

Signs of Illicit Drug Use and Abuse

A Presentation Provided By:

Get Smart About Drugs (A DEA Resource for Parents) and Communities of Practice.
Published June 2010.

For presenters, the following information is presented in addition to the title slide:

Hi, and welcome to the Drug Enforcement Administration's, or DEA's, Get Smart About Drugs presentation on Signs of Illicit Drug Use and Abuse.

Presenters are encouraged to introduce themselves and to tell the audience which organization they work for and other relevant information.

"My name is . . . and I work for/on . . ."

Slide: What Is Get Smart About Drugs?

The slide provides a screenshot of the Get Smart About Drugs homepage and three bullet points of information that are summarized in the presenter information:

For presenters, the following information is presented in addition to the title slide:

Get Smart About Drugs is an educational outreach and awareness website that helps parents and caregivers identify and prevent drug abuse. The website, located at <http://www.getsmartaboutdrugs.com>, also provides a number of resources parents can use to get help if they suspect their child has a problem with drugs.

The website features tools to help parents:

- Visually identify drugs
- Understand hidden dangers in their home
- Learn the signs of drug abuse
- Prevent drug abuse in their home
- Explore ways to talk to their children about drugs
- Find resources for getting help

Slide: Presentation Topics

The slide lists three bullet points of information that are repeated in the presenter information:

For presenters, the following information is presented in addition to the slide title:

Today, we're going to talk about:

- The signs of illicit drug use and abuse

- The consequences of illicit drug abuse
- How to talk to your kids about drugs

Slide: Signs of Illicit Drug Use and Abuse

The slide lists three bullet points of information that are repeated in the presenter information:

For presenters, the following information is presented in addition to the slide title:

We'll begin by talking about the signs of drug use and abuse. In this section, we'll cover:

- Behavioral and physical signs of drug use
- Language teens use and drug slang
- Paraphernalia used to consume and conceal drugs

Slide: Addiction

The slide lists three bullet points of information (drawn from the National Institute on Drug Abuse website, <http://www.drugabuse.gov>).

These are repeated in the presenter information:

If drug abuse is not treated, it may lead to drug addiction. Addiction is a chronic relapsing brain disease expressed in the form of compulsive behaviors.

The initial decision to use drugs is voluntary and addiction compels a person to become obsessed with obtaining and abusing drugs despite the adverse health and life consequences.

Slide: Behavioral Signs

This slide lists eight behavioral signs associated with illicit drug use and abuse and cites The Partnership for a Drug Free America web page found at http://drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx.

For presenters, the following information is presented in addition to the slide title:

We'll begin by going over some of the behavioral signs of drug abuse. Sometimes it's hard to tell whether or not a teen is abusing drugs or alcohol. Are they just being teens, or is something else going on? It may not even be drugs – it could be depression or some other issue. It never hurts to come straight out and ask your child if he or she is using drugs, but he or she may not be completely honest. If you suspect drug abuse or some other condition, do not hesitate to seek the advice of a healthcare professional. It's always better to err on the side of caution than ignore it.

However, if your child is behaving differently and demonstrating some of the following behaviors, he or she may be abusing drugs:

- Change in relationships with family members or friends
- Loss of inhibitions
- Mood changes or emotional instability
- Hostility, anger, uncooperative behavior
- Unable to speak intelligibly, slurred speech, or rapid-fire speech
- Disappearances for long periods of time
- Changing grades in school
- Deceitful or secretive

These are just a few of many behavioral issues that are associated with substance abuse.

Slide: Secretive Language

This slide shows an illustration of a cell phone with “LOL!” displayed on its screen and presents the following information:

- When texting or chatting, kids use language that indicates they’re being secretive
- Acronyms don’t indicate drug abuse but some do mean your kids don’t want you to see what they’re writing.

For presenters, the following summary is presented:

When they’re chatting online or texting with friends, there is some language that indicates kids are being secretive. It’s important to emphasize that just because they use acronyms, it doesn’t mean they are using drugs, but some acronyms do mean they don’t want you to see what they’re writing.

Slide: Common Acronyms

This slide presents a bulleted list of seven common acronyms and displays a link to a page on the Get Smart About Drugs website.

The acronyms and link are presented within the presenter’s information as follows:

Common acronyms include:

- CD9: Code 9 – means parents are around
- MOS: Mom over shoulder
- PIR: Parents in room
- POS: Parent over shoulder
- PRW: Parents are watching
- P911: Parent emergency
- PAW: Parents are watching

The Internet offers a plethora of information to help you decode the language your kids are using. Visit <http://www.getsmartaboutdrugs.com/identify/language.html> to link to a variety of Internet acronym sites.

Slide: School- or Work-Related Issues

The slide presents a bulleted list of five school- or work-related issues associated with illicit drug use and abuse and cites The Partnership for a Drug Free America web page found at

http://www.drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx.

