

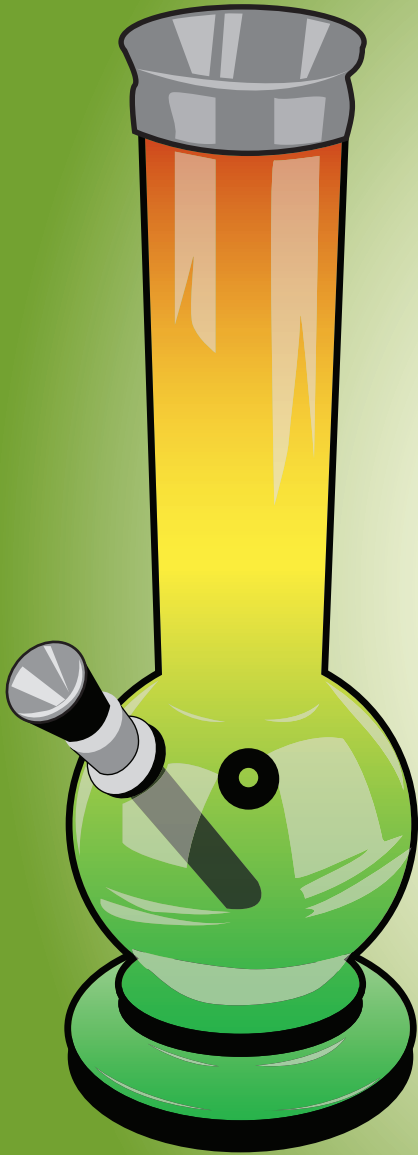
DEFINITION
411: *noun*; (slang)
information or
knowledge.

illicit: *adjective*,
forbidden by
law or rules.

**DRUGS
AND YOU!**



**PROACTIVE PARENTS/
GUARDIANS GUIDE**



ONE IN TEN CHILDREN AGED 12 TO 17 YEARS OF AGE IS A CURRENT USER OF ILLEGAL DRUGS.

There's just about no end to the serious problems brought on by the misuse of substances. For preteens and teens, these problems can include failing in school work, losing friends, health issues, family troubles and legal problems. Drug misuse is a leading cause of death or injury for this age group due to drug-related accidents, suicides, violence and drowning.

The book *Hip Code 411: Drugs and You* offers preteens and teens real-life answers and information on illicit and prescription drug misuse. This guide for parents and guardians presents you with the tools and solutions to help you help your child understand and win the drug battle.

**Knowledge is power...
THE POWER TO KEEP YOUR CHILD
SAFE, SMART AND DRUG-FREE.**

DISCLAIMER. This book provides general information about drugs and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.



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RESOURCES



MAIN LINE TO THE FACTS

The truth about drug use among preteens and teens isn't always easy to find. And it isn't any simpler to hear.

- ! Children who have tried marijuana by the 8th grade: **15 percent**
- ! High school seniors who have used marijuana: **43 percent**
- ! High school seniors who have misused some kind of drug: **nearly 50 percent**
- ! High school seniors who have used hallucinogens: **8.6 percent**
- ! Teens reporting that drugs of some kind are kept, sold and used at their school: **more than 60 percent**
- ! Teens who say they've used prescription painkillers gotten from a friend or family member: **64 percent**
- ! High school seniors who have used cocaine: **more than 5 percent, with more than 2 percent having tried crack**

STONE COLD TRUTH

More teenagers die from taking painkillers they acquired than from the use of cocaine and heroin combined.

The substance misused most often by teens is alcohol. Marijuana and tobacco follow. Some teens seek escape, acceptance and thrills through harder illicit drugs.

ILLCIT = ILLEGAL

FACTORS AND STRATEGIES

Illicit drug use means misusing illegal drugs. It also includes the misuse of prescription medications or household substances. Many teens engage in this kind of activity from time to time. A few are more regular misusers. By their senior year of high school, about half of all teens in the country have used an illicit drug at least once.

While marijuana is one of the illegal drugs most commonly used by adolescents, they find other substances in the home. These can include prescription meds, glues and aerosols.

