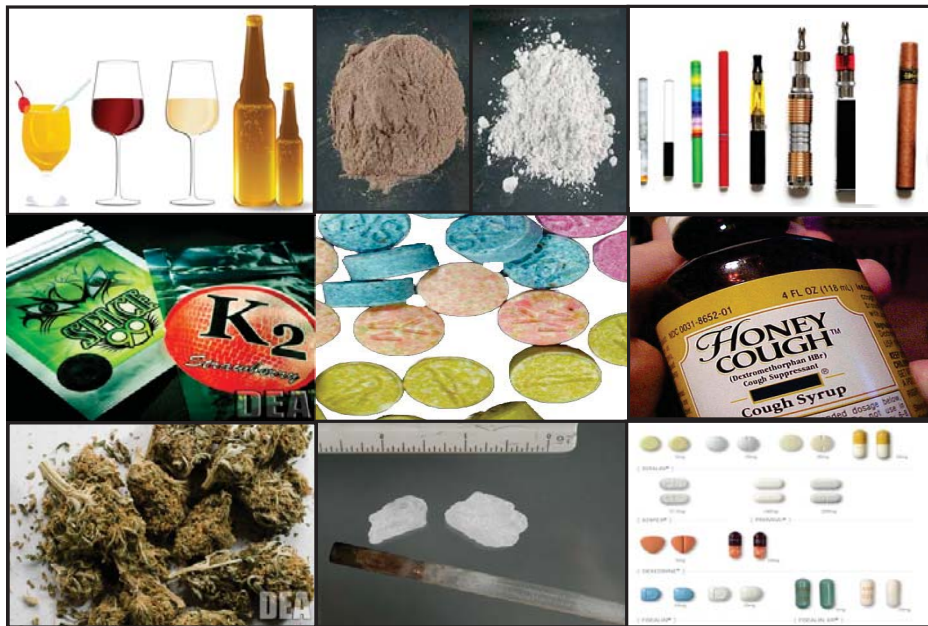


What Are the Drugs in Your Child's World ?



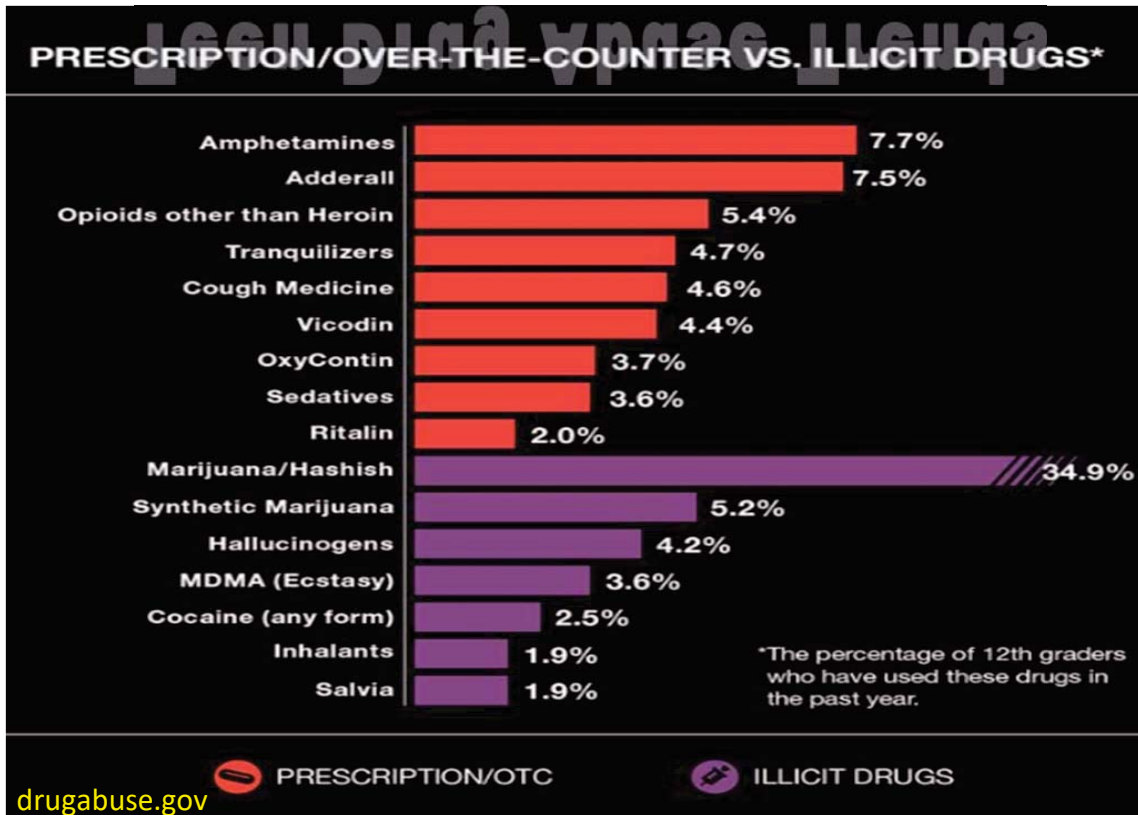
Provided by:



**Cuyahoga County 24-hour Suicide Prevention, Mental Health &
Addiction Crisis, Information & Referral Hotline: 216-623-6888**

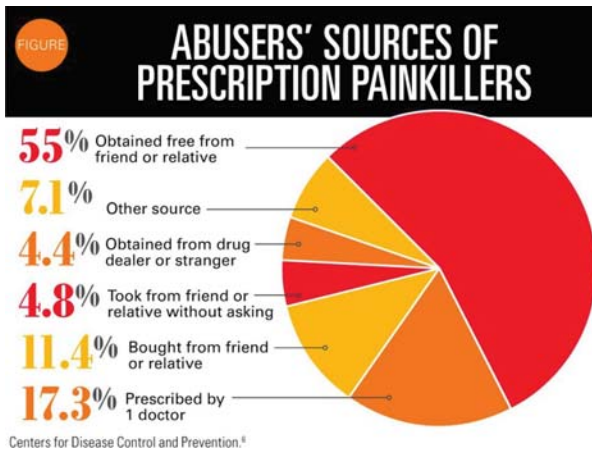
24/7 Crisis Text "4HOPE": 741741

Teen Drug Abuse Trends



Research shows that **parents are the number one anti-drug!** Kids who hear the anti-drug message are 50% less likely to start using. This pamphlet provides important drug facts, helpful parenting tips, and useful information. While not on the chart, alcohol remains the first choice among high school seniors, cited by 58% in this survey.

Rx Drug Abuse Prevention



Drop off unused meds at a secure drop box











Find one at:
www.RxDrugDropBox.org






Lock up your medications!


Your Child at Every Age & What to Do






GRADE AGES	CHILD PROFILE	WHAT TO DO	DRUGS OF CONCERN
<p style="text-align: center;">PRESCHOOL ● AGES 2-4</p>	<p>Eager to memorize rules Want to know “good” and “bad”</p>	<p>Practice problem-solving skills. Provide guidelines for behavior. Allow child to make clothing choices. Point out harmful substances. Explain Rx drugs are good only for person to whom they were prescribed.</p>	<p>Alcohol Inhalants Tobacco</p>
<p style="text-align: center;">GRADES K-3 ● AGES 5-8</p>	<p>More interest in outside world. Can understand their brains are still growing, alcohol is a bad choice</p>	<p>Explain alcohol, tobacco, drugs can be harmful, how they interfere with body. Introduce idea of addiction. Praise child for taking care of body. Should know helpful-vs-harmful drugs</p>	<p>Alcohol Ritalin Tobacco</p>
<p style="text-align: center;">GRADES 4-6 ● AGES 5-11</p>	<p>Curious about how things work Love to learn facts Fascinated about how drugs affect brain/body Friends are very important</p>	<p>Explain how taking anything in excess can be dangerous. Get to know your child’s friends and their parents. Peer influence is major. Your child should know immediate and long-term effects of drug use. Explain how drugs/alcohol are promoted in music, movies, internet, etc.</p>	<p>Alcohol Inhalants Marijuana Ritalin Tobacco</p>
<p style="text-align: center;">GRADES 7-9 ● AGES 12-14</p>	<p>DO need parental support Struggle to become Independent Extreme, rapid shifts in bodies, emotions, and relationships Confusing, stressful time Deep insecurity The time many first experiment with drugs</p>	<p>Youth feel surrounded by drug use. Social media reinforces this belief. Parents need to express their beliefs about the dangers of drugs. Discuss short-term health risks: Accidents, Overdose, Blackouts Discuss long-term effects: Inhibits development of social/emotional skills, Risk of diseases, and Addiction</p>	<p>Alcohol, Cocaine, Crack E-cigarettes, Ecstasy, Herbal Ecstasy, GHB, Heroin, Inhalants, Ketamine, LSD, Marijuana, Mushrooms, Ritalin, Rohypnol, Synthetic Drugs, Tobacco, (Vaping)</p>
<p style="text-align: center;">GRADES 10-12 ● AGES 15-17</p>	<p>Have already made decisions about drug use Make distinctions between different drugs, their effects, occasional use, and addiction Have observed friends who have used: some without consequence, some out-of-control</p>	<p>Aim for more specific messages, like the deadly effects of combining drugs. Anyone can become a chronic user or addict, with serious permanent consequences. Discuss how drug use can affect future career choices: getting into a good college, military academy, or a good job. Appeal to their idealism. Drug use is NOT a victimless crime. Avoiding drugs (and drug dealers) makes the community safer.</p>	<p>Alcohol, Cocaine, Crack E-cigarettes, Ecstasy, Herbal Ecstasy, GHB, Heroin, Inhalants, Ketamine, LSD, Marijuana, Mushrooms, Ritalin, Rohypnol, Synthetic Drugs, Tobacco, (Vaping)</p>




Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
<p>Alcohol</p> 	<p>Depressant</p> <p>Orally swallowed</p>	<p>Beer Booze Cooler Hard Stuff Hooch</p>	<p>Liquor Sauce Suds Vino Wine</p>
<p>Amphetamines</p> 	<p>Stimulant</p> <p>Varies: Orally swallowed, snorted, smoked, injected</p>	<p>Bennies Black Beauties Bumble Bees Copilots</p>	<p>Dexedrine Footballs Hearts Speed Uppers/Ups Vitamin R</p>
<p>Cocaine</p> 	<p>Stimulant</p> <p>Varies: Orally swallowed, snorted, smoked, injected</p>	<p>Big C Blow Coca Coke Flake</p>	<p>Nose Candy Snow Soda Cot White</p>
<p>Crack Cocaine</p> 	<p>Stimulant</p> <p>Heated in a pipe, then Smoked</p>	<p>Apple Jacks Baseball Freebase Half Track</p>	<p>Nuggets Pebbles Rocks Roxanne</p>
<p>DXM Dextromethorphan</p> 	<p>Cough Suppressant</p> <p>Orally swallowed</p> <p>Cough Syrup, Over-the-Counter (OTC) cough / cold tablets</p>	<p>CCC Dex DXM Red Devils Robo Skittles Triple C</p>	<p>Tussin Velvet</p> 






Short and Long Term Effects		What You Should Know
<p>ALCOHOL</p> <p>Dizziness</p> <p>Slurred speech</p> <p>Nausea/vomiting</p> <p>Impaired motor skills</p>	<p>Hangovers</p> <p>Impaired learning</p> <p>Violent behavior</p> <p>Respiratory depression/death</p>	<p>The average age of first use of alcohol is 12.</p>
<p>AMPHETAMINES</p> <p>Higher temperature</p> <p>Lose appetite</p> <p>Irritability/aggression</p> <p>Paranoia</p>	<p>Increased blood Pressure</p> <p>Insomnia</p> <p>Irregular heartbeat</p> <p>Convulsions</p>	<p>Chronic use can induce psychosis similar to schizophrenia.</p> <p>ADHD drug Adderall is a prescription amphetamine</p>
<p>COCAINE</p> <p>Anxiety</p> <p>Insomnia</p> <p>Hallucinations</p> <p>Seizures</p>	<p>Paranoia</p> <p>Heart attack</p> <p>Infectious diseases possible if injected</p>	<p>Paraphernalia include: Razor blades, short straws, spoons w/out stems, surgical tubing</p> 
<p>CRACK COCAINE</p> <p>Anxiety</p> <p>Insomnia</p> <p>Hallucinations</p>	<p>Seizures</p> <p>Paranoia</p> <p>Heart attack</p> <p>Infectious diseases possible if injected</p>	<p>Paraphernalia include: Lighters & pipes, real or homemade</p> 
<p>DXM</p> <p>Nausea, Vomiting</p> <p>Abdominal pain</p> <p>Confusion</p> <p>Hallucinations</p>	<p>High blood pressure</p> <p>Irregular heart beat</p> <p>Numbness of fingers and toes</p>	<p>Coricidin Cough & Cold OTC pills contain DXM. The small red pills are called "Skittles," and are used to get high.</p>


Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
Ecstasy 	Stimulant / Hallucinogen combination Orally swallowed	Adam Beans Candy Clarity E, X, XTC Happy Pill	Hug Drug Molly Skittles Smartees Vitamin E, X Vowels
Energy Drinks 	Stimulant Drinks, flavored chews, patches Powdered additives can be inhaled	5 Hour Aall Bout Cat Cocaine Full Throttle	Monster Red Bull Teaser, Tip *Over 500 brands on the market
Foxy/AMT 	Hallucinogen Orally swallowed, snorted, or smoked Capsule, Tablet or Powder	Dip Excite-bike Fake Ecstasy Five9 Fox, Foxy	Methoxy Roxy Trash, Yum Yum
GHB 	Depressant Gamma Hydroxy Butyrate Orally, often added to drinks, liquid or powder form	Date Rape Drug G Georgia Home Boy	Grievous Bodily Harm Liquid Ecstasy Scoop Sleep 500
Herbal Ecstasy 	Stimulant Orally swallowed, snorted, or smoked. Variety of forms	Cloud 9 Ephedrine Rave Energy Ultimate Xphoria	(Many are brand names)



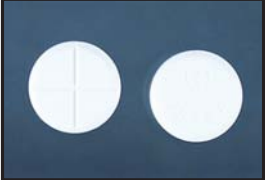


Short and Long Term Effects		What You Should Know
<p>ECSTASY</p> <p>Anxiety, Paranoia</p> <p>Reduced appetite</p> <p>Blurred vision</p> <p>Hallucinations</p>	<p>Fainting</p> <p>Increased heart rate</p> <p>Extreme thirst</p> <p>Muscle tension</p> <p>Tremors</p>	<p>Paraphernalia can include candy necklaces, pacifiers rings, breath sweeteners.</p>
<p>ENERGY DRINKS</p> <p>Impaired Sleep</p> <p>Tremors</p> <p>Impaired motor skills</p> <p>High blood pressure</p>	<p>Tachycardia</p> <p>Panic Attacks</p> <p>Stroke</p> <p>Weight gain</p> <p>Irregular heartbeat</p>	<p>One 8 oz. drink contains about the same amount of caffeine consumed in SEVEN cups of coffee, or 14 cans of cola.</p> 
<p>FOXY/AMT</p> <p>The National Institute on Drug Abuse (NIDA) has not substantiated its effects.</p>		<p>Synthetic drug made from alpha-methyltryptamine. Tablet may be pink or light purple with alien head or spider imprinted. AMT is on tablets and capsules.</p>
<p>GHB</p> <p>Nausea</p> <p>Difficulty breathing</p> <p>Impaired motor skills</p> <p>Tremors</p>	<p>Seizures</p> <p>Respiratory depression</p> <p>Comas</p> <p>Death (high doses)</p>	<p>A colorless, odorless, and tasteless liquid; it is almost undetectable in drinks. It is a predatory “Date-Rape” drug. It comes in glass vials and small bottles.</p>
<p>HERBAL ECSTASY</p> <p>Increased heart rate & blood pressure</p> <p>Seizures</p> <p>Stroke</p>	<p>Harmful to diabetics</p> <p>Harmful to those with high blood pressure, heart disease</p>	<p>Ephedrine is the key ingredient that stimulates the central nervous system. It has been banned since 2004.</p>


Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
<p>Heroin</p> 	<p>Depressant</p> <p>Smoked, snorted, or heated into a liquid and injected</p>	<p>Big H Black Tar Brown Sugar China White Dope</p>	<p>Dragon H Horse Junk Smack</p>
<p>Inhalants</p> 	<p>Depressant-like</p> <p>Vapors are inhaled</p>	<p>Bagging Gluey Huffing Laughing Gas Poppers Rush</p>	<p>Nitrous Oxide Whippets</p> 
<p>Ketamine</p> 	<p>Dissociative Anesthetic</p> <p>Orally swallowed, smoked, snorted Pill, powder, liquid</p>	<p>Cat Valium Jet K Ketaset Kit Kat Purple</p>	<p>Special K Super Acid Super C Super K Vitamin K</p>
<p>LSD Lysergic Acid Diethylamide</p> 	<p>Hallucinogen</p> <p>Orally swallowed, or placed on tongue Pill, liquid, gelatin, blotter paper</p>	<p>Acid Blotter Lucy Purple Haze Microdots Tabs</p>	<p>Trips Window Panes</p> 
<p>Marijuana</p> 	<p>Depressant, Hallucinogen, and Stimulant</p> <p>Orally, smoked Bud, leaves, sticky black hashish oil</p>	<p>Bud Herb Grass Green Mary Jane Reefer Weed</p>	<p>Shatter Ear Wax Budder, 710, Dabs ↓</p> 



Short and Long Term Effects		What You Should Know
<p>HEROIN</p> <p>Vomiting Nodding off Reduced appetite Dry, itchy skin</p>	<p>Risk of infectious disease (Hepatitis, HIV) if injecting Respiratory failure Death</p>	<p>Paraphernalia can include burnt spoons, needles, razor blades, eye dropper, rubber tubing</p> 
<p>INHALANTS</p> <p>Dizziness Drowsiness Slurred speech Loss of consciousness</p>	<p>Heart failure Sudden sniffing death Hearing loss Liver, lung, kidney damage</p>	<p>Products used include nail polish remover, cleaning fluids, model airplane glue, hair spray, spray paint, gasoline, correction fluid, cooking spray, propellant in whipped cream cans, Freon</p>
<p>KETAMINE</p> <p>Amnesia Delirium Impaired motor function</p>	<p>Potentially fatal respiratory problems</p>	<p>Used as an anesthetic on animals. Chemically similar to PCP: Users report “floating,” being detached from their bodies.</p>
<p>LSD</p> <p>Elevated body temperature Suppressed appetite Elevated blood pressure</p>	<p>Insomnia Tremors Flashbacks Chronic recurring hallucinations Psychosis</p>	<p>Often on blotter paper, with cartoons, symbols</p> 
<p>MARIJUANA</p> <p>Bloodshot eyes Intense anxiety Panic attacks Dry mouth, throat Lack of concentration</p>	<p>Lack of coordination Impaired learning Impaired judgment Difficulty problem-solving Loss of memory</p>	<p>Paraphernalia include pipes, clips, bong, and rolling papers. THC levels up to 4x higher with oils and wax forms.</p> 


Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
<p>Melatonin and Valerian Root</p> 	<p>Tranquilizer-like Relaxant-like Orally swallowed In food, drink In large quantities</p>	<p>Blue Cow Downer Drinks Drank I chill</p>	<p>Lazy Cakes Relax Zen Vacation in a Bottle</p>
<p>Methamphetamine</p> 	<p>Stimulant Orally, smoked, snorted, injected Smoked form, crystal meth looks like crushed ice</p>	<p>417 Beanies Crank Crypto Crystal Fire</p>	<p>Glass Ice Meth Quartz Speed White Cross</p>
<p>MDPV, 4MMC (Sold as Bath Salts)</p> 	<p>Stimulant-like Synthetics Orally, smoked, snorted, injected Also sold as Plant Food</p>	<p>Bliss Cloud Nine Energy-1 Purple Wave White Rush</p>	<p>Chemically, Methylenedioxy Pyrovalerone (MDPV) Methylmethcathinone (4MMC)</p>
<p>Mushrooms Psilocybin</p> 	<p>Hallucinogen Orally swallowed Can be brewed in tea</p>	<p>Caps Magic Mushrooms Shrooms Psilocin</p>	
<p>Oxycodone</p> 	<p>Depressant Orally swallowed, snorted, injected Tablets, caplets, Can be crushed</p>	<p>40, 80 Cotton Hillbilly Heroin Kicker Killers</p>	<p>OC/O Oxy OxyContin Roxy Percs Pills</p>

