

Help your teen grow up drug-free.

Know the facts.

Read up on today's drugs so you will sound informed, not out-of-touch. Ask for information at your local library or teen's school.

Explain the risks.

You may feel awkward if you used alcohol, tobacco and other drugs as an adolescent yourself - or still use them. However, it is important for your teen to know that:

- Many street drugs are a lot stronger than one is told.
- We know more about the dangers of certain drugs and their long-range effects.
- Legal drugs (tobacco and alcohol) are more dangerous to teens than to adults. Teen's bodies are growing and absorb these drugs more quickly. That is why these drugs are not legal for teens.

Unmask the myths.

- Smoking will not make a teen look more grown up. It will make his or her clothes and hair smell bad.
- Coffee, fresh air and cold showers do not make a drunken person sober. The only thing that can do that is time.
- Inhalants (fumes inhaled from nail polish remover, glue, etc.) are not harmless. They are poisons that make a person pass out or even die.

Be clear where you stand.

Children may take silence as permission!

- Have a firm "NO USE" rule for teens in your household.
- Tell you teen to avoid or leave parties where alcohol or other drugs are being used.
- Set a good example. If you drink alcohol, do so in moderation. If you smoke, try to quit. Until you do, only smoke outside.



Know the signs of drug use.

- Red eyes and a runny nose (not from allergies or a cold)
- A new group of friends
- Trouble concentrating
- Extreme moodiness or withdrawal
- Poor performance in school
- Weight change
- Loss of interest in favorite activities

These can also be caused by other problems. If you suspect a drug or other problem, get professional help for your teen.

Stages from Experimentation to Addiction

- Stage 1 - Casual Experimentation - He discovers the chemicals can produce a mood swing; usually it is fun and positive. He can control it - One beer makes him feel good - three beers make him feel even better.
- Stage 2 - Applied Experimentation - Applies the knowledge from stage 1. He makes self-imposed rules. Only drink on weekend - only have one six-pack. He is feeling some of the consequences- hangovers or getting caught, but he can return to normal feelings after the buzz wears off.
- Stage 3 - Harmful Dependence (Abuse) - Behavior is preoccupied with dependency. School, physical health and social life deteriorate. Builds a delusional defense - "I don't have a problem - I can quit whenever". Experience memory loss when drinking or using. When sober, cannot remember specific details about when they were high.
- Stage 4 - Addiction - All phases of life deteriorate. All thought is about the next high and how to get there.



Take the Parent's Two Minute Drug Challenge
from
Partnership for a Drug Free America
drugfree.org

PARENTS TWO MINUTE DRUG CHALLENGE

- 1 By graduation time, what percent of seniors will have experimented with illegal drugs?
 - A. More than 25%
 - B. More than 50%
 - C. More than 75%
 - D. Almost 100%

- 2 Cigarette smoking among teens has declined significantly over the past five years.
 - A. True
 - B. False

- 3 Illegal drug trial by teens has declined significantly over the past five years.
 - A. True
 - B. False

- 4 One of the most important factors in whether kids decide to try drugs is:
 - A. How easily drugs can be obtained and how easy they are to use.
 - B. Understanding the perceived risk of using drugs and whether the drugs are deemed socially acceptable.
 - C. Where they live and whether they attend public or private school.
 - D. If they are insecure within their social group and if they have an addictive personality.

- 5 The most popular drug of choice among high school seniors is?
 - A. Marijuana
 - B. Alcohol
 - C. Cigarettes
 - D. Inhalants

- 6 Because sniffing powdered heroin doesn't require needles, it isn't very risky.
 - A. True
 - B. False

- 7 Most kids get their drugs from:
 - A. A friend
 - B. A family member
 - C. A dealer
 - D. A classmate

- 8 The leading source of information about the risks of drugs for a teen comes from?
 - A. Media
 - B. School
 - C. Internet
 - D. Parents

ANSWERS TO THE PARENTS TWO-MINUTE DRUG CHALLENGE

1.) By graduation time, what percent of seniors will have experimented with illegal drugs?

Correct Answer: B. More than 50%

2.) Cigarette smoking among teens has declined significantly over the past five years.

Correct Answer: A. True

The percentage of teens that have had a cigarette in the past 30 days has declined from 42 percent to 26 percent in the past five years.

3.) Illegal drug trial by teens has declined significantly over the past five years.

Correct Answer: A. True

4.) One of the most important factors in whether kids decide to try drugs is?

Correct Answer: B. Understanding the perceived risk of using drugs and whether the drugs are deemed socially acceptable.

5.) The most popular drug of choice among high school seniors is?

Correct Answer: B. Alcohol

77 percent of seniors have used alcohol, 54 percent have used cigarettes, 46 percent have used marijuana and 11 percent have used inhalants.

6.) Because sniffing powdered heroin doesn't require needles, it isn't very risky.

Correct Answer: B. False Heroin, in any form, can cause death

7.) Most kids get their drugs from:

Correct Answer: A. A friend

Of the half of all teens who have been offered drugs, 59% say that the offer came from a friend around their age.

8.) The leading source of information about the risks of drugs for a teen comes from?

Correct Answer: B. School

Percentage of teens who have learned a lot about the risks of drugs from...

School lessons or programs: 45 percent

TV commercials: 33

Parents or grandparents: 32 percent

Their friends: 27 percent

The Internet: 22 percent