Many factors and strategies can help teens and preteens stay drug free:

- A strong connection with parents
- Good relationships with other family members
- School commitment
- Parents who are home during key times
- Less access to substances in the home

FACTS AND THE STATS

Sixty percent of teens who misuse prescription drugs get them free from friends and relatives.

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Drug Facts: High School and Youth Trends
drugabuse.gov/publications/drugfacts/high-school-youth-trends

WHY YOUNG PEOPLE TRY DRUGS



The transition from childhood to adulthood is often a hard bridge to gap. Smart decisions don't always come easily for people who are not well-prepared to make smart decisions. Experimenting with drugs and alcohol is often one of the poor decisions preteens and teens make. But why do they do it? Here's a short list.



PEER PRESSURE

For preteens and teens trying to fit in and be accepted, it's not easy to say no. The fear of being mocked, laughed at, teased and cut off from their peer groups is a powerful motivating force. A teen's peers have a strong influence. The risk of rejection often leads to pressure to do drugs.



CURIOSITY

The temptation to try something forbidden, illegal and possibly harmful can be a powerful motivating factor. The sense of curiosity ramps up during puberty, as young adults learn new things about the world and their place in it.



POPULAR MEDIA

For many teens, movies, TV shows and music make drug use seem glamorous and acceptable.



BOREDOM

Sometimes the need to just do something different is enough reason for teens to try drugs.

STONE COLD TRUTH

Children aged 12-17 years who watch three or more R-rated movies a month are:

Seven times more likely to smoke cigarettes

Six times more likely to use marijuana

Five times more likely to drink alcohol



TO FEEL GROWN-UP

It's common for teens to want to look, feel and be treated like adults. So it's almost a given that they're drawn to activities they perceive as grown-up, such as drinking, smoking and taking drugs. These things make them feel sophisticated and mature.



TO REBEL

When seeking independence and their own identity, teens sometimes rebel against parents, school rules and society. Taking substances that align with their personalities as a way of protesting social norms is one way troubled teens react.



BAD INFORMATION

Teens and preteens are widely misinformed about the dangers of drugs. A lot of teens get their bad information from other teens.

DRUG USE BY THE NUMBERS

40

Percent of teens who don't see any major risk in trying heroin once or twice.



LOW SELF-ESTEEM

A recent study revealed that a majority of teens use drugs in order to "feel cool." Because their self-worth depends on the approval of others, destructive habits like drug use can lure an impressionable teen. Teens with low self-esteem are more likely to look for acceptance from the wrong crowd by misusing drugs.



EASY AGCESS

Sometimes drugs are just too easy to get. Almost 50 percent of surveyed teens reported that marijuana is easy to get; 17 percent said meth is easy to get; more than 14 percent said heroin is easy to get; and more than 50 percent said prescription drugs are easier to get than illegal drugs, according to DoSomething.org.

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GET SMART ABOUT DRUGS: Why Do Teens USE Drugs?
getsmart.aboutdrugs.gov/family/why-do-teens-use-drugs



ASK YOURSELF



Before you rush into a discussion – or argument – with your teen about the subject of drug use, step back and ask yourself these questions:

Q: Do I communicate with my child in a positive way?

Q: Do I reinforce positive behaviors?

Q: Do I have the skills to resolve conflicts with my child in a positive and productive way?

Q: Do I set limits for my child that are realistic?

Q: Do I manage behavior problems in my teen in a positive way?

Q: Do I supervise my child's behavior?

Any of these questions you answered no to could be an area of concern. These could signal family problems that may lead to a greater risk for teen/preteen drug misuse issues.

FACTS AND THE STATS

The estimated cost of drug misuse in the U.S. is nearly \$200 billion:

- \$130 billion in lost productivity
- \$20 billion in health care costs
- \$40 billion in legal costs and efforts to stop the flow of illegal drugs

THE PARENT PLAN

POSITIVE PARENTING

Positive parenting can keep teen drug use from happening. Research proves that parents play a major role in keeping their children from trying drugs. As a parent, you can take these measures to prevent your child from drug misuse.

