

The background of the slide features a close-up of a hand holding a lit cigarette, with a trail of white smoke rising from it. In the lower-left corner, there is a pile of several blue, round pills. The overall color palette is dominated by warm, reddish-orange and brown tones, creating a somber and cautionary atmosphere.

Prevention of Alcohol and Other Drug Problems

What We Can Do!

A Program for Parents

Prescription Drug Abuse is a Growing Problem

- **More teens and young adults are abusing prescription drugs**
- **Kids say; they are easy to get, they're legal, and they aren't addictive**

Where are they getting the prescription drugs?



“Pharming” – taking prescription drugs

“Rainbow parties”

Popping pills in school and throughout the day

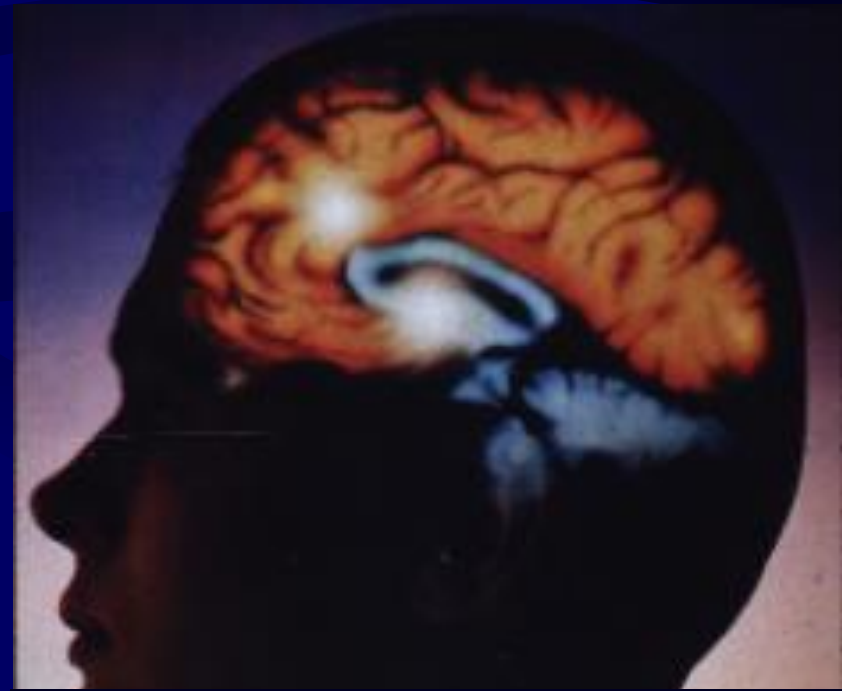


Why are they using drugs ?

- Might be peer pressure or it might be more basic:
 - Who they are and what they are dealing with:
 - Depression, anxiety
 - Weight control
 - Self esteem
 - Wanting to fit in
- Help them find productive ways to fit in.

Prescription Drug Abuse

When prescription drugs are abused they can be just as dangerous as street drugs and they can be addictive!

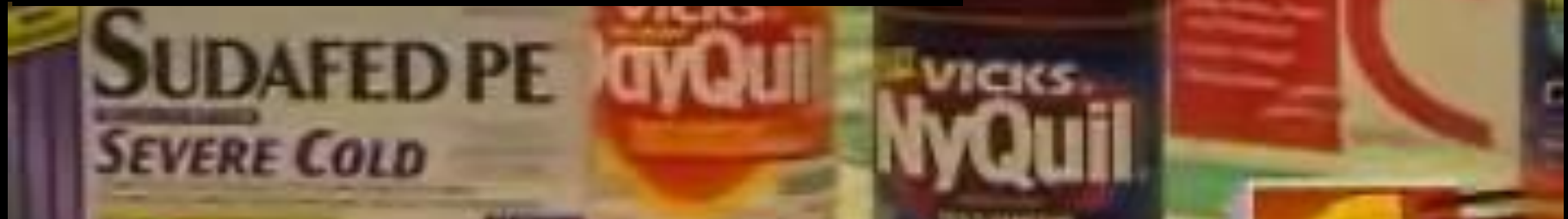


Prolonged drug use changes the brain in fundamental and long-lasting ways

Over-the-Counter Drugs



3.1 million 12-25 yr olds used
Dextromethorphan products
to get high the last year



It's called robo-tripping, skittling, tussin or triple-c

DXM Effects

- Pupil dilation
- Dizziness, nausea
- Confusion, disorientation, lack of coordination
- Robotic, zombie-like walking, "robo-walk"
- Dissociative effects may last 6 hours

Methamphetamine

- Powerful CNS stimulant!
- Easy to make
- Extreme danger of combustion and burns
- Health risks are enormous with these chemicals



Why Methamphetamine?

- Cheaper and longer lasting than **other** stimulants!
 - High lasts can last 6 to 12 hours
- *An extremely dangerous and powerfully addictive drug!!!*





Dilated pupils

Burns on thumb

Red or irritated nostrils

Cards for crushing

Hollowed out pens



Butane lighters

Straws, gum wrappers



Stimulants

"Performance Enhancing"
or Smart Drugs"



cocaine

coke

crank

Ritalin

Adderall

meth



Behavior Warning Signs

- Erratic behavior
- Constantly misplacing things
- Lying
- Skipping school
- Isolation
- Paranoia
- Weird eating & sleeping patterns

THE PARTNERSHIP™
AT DRUGFREE.ORG

PREVENT | INTERVENE | GET TREATMENT | RECOVER

[Home](#) [Community Education](#) [Drug Guide](#) [Newsroom](#) [About Us](#) [Give & Get Involved](#)

Find e.g., "Meth" or "Warning Signs"

FIND

Prevent.

Learn how to prevent your child from getting involved with drugs and alcohol. We have the latest information and practical advice to help you keep your child healthy, safe and drug-free.

[Learn More >](#)

www.drugfree.org/

Prevent

Intervene

Get Treatment

Recover



Melissa Gilbert



Community Education

We are dedicated to helping local communities better understand and prevent teen drug and alcohol use.

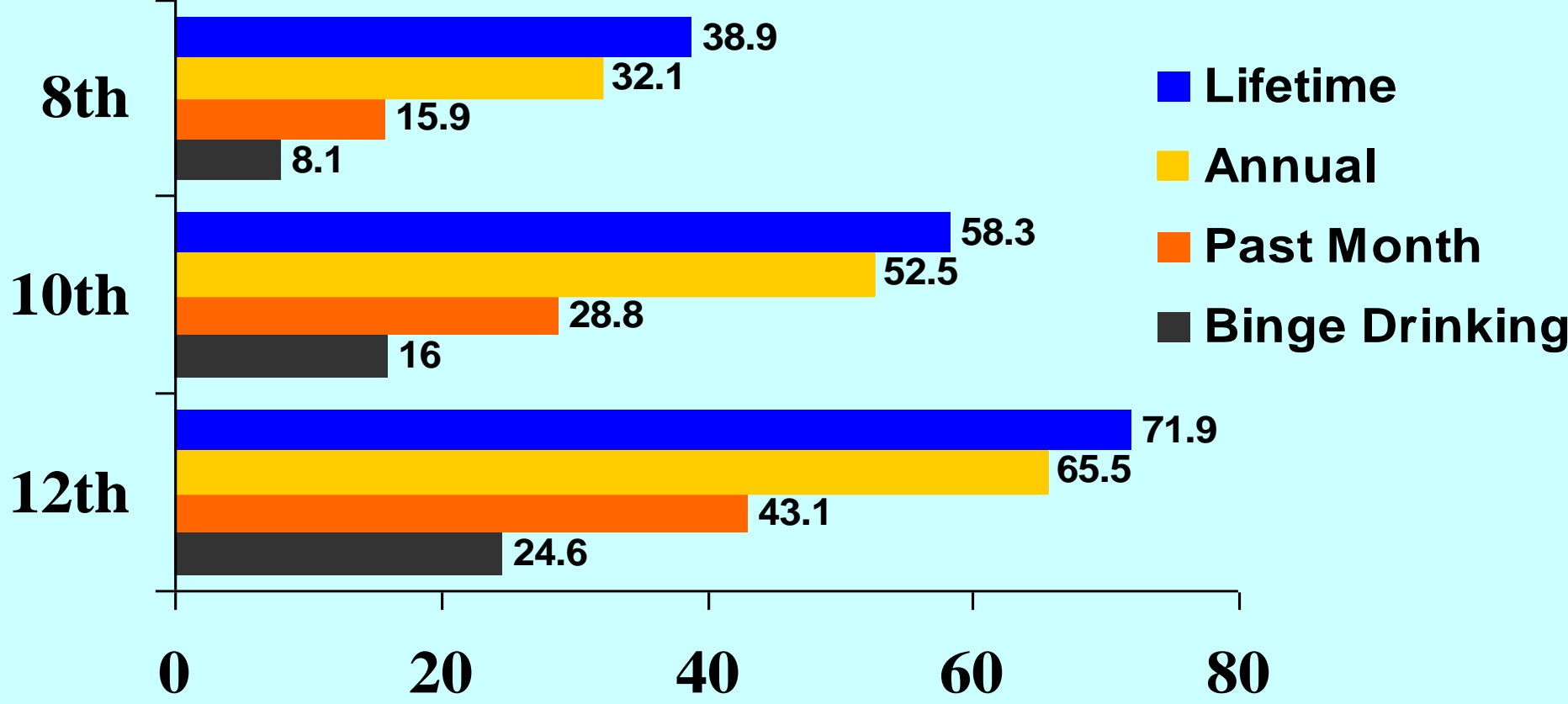
Alcohol

- *Most widely abused OTC drug*



Underage Drinking:

Percent of 8th, 10th, and 12th graders reporting alcohol use



Dangers of Teen Binge Drinking

- Binge drinkers are 5X more likely to have sex
- 18X to smoke cigarettes
- 4X to smoke marijuana
- 4X to get into physical fights w other teens
- Have a higher rate of suicide
- Causes them to make rash and dangerous decisions; loss of internal control
- Alcohol leading cause of accidents, murder and rape among teens
- Alcohol causes 150,000 ER visits by teens

