



# **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



# 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
-

# 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
-

# 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.
-

# 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.
-

# 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.
-

# 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
-

# 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
-

# Drug Paraphernalia

---



Felt tip marker with internal drug pipe.



Hollow pager adapted to conceal drugs.



Lipstick dispenser hides drug pipe.



Soft drink can with false bottom.

# Resources

---

[www.streetdrugs.org](http://www.streetdrugs.org) - Information site helpful in drug identification

[www.justthinktwice.com](http://www.justthinktwice.com) - DEA website for young people

[www.inhalants.org](http://www.inhalants.org) - National Inhalant Prevention Coalition

[www.nida.nih.gov](http://www.nida.nih.gov) - National Institute on Drug Abuse (NIDA), Scientific information

---

# Resources

---

[www.theantidrug.com](http://www.theantidrug.com) - Drug information for parents

[www.drugfree.org](http://www.drugfree.org) - Partnership for a Drug-Free America

[www.aadallas.org/greater-dallas.htm](http://www.aadallas.org/greater-dallas.htm) - Local AA meetings

[www.familiesanonymous.org](http://www.familiesanonymous.org) – Families Anonymous meetings

---

*Thank you!*

---



Source: [www.drugfree.org](http://www.drugfree.org)  
[www.streetdrugs.org](http://www.streetdrugs.org)