

DRUG TEST YOUR CHILD

The most critical test your child will ever pass.

Porter County Substance Abuse Council

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Valparaiso, IN 46383

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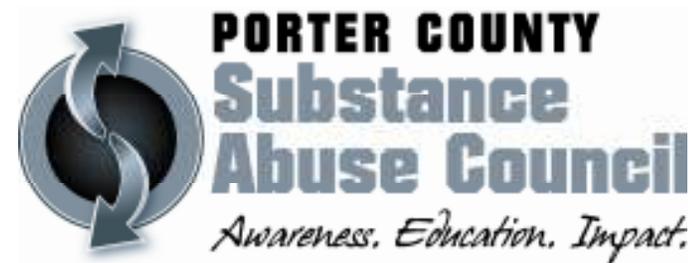
Kits are available for \$5.00.

Call 219-462-0946 for appointment

PARENT AND GUARDIAN RESOURCE GUIDE ALCOHOL, MARIJUANA, HEROIN & OTHER DRUGS



Because what you don't know, can hurt you...





This guidebook is brought to you by the
Porter County Substance Abuse Council.

Call these providers for more help, information and/or treatment. Additional providers can be found in our resource book on our website.

Porter County Substance Abuse Council 462-0946

254 S. Morgan Blvd.

Valparaiso, IN 46383

www.portercountysac.org

Drug testing kits for parents, alcohol information, grants

Visit us on Facebook!



Porter County Drug Task Force 465-3629

Call if you have information on drug users or dealers

Care Counseling 759-6760

Adult outpatient programs

Choices! 548-8727

Adult and adolescent outpatient care

Family & Youth Services Bureau 464-9585 Valpo

Adult and children outpatient counseling 763-6623 Portage

Frontline Foundations 728-1638

Adults & children – outpatient counseling

Fresh Start Counseling Services 548-9400

Adults and adolescents – outpatient counseling

New Beginnings Counseling 203-2343

Adolescents – outpatient counseling

Porter County Family Counseling Center 364-2732

Individual, couples, families, group counseling

Porter Starke Services 531-3500

Adult and adolescent drug outpatient programs

TABLE OF CONTENTS

Porter County—Do We Have A Problem?

Clues to Teenage Drug Use

Parents: You Are the Anti-Drug

Parent: Do's & Don'ts

Under the Influence: Course of Action

Face the Situation

Common Ways Destructive Behaviors are Excused

Drug Guide

Teen Slang

Teens Secret Language

Ways to Reduce Risky Teen Behaviors

Drug Testing Kits—Available for Purchase



Porter County—Do We have a problem?

#youbet!

According to recent research conducted by Valparaiso University, Indiana Prevention Resource Center and the Quality of Life Indicators of Porter County, youth are at risk for abusing a variety of substances. Research indicates the following about Porter County youth:

We are in the top 10 counties for alcohol and drug related problems—Higher than the state average for the following:

- Alcohol use
- Binge drinking
- Marijuana
- Heroin
- Crack
- Inhalants
- Cocaine
- Hallucinogens
- Prescription medication abuse
- Methamphetamines



Children try drugs for the first time because:

- They want to fit in with their peers; They think it would be fun
- They think they will look cool and be more popular
- Escape or self medication—using drugs to get away from reality
- Rebellion—using drugs to spite their parents
- Popular media-music, television and movies
- Boredom—teens need something to keep them occupied
- Other people—peers, relatives, role model, celebrities

As parents you can work with your children to minimize experimentation and provide healthy, alternative options for your child.

Children are 50 percent less likely to use alcohol and drugs if they learn about the risks from their parents. Parents are the anti-drug. Make sure your children receive their anti-drug on a daily basis.

Clues to Teenage Drug Use



Every substance abuser is different, but as a teenager, many of them share common traits. Here are some common traits that youth exhibit if using/abusing drugs.