THE MOST DANGEROUS DRUG OF ALL

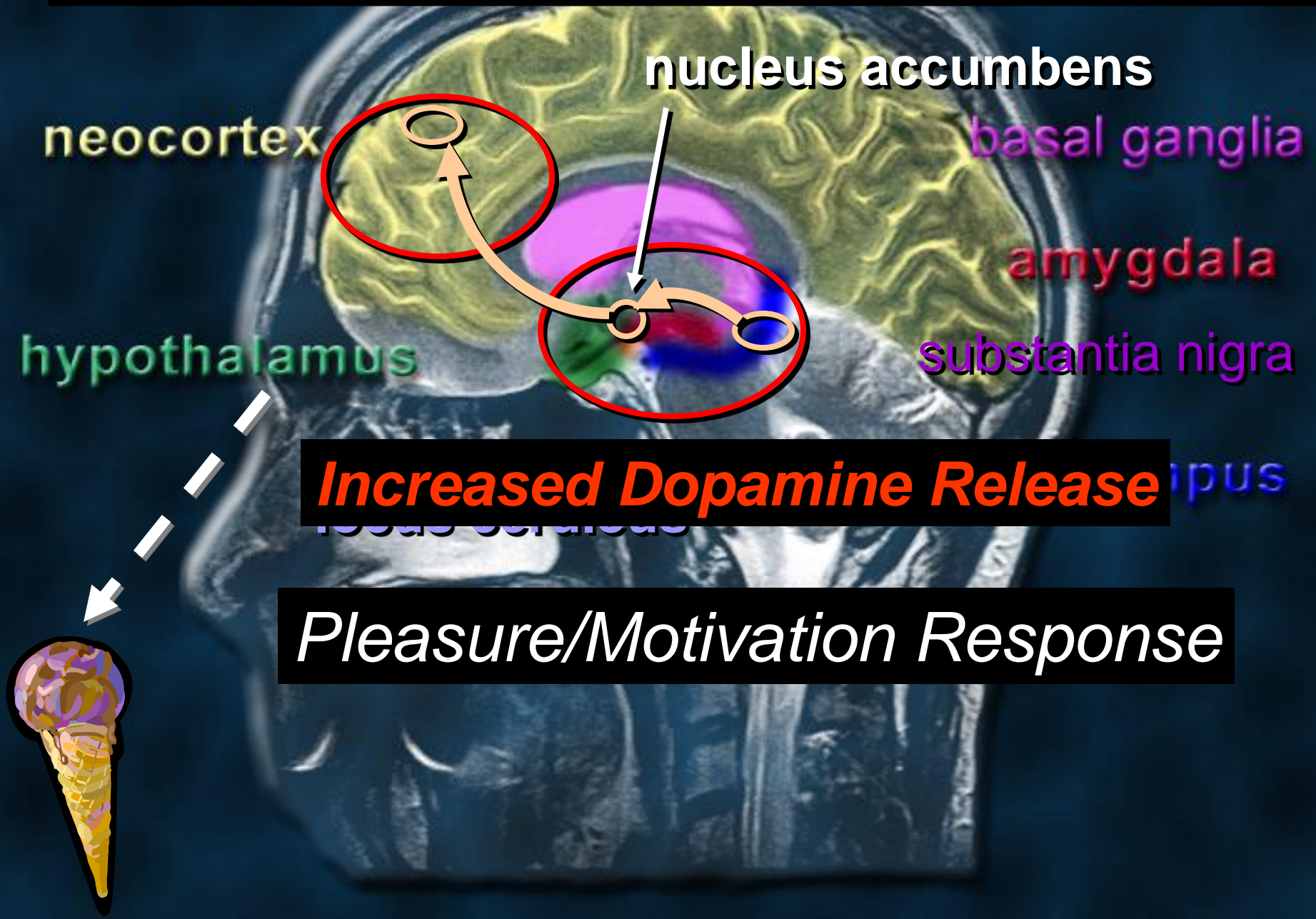
Alcohol

- *is a drug*
- *is a drug*
- *is a psychoactive
addictive drug*

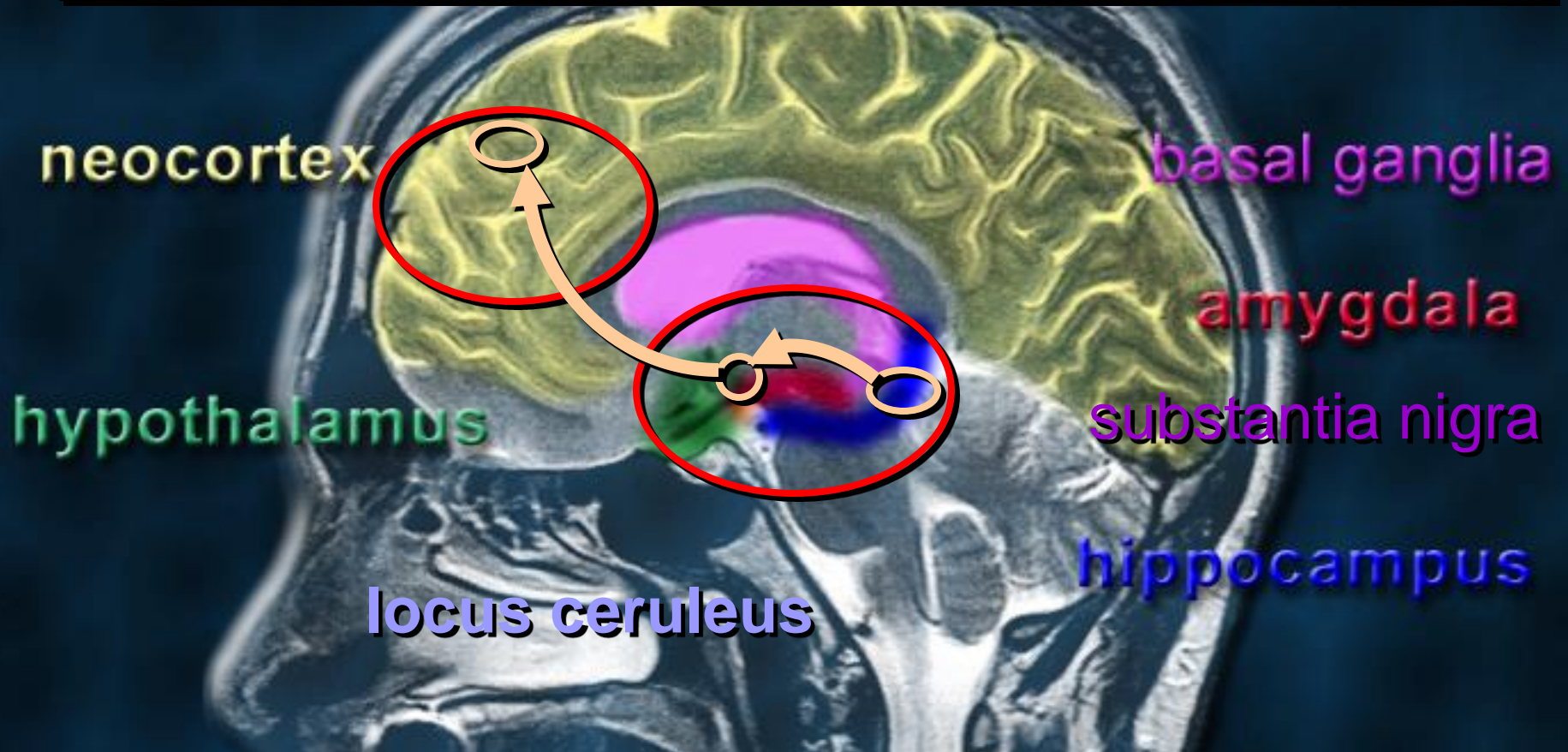
Underage drinkers are at greater risk for:

- Learning problems
- Trouble at school and home
- Becoming sexually active
- Mental & social development consequences
- Using other drugs (53% vs. 3%)

