

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/or Tranquilizers | Prescription Stimulants | Steroids | Tobacco |
|----------------------------------|--|---|--|---|---|--|---|--|--|---|---|---|--|
| Street Names / Commercial | 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 |
| Looks Like | 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; some can be in liquid form | Tablets and capsules | Tablet, liquid or skin application | Brown, cut up leaves |
| How It's Used/Abused | 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 | Swallowed, applied to skin or injected | Smoked or chewed |
| What Teens Have Heard | 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 |
| Dangerous Because | 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 |
| Teen Usage (Grades 9-12) | 1 in 2 teens drank alcohol in the last year | 1 in 9 teens has abused cocaine or crack in their lifetime | 1 in 8 teens has abused cough medicine in their lifetime | 1 in 8 teens has abused Ecstasy in their lifetime | 1 in 20 teens has abused heroin in their lifetime | 1 in 6 teens has abused inhalants in their lifetime | 1 in 3 teens has abused marijuana in their lifetime | 1 in 14 teens has abused methamphetamine in their lifetime | 1 in 5 teens has abused prescription pain relievers in their lifetime | 1 in 11 12th graders has abused sedatives and/or tranquilizers in their lifetime | 1 in 10 teens has abused Ritalin or Adderall in their lifetime | 1 in 20 teens has abused steroids in their lifetime | 1 in 4 teens smoked cigarettes in the last 30 days |
| Signs of Abuse | 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, slowed and slurred speech, vomiting | Missing household products, a drunk, dazed or dizzy appearance | Slowed thinking and reaction time, impaired coordination, paranoia | Nervous physical activity, scabs 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 |
| Important to Know | Being a child of an alcoholic places children at greater risk for developing alcohol problems | Cocaine is one of the most powerfully addictive drugs | The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient | Can be addictive. A popular club drug because of its stimulant properties which allow users to dance for long 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 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 |

Thanks to Endo Pharmaceuticals, National Supporter, Parent Resources | Find more tools and tips at www.timetotalk.org.