For presenters, the following information is presented:

Teens who may be abusing drugs also exhibit the following school- or work-related issues:

- Truancy or loss of interest in school work
- Loss of interest in extracurricular activities, hobbies, or sports
- Failure to fulfill responsibilities at work or school
- Complaints from teachers or co-workers
- Reports of intoxication at school or work

Slide: Personal Habits and Actions

The slide presents a bulleted list of three personal habits and actions for parents to watch for related to illicit drug use and abuse and cites The Partnership for a Drug Free America web page found at

http://www.drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx.

For presenters, the following information is presented:

Finally, there are some personal habits and actions that could indicate substance abuse, including:

- Heavy use of over-the-counter preparations to reduce eye reddening, nasal irritation, or bad breath
- Frequently breaks curfew
- Reckless driving, car accidents, or unexplained dents in the car

Visit <http://www.getsmartaboutdrugs.com/identify.html> to get more information about the signs of drug use.

Slide: Health Issues

This slide presents a bulleted list of seven health issues associated with illicit drug use and abuse and cites The Partnership for a Drug Free America web page found at

http://www.drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx.

The following information is added for presenters:

You may even notice physical and mental health-related issues, including:

- Nosebleeds
- Sores, spots around mouth
- Wetting lips of excessive thirst (cotton mouth)
- Sudden or dramatic weight loss or gain
- Skin abrasions/bruises
- Accidents or injuries
- Depression

Slide: Personal Appearance

This slide presents a bulleted list of six personal appearance issues associated with illicit drug use and abuse and cites The Partnership for a Drug Free America web page found at

http://www.drugfree.org/Parent/HowToSpotUse/Articles/Is_Your_Teen_Using.aspx.

The following information is added for presenters:

Sometimes your teen’s personal appearance could indicate possible drug abuse:

- Messy, shows lack of caring for appearance
- Poor hygiene
- Red, flushed cheeks or face
- Track marks on arms or legs (or long sleeves in warm weather to hide marks)
- Burns or soot on fingers or lips (from “joints” or “roaches” burning down)
- Smell of smoke or other unusual smells on breath or on clothes

Slide: Get Smart About Drug Slang

This slide presents two screenshot images of the Get Smart About Drug Slang widget available from the DEA and a link to find the widget on line.

The information is repeated for presenters as follows:

There are a variety of ways to educate yourself on common drug slang, such as online dictionaries. You can also download the Get Smart About Slang widget found on <http://www.getsmartaboutdrugs.com/identify/widget.html>. This downloadable tool will help you identify drug slang terms used to describe substances.

Slide: What Is Drug Paraphernalia?

The slide presents a definition of drug paraphernalia and cites a DEA web page, <http://www.justice.gov/dea/pubs/csa/863.htm> as a source.

The definition is repeated in the information for presenters as follows:

A tell-tale sign that your teen may be abusing drugs is finding paraphernalia in his or her bedroom, closet or backpack.

Under federal law, the term “drug paraphernalia” means, “any equipment, product, or material of any kind which is primarily intended or designed for use in manufacturing, compounding, converting, concealing, producing, processing, preparing, injecting, ingesting, inhaling, or otherwise introducing into the human body a controlled substance.”

Slide: Drug Paraphernalia

The slide presents the following information:

- Pipes
- Bongs
- Syringes

Some pipes and bongs are meant to look harmless to mask the dangers of taking controlled substances by including colorful logos, celebrity pictures, and designs.

A link to the Get Smart About Drugs website that is repeated in the presenter information is provided as are links to two sources:

- Parents The Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

For presenters, the following information is also offered:

Some paraphernalia like pipes, bongs, and syringes are easily identifiable. Some pipes and bongs are marketed specifically to youth – with colorful logos, celebrity pictures, and designs like smiley faces. They’re meant to look harmless to mask the dangers of taking controlled substances.

Get Smart About Drugs features a visual glossary and examples of paraphernalia at <http://www.getsmartaboutdrugs.com/identify/paraphernalia.html>.

Slide: Paraphernalia to Conceal Drug Use (1)

This slide presents a list of seven items of drug paraphernalia used to conceal drug use.

A link to the Get Smart About Drugs web page at <http://www.getsmartaboutdrugs.com/identify/paraphernalia.html> is provided as are links to two sources:

- Parents The Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

For presenters, the following information is also offered:

There is a lot of paraphernalia that is not easily identifiable and can conceal drug use.

This includes:

- Magic markers – they can conceal pipes
- Hand-painted blown glass items – they look more like pretty trinkets than pipes or stash containers
- Soda cans – they can have a false bottom to hide drugs
- Lipstick dispensers – they could hide a drug pipe

Other items that can be used to conceal drugs include:

- Plastic baggies
- Small paper bags
- Make-up kits

Slide: Paraphernalia to Conceal Drug Use (2)

This slide presents a list of seven items of drug paraphernalia used to conceal drug use.