Normal Pleasure Response

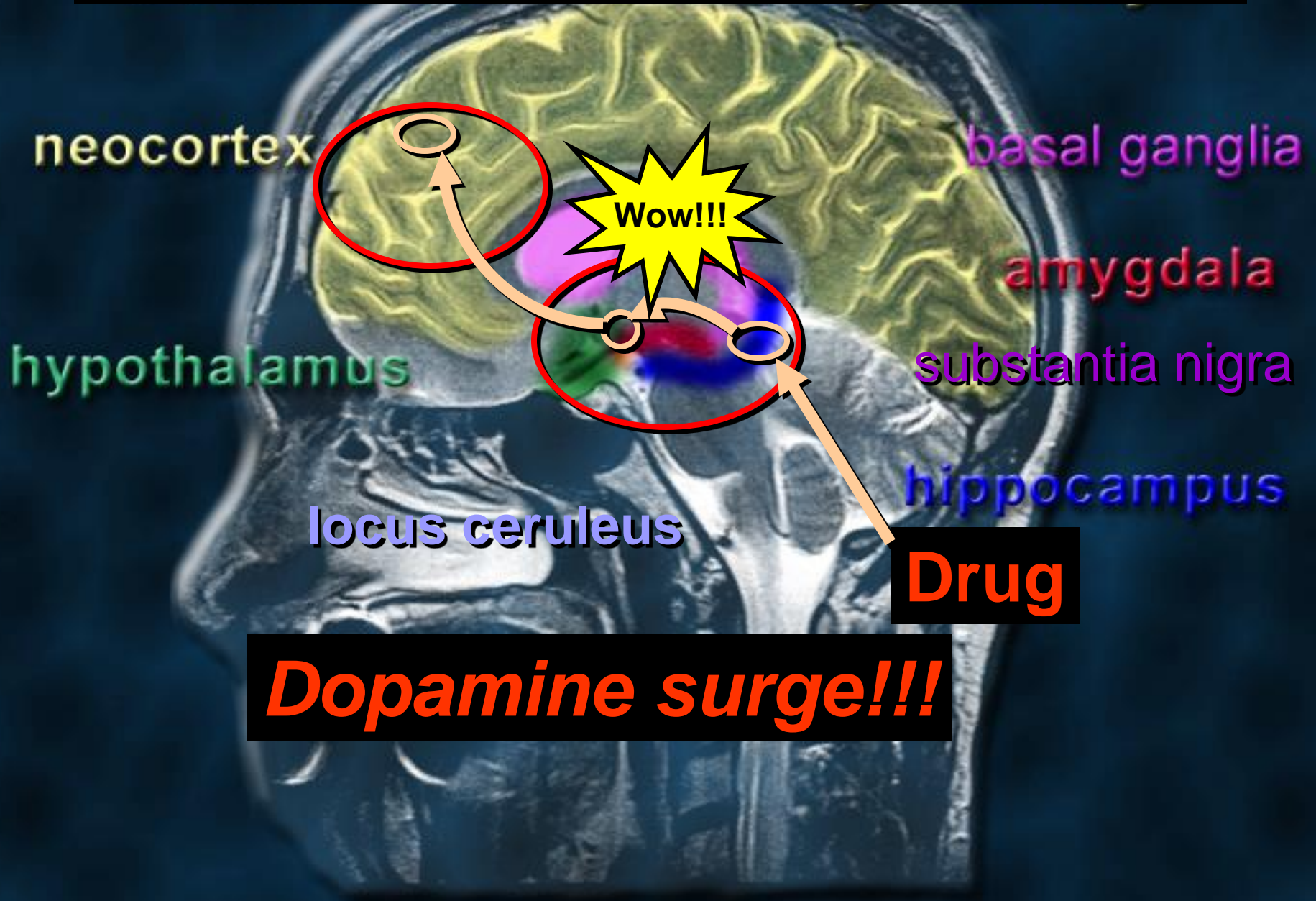


Brain Reward Pathway



***Psychoactive Addictive
Drugs Act on this Pathway***

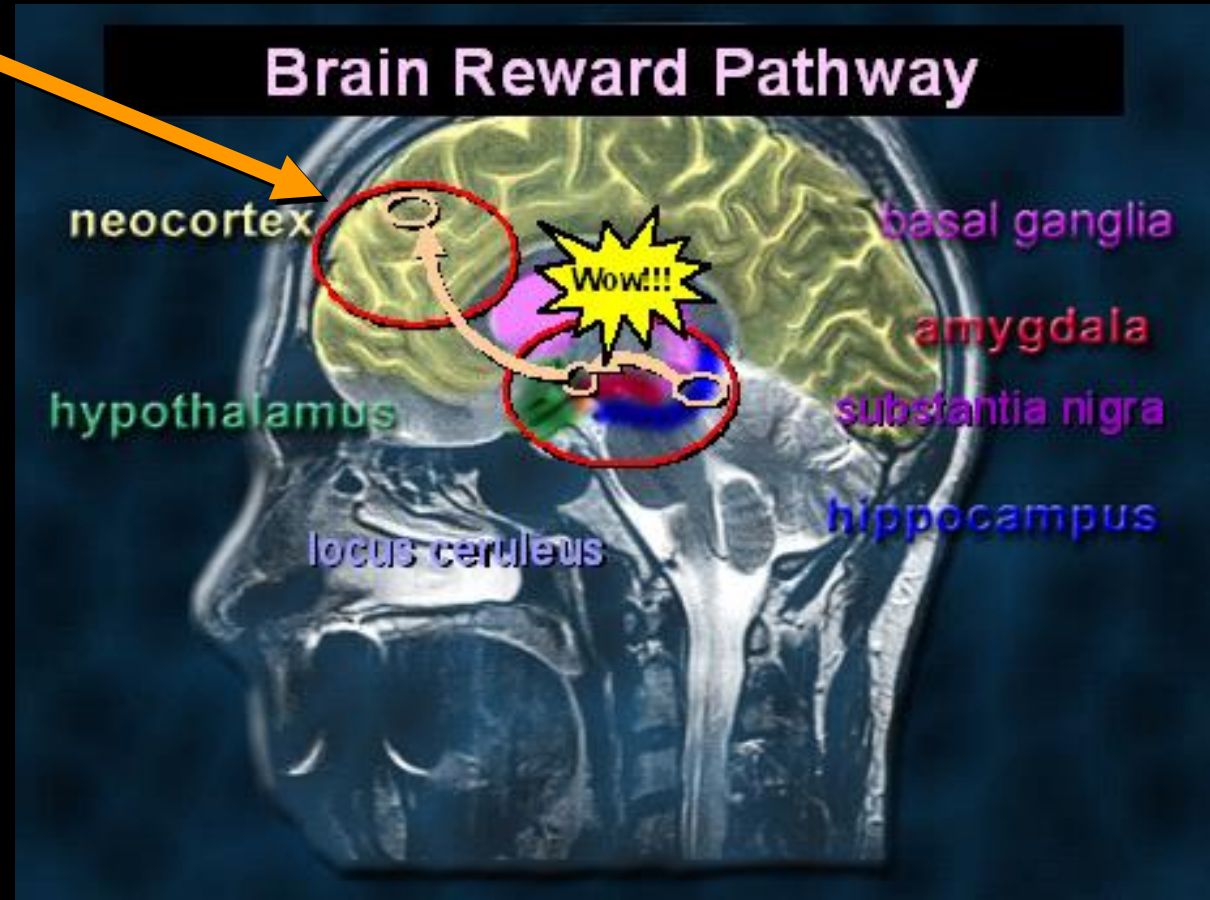
Brain Reward Pathway



Reward Pathway

*Drugs act on the
Brain Reward
Pathway*

The “Wow!!!” is
a big reason
people take
drugs but other
things also
happen...



Reward Pathway

Areas

Emotional & behavioral learning

Control of body movement

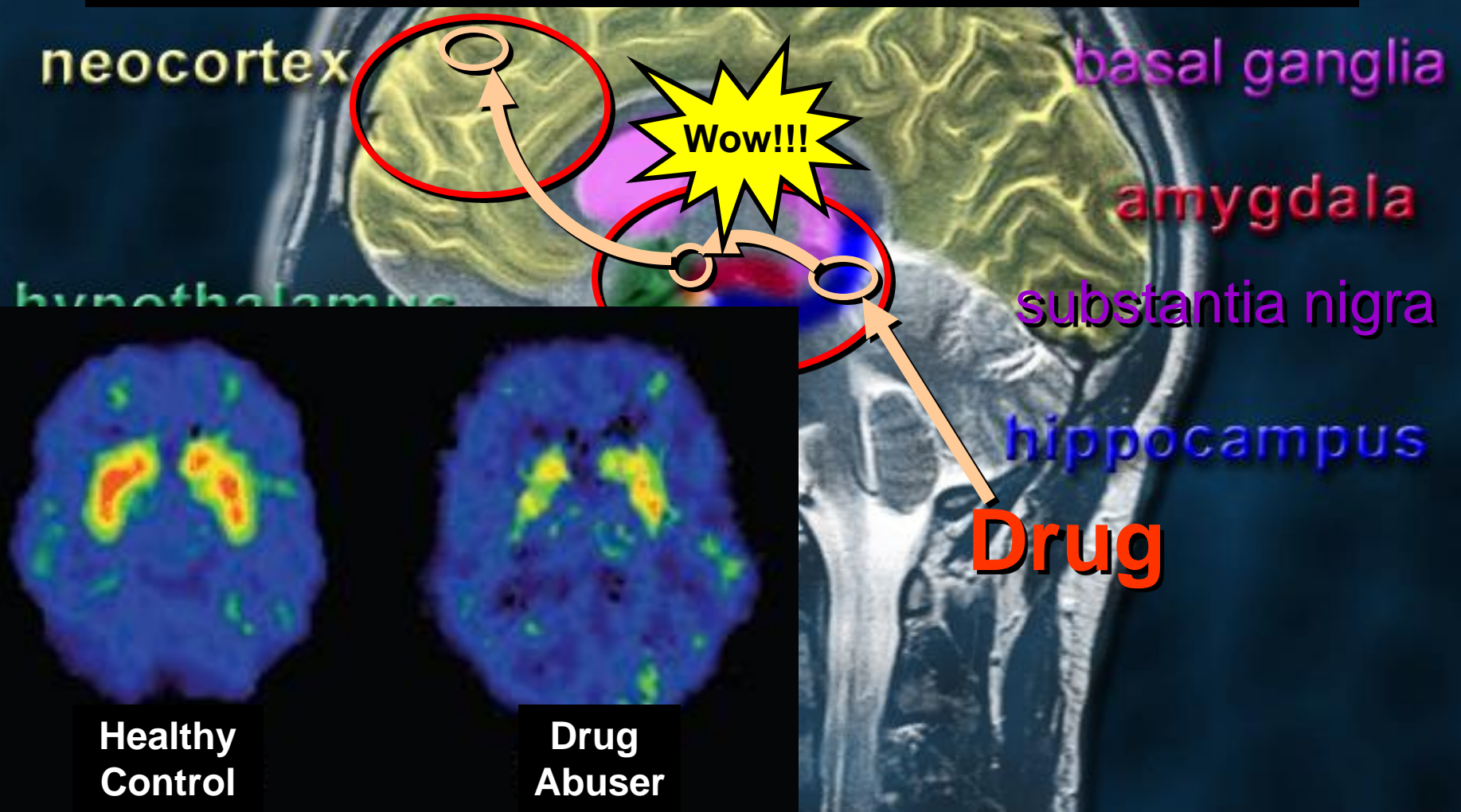
Early learning and memory processing

Attention states and automatic function



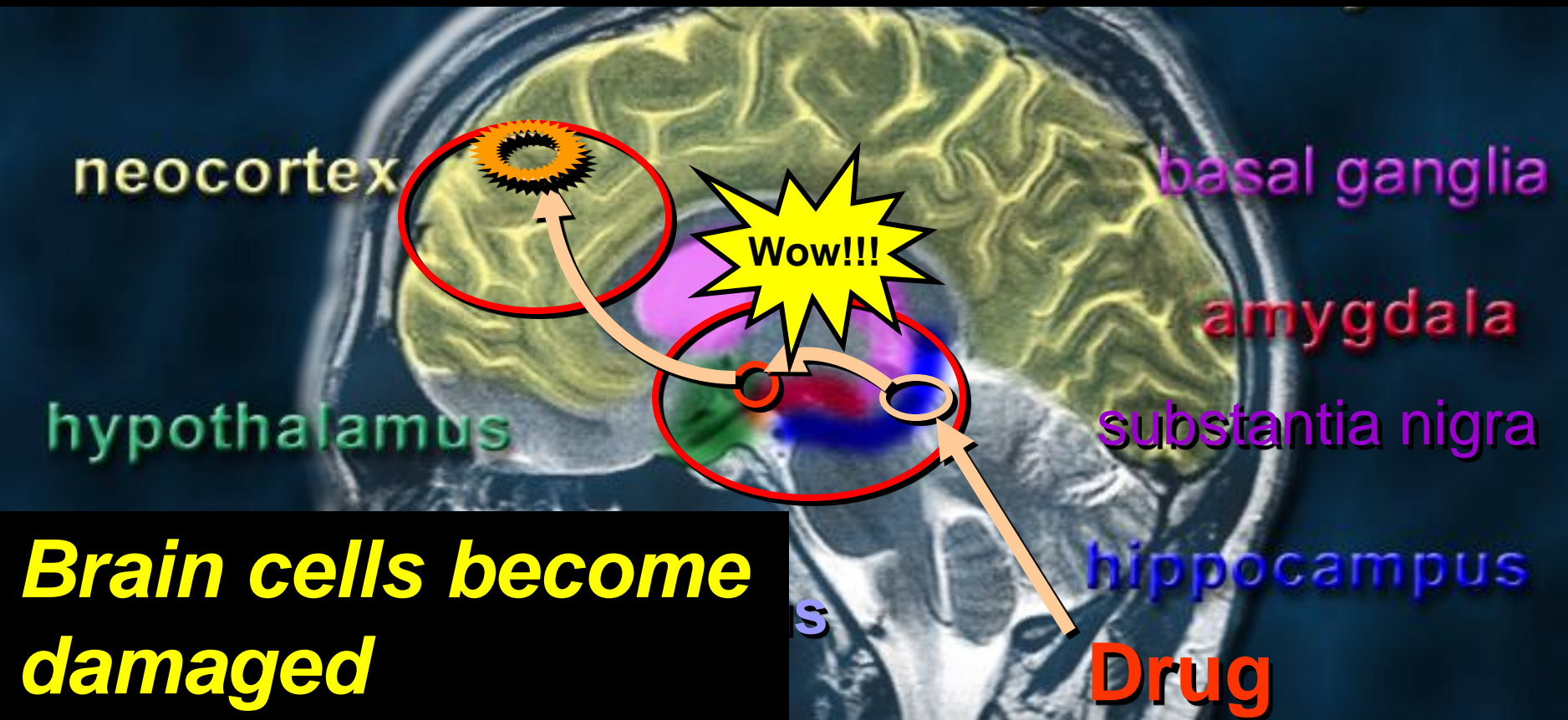
There is no safe "High"

What happens with continued drug use?