Set up guidelines.

Talk to your child regularly. Let them know what behaviors you find acceptable and unacceptable. Just knowing that you strongly disapprove of drug use could be the driving force they need to ward off the peer pressure to try drugs. Talk to your child about these drugs and their dangers. Show that you know about these substances and impress that he or she may know very little about them.

Watch your child.

Know where your teen is at all times. Know who they're with and what they're doing. Even when you're not right there, you can keep an eye on things by:

- Making phone calls
- Making random trips home when not expected
- Having neighbors keep an eye out for visitors when you're away
- Monitoring the levels of prescription drugs in your home
- Watching for changes in your child's habits and behavior
- Tracking what groups of friends your child hangs out with
- Using apps that track and monitor your children's locations and activities

DRUG USE BY THE NUMBERS

29

Percent of teens in grades 9 through 12 who report exposure to drugs at school.

Make sure your child knows the consequences of drug use.

When teens know the clear-cut consequences of their actions, it can serve as a strong warning. Any time he or she breaks the rules, be sure to enforce the guidelines you've set up.

Consequences of drug use and addiction can be:

- Strict legal actions and jail time for possessing, using and selling drugs
- Health problems which could be long-lasting or permanent
- Mental health issues, such as brain damage
- Strained relationships
- Higher risk of diseases like HIV and hepatitis
- Financial problems
- Failing school

Your child will be less likely to misuse drugs when he or she understands the very real risks that come with it.

BRIGHT IDEA

Instead of only punishing your child for bad behavior and actions, reward him or her for desirable ones. Doing well in school, staying out of trouble and respecting the rules of your house are reasons for rewards. These rewards often go a lot further in keeping youth from using drugs.

Keep an open dialogue going with your child.

Without communication and a firm sense of trust, your child is at risk. Be receptive to listening to your child talk about the pressures and how to react to it when the offer of drugs comes up. See the TALK IT UP section ahead for tips on talking with your child about drugs.

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Partnership for Drug-Free Kids
drugfree.org

WHAT TO WATCH FOR SIGNS OF DRUG USE IN YOUR CHILD

Being worried about the safety and welfare of your children is a given for any parent. When the threat of drug use enters the picture, that worry should become a major concern.

These warning signs can alert you to possible drug use in your child:

PHYSICAL AND HEALTH SIGNS

- Bloodshot eyes or pupils that are smaller or larger than normal
- Frequent nosebleeds that could be a sign of snorted drugs
- Changes in appetite or sudden weight loss or gain
- Poor coordination
- Unexplained seizures
- A poor sense of personal grooming/no care for physical appearance
- Injuries or bruises that they can't explain
- Strange smells on breath, body or clothes
- Shakes, tremors
- Changes in sleep patterns
- Slurred speech

DRUG USE BY THE NUMBERS

60 Percent of high school seniors who see regular marijuana use as safe.

5 Number of times stronger THC (the active, addictive ingredient in marijuana) is today than it was 20 years ago.

BEHAVIORAL SIGNS

- Skipping classes, falling grades, trouble at school
- No interest in activities, hobbies, sports or exercise
- Complaints from friends, teachers or classmates
- Missing money, valuables, prescription drugs, borrowing and stealing money
- Clashing with family values and beliefs
- Obsessing with alcohol and drug-related lifestyles in music and clothing
- Wanting more privacy and keeping doors locked
- Not making eye contact
- Sudden change in relationships, friends, favorite hangouts and hobbies
- Using incense, perfume or air freshener to mask the smell of smoke or drugs
- Using eye drops to hide bloodshot eyes and dilated pupils

PSYCHOLOGICAL SIGNS

- Change in personality or attitude
- Sudden mood changes, irritability, angry outbursts or laughing at nothing
- Periods of hyperactivity or feelings of agitation
- Lack of motivation
- Unable to focus, appearing sluggish often
- Feeling fearful, withdrawn, anxious or paranoid without reason

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Teen Rehab Center: Signs of Teen Drug Addiction
teenrehabcenter.org/addiction/signs

ADDICTION A HARD HABIT TO BREAK

ADDICTION HAPPENS

Many people wrongly believe that drug addiction is a choice. It's not. Drug use is a choice. Using drugs over a period of time affects the brain and body chemistry in the user. This change leaves the user without the choice. At this point, misuse has become addiction.

