporstore.com/v/vspfiles/assets/images/ieliquid.jpg)

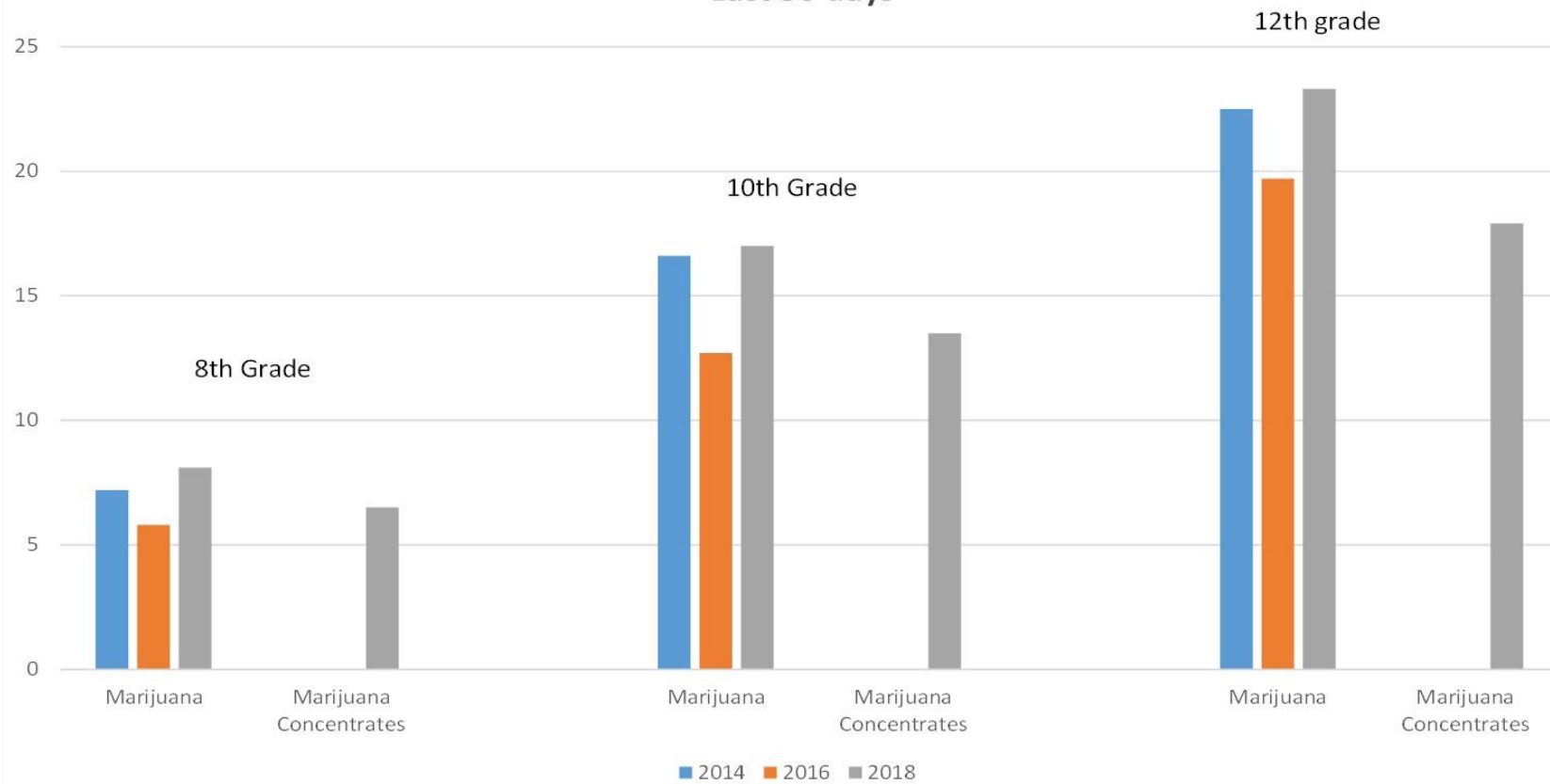


# Trends in Substance Abuse



## Marijuana

**2014, 2016, 2018 - Students Who Used Marijuana and Marijuana Concentrates  
Last 30 days**



# Methods of Abuse

# Marijuana



# Butane Hash Oil “Dabbing”

# Marijuana



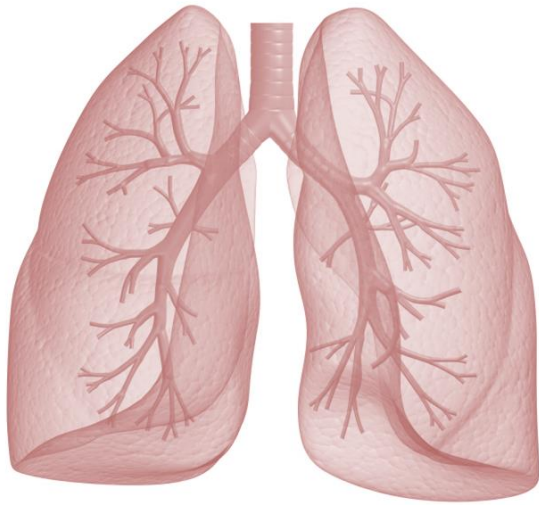
NORML, a marijuana advocacy group:

*“The dangers are dire enough  
to merit a special warning.”*



# Health Impact

# Marijuana



# School Impact

# Marijuana

Youth using marijuana daily before age 17 are over 60%

**less likely**

to complete high school or obtain a degree compared to those who have never used the drug.





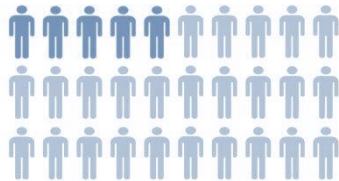
# Addiction

# Marijuana

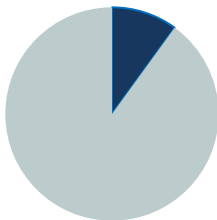
**1 IN 11**

1 in 11 marijuana users  
will become addicted

*Daily users: 25% - 50%*



**Higher for those who start in  
their teen years (1 in 6)**



**90% of addictions begin  
before adulthood**



# Marijuana

24%

**of AZ teens using pot report  
getting their marijuana from  
someone with a medical  
marijuana card**

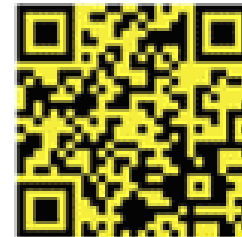




# Marijuana

## WARNING:

Possessing marijuana may be in violation of local, state or federal laws. Possession of this card does not provide legal protection. Marijuana use can be addictive and can impair an individual's ability to drive a motor vehicle or operate heavy machinery. Marijuana smoke contains carcinogens and can lead to an increased risk of severe health problems.



**KEEP MARIJUANA OUT OF REACH OF CHILDREN AND  
ANY UNAUTHORIZED INDIVIDUAL.**

Call poison control 1-800-222-1222 with concerns.