Tolerance and Withdrawal Develop

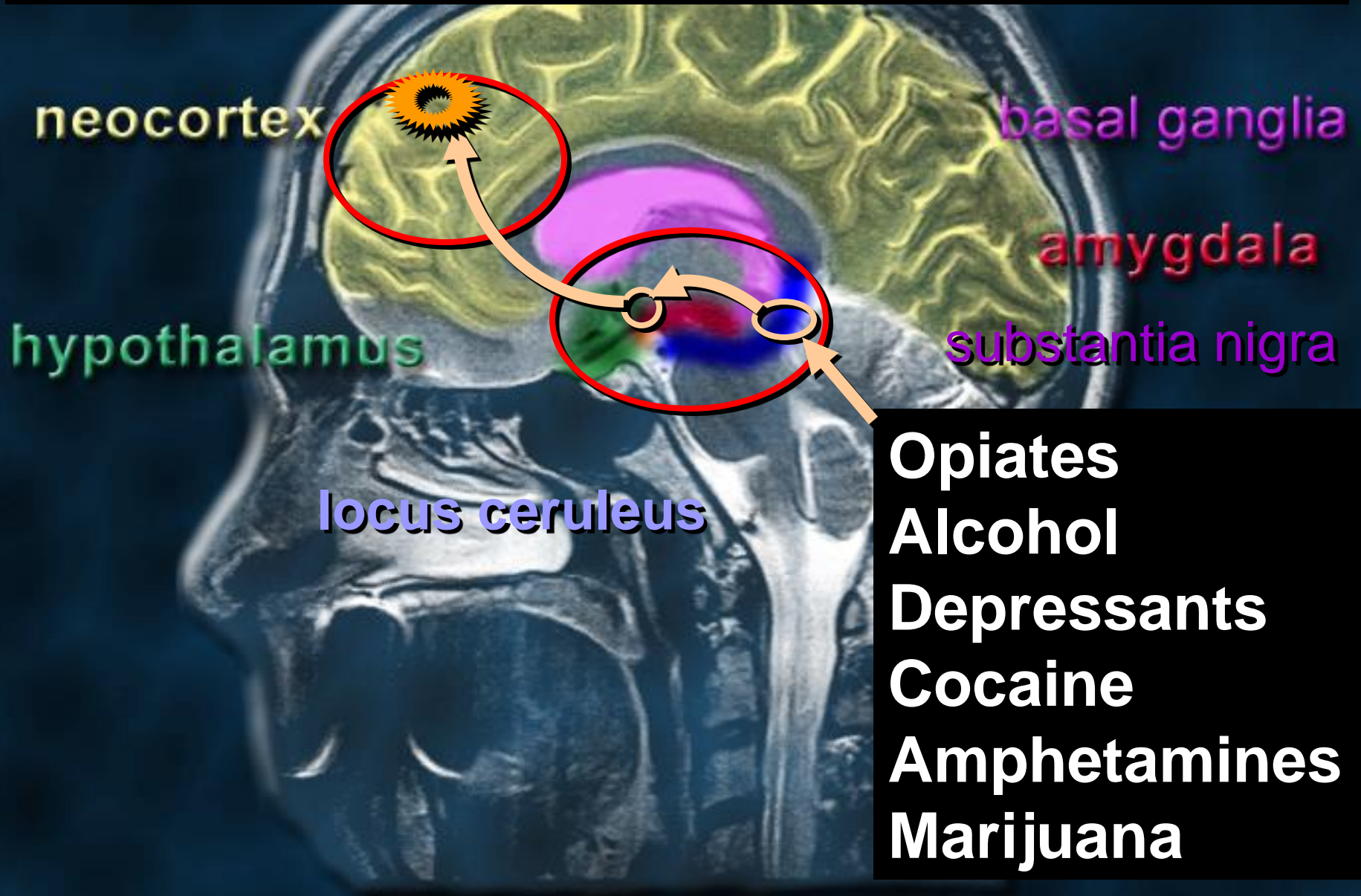
Finally the System Breaks



A “*molecular switch*” is thrown in the brain

- The person becomes a drug addict
- Loss of control over drug use
- Compulsive drug seeking behavior

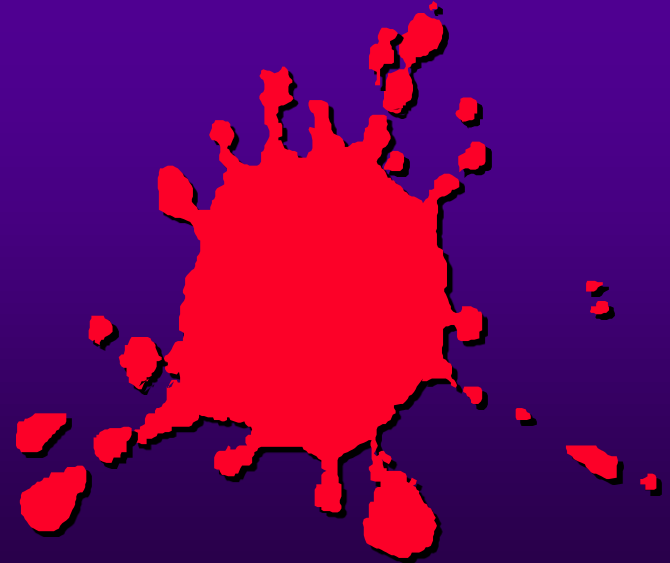
Addiction is a Brain Disease



Addiction

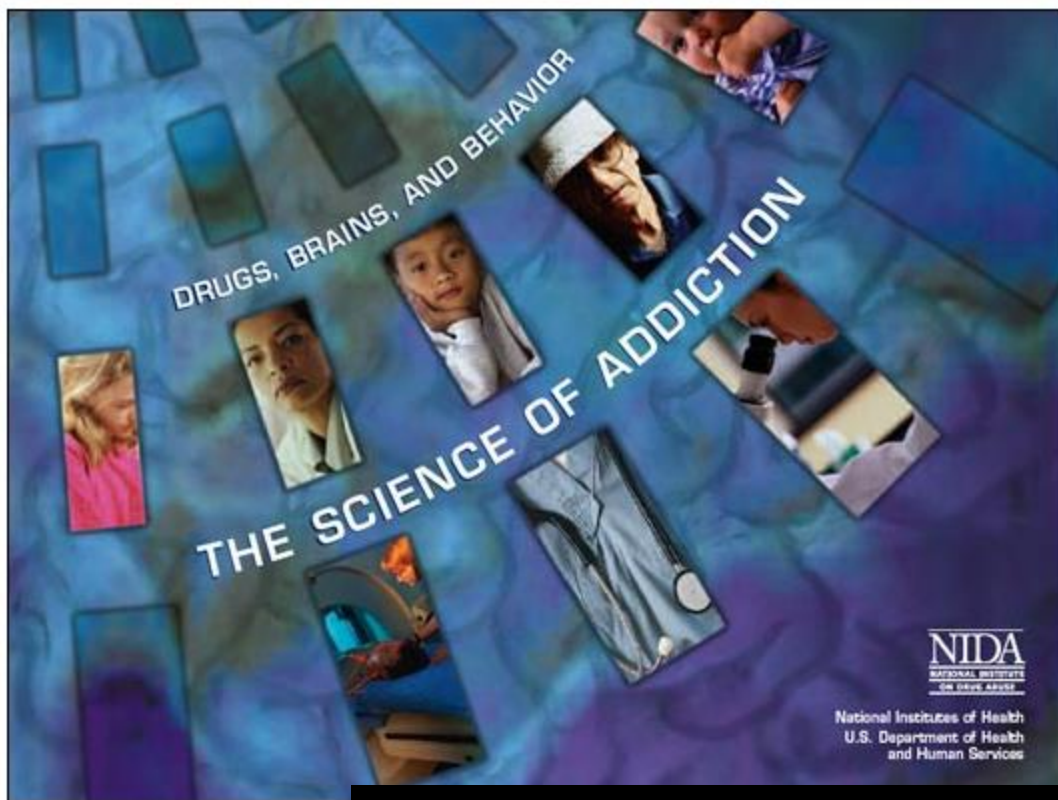
- A disease characterized by continued use and abuse of drugs despite recurring negative consequences in a person's life
- *Loss of control over taking a substance*

Risk Factors





Addiction: "Drugs, Brains, and Behavior - The Science of Addiction"



Preface

Introduction

Drug Abuse and Addiction


Preventing Drug Abuse: The Best Strategy

Drugs and the Brain

Addiction and Health

Treatment and Recovery

Advancing Addiction Science and Practical Solutions

 **NIDA
DRUGPUBS**
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This Booklet is available in
PDF format

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Reader

[3.1MB](#)

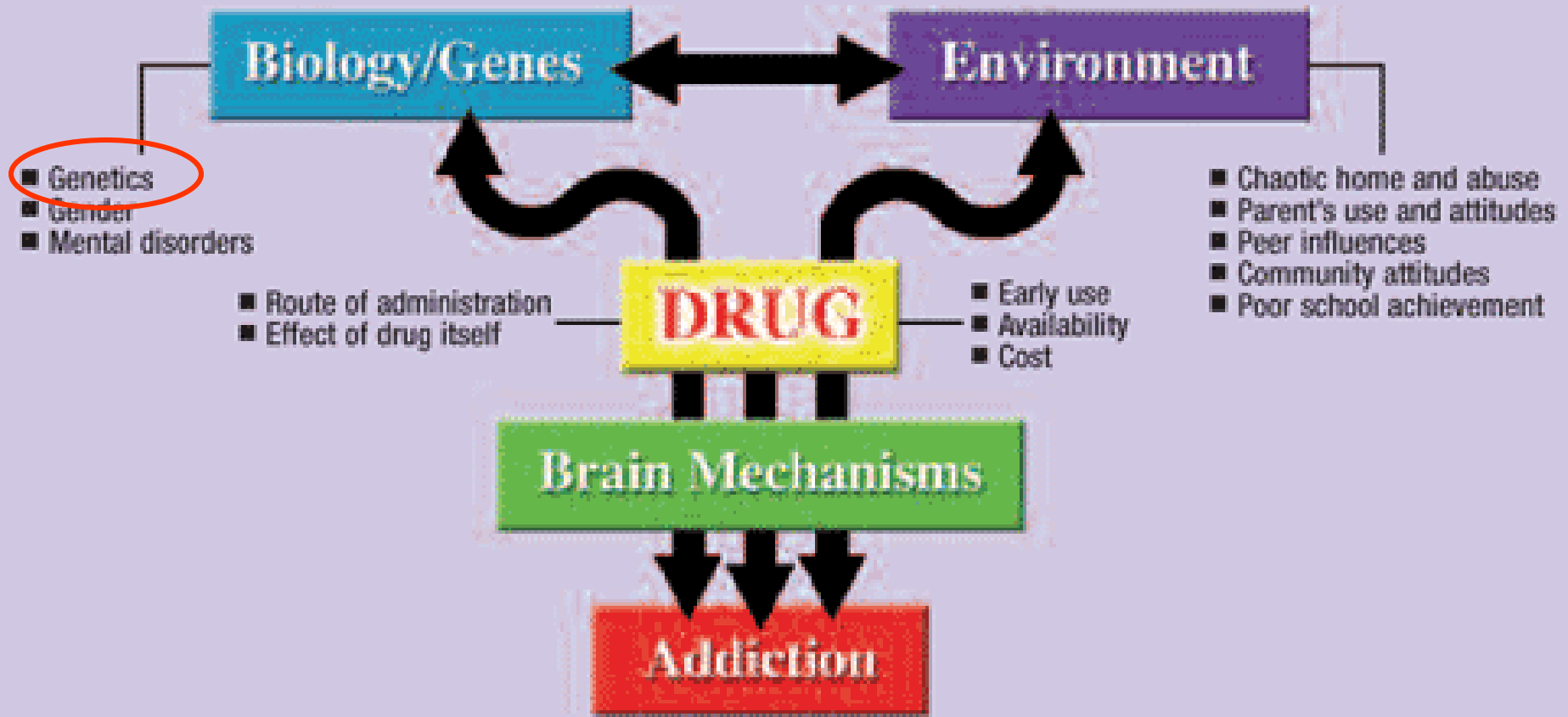
Preface

How Science Has Revolutionized the Understanding of Drug Addiction

[La Ciencia De La Adicción](#)

www.drugabuse.gov

RISK FACTORS



www.drugabuse.gov

Drugs, Brains, and Behavior: The Science of Addiction; NIDA, March 2007

Risk Factors - Science Based Data

- *Family history of alcohol or other drug abuse*
 - *Children of Alcoholics have a **four times** greater risk of becoming addicted to drugs*

Risk Factors

- *Favorable attitude toward alcohol and other drugs*
 - *Groups that accept and encourage heavy drinking or other drug use*
 - *Beliefs like:*
It can't happen to me", "I can handle it" are very dangerous