- Drop in grades
- Wearing sunglasses (to hide redness of eyes)
- New, older friends
- Excessive cash outlays, unusual borrowing of money
- Change in texting
- Having somewhere to be, persistent phone calls, constantly being preoccupied
- Cold room due to frequent airing out
- High number of miles on vehicle
- Drastic change in style (clothing, music, etc.)
- Long sleeves, or inappropriate clothing for the weather
- Sloppy dress, burn holes in clothes
- Upset stomach, nausea
- Constant cough, increased illness
- Slurred speech, weight loss, skin scratching, dry red nose and face
- Bad acne outbreaks, UTIs (due to toxins)
- Difficulty in concentrating, lack of motivation
- Senseless laughter
- Extreme fatigue, sleeping for long periods of time
- Lack of emotion, consistently negative attitude
- Depression, lewd behavior, hostility, mood swings
- Avoidance of conversation, claiming to be misunderstood
- Females – not menstruating regularly
- Using eye drops excessively
- Excessive use of odor-masking agents
- Constant consumption of junk food and soda
- Seeds in pockets of clothing
- Bent paper clips
- Missing spoons, torn up soda cans, little Ziploc bags, small pieces of foil
- Valuable items are missing, or are “borrowed”
- Any drastic change in behavior





Parents : You Are the Anti-drug *Be proactive.*

- Children want and need discipline.
- Know where your child is after school every day between 3-6 p.m.
- If your child says, “everybody is doing it,” or “everybody is going,” check with other parents and confirm.
- Keep track of prescription medications in the house, lock up if necessary.
- Notify other relatives to keep prescription medication locked-up.

Parents : Dos and Don'ts

Know your child, talk and listen. Spend time together.

Set a good example. Examine your use of drugs such as tobacco, prescription drugs and alcohol.

Set firm, reasonable rules and follow through with consequences.

Don't apologize for your concern; it could be a matter of life or death.

Don't be discouraged by rejection of you and your values.

Educate yourself and your child about drugs and their use or abuse. Know the signs.

Know your child's friends and their parents.

Know your child's whereabouts, check up on them.

Exchange ideas about curfews and other teenage behaviors with other parents.

If you have liquor in your home, keep track of it and know how much is being used.

Do not create areas in your home that are off limits to you. You are not running a hotel.

Make it clear that you disapprove of drug, tobacco and alcohol abuse and that you will not tolerate it.

Hold your child responsible for their actions.



Under the Influence : Course of Action

If your child comes home under the influence of alcohol or another drug, DO NOT argue with her at that time; you are only speaking to the chemicals. Make sure your child is safe and seek medical attention if necessary. SWALLOW YOUR PRIDE AND SEEK HELP IMMEDIATELY! Don't be discouraged if your first course of action does not work. Let your child know you are not giving up. LOVE YOUR CHILD!



Face the Situation

You have noticed a change in your child's pattern of behavior. You suspect your child may be using alcohol, tobacco or other drugs. Your child has begun to exhibit aggressive or violent behavior at home, in the community, or in school. Early intervention is critical. You must intervene even if your child feels embarrassed or becomes angry. This is your child's life that is at risk. There are no guarantees that intervention will change your child's behavior, but you must try.

Until a person experiences the consequences of alcohol, tobacco, or other drug use the behavior will continue. Making excuses only ensures that the behavior will most likely continue.

Common Ways Destructive Behaviors are Excused:

Calling in sick to school for a child who is hung over.

Concealing a child's problem from the other parent.

Not following through consistently on consequences for drug use or violent behavior.

Not seeking or taking advantage of professional help when a child will not, or cannot, change his or her destructive behavior.

Denying or minimizing a child's use even to a helping professional.

Knowingly allowing a minor to use alcohol, tobacco, and other drugs.

Lending money to or paying bills for a child who is involved in drug use or violence.

Denying or minimizing a child's increased violent behavior.

Denying behavior changes that suggest activity with gangs (changed clothing, staying out late, change in friendships, refusal to discuss activities).

Interfering and/or refusing to cooperate with intervention strategies from the school or law enforcement agencies.

