



TEEN DRUG AWARENESS AND PREVENTION

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Agenda

- Current Drug Trends
- Conversations Pointers
- Resources/ Ways to Get Help

Drug Categories

- Inhalants
- Cannabinoids
- Depressants
- Opioids
- Anabolic Steroids
- Hallucinogens
- Prescription Drugs
- Stimulants
- Synthetic Drugs
- Alcohol
- Nicotine
- Over The Counter (OTC)



TEENS ON WEED



Cannabinoids

This drugs result in feeling of euphoria, causes confusion and memory problems, anxiety, a higher heart rate, as well as staggering a poor reaction time.

Types of drug include:

- Hashish
- Cannabis

Cannabinoids come in different forms, including:

- Leaves, flowers (bud)
- Capsules
- Edibles (gummies, brownies etc.)
- Oils



Illicit and Synthetic Cannabinoids are usually smoked, vaporised or eaten.

Depressants

A type of drug that slows down brain activity, which causes the muscle to relax and calms and soothes a person

Types of drug include:

- Valium®
- Xanax®
- Halcion®
- Ativan®
- Klonopin®
- Restoril®
- Rohypnol® is a benzodiazepine that is not manufactured or legally marketed in the United States, but it is used illegally.

How are they abused?

Individuals abuse depressants to experience euphoria. Depressants are also used with other drugs to add to the other drugs' high or to deal with their side effects.

What do they look like?

Depressants come in the form of pills, syrups, and injectable liquids.

Opioids

“Opioid” is the proper term, but opioid drugs may also be called opiates, painkillers or narcotics.

Types of drug include:

- Morphine
- Heroin
- Codeine
- Oxycodone
- Hydrocodone
- Fentanyl



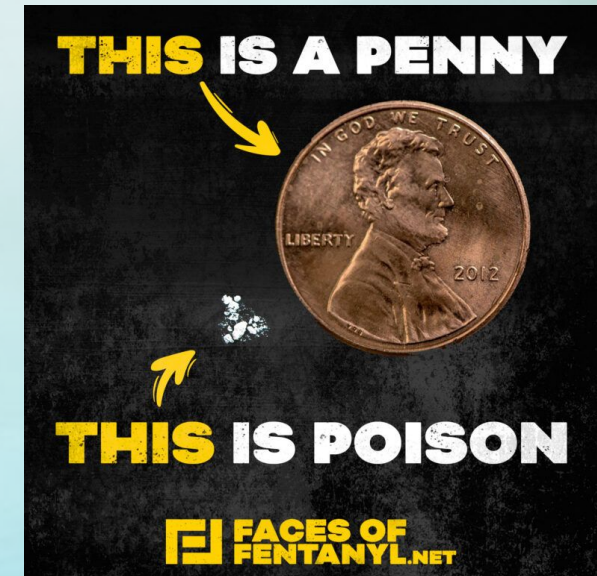
Fentanyl

- Is a synthetic, man made opiate
- Is less expensive than other opiates and is highly addictive
- 50 stronger than heroin and 100 times stronger than morphine
- Fentanyl is being added to counterfeit pills being misrepresented as Xanax and/or Oxycodone, Adderall.
- Fentanyl can also be found in cocaine, Methamphetamine, and heroin.

Children and teens who ingest fentanyl can become

- Sleepy
- Lose consciousness
- Their breathing becomes shallow and weak
- They can become limp and have a significant decrease in their heart rates and blood pressure
- Their pupils often become constricted
- They can change color, appearing extremely pale and/or having blue lips