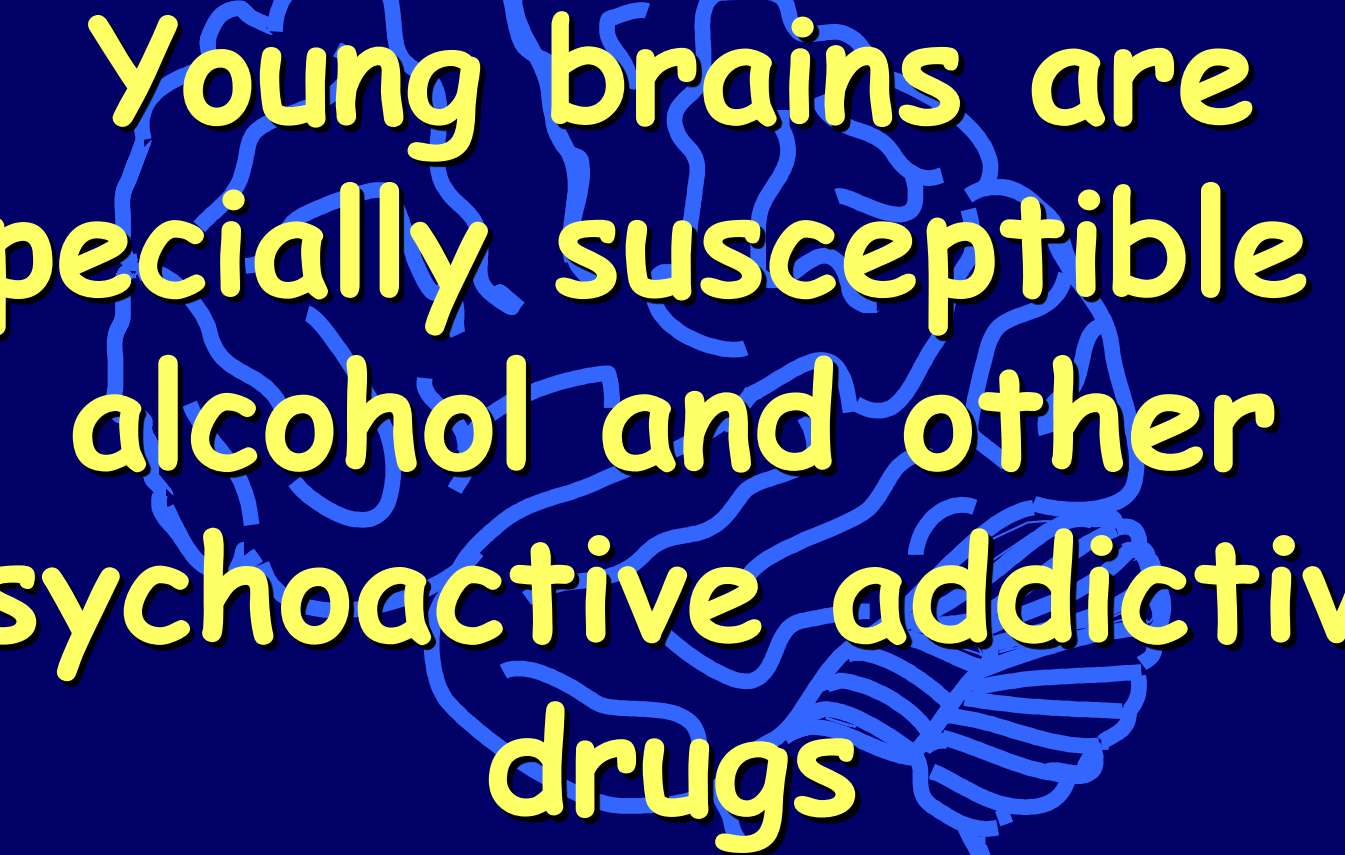
Risk Factors

- *Parental drug misuse and/or abuse*
- *Early onset of drug use*

The Progression of Use

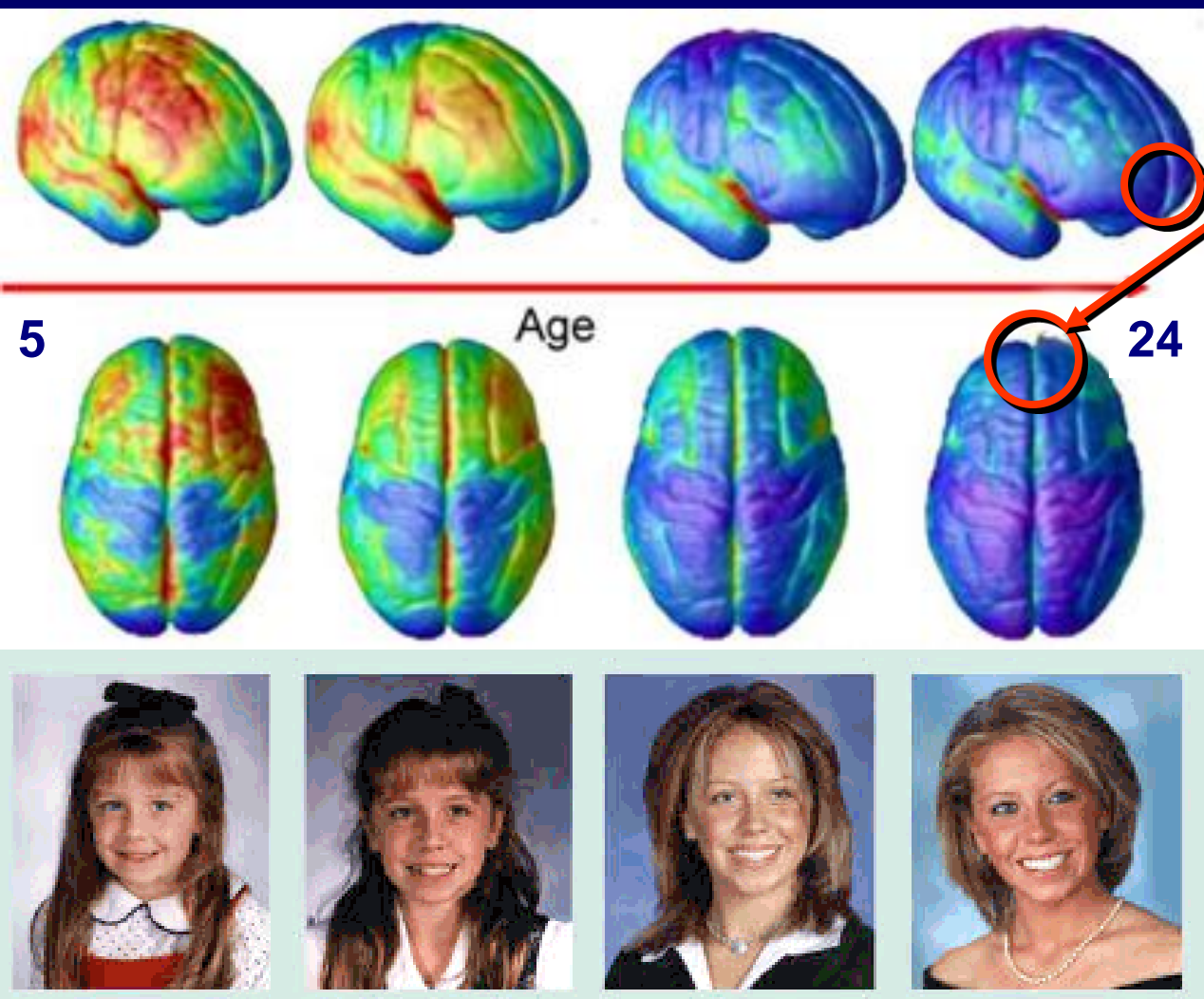


MAJOR PROBLEMS



**Young brains are
especially susceptible to
alcohol and other
psychoactive addictive
drugs**

Norm Volkow Ph.D., Director of Natl. Inst. Drug Abuse



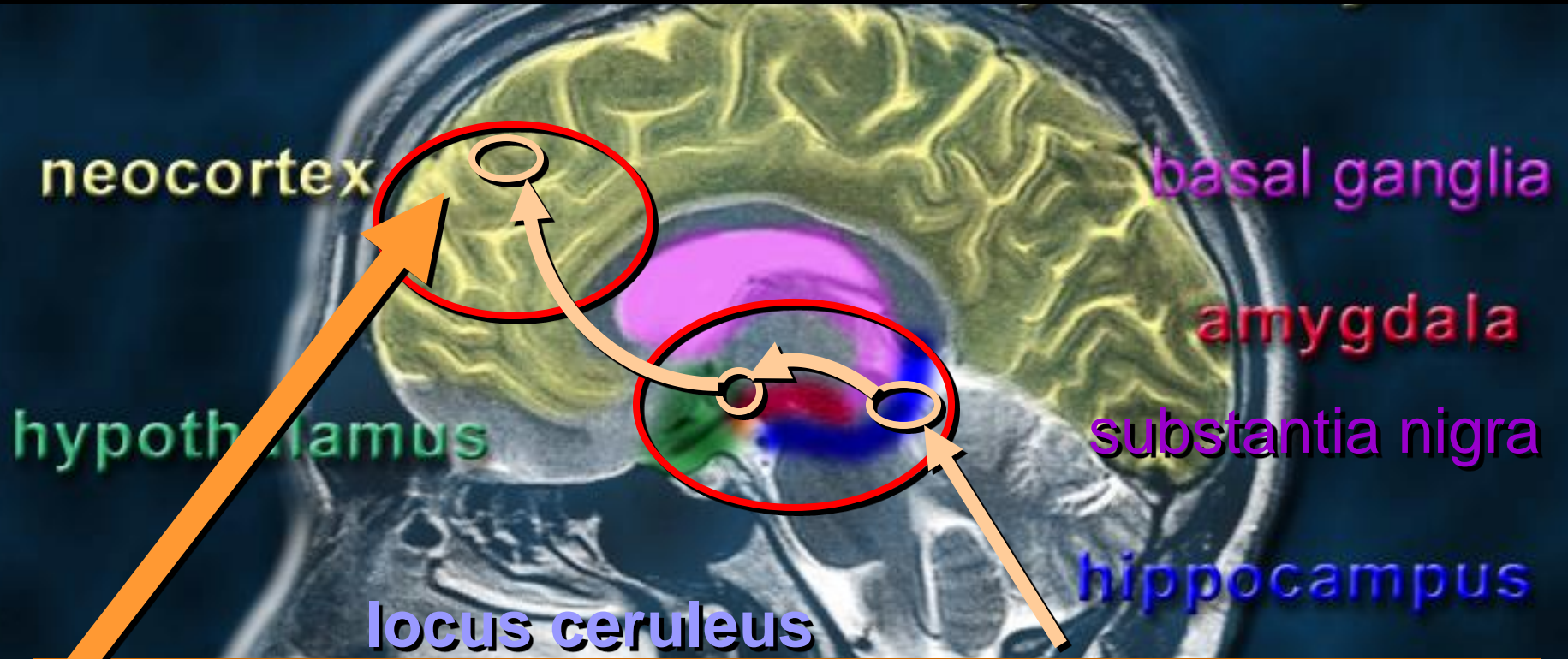
Prefrontal Cortex -
last area to develop