DRUG GUIDE

Alcohol Also called Booze: Looks Like: Liquid (types include beer, wine, liquor); How It's Used/Abused: drink; What Teens Have Heard: Makes a boring night fun; Dangerous Because: Impairs reasoning, clouds judgment, long-term heavy drinking can lead to alcoholism and liver and heart disease: Teen usage (grades 9-12); 1 in 2 teens drank alcohol in the last year; Signs of Abuse: Slurred speech, lack of coordination, nausea, vomiting, hangovers; Important to Know: Being a child of an alcoholic places children at greater risk for developing alcohol problems.

Cocaine/Crack Also called: Big C, blow, bump, coke, nose candy, rock, snow; Looks Like: White crystalline powder, chips, chunks or white rocks; How It's Used/Abused: Cocaine can be snorted or injected; crack can be smoked: What Teens Have Heard: Keeps you amped up; you'll be the life of the party; Dangerous Because: Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use; Teen Usage: (grades 9-12); 1 in 9 teens has abused cocaine or crack in their lifetime; Signs of Abuse: Nervous behavior, restlessness, bloody noses, high energy; Important to Know: Cocaine is one of the most powerfully addictive drugs

Ecstasy/MDMA Also called: Adam, Bean, E, Roll, x, XTC, Molly; Looks Like: Branded tablets (Playboy bunnies, Nike swoosh); How It's Used/Abused: Swallowed; What Teens Have Heard: Enhances the senses and you'll love everyone; Dangerous Because: Can cause severe dehydration, liver and heart failure and even death; Teen Usage (grades 9-12); 1 in 8 teens has abused Ecstasy in their lifetime; Signs of Abuse: Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection; Important to Know: Can be addictive. A popular club drug because of its stimulant properties which allow users to dance for long periods of time.

Cough Medicine/DXM Also called: Dex, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup; Looks Like: Liquid, pills, powder, gel caps; How It's Used/Abused: Swallowed; What Teens Have Heard: Causes a trippy high with various plateaus; Dangerous Because: Can cause abdominal pain, extreme nausea, liver damage; Teen Usage (grades 9-12); 1 in 8 teens has abused cough medicine in their lifetime; Signs of Abuse: Slurred speech, loss of coordination, disorientation, vomiting; Important to Know: The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient.

Heroin Also called: Big H, Black Tar, Dope, Junk, Skunk, Smack; Looks Like: White to dark brown powder or tar-like substance; How It's Used/Abused: Injected, smoked, freebased or snorted; What Teens Have Heard: Full-on euphoria, but super risky; Dangerous Because: Chronic heroin users risk death by overdose; Teen Usage: (grades 9-12); 1 in 20 teens has abused heroin in their lifetime; Signs of Abuse: Track marks on arms, slowed and slurred speech, vomiting; Important to Know: Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known.

Inhalants Also called: Whippets, Bagging, Huffing, Poppers, Snappers, Dusting; Looks Like: Paint thinner, glue, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more; How It's Used/Abused: Inhaled through nose or mouth; What Teens Have Heard: A cheap, 20-minute high; Dangerous Because: Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death; Teen Usage (grades 9-12); 1 in 6 teens has abused inhalants in their lifetime; Signs of Abuse: Missing household products, a drunk, dazed or dizzy appearance; Important to Know: More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter.

Marijuana Also called: Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed; Looks Like: A green or gray mixture of dried shredded flowers and leaves of the hemp plant; How It's Used/Abused: Smoked, brewed into tea or mixed into foods; What Teens Have Heard: Relaxing, not dangerous and often easier to get than alcohol; Dangerous Because: Can cause memory and learning problems, hallucinations, delusions and depersonalization; Teen Usage:(grades 9-12); 1 in 3 teens has abused marijuana in their lifetime; Signs of Abuse: Slowed thinking and reaction time, impaired coordination, paranoia; Important to Know: Contrary to popular belief, marijuana can be addictive.