KNOW THIS



Addicts aren't "bad" people trying to get "good." They're sick people trying to get well.

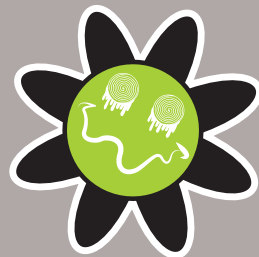
Addiction can happen to all types of people, regardless of age, race, job, gender, economic standing or level of intelligence. People struggle with drug dependence every day. The good news is that recovery methods work.

People can misuse and become addicted to a wide range of medications, such as:

- Opioids, both prescribed and illegal
- Sleep aids
- Barbiturates
- Benzodiazepines
- Stimulants such as ADHD meds

SIGNS OF ADDICTION

- More and more conflict in daily life
- A change in relationships
- Careless in appearance
- Poor attendance and performance at work or school
- Changes in sleep patterns and energy levels
- No interest in previously enjoyable activities
- Lack of money from spending on substances
- Legal problems
- Failed attempts to stop using
- Withdrawal symptoms when not using



FACTS AND THE STATS

Prescription opioid misuse has become a national epidemic in recent years.

IF YOUR CHILD IS DEALING WITH ADDICTION

Be consistent with your rules and expectations. Don't punish your child during times of sobriety. Don't speak negatively or accusingly. This can cause feelings of shame and guilt, which are counterproductive to recovery.

If you need help, call the **Partnership for Drug-Free Kids Parents Helpline** at: **1-855-378-4373**

DRUG FICTION/DRUG FACT

It's dangerous to believe untruths and misinformation about drugs. When you treat myths and lies as reality, you run the risk of letting them dictate your actions.

The lack of accurate info can lead to:

- More drug use
- Damaged relationships
- More mental and physical health problems
- Risk of withdrawal, overdose or death

Seek out the information from the most reliable medical and scientific sources. It can keep you and your children safe.

Make sure your child knows the difference between the myths and the reality.

DRUG FICTION	DRUG FACT
You can stop using drugs anytime.	Withdrawal sickness and addiction are powerful forces. Being around people who use make quitting difficult.
Drugs relieve stress and help people deal with their problems.	Drugs only make people forget and not care about their problems. When the drugs wear off, the problems are still there.
You have to use drugs for a long time before they can really hurt you.	Drugs can make the brain send the wrong signals to the body. This can make someone stop breathing, have a heart attack or go into a coma. This can happen the first time the drug is used.
Only buy drugs from friends so you get the pure stuff.	Since illegal drugs can't be regulated, no one really knows what's in them.





DRUG FICTION	DRUG FACT
Teenagers are too young to get addicted.	Addiction has no age restrictions. Even unborn children can get addicted due to the mother's drug use.
Your body protects the baby if you use drugs while pregnant.	Drugs affect an unborn child as much or more than the mother. Drug use during pregnancy can cause the baby to die or be born too early.
If you smoked pot on the weekend, you'd be fine by Monday.	The effects of marijuana can last for up to three days. It affects memory, reflexes and coordination.
The drug is out of the body as soon as the user feels normal.	The drug can still be in the body long after the effects have passed. Marijuana, for example, can stay in the system for 30 days and in the hair for three months.
Medicine prescribed by a doctor is safe and you can't get addicted to it.	Many prescribed meds are highly dangerous with a high risk of addiction and misuse. These should always be used as directed by a doctor and only by the person they're prescribed for.