Images of Brain
Development in
Healthy Children,
Teens and Young
Adults

Blue represents maturing of brain areas

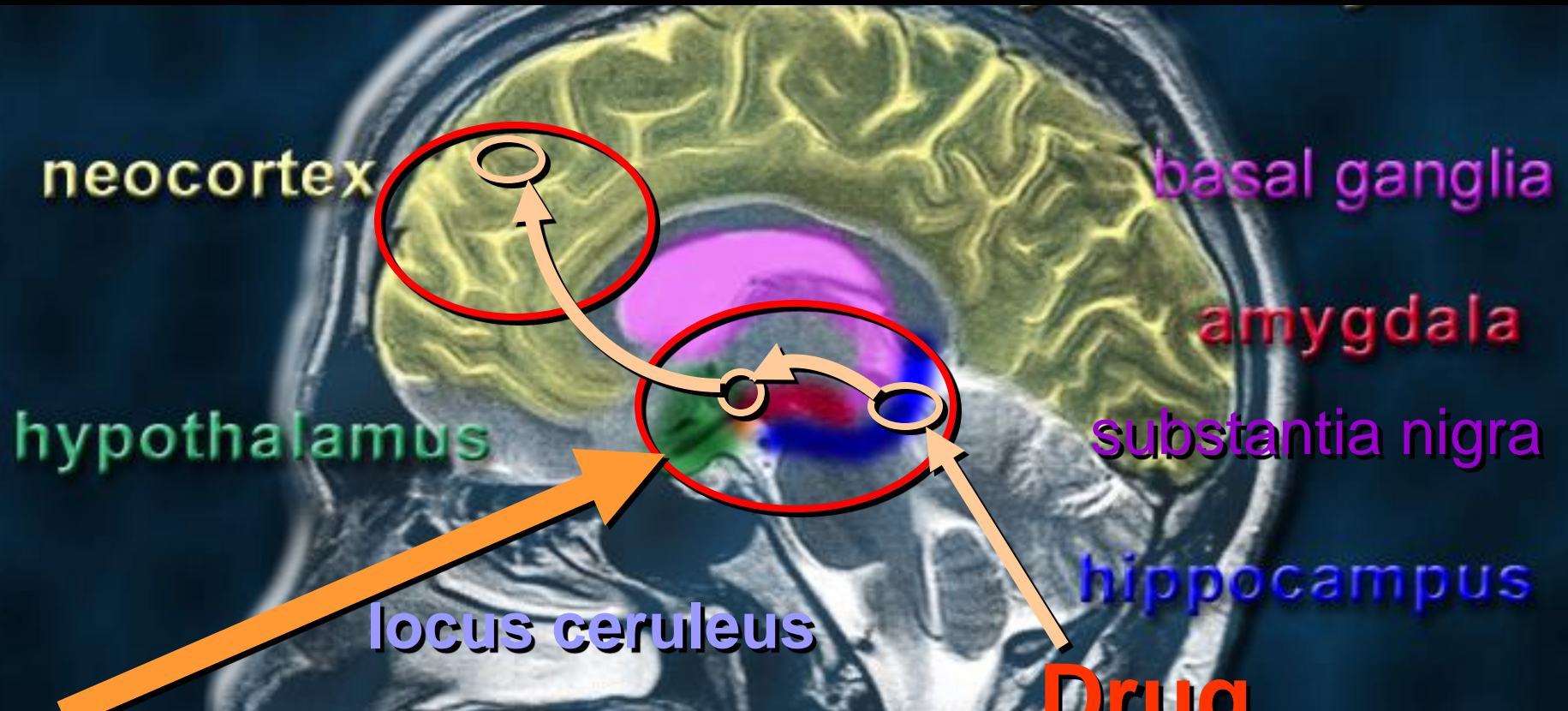
Brain development is ongoing during adolescence and continues into the early twenties contrary to what was previously thought

Dangers of Drug Use



Perfrontal Cortex seat of judgment, reasoning, problem solving; enables us to assess situations, make decisions, plan for the future and keeps our emotions and desires under control (governs impulsivity, aggression,...)

Dangers of Drug Use



Limbic system involved in the pleasure response; also regulates emotions and motivations, such as fear, anger, and is involved in early learning and memory processing,...

Young brains are especially susceptible to alcohol and other psychoactive addictive drugs

Frontal Cortex

neocortex

hypothalamus

locus ceruleus

Limbic System

basal ganglia

amygdala

substantia nigra

hippocampus

- Less planned thinking
- More impulsive
- Less self control
- Higher risk takers

Brain Research Conclusions

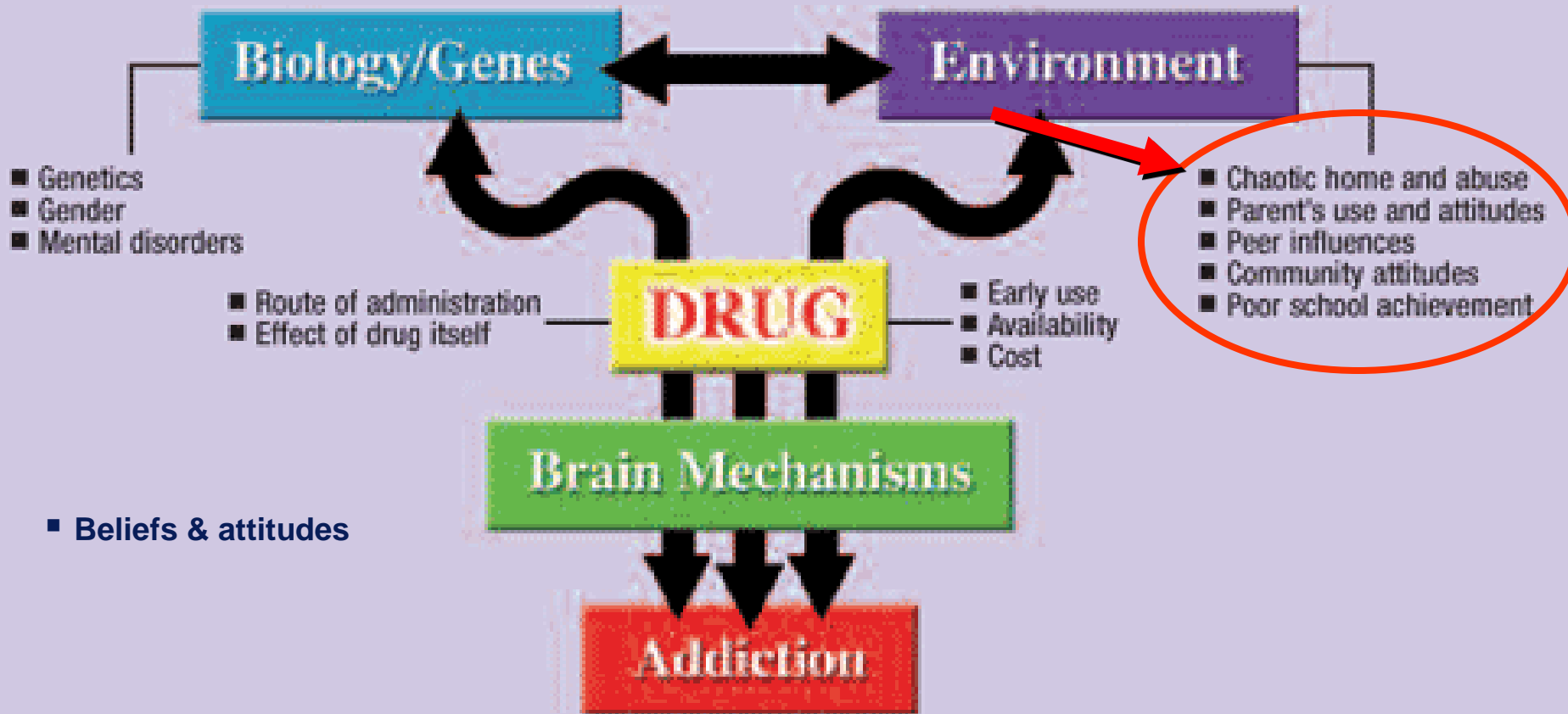


1. *Young brains are more susceptible to drug use than adults*
2. *Using drugs while the brain is still developing may have profound and long-lasting results:*
 - *Learning ability & emotional development*
3. *Implications of these studies are enormous for parents*

*Teens who begin drinking
before age 15 years are 4X
more likely to develop
alcoholism*

*Young adults may be less
likely to develop serious alcohol
and other drug problems
if the age of first use is
delayed beyond childhood or
adolescence*

RISK FACTORS



Risk Factors

- *Association with drug-using peers*
- *Family conflict or stress*
- *Poor parent-child relationship:*
 - *lack of monitoring and supervision*
 - *inconsistent or excessive discipline*
 - *lack of caring and support*

Risk Factors

- *Little commitment to academic achievement*
- *Lack of involvement in school and community*
- *Lack of clear, enforced school policy about drug use*

Risk Factors

- *Portrayal of ATOD on TV and in movies*
- *Advertising impact on norms and behavior*

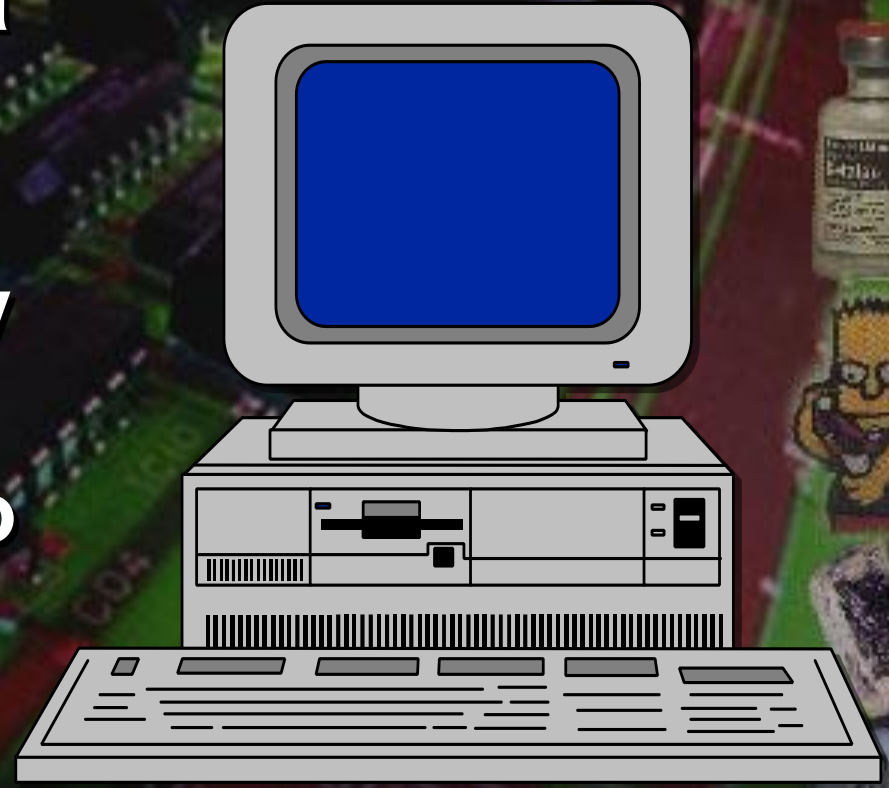
Commercials, Advertisements, and Internet

- *Deceptive ads on the Internet ...*
 - *“Valium releases stress on spot, allowing more self confidence”*
 - *Web sites detail a drugs synthesis information, list of ingredients and how much you should pay for a dose*



Make Some Rules

- Keep computers in a central area
- Tell your kids, despite what they may see on the Internet, there is no safe way to get high
- Tell them about the dangers of drug use



Risk Factors

- *Availability and cost of alcohol and other drugs*
- *Poor enforcement of laws concerning alcohol and illegal drug use*

The more risk factors a person has the greater their risk for developing alcohol, tobacco, or other drug problems

Impairment Consequences of Alcohol Use



Impairment

Any slowing of thought or physical reaction beyond the initial relaxation effect of alcohol

At 0.01% BAC

- *Mild euphoria, sense of relaxation*

At 0.08% BAC

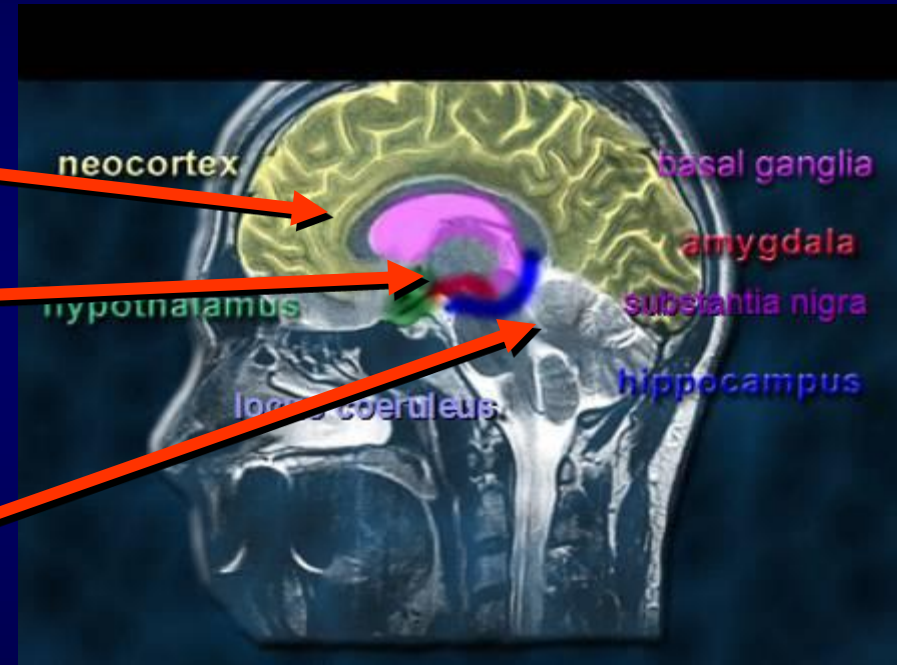
- *Legal impairment*

At 0.08% BAC - Physical and mental impairments, decreased coordination & thinking ability, poor judgment, volatile mood, ...