Methamphetamine Also called: Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed; Looks Like: White or slightly yellow crystal-like powder, large rock-like chunks; How It's Used/Abused: Swallowed, injected snorted or smoked; What Teens Have Heard: Can keep you going for days; Dangerous Because: Chronic long-term use or high dosages can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes); Teen Usage: (grades 9-12); 1 in 14 teens has abused methamphetamine in their lifetime; Signs of Abuse: Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep; Important to Know: Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm.

Steroids Also called: Juice, Rhoids, Stackers, Pumpers, Gym candy; Looks Like: Tablet, liquid or skin application: How It's Used/Abused: Swallowed, applied to skin or injected; What Teens Have Heard: Will guarantee a spot on the starting lineup; Dangerous Because: Boys can develop breasts. Girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes. Teen Usage: (grades 9-12); 1 in 20 teens has abused steroids in their lifetime; Signs of Abuse: Rapid growth of muscles, opposite sex characteristics and extreme irritability Important to Know: Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height.

Prescription Pain Relievers Also called: Codeine, OxyContin, (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V); Looks Like: Tablets and capsules; How It's Used/Abused: Swallowed or injected; What Teens Have Heard: A free high, straight from the medicine cabinet; Dangerous Because: A large single dose can cause severe respiratory depression that can lead to death; Teen Usage: (grades 9-12); 1 in 5 teens has abused prescription pain relievers in their lifetime; Signs of Abuse: Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns; Important to Know: Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin.

Prescription Sedatives and/or Tranquilizers Also called: Xanax, Valium, Qaaludes, Mebaral; Looks Like: Multi-colored tablets and capsules, can be liquid; How it's Used/Abused: Swallowed or injected; What Teens Have Heard: A great release of tension; Dangerous Because: 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; Teen Usage: (grades 9-12); 1 in 11 12th graders has abused sedatives and /or tranquilizers in their lifetime; Signs of Abuse: Slurred speech, shallow breathing, sluggish, disorientation, lack of coordination; Important to Know: Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death.

Prescription Stimulants Also called: Adderall, Dexedrine, Ritalin
Looks Like: Tablets and capsules: How It's Used/Abused: Swallowed, injected or snorted; What Teens Have Heard: Keeps you attentive and focused; Dangerous Because: Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures; Teen Usage: (grades 9-12); 1 in 10 teens has abused Ritalin or Adderall in their lifetime; Signs of Abuse: Lack of appetite, increased alertness, attention span and energy; Important to Know: Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite.

COMMUNICATION is the **key** to maintaining

A relationship with your child

TEEN SLANG

The purpose of slang is to keep certain people in the loop and others out.

Teens have always communicated through a secret language that serves as code to keep parents from intercepting messages not intended for their ears. In order to learn what is going on in your teen's life, you need to learn the code. There is common slang, drug slang, texting acronyms and abbreviations as well as use of symbols called emoticons. There are numerous websites where you are able to research words and their meanings such as noslang.com and urbandictionary.com

VERBAL COMMUNICATION

Epic: Awesome, incredible
FB: Face Book social media
Hard: Wild and crazy
Hater: A negative person
Sick: Cool, awesome
Mad: A lot or very
Poppin' tags: Shopping

Ratchet: Rude or obnoxious
Turn up: Let's party, have fun
Tweet: Social media message
Twisted: Drunk and high
Went in: Did well
YOLO: You only live once

DRUG TERMS

AC/DC—Codeine cough syrup
Ace—marijuana cigarette
Acid – slang term for LSD
Addiction – physical dependence on a drug
Amped—high on amphetamine
Bag – packet of drugs designated by the price: a nickel bag (\$5), a dime bag (\$10)
Bong – a water pipe used to smoke marijuana
Beer Bong— used for rapid funneling of beer down the throat
Bummer – unpleasant or bad trip

Burnout – slang term for a state of apathy and deadened perceptions which can result from habitual use of marijuana