A link to the Get Smart About Drugs web page at

<http://www.getsmartaboutdrugs.com/identify/paraphernalia.html> is provided as are links to two sources:

- Parents The Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

For presenters, the following information is also offered:

Other less obvious drug paraphernalia includes:

- Change bottles
- Plastic film canisters
- Cigarette packs
- Small glass vials
- Pill bottles
- Breath mint containers
- Inside candy or gum wrappers

Slide: Ecstasy

The slide presents the following information:

- MDMA, a synthetic psychoactive drug with stimulant and hallucinogenic properties

- Mainly involves swallowing tablets, but is also available as a powder
- Tablets can be crushed and snorted
- Occasionally smoked but rarely injected

Three sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The following information is provided for presenters:

Some paraphernalia is associated with specific drug use.

Ecstasy is the drug MDMA, a synthetic psychoactive drug with stimulant and hallucinogenic properties. People who abuse ecstasy use it to promote euphoria, feelings of closeness, empathy, sexuality, and to reduce inhibitions. Ecstasy use mainly involves swallowing tablets, but it is also available as a powder. Tablets can be crushed and snorted, occasionally smoked but rarely injected.

Slide: Ecstasy Paraphernalia

This slide lists three types of paraphernalia associated with ecstasy and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information for presenters lists each item and offers an explanation as follows:

Ecstasy paraphernalia typically includes:

- Pacifiers and lollipops – often used to help Ecstasy users guard against the teeth grinding that comes from involuntary jaw clenching
- Candy necklaces – sometimes used to hide Ecstasy pills
- Glow sticks, mentholated rub, and surgical masks – often used by kids on Ecstasy to stimulate senses

Slide: Cocaine

This slide presents three bullet points of information about cocaine:

- Extracted from the leaves of the coca plant
- A potent brain stimulant and one of the most powerfully addictive drugs
- Commonly snorted, smoked, or intravenously injected

Three sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The following information is provided for presenters:

Cocaine is a drug extracted from the leaves of the coca plant. It's a potent brain stimulant and one of the most powerfully addictive drugs. Cocaine is commonly snorted, smoked or intravenously injected.

Slide: Cocaine Paraphernalia

This slide lists five types of paraphernalia associated with cocaine and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information for presenters lists each item as follows:

Cocaine paraphernalia includes:

- Pipes to smoke crack
- Small mirrors and short plastic straws or rolled-up paper tubes
- Razor blades
- Small spoons (coke spoons)
- Lighters

Slide: Marijuana

This slide provides the following information about marijuana:

- Psychoactive drug produced by the Cannabis sativa plant
- Most widely used illegal drug in the United States
- Marijuana can be:
 - Smoked as a cigarette (called a joint) or in a pipe or bong
 - Smoked in blunts (cigars that have been emptied of tobacco and refilled with marijuana, sometimes in combination with another drug)
 - Mixed with foods or brewed as a tea

Three sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>

- Partnership for a Drug-Free America, <http://www.drugfree.org>

The following information is provided for presenters:

Marijuana is a psychoactive drug produced by the Cannabis sativa plant. It's the most widely used illegal drug in the United States. Marijuana is typically smoked as a cigarette (called a joint) or in a pipe or bong. It can also be smoked in blunts (cigars that have been emptied of tobacco and refilled with marijuana, sometimes in combination with another drug) or mixed with foods or brewed as a tea.

Slide: Marijuana Paraphernalia:

This slide lists seven types of paraphernalia associated with marijuana and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information for presenters lists each item as follows:

Marijuana paraphernalia includes:

- Rolling papers
- Cigars to make a "blunt" (cigar hollowed out and filled with marijuana)
- Small plastic baggies and "stash cans"
- Deodorizers and incense used to disguise the smell of marijuana
- Pipes (metal, wooden, acrylic, glass, stone, plastic, or ceramic)
- Bongs
- Roach clips

Slide: Inhalants (1)

Slide provides information on inhalants and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information for presenters presents the information on the slide as follows:

Inhalants are ordinary household products that people inhale to get high, such as nail polish remover, household glue, hairspray, computer keyboard cleaner, vegetable cooking spray, lighter fluid, cleaning fluid, spray paint, correction fluid, and gasoline.