<https://facesoffentanyl.net/>



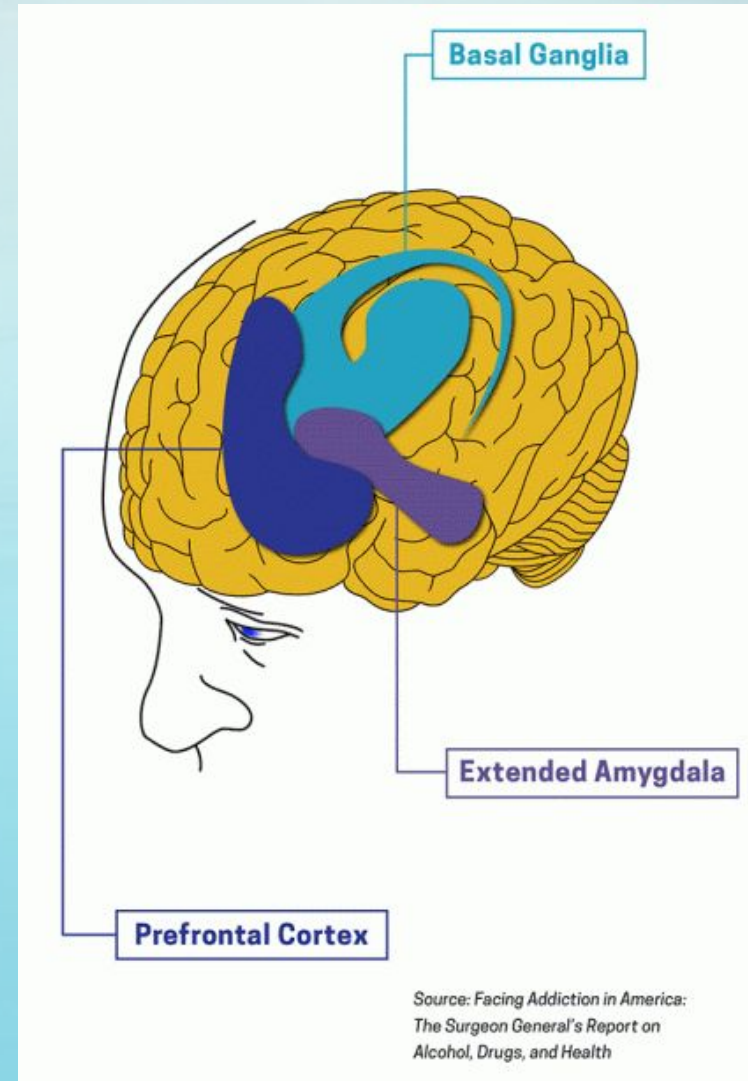
Why Do Teenagers Take Drugs

- To feel Good
- To feel Better
- To do Better
- Curiosity and “because other are doing it”
- To Relieve stress and relax
- Boredom
- Past emotional and physical trauma
- Peer Pressure
- Media
- Peer Pressure
- Family /Family struggles



What parts of the brain are affected by drug use?

Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug use that marks addiction.



Teen's brains are still underdeveloped



SUBSTANCE USE
during adolescence can harm
development of abilities like:

- Extended reasoning
- Impulse control
- Delaying gratification

Prefrontal cortex is one of the last regions of the brain to reach maturity. All addictive drugs, including alcohol and marijuana, have especially harmful effects on the adolescent brain.

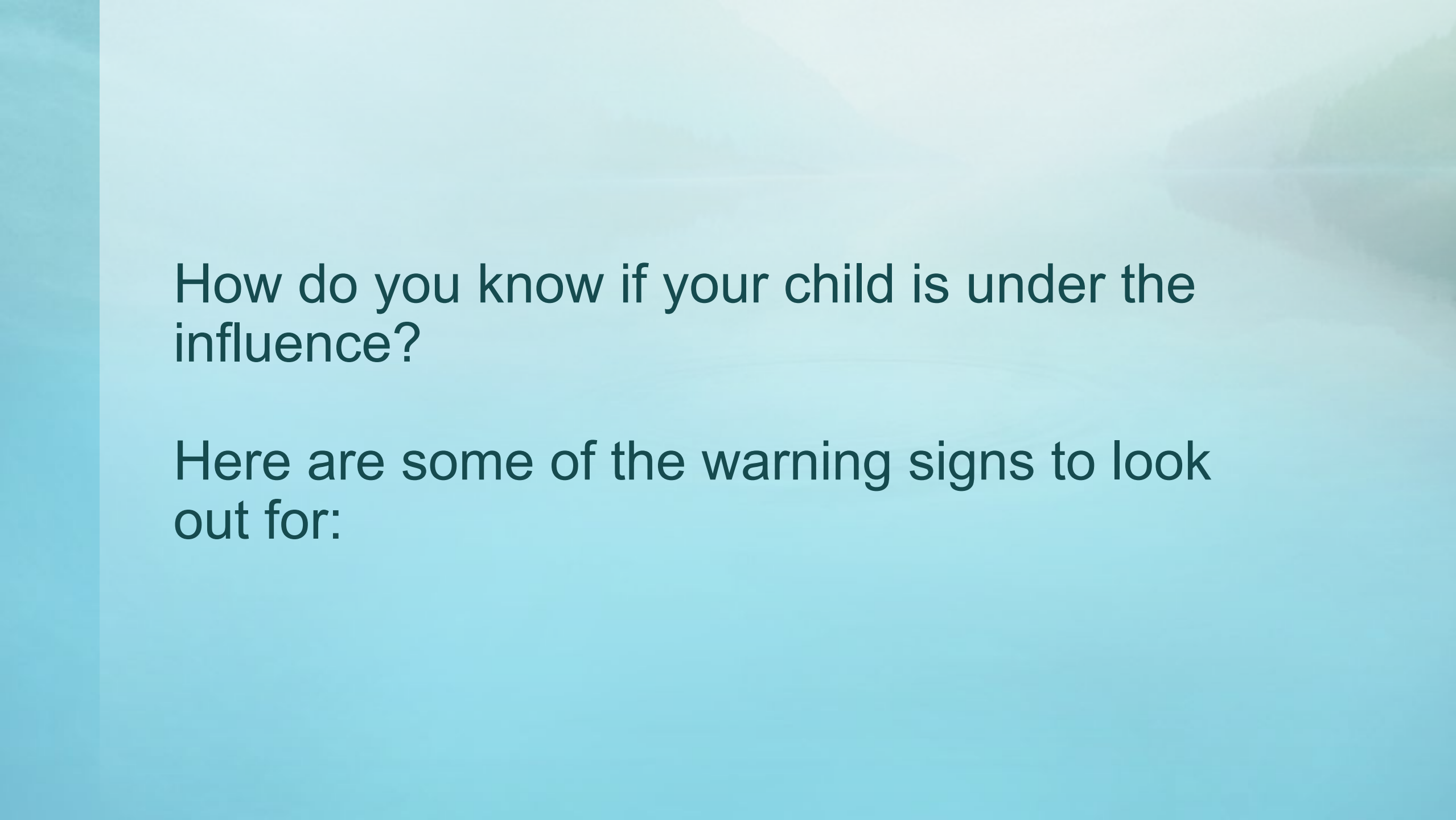
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#FacingAddiction