Short and Long Term Effects		What You Should Know
MELATONIN & VALERIAN ROOT Impairment to the central nervous system	Nausea	Used as sleep aids, these products are sold online and at convenience stores. There is no age requirement to purchase, and no FDA regulation.
METHAMPHETAMINE Elevated blood pressure Paranoia Convulsions Stroke Scratching, skin sores	Hyperthermia Sensation of insects crawling under skin Hallucinations Heart Attack Poor dental health Death	Paraphernalia include glass pipes and syringes. Dangerous female trend: using meth to lose weight 
MDPV, 4MMC Alters mood Aggression Confusion Hallucinations Paranoia	Pupil dilation Rapid heartbeat Sweating Seizures Suicidal thoughts	Marketed for other uses such as bath salts or plant food, but not for human consumption. Synthetic cathinones may be subject to prosecution.
MUSHROOMS Elevated body temperature Suppressed appetite Elevated blood pressure	Insomnia Tremors Flashbacks Chronic recurring Hallucinations Psychosis	Abuse could lead to poisoning if one the many varieties of poisonous mushrooms is incorrectly identified as a psilocybin mushroom.
OXYCODONE Bloodshot eyes Intense anxiety Panic attacks Dry mouth, throat Lack of concentration	Lack of coordination Impaired learning Impaired judgment Difficulty problem-solving Loss of memory	An opiate-based drug, it is prescribed to relieve moderate to severe pain. Non-medical use produces a heroin-like high. Heroin is also an opiate.

Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
PCP Phencyclidine 	Dissociative Anesthetic Orally swallowed, smoked, snorted, injected Liquid or powder	Angel Dust Embalming Fluid Killer Weed Ozone	PeaCe Pill Rocket Fuel Supergrass Wack Wet
Ritalin /Concerta Methylphenidate 	Stimulant Orally swallowed, smoked, snorted, injected Tablet	Diet Coke Kibbles and Bits Coke Junior R-Ball Rids	Skittles Smarties Study buddies Vitamin R West Coast
Rohypnol Flunitrazepam 	Depressant Orally swallowed, snorted Tablet, can be crushed , added to a liquid	Date Rape Drug Forget Pill La Rocha Mexican Valium	R2 Roach Roofies Ruffies Wolfies
Soma Carisoprodol 	Depressant Muscle Relaxant Orally swallowed Tablet	Ds DANS Dance DAN5513	Las Vegas Cocktail - Soma + Vicodin Soma Coma - Soma + Codeine
Steroids Anabolic 	Synthetic Testosterone Orally swallowed, injected, patches Tablet, liquid, gels	Arnolds Juice Pumpers Roids	Sauce Slop Stackers Weight Gainers

Short and Long Term Effects		What You Should Know
<p>PCP</p> <p>Impaired motor skills</p> <p>Inability to feel pain</p> <p>Hallucinations, sometimes severe</p>	<p>Aggression</p> <p>Violent behavior</p> <p>Paranoia</p> <p>“Out of Body” experiences</p>	<p>Most commonly seen as marijuana joints dipped in liquid PCP.</p> <p>High doses of PCP can cause seizures, coma, and even death.</p>
<p>RITALYN/CONCERTA</p> <p>Increased heart rate</p> <p>Increased blood pressure</p> <p>Insomnia</p> <p>Anxiety</p>	<p>Weight Loss</p> <p>Panic</p> <p>Irritability</p> <p>Psychosis</p> <p>Depression</p>	<p>While safe when used as prescribed to treat Hyperactivity Disorder (ADHD) , it has a high potential for abuse.</p> <p>It is abused to enhance focus and achievement.</p>
<p>ROHYPNOL</p> <p>Dizziness</p> <p>Disorientation</p> <p>Slurred speech</p> <p>Nausea</p>	<p>Difficulty moving</p> <p>Respiratory depression</p> <p>Blackout with total memory loss</p>	<p>Prescribed to treat severe sleep problems, it is tasteless, odorless and dissolves in liquid. It has become a “date-rape drug” at parties/bars.</p>
<p>SOMA</p> <p>Increased heart rate</p> <p>Dizziness</p> <p>Blurred vision</p> <p>Difficulty breathing</p>	<p>Vomiting</p> <p>Loss of coordination</p> <p>Weakness</p>	<p>Abusers who combine Soma with Vicodin claim that this combination produces effects similar to those of heroin. (Justice.gov)</p>
<p>STEROIDS</p> <p>Acne</p> <p>Mood swings</p> <p>Aggression</p> <p>Impaired judgment</p> <p>Depression</p>	<p>Male adolescent stunted growth</p> <p>Opposite sex physical traits</p> <p>Male infertility</p> <p>Liver cancer</p>	<p>Paraphernalia include syringes and ampules</p> <p>↓</p> 