Slide: Inhalants (2)

This slide lists five types of paraphernalia associated with cocaine and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

Inhalants can be:

- Sniffed
- Snorted
- Bagged (sniffing or inhaling fumes from substances sprayed or deposited inside a plastic or paper bag)
- Huffed from an inhalant-soaked rag stuffed in the mouth
- Many abusers sniff inhalants directly from their containers

Slide: Inhalants Paraphernalia

This slide lists six types of paraphernalia associated with inhalants and cites three sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information is provided again in the presenter notes:

Inhalants paraphernalia can include:

- Rags used for sniffing
- Empty spray cans
- Tubes of glue
- Plastic bag
- Balloons
- Bottles or cans with hardened glue, sprays, paint, or chemical odors inside them

Slide: Methamphetamine

This slide presents information about methamphetamine and cites two sources:

- Parents the Anti-Drug, <http://www.theantidrug.com>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The information is presented with the following text in the presenter notes:

Methamphetamine, or meth, is a highly addictive stimulant that strongly activates systems in the brain. Meth can come in a pill or powder form or in a crystal-like substance that sometimes comes in large chunks. It can be taken orally, injected, snorted, or smoked.

Slide: Methamphetamine Paraphernalia

Five items of methamphetamine paraphernalia are listed and the Meth Awareness and Prevention Project of South Dakota

(<http://www.mappsd.org/Meth%20Forms%20Paraphernalia.htm>) as a reference.

Details of each item are provided in the presenter information:

Methamphetamine paraphernalia includes:

- Light bulbs that are hollowed out and used to heat powder or crystal meth
- Pen, the barrels are used to either transport meth or to inhale cooked meth fumes
- Aluminum foil and bottle caps, which are used to heat meth
- Empty soda cans, which are made into meth pipes
- Needles, which are used to inject liquid forms of meth

Slide: Heroin

- Highly addictive drug derived from morphine
- Affects the brain's pleasure system
- Forms include
 - White or brown powder
 - Black sticky substance – “black tar heroin”
- Can be injected, snorted or sniffed

Two sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The presenter notes follow:

Heroin is a highly addictive drug derived from morphine. It's a depressant, affecting the brain's pleasure system. It usually comes in the form of a white or brown powder or as a sticky black substance, known as “black tar heroin.”

Heroin can be injected, snorted, or smoked.

Slide: Heroin Paraphernalia

The slide lists nine items commonly considered to be heroin paraphernalia and cites the Center for Drug Abuse Research, <http://www.cesar.umd.edu/cesar/drugs/heroin.pdf>, as a source.

The presenters' notes address each item on the list as follows:

For users who inject heroin, paraphernalia includes:

- Needles, syringes, and tourniquets for injection
- Cotton balls, used to strain the drug
- Spoons or bottle caps for heating and liquefying the drug

Users who snort or smoke heroin often use:

- Razor blades
- Straws
- Rolled dollar bills
- Pipes

Balloons are used as a method of transporting or trafficking heroin.

Slide: Hallucinogens

- Alter perception and mood
- Common types include:
 - LSD
 - Ecstasy (MDMA)
 - PCP
 - Psilocybin (mushrooms)
 - Mescaline (peyote)
 - Dextromethorphan or DXM (cough and cold medications)
- Can be taken orally or smoked

Three sources are cited:

- DEA Drugs of Abuse, <http://www.justice.gov/dea/concern/h.html#1>
- Office of National Drug Control Policy, <http://www.whitehousedrugpolicy.gov>
- Partnership for a Drug-Free America, <http://www.drugfree.org>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The presenters' notes are as follows:

Hallucinogens are drugs that alter perception and mood. They can be found in plants and fungi or produced synthetically. Commonly used hallucinogens include LSD, Ecstasy (MDMA), PCP, Psilocybin (found in certain mushrooms), Mescaline (found in Peyote), and Dextromethorphan (found in over-the-counter cough and cold medications.)

Many come in the forms of powder, liquid, tablets and can be taken orally or smoked.

Slide: Hallucinogens Paraphernalia

This slide presents lists of paraphernalia for LSD and PCP that are repeated in the presenters' notes. Two sources are cited:

- LSD Addiction, <http://www.lsdaddiction.us/content/lsd-abuse-warning-signs.html>
- Department of Interior, <http://www.doi.gov/nbc/eps/SignsSymptoms.html>

The presenters' notes are as follow:

Because of the many forms of hallucinogens, there are a number of paraphernalia associated with the drugs.

LSD paraphernalia includes:

- Blotter paper
- Gelatin, in small packages
- Sugar; LSD is often delivered in sugar cubes

PCP paraphernalia includes:

- Foil or paper packets
- Stamps; off which PCP is licked
- Needles, syringes, and tourniquets (for injection)
- Leafy herbs (for smoking)

Slide: More Information

This slide presents a screenshot taken of the Get Smart About Drugs website and encourages viewers to visit <http://www.getsmartaboutdrugs.com/content/identify.html> to visually explore commonly abused drugs and related paraphernalia.