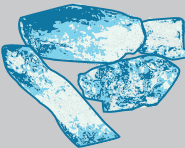
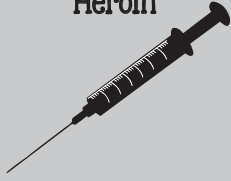

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DrugAbuse.com: Top 10 Myths (and Realities) About Drug Addiction
drugabuse.com/library/drug-addiction-facts-myths

WHAT'S OUT THERE

THE DRUGS TO KNOW ABOUT

DRUG	STREET NAMES	HOW IT'S TAKEN	EFFECTS
Marijuana 	Blunt, dope, ganja, grass, hash, herb, joint, Mary Jane, pot, reefer, sinsemilla, skunk, spliff, weed	Smoked, swallowed, vaped	Changes in the senses, dizziness, trouble walking/standing, laughing, red eyes, slow thinking, slow reflexes, slow speech, dry mouth and thirst, increased appetite, anxiety and paranoia
Amphetamine 	Speed, Billy, whiz, phet	Swallowed, snorted	Mood swings, difficulty sleeping, tiredness, low energy, addiction, depression, paranoia, anxiety
Mushrooms 	'Shrooms, magic mushrooms, purple passion	Swallowed (eaten, brewed as tea or added to other foods)	Visions and revelations, hallucinations, altered view of time, panic, muscle relaxation or weakness, movement problems, enlarged pupils, nausea and vomiting, drowsiness, depression, paranoia, anxiety
Inhalants 	Air blast, huffing, bagging, bang, bullet bolt, highball, glading	Inhaled, snorted	Loss of sense of smell, nausea and vomiting, nosebleeds, liver, lung and kidney trouble, less muscle mass and strength, inability to walk, talk and think normally, sudden sniffing

DRUG	STREET NAMES	HOW IT'S TAKEN	EFFECTS
Cocaine 	Goke, C, nose candy, blow, toot	Usually snorted through the nose, but it can be eaten, rubbed on the gums or injected	Rapid heartbeat, sweating, loss of contact with reality, strong feeling of happiness, agitation, enlarged pupils
Methamphetamine 	Crank, chalk, crystal, fire, glass, go fast, ice, meth	Swallowed, snorted, smoked, injected	Alertness, increased physical activity, decreased appetite, higher heart rate, temperature and blood pressure, paranoia, anxiety, mood problems, hallucinations
Heroin 	Smack, junk, H, brown, gear, skag	Smoked, injected, snorted, swallowed	Less physical and emotional pain, a warm, drowsy feeling, feelings that problems are forgotten, sickness for first time users
LSD 	Acid, tabs, trips	Swallowed	A disconnect from reality, a change in the way things are seen and heard, heightened self-awareness, hallucinations, sweating and chills, change in body temperature, blood pressure, heart rate anxiety

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Narcotics: List of Illegal Drugs
narcotics.com/list/list-of-illegal-drugs

PRESCRIPTION MEDS

PRESCRIPTION FOR DISASTER

Prescription drug misuse is when a person takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason—like to get high.

The dangers in this kind of misuse have caused it to become one of the biggest health issues recently. It's a growing problem for teens because:

- Teens think prescription drugs are safer to misuse because they're prescribed by a doctor.
- Teens use prescription drugs to get high, to stop pain or because they think it'll help them with their school work.
- Most teens get prescription drugs from friends and relatives. Many times the friend or relative doesn't know this is going on.



FACTS AND THE STATS

Boys and girls usually misuse prescription drugs for different reasons. Studies show that boys are more likely to misuse prescription stimulants to get high. Girls tend to misuse them to stay alert or lose weight.

Let your child know that:

- A. You can get addicted to prescription medicine
- B. You can damage your body and brain by misusing prescription medicine
- C. You can die from misusing prescription medicine

The three kinds of prescription drugs most often misused:

Opioids - painkillers like Vicodin, OxyContin or codeine

Depressants - used to relieve anxiety or help with sleep, such as Xanax

Stimulants - used for treating attention deficit hyperactivity disorder (ADHD)

The recent increase in prescription drug misuse has led to more ER visits due to overdose and more admissions to drug treatment facilities for addiction.

STONE COLD TRUTH

Twelve to 17 year olds misuse prescription drugs more than ecstasy, heroin, crack/cocaine and methamphetamines combined.

