



Substance Abuse Awareness

What every parent needs to know...

Introduction

Frisco Independent School District continues to take a proactive stance on alcohol and drug prevention and intervention. The following slides will provide substance abuse education and awareness information.

Peer Pressure

Why do some teenagers give into peer pressure?

- ☐ They are afraid of being rejected by others
 - ☐ They want to be liked and don't want to lose a friend
 - ☐ They want to appear grown up
 - ☐ They don't want to be made fun of
 - ☐ They don't want to hurt someone's feelings
 - ☐ They aren't sure of what they really want
 - ☐ They don't know how to get out of the situation
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Warning Signs

The following are physical symptoms of concern:

- ☐ Strong or unusual odor
 - ☐ Strong scent attempting to cover an odor
 - ☐ Red or watery eyes
 - ☐ Staggering, clumsiness
 - ☐ Lack of affect (appears spaced out or zoned out)
 - ☐ Chronic or hacking cough
 - ☐ Slurred speech
 - ☐ Change in appearance (i.e. significant weight gain or loss)
 - ☐ Paranoid
 - ☐ Forgetful, slowed reaction time, loses train of thought
 - ☐ Unexplained lethargy and/or hyperactivity and agitation
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Warning Signs

The following are behavioral symptoms of concern:

- ☐ Changes in attendance/increased tardies
 - ☐ Drop in grades
 - ☐ Change in friends
 - ☐ Resentment of authority
 - ☐ Changes in personality (mood and attitude)
 - ☐ Legal problems (MIP, theft, vandalism)
 - ☐ Known drug problems in friends
 - ☐ Rage or aggression
 - ☐ Reduced motivation and interest in activities
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Tobacco



- ❑ Nicotine is one of the strongest drugs known to man
 - ❑ Proven to cause cancer, emphysema and high blood pressure
 - ❑ Over 400,000 people die each year due to cigarette smoking. An estimated 3,000 non-smoking Americans die of lung cancer each year due to second hand smoke and it causes up to 300,000 children to suffer from lower respiratory-tract infections.
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Alcohol

- ❑ Alcohol is a “gateway” drug that leads to other drugs.
- ❑ According to the National Institute on Alcohol Abuse and Alcoholism it is estimated that over three million teenagers are alcoholics.
- ❑ Alcohol kills young people just like cocaine, heroin and other serious illegal drugs. Also, according to recent studies, nearly one-half (47%) of persons who began drinking before age 14 were alcohol dependent at some point in their lifetime.

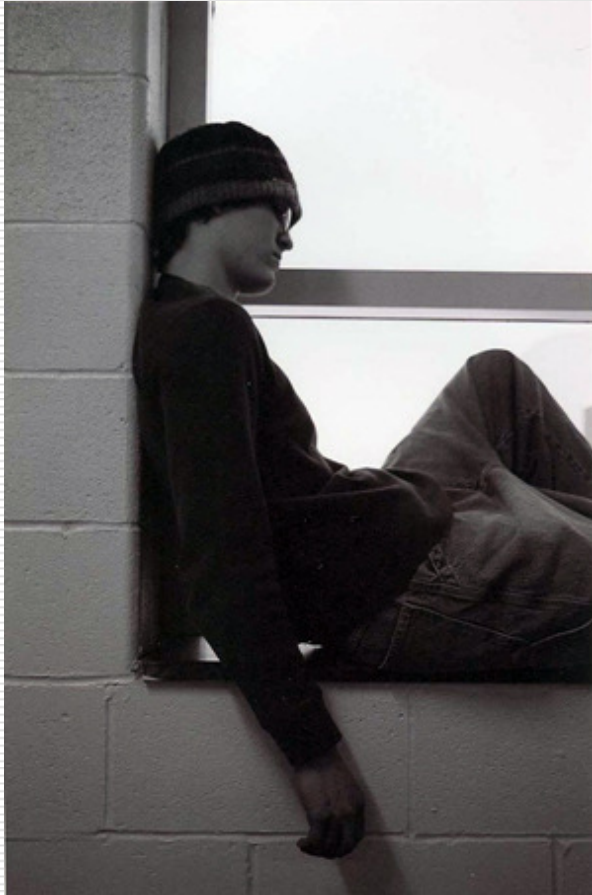


Inhalants

- ❑ Glues, paint, carb cleaner, etc.
- ❑ Inhalants destroy brain cells
- ❑ Inhalants can cause suffocation and interfere with breathing
- ❑ Inhalants cause irregular heartbeat
- ❑ Inhalants have a high risk of instant death



Marijuana



- ❑ Most used illegal drug in this country
 - ❑ **Short term effects include:**
Problems with memory and learning, distorted perception (sights, sounds, time, touch), trouble with thinking and problem solving, loss of motor coordination, increased heart rate, and anxiety
 - ❑ **Long term effects include:**
Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations. Studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day.
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Marijuana

- ❑ What does it look like?
- ❑ Marijuana is a green or gray mixture of dried, shredded flowers and leaves of the hemp plant (*Cannabis sativa*).
- ❑ How is it used?
- ❑ Most users roll loose marijuana into a cigarette called a "joint". It can be smoked in a water pipe, called a "bong", or mixed into food or brewed as tea. It has also appeared in cigars called "blunts".