Information for presenters reads:

You can visually explore commonly abused drugs and related paraphernalia at Get Smart About Drugs - visit <http://www.getsmartaboutdrugs.com/content/identify.html>

Slide: Consequences of Drug Abuse

- Legal consequences
- Health consequences
- Social consequences
- Financial consequences

Presenter notes are as follow:

If you suspect your child is abusing drugs, know that it's not an issue to be taken lightly. There are serious consequences for all ages, and for members of your family. It's important to fully understand the variety of consequences your child may experience if they get caught up in drug abuse.

In this section, we'll cover the legal, health, social, and financial consequences of drug abuse.

Slide: Legal Consequences (1)

Related behavior with legal consequences:

- Intoxication
- Violence
- Crime

Two sources are cited:

- Substance Abuse and Mental Health Services Administration, Office of Applied Studies, Marijuana Use and Delinquent Behaviors and Youths, The NSDUH Report, January 9, 2004
- Substance Abuse and Mental Health Services Administration, Office of Applied Studies, 2008 National Survey on Drug Use and Health, September 2009

The presenters' notes follow:

We'll start with the legal consequences of drug abuse. Most psychoactive drugs change a person's mood or behavior. Sometimes these changes are negative or harmful, both to the user and to other people. Behavior caused by drug use can also get a person in trouble with the law.

Intoxication: In some places, it is an offense to be intoxicated in a public place.

Violence: Long-term or excessive use of alcohol or other drugs can affect a person's relationship with other people. Domestic violence can follow alcohol and drug use. Injuring other people is a criminal offense. It isn't excused or defended just because it happens inside a family. Alcohol or drug use can make a person aggressive and lead to fights with others. Fighting in a public place is also an offense.

Crime: There seems to be a relationship between using some drugs and committing crimes. For example, The National Survey on Drug Use and Health shows that the percentages of youths engaging in delinquent behaviors – like fighting, stealing, and destroying property – rise with increasing frequency of marijuana use. For example the 2008 National Survey on Drug Use and Health found that youths ages 12 to 17 who had engaged in fighting or other delinquent behaviors were more likely than other youths to have used illicit drugs in the past month and that past month illicit drug use was reported by 15.9 percent of youths who had gotten into a serious fight at school or work in the past year.

According to the survey, past month illicit drug use was reported by 39.8 percent of those who had stolen or tried to steal something worth over \$50 in the past year.

Slide: Legal Consequences (2)

- Career
- Employment
- Licenses
- Travel
- Social status

The presenters' notes appear as follow:

Under Federal and state drug laws, it is a crime to possess illegal controlled substances such as marijuana, methamphetamine, cocaine, LSD, and heroin. Penalties vary based on drug type, amount, and state where the crime occurred. Criminal convictions are recorded for some offenses, and these records may exist forever. This can affect your child's life in many ways:

- **Career:** Certain types of work can be closed to someone with a criminal record. For example, some types of jobs require certifications or registrations with a professional association when your academic training is finished, and that association can refuse to accept a person with a criminal record.
- **Employment:** Some employers will check applicants for a criminal record. A person may not be able to get a job in the armed or police services, in security or public services, or in business or industry if s/he has a conviction. A person who is convicted of an offense while employed could be fired.
- **Licenses:** Having a criminal record can prevent a person from getting many sorts of licenses; for example, licenses for driving a taxi, running a liquor store, or owning a gun.
- **Travel:** Many countries require that people traveling there get a visa. These countries can refuse to give a person a visa who has a criminal record.
- **Social Status:** Many individuals and groups of people discriminate against someone with a criminal record. A criminal record can affect your standing in the community, the attitudes of your co-workers and neighbors and your relationships with your family and friends.

Slide: Health Consequences – Physical Health

- Drug abuse can affect every major body system
- Drugged driving increases the likelihood of road accidents
- Risky behaviors can put your child at risk of contracting HIV/AIDS or other sexually transmitted infections

The slide cites two sources:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>

- Partnership for a Drug-Free America, <http://www.drugfree.org>

The presenters' notes for this slide are as follow:

In addition to legal consequences, drug abuse can have a serious, life-changing impact on your child's physical and mental health.

Physical Health

Drug abuse can adversely affect every major system in the human body.

Another way that drugs can affect your child's physical health – as well as potentially that of others – is if they drive while under the influence of drugs. Drugged driving is a major concern because it impairs a driver's motor function, concentration, and perception – all of which increase the likelihood of road accidents.

Teens who abuse drugs may also engage in behavior that places them at risk of contracting HIV/AIDS or other sexually transmitted infections. This may happen because they are injecting drugs and sharing used needles or because of poor judgment and impulse control while experiencing the effects of mood-altering drugs, making them more likely to engage in risky sexual behaviors.

Slide: Health Consequences – Mental Health

- Depression
- Developmental lags
- Apathy
- Addiction
- Withdrawal
- Conduct problems
- Personality disorders
- Suicidal thoughts
- Attempted suicide
- Suicide

Two sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The presenters' notes are as follow:

Drug abuse can impact your child's mental health as was as his or her physical health.