Special Vulnerability

- Family history - predisposition to drug or alcohol problems
- Close friends who use drugs or alcohol
- Early first use
- Trauma
- Diagnosed or undiagnosed depression / other mental health disorders



A background image showing a misty or foggy landscape. In the foreground, there's a calm body of water reflecting the light. In the background, there are rolling hills or mountains, some of which are partially obscured by the fog. The overall color palette is soft, with various shades of blue, teal, and light green.

How do you know if your child is under the influence?

Here are some of the warning signs to look out for:

Physical and health signs of drug abuse

- Eyes that are bloodshot or pupils that are smaller or larger than normal
- Frequent nosebleeds could be related to snorted drugs (meth or cocaine)
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain
- Seizures without a history of epilepsy
- Unusual smells on breath, body, or clothing
- Shakes tremors, incoherent or slurred speech, impaired or unstable coordination

Behavioral signs

- Drop in attendance and performance at school, loss of interest in extracurricular activities, hobbies, sports or exercises, decreased motivation
- Missing money, valuables, prescription drugs, stealing money
- Acting isolated, silent, withdrawn, engaging in secretive or suspicious behaviors
- Irritability
- Sudden mood changes, angry outbursts, laughing at nothing
- Inability to focus, appears lethargic or “spaced out”
- Appears fearful, withdrawn, anxious or paranoid
- Using incense, perfume, air freshener to hide smell or smoke or drugs

Most frequently used excuses:

- I was keeping it and holding it for a friend
- A drink got spilled on me
- I just took a sip
- That smell is my incense
- It's only alcohol, at least I don't smoke dope
- I just tried it once I will never do it again
- It's normal to experiment when you are a teenager
- Weed is natural
- Weed is legal
- I'm just tired
- My eyes are bothering me, it must be my allergies
- If you think I'm bad you should see what my friends do
- I got caught up with the friends.



What can you do as a parent?

- Start the conversation
- Address the behavior
- Trust your instincts
- Do not think your child is too young to be exposed to drugs
- Know your child's friends are
- Lock your medicine cabinets

Do not talk to your children about drugs when:

- You are angry
- They're drunk or high
- You aren't prepared



Have a conversation not a confrontation:

- Talk to them when they are young!
- Give lots of praise and positive feedback if your children have good self-esteem they'll be more likely to resist peer pressure and influences
- Ask open-ended questions “what do your friends say about drugs”
- Show your concern if you suspect drug use “You haven’t been yourself lately”
- Watch your tone, even though you may want to scream and yell, you are more likely to be heard if you stay calm and relaxed
- Show your love: physical connection can play an important role
- Talk about your own memories of being a teen and mistakes you made

Resources alcohol & drug information

- CARES 1800-499-3008
- California Resource Center 800-879-2772
- Marijuana Anonymous 800-766-6779
- Alateen Family Group 909-824-1516
- MFI Recovery Center 800-923-5634 / 951-683-6596
- Help Starts Here 2-1-1
- SAP counselors at RUSD (linkage assistance)