YOUR TO-DO LIST

Teach your child to:

1. Use medicines correctly and respect the power they have.
2. Understand that all medicines have risks along with benefits. The risks go way up when these meds are misused.
3. Be responsible for learning how to take prescription meds safely and in the right way.
4. Seek help at the first sign of a problem for him/herself or for a friend.

SAFEGUARD THE MEDICINE IN OUR HOME

As the parent of a pre-teen or teen, it's your responsibility to make sure medicines aren't readily available and easy to get to. Monitor, secure and get rid of expired prescription meds and over-the-counter meds like cough syrup in your house.

MONITOR: Always be aware of the quantities of meds in your house. Would you know it if some of your pills were missing?

- Take note of the number of pills you have in bottles, packets or daily dispensers.
- Keep track of your refills. There could be a problem if you notice that you need to fill a prescription for yourself, your child or another family member more than expected.
- Make sure grandparents are aware of this risk and monitor their own meds.

SECURE: Treat the prescription meds in your house the same way you would cash, valuable jewelry or belongings. You wouldn't keep those items out in the open, unattended. Take your prescription meds out of medicine cabinets and put them in a secure spot that only you know about.

DISPOSE: Safely get rid of expired meds in order to keep your child safe from the temptation to use them.

- Seek out a safe drug disposal program in your area
- Don't simply throw the meds in the trash where children can retrieve them
- Remove any personal info on prescription labels to prevent unauthorized refills

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Drug Enforcement Agency: Diversion Control Division
Drug Disposal Information
dea.diversion.usdoj.gov/drug_disposal

YOUR TEEN AND THE LAW

LEGAL CONSEQUENCES

Make sure your child knows that national and state laws make it illegal to possess, make or sell certain controlled substances. People convicted on possession charges face a wide range of punishments when sentenced. Sentences can vary from state to state. In one state, a simple possession conviction might result in a \$100 fine and a few days in jail. In another state, the sentence might be a fine in the thousands of dollars and several years in prison.



Most minimum sentences of prison time range from **one year to three years** for first-time offenders. The minimum sentence for repeat offenders is **three to twelve years** in prison.

The most serious illegal drug crimes are:

- Making drugs
- Selling, distributing or “trafficking” in drugs
- Possessing drugs with the intent to sell them

Whether your child will go to prison for drug involvement depends on:

- The type of drugs
- The amount of drugs
- If state or federal laws apply
- A previous criminal record

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FindLaw®: State Drug Possession Laws
statelaws.findlaw.com/criminal-laws/drug-possession.html



DRUGS AND DRIVING

STEERING CLEAR

Because drugs affect reaction time, motor skills, perception and memory, mixing them with driving can be a deadly recipe. When misused, prescription drugs, over-the-counter meds and illegal drugs impair judgment, making driving one of the riskiest actions.

DRUG USE BY THE NUMBERS

**10
MILLION**

Number of people aged 12 and older who reported driving under the influence of illicit drugs, according to the recent National Survey on Drug Use and Health (NSDUH).

Studies show that young adults aged 18 to 25 are more likely to drive after taking drugs than other age groups. If your child is approaching or at driving age, impress upon him or her the importance of staying drug and alcohol free.

The leading cause of death for young people 16 to 19 is vehicle accidents. Mix driving inexperience with substances that affect motor skills, memory and brain function and tragedy is not far down the road.

STONE COLD TRUTH

When lack of driving experience is combined with drug use, the results can be tragic.

POT HOLES: MARIJUANA AND DRIVING

The psychoactive ingredient in marijuana is known to affect the parts of the brain that control body movements, balance, coordination, judgment and memory. Drivers under the influence of pot have proven to be unable to make the quick judgments and reactions needed to operate a motor vehicle.

Impairment goes up when marijuana use is combined with drinking alcohol.

DUI/DWI/RIP

Driving under the influence or driving while intoxicated is the crime of operating a car while impaired by alcohol or drugs. Even driving while on certain meds prescribed by a doctor is illegal and can be deadly.