Mental Health

Mental health problems such as depression, developmental lags, apathy, addiction, withdrawal, and other psychosocial dysfunctions frequently are linked to substance abuse among adolescents.

Substance-abusing youth are at a higher risk than nonusers for mental health problems including depression, conduct problems, personality disorders, suicidal thoughts, attempted suicide, and suicide.

Slide: Social Consequences

- Families: withdrawal, hostility, theft
- Academics: declining grades, absenteeism, dropping out, truancy
- Peers: alienation, stigmatization, disengagement

Two sources are cited:

- National Institute on Drug Abuse, <http://www.drugabuse.gov>
- Partnership for a Drug-Free America, <http://www.drugfree.org>

The presenters' notes for this slide are as follow:

Drugs alter the brain, so it stands to reason that they would also change the way that humans interact with one another. And drug abuse can radically impact the way your child interacts with family, friends, and others.

Families

Substance abuse affects the emotional, financial, and psychological well-being of the entire family. Teens who use drugs withdraw from their family members and family activities, as well as set bad examples for any younger siblings. Because their judgment and decision-making ability becomes greatly impaired, they may become more hostile toward family members, and even steal from them to get money for drugs.

Academics

Teens who abuse drugs have declining grades, a higher rate of absenteeism from school and other activities, as well as an increased potential for dropping out of school.

Peers

Teens who abuse drugs are often alienated from and stigmatized by their peers, and they may disengage from school and community activities.

To learn more about the consequences of drug abuse, visit the Get Smart About Drugs website at <http://www.getsmartaboutdrugs.com/identify/consequences.html>.

Slide: Financial Consequences

Impact on Jobs:

- Adolescent drug use is linked with poorer occupational and job quality outcomes as much as ten years after high school
- Females end up in lower skill, lower status jobs
- Males are more likely to end up in jobs with fewer benefits

“High School Drug Use Predicts Job-Related Outcomes at Age 29,” by Jeanne S. Ringel, Phyllis L. Ellickson and Rebecca L. Collins, published in *Addictive Behaviors*, volume 32, number 3, March 2007, p. [576]-589 is cited as a source.

The presenters’ notes for this slide appear below:

Drug use costs society and governments financially in many well-known ways, including costs to employers, law enforcement, and the health-care system. However, there are also a number of financial consequences to drug users themselves.

The RAND Corporation has studied groups of drug-using and non-using teenagers well into their adulthood, including studies on the financial consequences of drug use. Some of their findings include:

Impact on jobs:

"Adolescent drug use is linked with poorer occupational and job quality outcomes as much as 10 years after high school. Interestingly, which job-related outcomes are affected by early hard drug use varies by gender. Females who use hard drugs as adolescents end up in lower skill, lower status jobs, while males who use hard drugs as adolescents are more likely to end up in jobs with fewer benefits (e.g., health, retirement)." (From "High School Drug Use Predicts Job-Related Outcomes at Age 29," by Jeanne S. Ringel, Phyllis L. Ellickson and Rebecca L. Collins, published in *Addictive Behaviors*, volume 32, number 3, March 2007, p. [576]-589.)

Slide: Talking to Kids about Drugs

A photo of a woman with her arms around two adolescent children is shown alongside the following bulleted list:

- Introducing drug topics into the conversation
- Talking about the risks of drugs
- Refusal skills to turn down drugs

The presenters’ notes reference these points:

So, you know the signs and consequences of drug abuse. How do you talk to your kids about drugs?

- Introducing drug topics into the conversation
- Talking about the risks of drugs
- Refusal skills to turn down drugs

Slide: Starting the Conversation

- Use blocks of time, such as after dinner, to talk about drugs and why they're harmful
- Take advantage of everyday “teachable” moments:
 - Point out alcohol, tobacco, and drug-related situations in your neighborhood
 - Use news stories as conversation starters
 - Watch TV with your kids, and ask them what they think

The Partnership for a Drug-Free America, <http://www.drugfree.org>, is cited as a source.

This slide's notes for presenters are as follow:

Starting a conversation about alcohol, tobacco, and other drugs is never easy—but it's also not as difficult as you think. Your teens may be pressing for independence, but the truth is they need to hear from you.

Use blocks of time such as after dinner, before bedtime, before school, or on the drive to or from extracurricular activities to talk about drugs and why they're harmful. Take advantage of everyday “teachable moments” and, in no time at all, you'll have developed an ongoing dialogue with your child. Teachable moments refer to using everyday events in your life to point out things you'd like your child to know about. Use the following “teachable moments” as a starting point, but develop others based on your own life:

Point out alcohol, tobacco, and drug-related situations going on in your own neighborhood. If you and your child are at the park and see a group of kids drinking or smoking, use the moment to talk about the negative effects of alcohol and tobacco.