Name Image	Type of Drug How is it taken?	Street Name Slang Terms	
Synthetic Cannabinoids 	Marijuana-like effect Orally in a tea, smoked Leaf-like in silvery plastic bag	420 Bocomo Dew Fake Weed Fire 'n Ice Incense	K2 K3 Scooby snacks Skunk Spice Yucatan
Tobacco -Nicotine 	Stimulant Orally chewed, smoked, patch Loose leaves, rolled in paper	Bone Butt Cancer stick Cigarette Cigar Coffin Nail	Pipes Smoke Snuff
Vaping/ e-cigarettes 	Delivery system for a variety of drugs Inhalable vapor Liquid is heated, battery-powered	e-cigs e-hookahs Hookah pens Vape pipes	
Vicodin Hydrocone + Acetaminophen 	Depressant Orally swallowed, snorted, injected Tablet	357s Hydro Lorries Lortab M357s Norco	Vees Vics Vikes Vitamin V Zohydro
Information Sources: ACT Missouri Department of Justice Drug Enforcement Agency National Institute on Drug Abuse Partnership for Drug-Free Kids		Images: CC BY-SA 3.0 Cornellbiochem CC BY-SA 3.0 psedrugs DEA.gov DOJ.gov FDA.gov graphicstock.com istockphoto.com	

Short and Long Term Effects		What You Should Know
SYNTHETIC CANNIBINOIDS Rapid heart rate Confusion Vomiting	Paranoia Violent behavior Hallucinations Suicidal thoughts Kidney damage	Unregulated by the FDA, they are illegal. 
TOBACCO /NICOTINE Chronic bronchitis Emphysema Heart disease Cardiovascular disease	Yellow fingernails Cancer of lung, larynx, esophagus, bladder, mouth, pancreas, and kidney	While cigarette use is at historic lows among teens, e-cigarette use is rising. E-cigarettes still contain nicotine, a highly addictive substance.
VAPING See drug used for specific effect		Vaping can be used to deliver a variety of addictive and dangerous drugs.
VICODIN Increased heart rate Dizziness Blurred vision Difficulty breathing Nausea	Impaired judgment Vomiting Loss of coordination Weakness	Non-medical use of prescription pain relievers is a continuing trend among youth.
<p>Not sure what to do? Find a substance? Call the police. Child is using? Call your doctor, or 2-1-1 for help.</p>		

Call 211 for help

Call Dial 2-1-1 24 hours a day, every day.
 Visit www.211oh.org to get information, find the resources, or get the help you need.
 2-1-1 is a free community service

Top Ten Tips for Parents

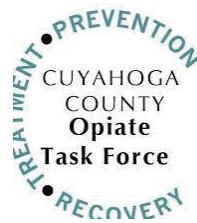
1. Let your child know that you don't approve of drugs.
2. Explain how drugs can harm you - Be specific!
3. Model healthy habits.
4. Enforce rules and consequences - Consistency is key!
5. Show your children healthy ways to deal with stress.
6. Spend time together as a family.
7. Know your child's friends & parents. Get contact info, too.
8. All teen parties are alcohol-free and chaperoned by an adult.
9. Share natural highs in life that are safe and exhilarating.
10. Ask your teen to call you if a problem develops when they are out, or at party. NO punishment, and keep that promise!

Possible Signs of Alcohol or Drug Abuse

- ◆ Skipping class, declining grades, getting in trouble at school
- ◆ Loss of interest in extracurricular activities, hobbies, sports
- ◆ Acting isolated, silent, withdrawn, other secretive behaviors
- ◆ Demanding more privacy, locking doors, avoiding eye contact
- ◆ Sudden change in relationships, friends, favorite hangouts

Enlarged images of illicit drugs available at
DrugAwarenessAndPrevention.org Go to Services, Drug Facts tab.

** Courtesy of the Westshore Enforcement Bureau, WEB **



Created by:

Drug Awareness and Prevention Inc., an Ohio-certified Prevention Agency.

We offer K-12 school, community and Drug-Free Workplace programs.

Please contact us with your drug prevention program needs.

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