Cocaine



- ❑ Can be smoked, snorted, swallowed or injected
 - ❑ Addiction can develop after one use
 - ❑ Effects include: paranoia, depression, and mood disturbances, nausea, insomnia, loss of appetite, increased heart rate, dilated pupils, and elevated blood pressure.
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Methamphetamine (Meth)



Methamphetamine powder



- ❑ Meth is a crystal-like powdered substance that sometimes comes in large rock-like chunks.
 - ❑ Can be injected, smoked or snorted
 - ❑ Very addictive
 - ❑ Effects include: irregular heartbeat, increased blood pressure, skin sores, tooth loss, malnutrition, and kidney damage
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Heroin (Chiva)

- ❑ Can be snorted, smoked or injected
- ❑ Causes extreme drowsiness that can lead to coma or death
- ❑ Shuts down the respiratory system
- ❑ It is a depressant that affects the brain's pleasure systems and interferes with the brain's ability to perceive pain.



Heroin



- Effects include: dry mouth, watery eyes, runny nose, constricted pupils, vomiting, droopy eyelids and heavy extremities. Following this initial euphoria, the user goes "on the nod," an alternately wakeful and drowsy state.

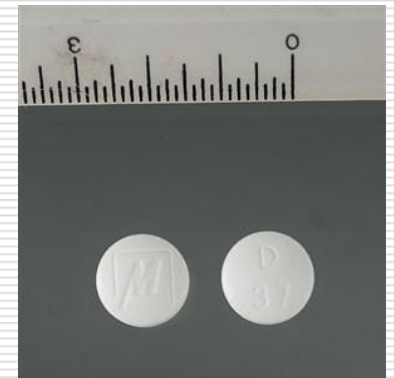
GHB

- ❑ GHB has reportedly been used in cases of date rape. Because GHB is odorless and tasteless, it can be slipped into someone's drink without detection.
- ❑ GHB, by itself, has a soapy or salty taste--but when mixed in a drink it may be difficult to detect.
- ❑ Effects include: vomiting, liver failure, potentially fatal respiratory problems, tremors, and seizures



Prescription (Rx) Medications

- ❑ Rx meds taken without a prescription or a doctor's supervision can be just as dangerous as taking illicit drugs or alcohol.
- ❑ Abusing painkillers (Codeine, OxyContin, and Vicodin) is like abusing heroin because their ingredients (both are opioids) are very similar.
- ❑ Prescription medications are powerful substances. While sick people taking medication under a doctor's care can benefit enormously, prescription medication can have a very different impact on a well person.
- ❑ Many pills look pretty much the same, but depending on the drug and the dosage the effects can vary greatly from mild to lethal.
- ❑ Prescription medications, as all drugs, can cause dangerous interactions with other drugs or chemicals in the body.



Prescription (Rx) and Over-the-Counter (OTC) Medicines

- ❑ All medicines should be taken under adult supervision.
- ❑ All medications on campus should be given by the nurse and remain in the clinic.
- ❑ Many teens believe using Rx medications to get high is “much safer” than using street drugs. This is not correct!



Slang Terms (Street Names)

- ❑ **Marijuana** - Aunt Mary, Boom, Chronic (Marijuana alone or with crack), Dope, Gangster, Ganja, Grass, Hash, Herb, Kif, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Weed
 - ❑ **Cocaine** - Big C, Blow, Coke, Flake, Freebase, Lady, Nose Candy, Rock, Snow, Snowbirds, White Crack
 - ❑ **Meth** - Chalk, Crank, Croak, Crypto, Crystal, Fire, Glass, Tweek , White Cross
 - ❑ **Heroin** - Big H, Blacktar, Brown sugar, Dope, Horse, Junk, Mud, Skag, Smack
 - ❑ **GHB** - G, liquid x, caps, scoop, goop, Georgia home boy, and grievous bodily harm
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Drug Paraphernalia



Felt tip marker with internal drug pipe.



Lipstick dispenser hides drug pipe.



Hollow pager adapted to conceal drugs.



Soft drink can with false bottom.

Resources

www.streetdrugs.org - Information site helpful in drug identification

www.justthinktwice.com - DEA website for young people

www.inhalants.org - National Inhalant Prevention Coalition

www.nida.nih.gov - National Institute on Drug Abuse (NIDA), Scientific information

Resources

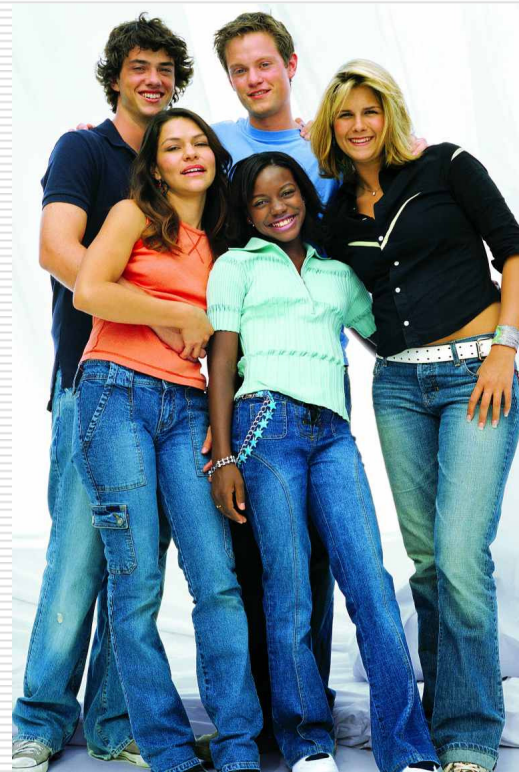
www.theantidrug.com - Drug information for parents

www.drugfree.org - Partnership for a Drug-Free America

www.aadallas.org/greater-dallas.htm - Local AA meetings

www.familiesanonymous.org - Families Anonymous meetings

Thank you!



Source: www.drugfree.org
www.streetdrugs.org