Use newspaper headlines or TV news stories as a conversation starter. The daily news is filled with stories that detail the consequences of alcohol and drug abuse. Talk to your child about the mother who used drugs and was arrested. Who will take care of her baby now? Did she make a good decision when she used drugs?

Watch TV with your kids, and ask them what they think. Do the shows and advertising make drug use look acceptable and routine? Or do they show its downside? How did that program make your child feel about drugs? Write a letter with your child to companies or TV networks about the messages they put out about drugs. Also remember that anti-drug messaging — such as that from the Partnership for a Drug-Free America — is a great kickoff to discussion.

Slide: Talking About the Risks of Drugs

- Steer the subject to drugs and why they're harmful
- Teenagers who say they've learned a lot about the risks of drugs from their parents are less likely to try them than those who haven't

The Partnership for a Drug-Free America, <http://www.drugfree.org>, is cited as a source.

This slide's notes for presenters are as follow:

In conversations with your teen, steer the subject to drugs and why they're harmful.

If you can ingrain this information in your children well before they are faced with making difficult choices, experts say they'll be more likely to avoid rather than use. In fact, teenagers who say they've learned a lot about the risks of drugs from their parents are much less likely to try marijuana than those who say they've learned nothing from them.

You don't need to fear that by introducing the topic of drugs, you're putting ideas into your children's heads. You're letting them know about potential dangers in their environment so that when they're confronted with them, they'll know what to do.

Slide: Refusal Skills

- You can't shield your child from learning about the existence of drugs, but you can help your child learn how to turn them down
- Teach them that it's okay to say no to their friends
- Prepare them for drug-related situations by acting out scenarios

The Partnership for a Drug-Free America, <http://www.drugfree.org>, is cited as a source.

This slide's notes for presenters are as follow:

It's virtually impossible to prevent your kids from finding out about illegal drugs, alcohol, and tobacco—but you can help your child learn how to turn down offers to try them.

Kids don't usually get drugs or offers for drugs from strangers—they get them from their friends, which makes it more difficult for them to turn down. Kids need to know that it's okay to say no to their friends. Kids may think they'll be perceived as being "uncool" or that their friends will reject them if they turn down drugs.

A great way to help them prepare for drug-related situations is by acting out scenarios with them.

The Partnership for a Drug-Free America has different scenarios you can act out in their Parent Talk Kit at <http://www.timetotalk.org>.

In addition, the Get Smart About Drugs website has a variety of tools and resources available to help you talk to your child about drugs at <http://www.getsmartaboutdrugs.com/content/prevent.html>.

Slide: Suspect Your Child Is Abusing Drugs?

- Acknowledge the problem
- Be specific about your concerns
- Try to remain calm and connect with your child
- Be prepared, and practice what you'll say
- Act now

Parents The Anti-Drug, <http://www.theantidrug.com>, is cited as a source.

Notes for presenters are as follow:

What do you do if you suspect your teen is abusing drugs? First, know that it's never easy, but it's something that you have to address.

Acknowledge the Problem. Let your child know that you suspect a problem, and be sure to have the conversation when you are all calm and have plenty of time. This isn't easy – your feelings and your child's feeling may range from anger to guilt to sadness, but by staying involved, you can help your child make positive choices.

Be Specific About Your Concerns. Be specific about the things you've observed that have caused problems. For example, you've found paraphernalia, missing pills, or empty bottles. Perhaps his/her appearance indicates a problem. Tell your child that you're concerned and that this behavior is dangerous.

Try to Remain Calm and Connect with Your Child. Be firm but loving in your tone, and have the discussion without getting angry or accusatory. Try not to make the discussion an inquisition. Instead, try to connect and find out why your child is making these choices.

Be Prepared. Practice What You'll Say. Be prepared for your child to deny using drugs, and expect that he or she may get angry. Know what you're going to say ahead of time so that you can be prepared for this response and be prepared to remain calm and firm.

Act Now. After your talk, you'll have a better idea of where to go next. You could decide to set new rules and consequences and observe your child more closely, or the situation could require a professional intervention and medical treatment. You won't know until your child has been professionally evaluated to determine if there is a problem.

Slide: Where Can I Get Help? (1)

Hotlines for alcohol and drug abuse, such as:

- Center for Substance Abuse Treatment Hotline: 800-662-HELP (4357)
- Girls and Boys Town National Hotline: 800-448-3000
- National Alcohol and Substance Abuse Information Center: 800-784-6776

For more resources, visit: <http://www.getsmartaboutdrugs.com/content/help.html>.

Presenters' notes for this slide are:

If you suspect that your child has a problem with drugs or alcohol, know that you are not alone and that you don't have to face it on your own. There are many resources available where you can get help. You can find contact information for these resources on the Get Smart About Drugs site.