Make it clear to your child that the consequences of being caught under the influence of using drugs or alcohol while driving are very serious.

- The loss of their job
- The inability to be hired for certain jobs
- Higher insurance rates
- Serious financial setbacks
- Punishment that could include prison

DRIVE THE POINT HOME

The consequences of impaired driving are broad. The after-effects of driving while on drugs can impact many more people than just the driver. Make sure your driver or driver-to-be knows these realities.

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DrugFacts: Drugged Driving
[drugabuse.gov/publications/drugfacts/
drugged-driving](http://drugabuse.gov/publications/drugfacts/drugged-driving)

TALK IT UP

STONE COLD TRUTH

When a parent talks to their teenager regularly about the dangers of drugs and alcohol, they lessen the chance of their child using drugs by **42 percent**.

The bad news is that only **25 percent** of teens report that they've actually had these conversations.

Talking to your children about drugs and alcohol is hardly ever easy. But it's proven to be effective in influencing them to make the right decision to stay away from substances. Take advantage of opportunities to discuss the topic and make it a regular part of the conversation, when it seems natural.

TALK TIPS

1. Find blocks of time.

After school, before dinner, on the way to sports practice or other activities are prime times to talk about drugs and their harmful effects.

2. Use teachable moments.

Teachable moments are those everyday events that you can point to educate your child about a valuable lesson you'd like him or her to know.

3. Talk about any alcohol, smoking or drug use that you know about in the neighborhood.

If you're out and about and see a group of youngsters drinking or smoking, take the opportunity to talk about it with your child.

4. Use TV or radio news stories that involve drugs as conversation starters.

Continue the conversation begun with a news story. Ask questions about what may happen to the people involved.

5. Watch TV with your children and ask what they think.

Are the programs glamorizing substance use? Do they show the downside? Talk to your child about how these subjects make them feel.

6. Ask open-ended questions.

Yes/no questions rarely, if ever, keep a conversation going. "What do you think about that?" questions bring about more of a discussion.

7. Share stories of people in recovery or people in prison.

Ask your child to share thoughts and feelings about people fighting addiction or dealing with the consequences of drug misuse.

National Institute on Drug Abuse: Talking to Your Kids: Communicating the Risks:
drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids-communicating-risks

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THE POWER OF NO



GET CREATIVE

Simply telling your child to just say no to drugs probably won't cut it in this day and age. They've heard it so many times it doesn't mean much and sounds like another lecture. Get creative, get personal and get in tune with your child.

Try these tips for influencing your child to say no to drugs:

Be a good listener.

Let him or her feel comfortable bringing you questions and problems to talk about.

Be available to talk about sensitive topics.

Let your children know they can count on you for correct information.

Be positive.

Press upon your child to make right decisions. Teach that self-confidence is the best protection against peer pressure.

Be honest.

Help your child see that he or she doesn't have to do something against the rules to feel accepted by friends. Real friends won't pressure him or her to smoke, drink or do drugs.

Be a good role model.

Make a big impression on your child with your own admirable habits and attitudes about drugs.

Be aware.

Know your child's friends and family. Get to know their habits and attitudes about drinking and drug use.

Be helpful.

Teach your child how to manage stress in healthy ways. Finding help from a trusted adult or taking part in a favorite activity goes a long way to cut down on stress.

DRUG USE BY THE NUMBERS

6,120

Dollar amount spent in the U.S. on health care and issues related to the use of drugs every second.

Be media-smart.

Read, watch TV and go to the movies with your child. Compare the images portrayed in the media to real life.

Be straight on tough topics.

Give clear, precise messages when talking about drugs. Don't leave any doubt in your child's mind about what you expect of him or her.

Be your child's biggest fan.

Be a cheerleader to your child's life. He or she needs your unconditional love and support, in good and bad times. This helps them manage stress, resist peer pressure and succeed in their daily life.