Impairment begins long
before someone is
legally drunk

Impairment begins at 0.03% BAC

- Divided attention problems
- Impaired eye balance coordination
- Slower eye tracking ability

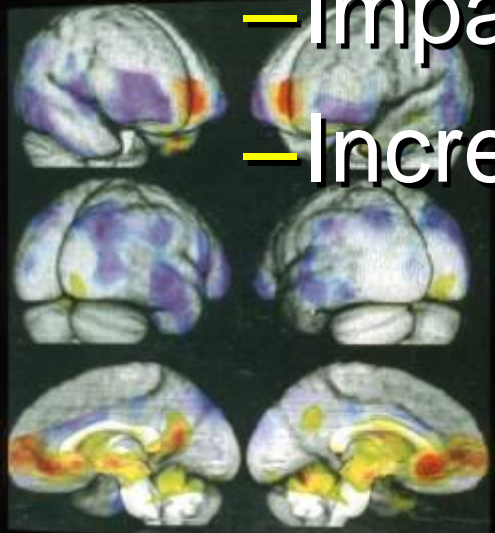




At 0.05 %BAC



- Impaired cognitive functions and coordination:
 - Information processing problems
 - Impaired visual perception
 - Increased reaction time



ALCOHOL IMPAIRMENT CHART

NEVER
DRINK
AND
DRIVE

APPROXIMATE BLOOD ALCOHOL PERCENTAGE										
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	ONLY SAFE DRIVING LIMIT
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment Begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Affected
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	Possible Criminal Penalties
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	—
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23			

of drinks per hour

Your body can get rid of one drink per hour.

Each 1½ oz. of 80 proof liquor, 12 oz. of beer or 5 oz. of table wine = 1 drink.

ALCOHOL IMPAIRMENT CHART

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2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Driving Skills Affected Possible Criminal Penalties
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated — Criminal Penalties
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

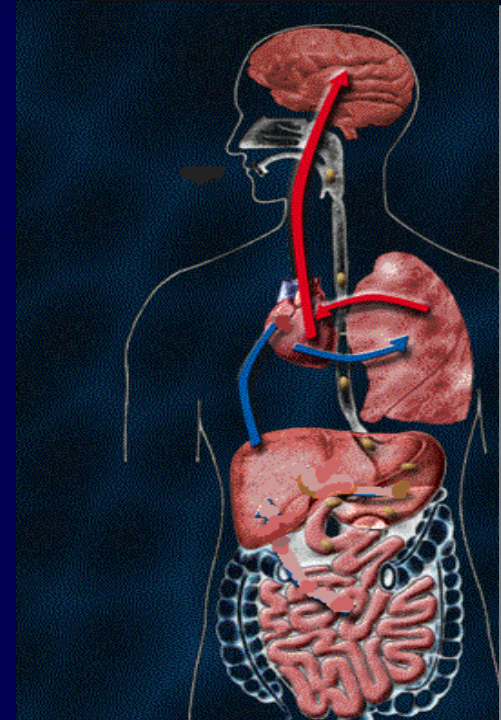
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U.S. Dietary Guidelines on Alcoholic Beverages

- *Current evidence suggests that light to moderate drinking is associated with a lower risk for coronary heart disease in some individuals*

- ***Higher levels of alcohol intake raise the risk for serious health and impairment problem***



U.S. 2010 Dietary Guidelines on Alcohol Consumption

Alcohol consumption may have beneficial effects when consumed in moderation. Strong evidence has shown that moderate alcohol consumption is associated with a lower risk of cardiovascular disease; also reduced risk of all-cause mortality among middle-aged and older adults and may help to keep cognitive function intact with age. However, it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crash.

Moderate alcohol consumption is defined as up to 1 drink per day for women and up to 2 drinks per day for men.

Heavy or high-risk drinking is the consumption of more than 3 drinks on any day or more than 7 per week for women and more than 4 drinks on any day or more than 14 per week for men.

Binge drinking is the consumption within 2 hours of 4 or more drinks for women and 5 or more drinks for men.

One drink is defined as:

12 fl. oz. of regular beer (150 calories)

5 fl. oz. of wine (100 calories)

1.5 fl. oz. of distilled spirits (100 calories)



Women
Up to 1 drink
per day; no
more than 7
drinks/week



Men
Up to 2 drinks
per day; no
more than 14
drinks/week

There are many circumstances in which people should not drink alcohol:

- Individuals who cannot restrict their drinking to moderate levels.
- Anyone younger than the legal drinking age. Besides being illegal, alcohol consumption increases the risk of drowning, car accidents, and traumatic injury, which are common causes of death in children and adolescents.
- Women who are pregnant or who may be pregnant. No safe level of alcohol consumption during pregnancy has been established.
- Individuals taking prescription or over-the-counter medications that can interact with alcohol.
- Individuals with specific medical conditions (e.g., liver disease, hypertriglyceridemia, pancreatitis).
- Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill, or coordination or in situations where impaired judgment could cause injury or death (e.g., swimming).

If you drink alcoholic beverages, do so in moderation, with meals, and when consumption does not put you or others at risk.

For more information see:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/Chapter3.pdf> p30-32.

Chronic alcohol use may result in:

Memory loss, impaired judgment, headaches, depression, anxiety, blackouts, insomnia

Cancers of the esophagus, mouth, throat

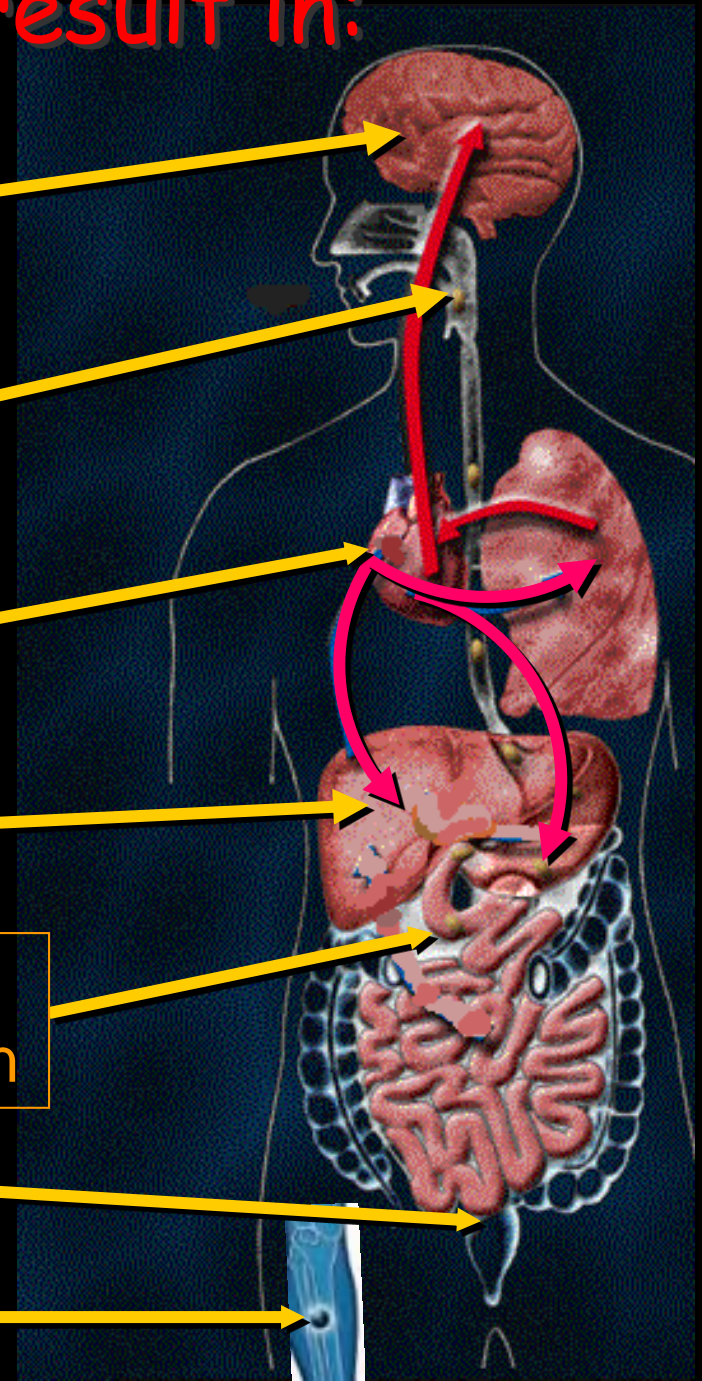
Heart disease, high blood pressure, stroke