Buzz – slang term for a high or a drug-induced euphoria

Coke – street slang for cocaine

Cold turkey – the withdrawal after heavy opiate use

Colombian – a potent strain of marijuana

Crank – drug that over stimulates the central nervous system

Crashing – going from a high to extreme low

Dime – a quantity of drugs which sells on the streets for \$10

Dope – slang for marijuana and other drugs

Hit – a single drag or inhalation of marijuana smoke

Joint – a hand-rolled marijuana cigarette

Downers – slang for depressants

Drop – to take any drug orally

Ganja – marijuana in general

Grass – slang for marijuana

Junk – heroin

Junkie – an opiate addict

Hash Oil – liquid extracted or distilled from the Cannabis

Hashish (Honey Oil) – made either from the Cannabis plant or its resin

Head shops— stores which specialize in the sale of drug paraphernalia

High – a widely used slang term for euphoria and intoxication

Killer Weed – a slang term for PCP-treated marijuana

Loaded – slang for state of being high or intoxicated

Mainline – injecting a drug into a vein (to shoot up)

Nickel – a quantity of marijuana which sells on the street for \$5

On the Nod – the reaction produced by opiates...right on the edge of sleep

Ounce – a standard unit of measurement for marijuana

Overdose – brain function controlling breathing is paralyzed, causing death

Paraphernalia – drug equipment or gadgets usually sold in head shops

Pot – slang for marijuana

Roach – the small end of a marijuana joint after cigarette is smoked

Roach Clip – a device used to hold the tip end of a marijuana joint



I wish my Mom had time to listen to me

LISTEN. LISTEN. LISTEN

Track – scars on the skin as a result of repeated injection of opiates
Trip – reaction caused by a psychedelic drug
Water Pipe – paraphernalia used to smoke marijuana or hashish which filters the smoke through water
Weed – marijuana

Teens Secret Language

Acronyms and texting abbreviations change quickly, so consult an on-line website such as netlingo.com for current jargon.

BRB - Be Right Back
BTW By The Way
B4N Bye For Now
BCNU Be Seeing You
BFF Best Friends Forever
CYA Cover you're a** /See Ya
GR8 Great
ILY I Love You
IMO In my Opinion
IRL In Real Life
ISO In Search Of
J/K Just Kidding
L8R Later
LMAO Laughing My A** Off
LOL Laughing Out Loud -or- Lots Of Love -or- Living On Lipitor
NP No Problem -or- Nosy Parents
OT Off Topic
RBTL Read Between The Lines
ROTFLMAO Rolling On The Floor Laughing My A** Off
RT - Real Time -or- Re-Tweet
THX or TX or THKS Thanks
SH Sh** Happens



SITD Still In The Dark
SMH Shaking My Head
SOL Sh** Out of Luck -or- Sooner Or Later
STBY Sucks To Be You
SWAK Sealed With A Kiss
TBT Throwback Thursday
TMI Too Much Information
TTYL Talk To You Later
TYVM Thank You Very Much
WTF What The F***



Ways to Reduce Risky Teen Behaviors **WYWH**

Wish You Were Here

XOXO Hugs and Kisses

- Be a good role model for your teen. Your teen looks to you for guidance and observes your behaviors. Studies have shown that parents are the child's first role model. The main reason children choose not to participate in drug and alcohol consumption is their fear of disappointing their parents.
- Know your teen's friends. Have a direct conversation with the friends. A perfect time is when you are driving them to or from an activity. Ask them about their family and just listen to their conversation. Know where your teen is at all times and who they are with. Steer your child to a different set of friends if current friends display deviant behaviors.
- Monitor, supervise and set boundaries. If boundaries are crossed be prepared with consequences to fit the infraction. Consequences need to be established before rules are broken.
- Be supportive and approachable so your teen will be able to talk with you about what is going on in their life.
- Encourage open communication and promote activities with you as the parent and family to maintain a connection.
- Parents must be willing to discuss drug and alcohol usage and enforce rules and expectations if your child has chosen to experiment.
- Practice healthy parent-child attachment. Promote family bonding.