

# DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE



	Alcohol	Cocaine/Crack	Cough Medicine/DXM	Ecstasy/MDMA	Heroin	Inhalants	Marijuana	Methamphetamine	Prescription Pain Relievers	Prescription Sedatives and Tranquilizers	Prescription Stimulants	Steroids	Tobacco
<b>Street Names / Commercial</b>	Booze	Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow	Dex, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup	Adam, Bean, E, Roll, X, XTC	Big H, Black Tar, Dope, Junk, Skunk, Smack	Whippets, Bagging, Huffing, Poppers, Snappers, Dusting	Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed	Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed	Codeine, OxyContin (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V)	Mebaral, Quaaludes, Xanax, Valium	Adderall, Dexedrine, Ritalin	Juice, Rhoids, Stackers, Pumpers, Gym Candy	Cancer Sticks, Chew, Cigarettes, Dip, Fags, Smokes
<b>Looks Like</b>	Liquid (types include beer, wine, liquor)	White crystalline powder, chips, chunks or white rocks	Liquid, pills, powder, gel caps	Branded tablets (Playboy bunnies, Nike swoosh)	White to dark brown powder or tar-like substance	Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more	A green or gray mixture of dried, shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Multi-colored tablets and capsules can be in liquid form	Tablets and capsules	Tablet, liquid or skin application	Brown, cut up leaves
<b>How It's Used/Abused</b>	Alcohol is drunk	Cocaine can be snorted or injected; crack can be smoked	Swallowed	Swallowed	Injected, smoked, freebased or snorted	Inhaled through nose or mouth	Smoked, brewed into tea or mixed into foods	Swallowed, injected, snorted or smoked	Swallowed or injected	Swallowed or injected	Swallowed, injected or snorted	Applied to skin or injected	Smoked or chewed
<b>What Teens Have Heard</b>	Makes a boring night fun	Keeps you amped up; you'll be the life of the party	Causes a trippy high with various plateaus	Enhances the senses and you'll love everyone	Full-on euphoria, but super risky	A cheap, 20-minute high	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	A great release of tension	Keeps you attentive and focused	Will guarantee a spot on the starting lineup	An oral fixation and appetite suppressant
<b>Dangerous Because</b>	Impairs reasoning, clouds judgement. Long-term heavy drinking can lead to alcoholism and liver and heart disease	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Chronic heroin users risk death by overdose	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use, or high dosages, can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes)	A large single dose can cause severe respiratory depression that can lead to death	Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Cigarette smoking harms every organ in the body and causes coronary heart disease, and stroke, as well as many forms of cancer
<b>Arizona Teen Facts (Grades 8-12)</b>	Nearly 50% of 8th graders have had an alcoholic drink.	More teens used cocaine than methamphetamine in 2008	1 out of 10 teenagers has abused cough medicine	Ecstasy use dropped in 2006 but is now again showing an increase in use	Heroin use among 12th grade teenagers showed an increase in 2008	More 8th graders use inhalants than 10 or 12th graders	Nearly 1/3 of Arizona teens have tried marijuana	On a statewide level, meth use among teens has decreased by nearly 50%	1 in 4 12th graders, 1 in 5 10th graders, 1 in 10 8th graders have abused prescription pain relievers to get high	1 in 10 teens used drugs such as sleeping pills, barbiturates, tranquilizers without a doctor's prescription	In 2008, more 8th and 10th graders abused Rx stimulants than in 2006	Steroid use remains low at 2% for teenagers	Half of all 12th graders have smoked a cigarette
<b>Signs of Abuse</b>	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Track marks on arms, slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, scars and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, increased alertness, attention span and energy	Rapid growth of muscles, opposite sex characteristics and extreme irritability	Smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes
<b>Important to Know</b>	Being a child of an alcoholic places children at greater risk for developing alcohol problems	Cocaine is one of the most powerfully addictive drugs found in many cough medications	The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient found in many cough medications	Can be addictive. Has become a popular club drug because of its stimulant properties which allow users to dance for extended periods of time	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	More than 1000 common products are potential inhalants that can kill either on the first use or any time thereafter	Contrary to popular belief, marijuana can be addictive	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin	Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height	Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease

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# LIMITED TIME ONLY!

Talk to your teen while you still have time. Why the rush? Prescription drug abuse is a growing epidemic. In fact, pharmaceutical abuse was involved in about one out of four drug-related emergency room cases in 2004. That same year, pharmaceutical abuse sent more people to emergency rooms than cocaine. The good news? Teenagers who learn about the risks of drugs from their parents are up to 50% less likely to use. So talk to them. Act Now!



Learn more about teenage prescription drug abuse at [PartnerUpAz.org](http://PartnerUpAz.org)



## Why Should You Act Now?

- 1 in 5 Arizona teens are using prescription drugs to get high without a doctor's prescription.
- Drug use starts early; 13 years old is the average age of first use in Arizona.
- Drug use is preventable and treatable. In today's world, when children are approached to try drugs at such a young age, it's vital that parents speak with their children. Get there first.
- Drug use is a health issue; keep your kids healthy and drug free!

## What Should You Do?

- **Educate** yourself on the medicines kids are abusing.
- **Communicate** with your children about the dangers of abusing prescription drugs.
- **Safeguard** your medicine cabinet and ask your family and friends to do the same.
- To find help in your community, please visit [PartnerUpAz.org](http://PartnerUpAz.org)