PRESSURE RELEASE

Let your child know that if he or she is in a situation where there's pressure to try drugs, there are ways to fight it:

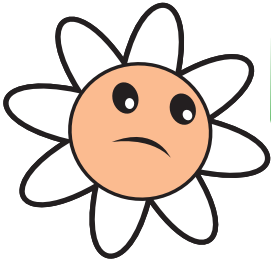
- Make up an excuse to leave.
- Ask for help from other friends or adults if the pressure is too great.
- Find new friends who respect your choice to stay drug-free.
- Go to events where drugs aren't involved. Stay away from unsafe situations to begin with, if possible.
- Hold on to your drink if you're at a party where drugs are around. Someone could put something unsafe in your drink.



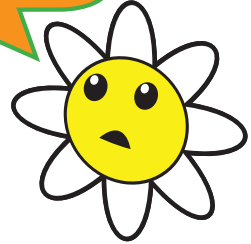
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NIH: Help Children and Teens Stay Drug-Free
easylead.drugabuse.gov/content/help-children-and-teens-stay-drug-free

THE POWER OF HELP



"I'm afraid my friend is hooked on drugs. What can I do to help her break free?"



If your child has a friend with substance misuse issues, you can guide him or her in ways to help with tips like these:

- Listen, encourage, share and support.
- Let your friend know you're there for him/her, that you'll support them through treatment.
- Express your concern and encourage them to get help from a trusted adult, such as a parent, teacher or coach.
- Be a strong, positive influence in their life.
- Get them involved in positive, non-drug-using activities. Encourage them to join a club, play a sport, write stories or journal entries or take up a musical instrument.
- Keep reaching out. Urge the friend to seek treatment.

STONE GOLD TRUTH

The National Institute on Drug Abuse's latest Monitoring the Future survey of drug use and attitudes among American 8th, 10th and 12th graders shows past-year use of illicit drugs other than marijuana continuing to decline to the lowest level in the history of the survey in all three grades.

**MORE
411!**

Substance Abuse and Mental Health Services
Administration: Treatment Services Locator
Findtreatment.samhsa.gov

YOUR ACTION PLAN

The book *Hip Code 411: Drugs and You* offers great information for your child about illegal and prescription drug misuse. Help him or her understand the material and put the knowledge to use. Follow this action plan for keeping your child drug-free.

TALK. TALK. TALK.

Find good places and times to talk, and have talks frequently.

- Have many talks instead of one big one.
- Pick informal times. During dinner, in the car, after watching TV or while doing chores work well.
- Keep talking about the subject all through your child's teen years.
- Urge your son or daughter to talk and share feelings, ideas and opinions.

HOW TO TALK

Be real, open and honest. Let your child know your feelings and make rules that you can enforce.

- Give good reasons not to use drugs, for both teens and adults.
- Come up with family rules.
- Teach how to handle peer pressure.
- Adapt the rules as your child matures.
- Ask open-ended questions.
- Let your child know you're always there, to talk, to help, to solve problems.

TAKE ACTION

Think about the things you, your friends and other family members can do besides talking. Then take action.

- Be a good role model.
- Know where you keep your prescription meds and safeguard them.
- Get to know your son or daughter's friends.
- Monitor his or her activities.
- Promote a healthy lifestyle.
- Talk to others.
- Join in efforts to stop drug use in your community.

Do your part to help children, pre-teens and teens stay drug-free.

RESOURCES

NCADA: The place to turn

ncada-stl.org

Partnership™ for Drug-Free Kids

drugfree.org

Substance Abuse Treatment Facility Locator

1-800-662-HELP

findtreatment.samhsa.gov

Addiction Education

addictioneducationsociety.org

The American Society of Addiction Medicine

asam.org

Child and Adolescent Psychiatrist Finder

aacap.org

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KEEPING YOUR CHILD SAFE, STRONG
AND DRUG-FREE IS YOUR #1 JOB.



Use this book to teach your child about:	Use this book to teach yourself about:
Illegal drugs	Street drugs
Prescription drug misuse	How to talk to your child
Addiction	How to influence your child to say no to drugs
Drug myths	Where to find help
Drugs and the law	Signs of drug use

AND MORE!



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