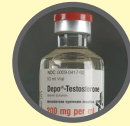


DRUG GUIDE FOR PARENTS: FACTS TO KEEP YOUR TEEN SAFE



	Alcohol	Bath Salts & Other Synthetic Drugs	Cocaine/Crack	Cough Medicine/ DXM	Ecstasy/MDMA	Spice (Synthetic Marijuana)	Heroin	Inhalants	Marijuana	Methamphetamine	Prescription (Rx) Pain Relievers	Prescription (Rx) Sedatives	Prescription (Rx) Stimulants	Steroids
Street Names	Sauce, Booze, Brew, Cold One, Juice	Cloud Nine, Ivory Wave, Vanilla Sky, Plant Food, Insect Repellant	Blow, Coke, Nose Candy, Rock, Snow, Crack, Flake	Dex, Robo, Triple C, Tussin, Skittles, Syrup	Molly, X, E, Clarity, Adam, Hug Drug, Lover's Speed	K2, Bliss, Black Mambo, Bombay Blue, Fake Weed	Black Tar, Junk, Smack, H, Skag	Dusting, Gluey, Huff, Rush	Weed, pot, edibles, blunt, grass, amber, shatter, dabs, herb	G, Ice, Crank, Crystal, Fire, Glass, Meth, Speed, Tweak	Quaaludes (Ludes), Xanax (Zannies), Valium, Benzos, Downers, Ambien	Quaaludes (Ludes), Xanax (Zannies), Valium, Benzos, Downers, Ambien	Ritz, Ritalin, Adderall (Addy), Dexedrine, Uppers	Juice, Roids, Stackers, Pumpers, Weight Gainers
Looks Like	Liquid (types include beer, wine, liquor)	White or brown crystal-like powder sold in small plastic or foil packages	White crystalline powder, chips, chunks or whole rocks	Liquid, pills, powder, gel caps	Pills with popular logos (hearts, smiley faces, Playboy bunnies, etc.)	Dried leaves, potpourri	White to dark brown powder or tar-like substance	Paint thinners, glues, markers, nail polish remover, aerosol containers and more	Dried plant material, waxy substance, added to baked goods or other edibles	White or slightly yellow crystal-like powder, large rock-like chunks	Liquid Rx cough medicine, tablets, capsules	Multi-colored tablets and capsules, some can be in liquid form	Tablets and capsules	Tablets, liquid, cream
How It's Used/Abused	Alcohol is drunk or inhaled	Snorted, smoked, injected or ingested	Snorted, injected, or smoked	Swallowed	Swallowed	Smoked, made into tea, put in food	Ingested, smoked, freebased or snorted	Inhaled	Smoked, inhaled from a bong, vaporizer or a metal surface	Swallowed, injected, snorted or smoked	Swallowed, injected, snorted or smoked	Swallowed, injected or snorted	Swallowed, injected or snorted	Swallowed, applied to skin or injected
What Teens Have Heard	"Makes a boring night fun."	"Legal, safe, not picked up in standard drug test."	"Keeps you amped up. You'll be the life of the party."	"Causes a trippy high."	"Enhances the senses and you'll love everyone."	"It's fake weed, won't show up on a drug test."	"It's a cheaper high than pills."	"A cheap, 20 minute high."	"Safe, medicinal and natural."	"Can keep you going for days."	"An easy high, straight from the medicine cabinet."	"Helps you chill out."	"Keeps you attentive and focused."	"Will help me bulk up and make the team."
Dangerous Because	Impairs reasoning, clouds judgment. Long term heavy drinking can lead to alcoholism and liver and heart disease	Thoughts of suicide, hallucinations, psychosis, hypertension, chest pain, violent behavior	Can cause heart attacks, strokes, seizures, and 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	Elevates heart rate and blood pressure, stored in the body for long periods of time, long-term effects not fully known	Skin infections, respiratory failure, death	Can produce significant damage to the heart, lungs, kidneys and brain. Can cause death	Can be addictive and cause permanent damage to developing brains, increased risk of psychosis	Can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior), insomnia and stroke	Can cause severe respiratory depression that can lead to death - even after a single dose	Slows brain activity. Stopping use abruptly can cause a rebound effect leading to seizures and other harmful consequences	Abuse or misuse may result in dangerously high body temperatures and irregular heartbeat. Potential for heart attacks or lethal seizures	Can cause aggression, depression, heart attacks, strokes, liver cancer, sterility
Arizona Teen Facts	Nearly 60% of high school seniors have used alcohol	Teen use of synthetic drugs is on the decline	More than three and half times as many teens have used cocaine than meth.	8th graders are nearly as likely as high school seniors to abuse over-the-counter medicine, like cough medicine	MDMA use by teens has dropped by more than 50% since 2010	There have been documented reports of teens being hospitalized in AZ after using spice	Heroin use among teens has continued to drop	8th graders are nearly twice as likely to use inhalants than 12th graders.	Marijuana is the third most used drug among 12th graders.	Meth use is at its lowest level since 2008	9% of teens have abused prescription pain relievers.	Teens report using Rx sedatives to get high	Nearly 7% of high school seniors abused prescription stimulants.	Steroid use remains low at about 1% of teenagers
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Agitation, hallucinations, lack of need to sleep	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Panic attacks, paranoia, giddiness	Track marks on skin, slowed and slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed reaction time, impaired judgment and coordination, paranoia	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep	Rx bottles or pills missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, trouble sleeping, restlessness, aggression	Rapid growth of muscles, opposite sex characteristics and extreme irritability
Important to Know	Children of alcoholics are at greater risk for developing alcoholism	In 2012 Arizona legislators banned "bath salts" but they are still available online.	Cocaine is one of the most powerfully addictive drugs	Dextromethorphan (DXM) is the ingredient that causes the "high"	Ecstasy can lead to depression and anxiety days or even weeks later	There is now a federal ban on the use of these products	Heroin is highly addictive and the purity of the drug cannot be accurately known	Many common household products are potential inhalants that can kill, either on the first use, or any time thereafter	THC potency in marijuana has increased from an average of 4% in the 1980's to an average of 15% today	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing Rx painkillers is just as dangerous, addictive, and deadly as using heroin	Using prescription sedatives with alcohol can slow the heart and respiration, and may lead to death	Many teens abuse prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids risk stunted growth