There are a number of hotlines, such as the Center for Substance Abuse Treatment Hotline at 800-662-HELP, the Girls and Boys Town National Hotline at 800-448-3000, and the National Alcohol and Substance Abuse Information Center at 800-784-6776 where you can call to get information, help, and resources.

Slide: Where Can I Get Help? (2)

Government agencies

- DEA
 - <http://www.getsmartaboutdrugs.com>
 - <http://www.justthinktwice.com>
- National Institute on Drug Abuse (NIDA)
 - <http://www.nida.nih.gov>
- Center for Substance Abuse Prevention
 - <http://www.prevention.samhsa.gov>

For more resources, visit: <http://www.getsmartaboutdrugs.com/content/help.html>.

Notes for presenters follow:

Next, there are a number of government agencies, including DEA, that work in the drug abuse prevention, treatment, and education fields that can be an excellent resource for parents.

DEA provides resources and updated information for parents and caregivers at <http://www.getsmartaboutdrugs.com>. DEA also has a teen-focused website – <http://www.justthinktwice.com> – that presents information on drug use and abuse to teens and teaches teens about drug facts and fiction.

The National Institute on Drug Abuse, NIDA, is a part of the National Institutes of Health, and is the nation's leading supporter of scientific research on drug abuse and addiction. More information is available at <http://www.nida.nih.gov> or 301-443-1124.

The Center for Substance Abuse Prevention or CSAP is part of the U.S. Department of Health and Human Service's Substance Abuse and Mental Health Services Administration, and works with states and communities to develop comprehensive prevention systems that create healthy communities. More information is available at: <http://www.prevention.samhsa.gov> or 240-276-2420.

Slide: Where Can I Get Help? (3)

Drug prevention organizations

- American Council for Drug Education
 - <http://www.acde.org>
- Boys and Girls Clubs of America
 - <http://www.bgca.org>
- D.A.R.E. America
 - <http://www.dare.com>
- Join Together
 - <http://www.jointogether.org>

For more resources, visit: <http://www.getsmartaboutdrugs.com/content/help.html>.

Notes for presenters follow:

There are quite a few drug prevention organizations dedicated to keeping communities and families drug free including:

- **American Council for Drug Education (ACDE):** A substance abuse prevention and education agency that develops programs and materials based on the most current and scientific research on drug use and its impact on society. More information is available at <http://www.acde.org>.
- **Boys and Girls Clubs of America (BGCA):** With over 4,000 clubs throughout the country serving more than 4.8 million children, the BGCA has programs available in the areas of education, alcohol, and drug prevention, gang prevention and leadership development. More information is available at <http://www.bgca.org>.
- **D.A.R.E. America:** D.A.R.E., or Drug Abuse Resistance Education, is a police officer-led classroom program for anti-drug, anti-gang, anti-violence education for children from kindergarten through senior high school. For more information, please visit <http://www.dare.com>.

- **Join Together:** A national resource that helps community leaders understand and use the most current, scientifically valid prevention and treatment approaches. For more information please visit <http://www.jointogether.org>.

Visit <http://www.getsmartaboutdrugs.com/content/help.html> to learn about more government agencies and drug prevention organizations that can be helpful resources in drug prevention.

Slide: Where Can I Get Help? (4)

- Family support groups
- Community coalitions
- School alcohol and drug counselors

For more resources, visit: <http://www.getsmartaboutdrugs.com/content/help.html>.

Notes for presenters follow:

Many state and local organizations exist to promote drug abuse prevention and to support families. To find one in your area, do a keyword search such as “family support groups + drug abuse + [your state or city]” to find them. Or call your local or state government’s substance abuse office for recommendations.

Note to presenter: Before the presentation, find information about local support groups before the presentation, and hand out their information to participants.

Joining a community coalition is a great way to fight drug abuse and solve local drug and crime problems. Community coalitions are organizations made up of local members of a community that work together to develop a comprehensive, community-wide approach to substance abuse and its related problems. To find a community coalition in your area or to start one, contact CADCA – Community Anti-Drug Coalition of America - at <http://www.cadca.org>.

Note to presenter: If there is a community coalition in your community, hand out contact information.

School alcohol and drug counselors can also be a resource in your community to help you if you suspect your child has a problem with drugs or alcohol.

Slide: Conclusion

- You are not alone
- You can make a difference
- Visit <http://www.getsmartaboutdrugs.com>

The presenters' notes conclude as follow:

Thank you for taking the time today to come to this presentation about Signs of Illicit Drug Use and Abuse. It's important to understand that you are not alone in your endeavor to protect and safeguard your family, and each and every one of you has the power to make a difference.

Visit <http://www.getsmartaboutdrugs.com> for more information and tools to identify, prevent, and get help for drug abuse.