*Arizona Department of Health Services | Will Humble, Director | [www.azhealth.gov](http://www.azhealth.gov)*

*(Back of Arizona Medical Marijuana Card)*



# Spotting Drug/Alcohol Use

- Here are some changes to watch for
  1. Declining school work and grades
  2. Abrupt changes in friends or behavior
  3. Sleeping habits/abnormal health issues
  4. Deteriorating relationships with family
  5. Less openness and honesty
- Sometimes the signs are not obvious and tough to spot
- Be aware of special vulnerabilities
- Get outside or professional help – Intervene early!

# What Can You Do?

## Clearly Communicate Expectations



# What Can You Do?

## Help Build Resilience



# Build Resilience

- Walk away/leave
- Give an excuse or a reason
- Make a joke
- Hang with others who choose not to use
- Avoid problem situations
- Say “no” and repeat it if they keep pushing.
- Change the subject
- Ignore it
- Offer an alternative

Downloadable Tools

Español

Learn About Drugs

Talk With Your Kids

Understanding The Teen Brain

Video Learning Center

Stories of Hope & Healing

Workshops

## If You Suspect Your Child Is Using – Get Help NOW!

Having a teenager can be a challenging, especially in today's busy world. In Arizona, the average age of first time drug use is 13 years old!

[Read More »](#)

### Our Blog

411 Drug Series –  
Cocaine

### Upcoming Events

Taller: Paternidad Activa de  
Adolescentes

### MIND YOUR MEDS

Mind Your Meds - Aaron



**DRUGFREEAZKIDS.org**

*A Program of Southwest Behavioral & Health Services*

**Thalia Williams**

[thaliawi@sbhservices.org](mailto:thaliawi@sbhservices.org)

**(602) 305-7126 ext. 3352**

This project is supported by The Governor's Office of Youth, Faith and Family (GOYFF)  
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