Liver disease, liver cancer

Chronic stomach problems, GI bleeding, diarrhea, ulcers, malnutrition

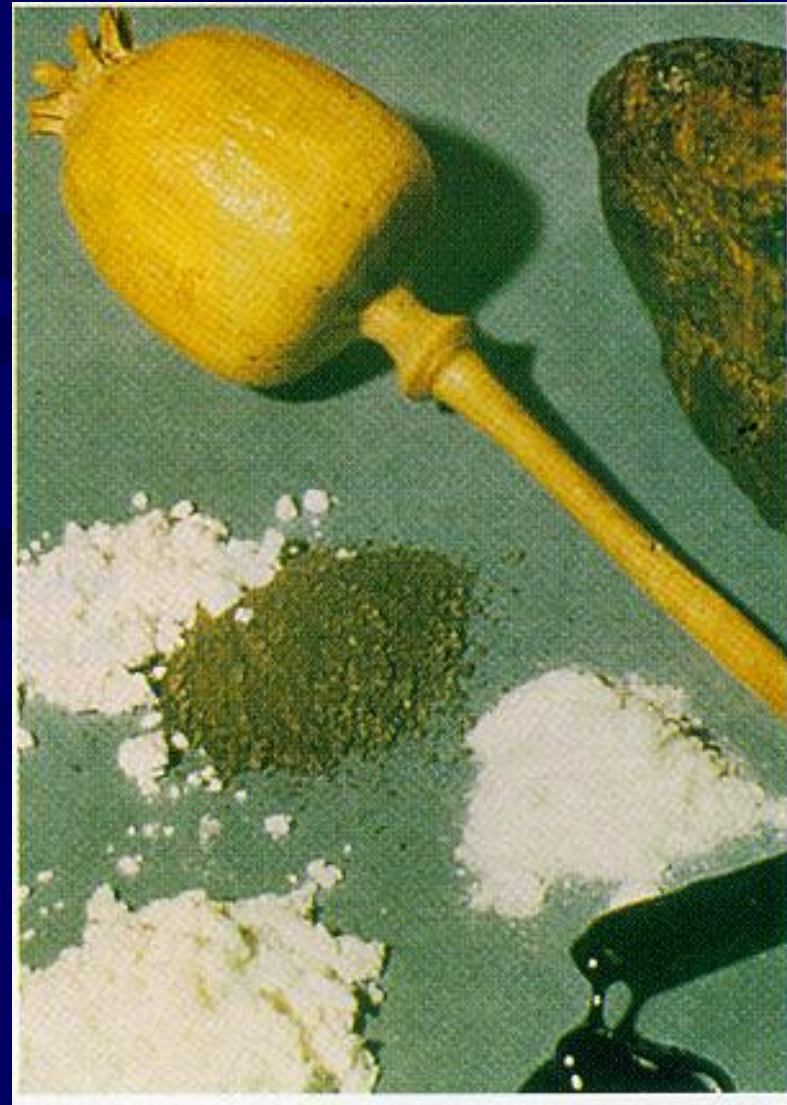
Impotency, reproductive disorders

Muscle damage, osteoporosis



Heroin

- *Most infamous product of opium poppy*
- Current resurgence in use: white powder & black tar heroin
- High purity and skyrocketing profits
- *Cheaper than “Oxy” and other pain meds*



Snorting Heroin or Opiates

- Since IV injection is more difficult and dangerous many users start by snorting



*But as tolerance develops
progression
to IV use becomes necessary!*

Serious Complications of IV use

- Danger of rapid injection
- Damage to blood vessels
- Viral infections
 - Hepatitis and HIV
- Bacterial infections
 - Meningitis, infections, abscesses, gangrene

Opiate Overdose

- Breathing can slow to the point that it ceases
- Overdose can be lethal
- *It can happen with first time use*

Medical intervention is critical

Call 911



Marijuana

**Most widely abused and
readily available illicit
drug in the U.S.**

Marijuana - *high-potency forms*

Commercial grade

- **3% Δ^9 -THC in early 90's**
- **Today As high as 10+%**

**Significant increase in
potency in recent years**

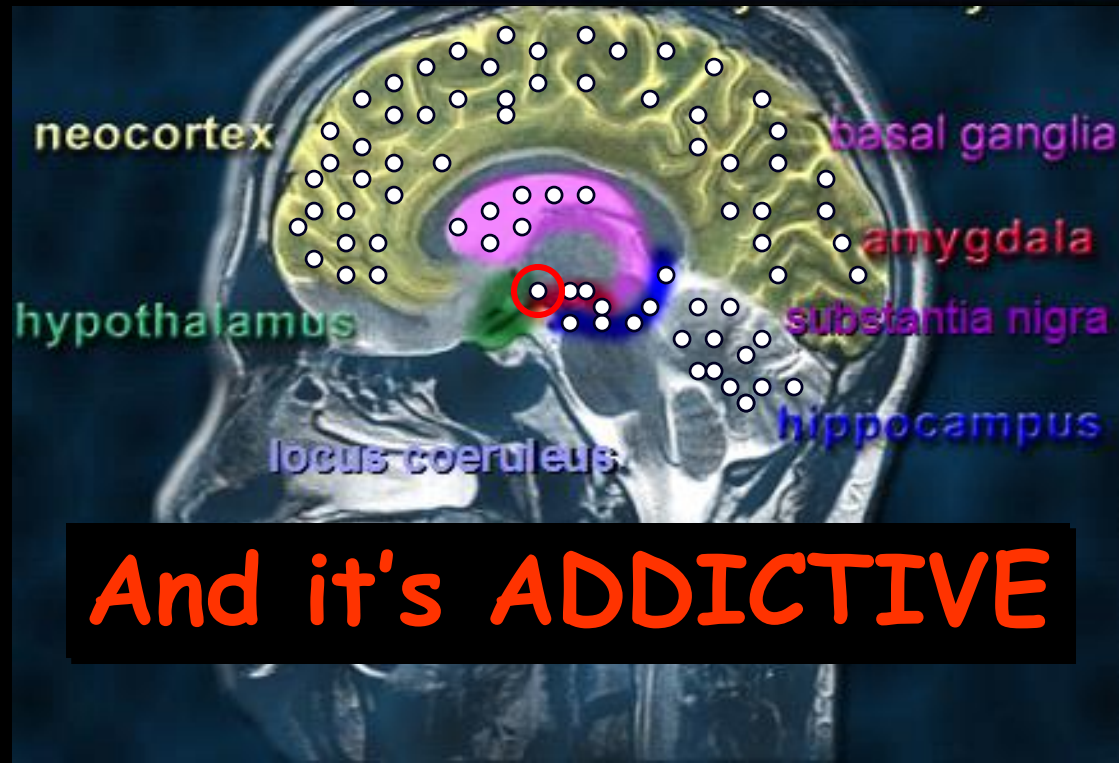
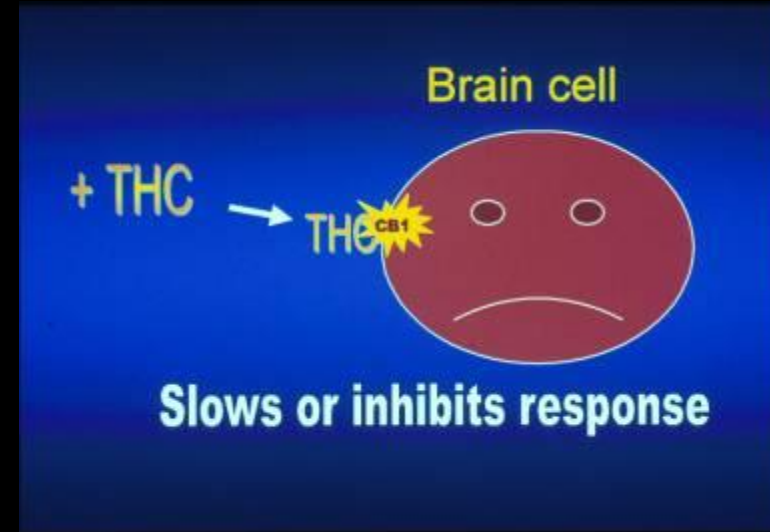
Impairment of Learning Ability

- Compromises the ability to learn and remember information
- Students who smoke marijuana:
 - Get lower grades
 - Less likely to graduate from high school



Thinking, movement, memory functions are all impaired:

- Poor coordination
- Harder to sustain attention
- Errors in judgment, time and space coordination
- Distorted perception (sights, sounds, time, touch)
- ***Delayed reaction times – in sports***
- ***Increased risk for accidents***



Health Problems of Smoking Marijuana

Brain

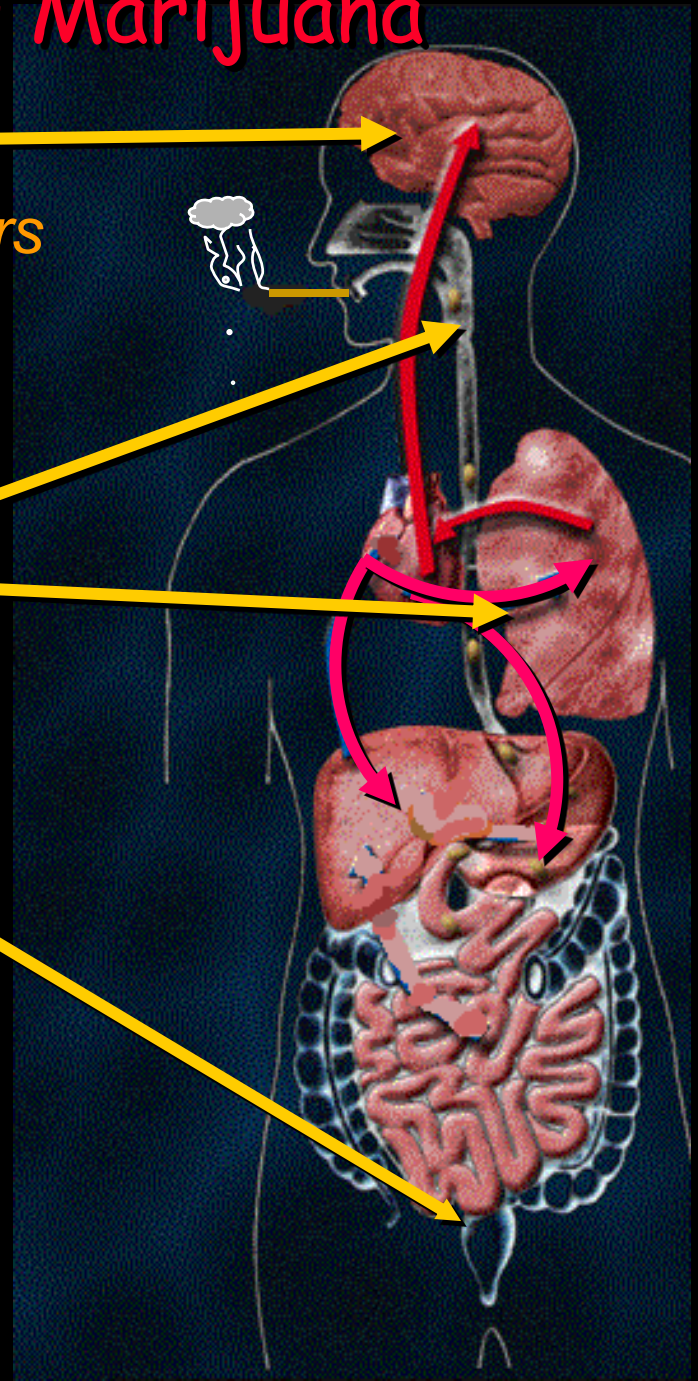
Harder to sustain attention, errors in judgment, delayed reaction times in sports & gaming, increases risk for accidents

Respiratory System

Decreases lung function and exercise tolerance

Reproductive System:

Decreased testosterone levels; decreases sperm count; disrupts menstrual cycle



Inhalants:

*They're Just
Under Your Nose*



Inhalant Abuse

- **Many parents are unaware of the potential dangers of some common household products if they are inhaled by their children**
- **Young people abuse inhalants because they are readily available, easy to get, legal....**

Inhalants



Effects of Inhalants

- Produces a “rush”, intoxicated or euphoric state
- Uninhibited and impulsive behavior
- Dizziness, distorted perception, slurred speech
- Confusion, inability to coordinate movements
- Impaired judgment

Intoxication

Inhalant Abuse

- How do we know if a young person has been sniffing or huffing?
- What can we look for?
- What are the signs and symptoms?

Signs and Symptoms of Inhalant Abuse

- **Unusual breath odor**
- **Chemical odor or stains on clothing**
- **Discovery of hidden cache of spray paint or solvent containers, chemical-soaked rags ...**

Flu-like Symptoms:

- **Headache, nausea, vomiting, loss of appetite, congestion, coughing, abnormal drowsiness**
- **Red or runny nose and eyes**
- **Skin around mouth can be irritated or sore**

Intoxicated Appearance:

- **Dazed or dizzy, slurred speech, lack of coordination, tremors, inability to concentrate**
- **Chronic abusers exhibit anxiety, excitability, restlessness, irritability**

National Inhalant Prevention Coalition

- **www.inhalants.org**
- **Video and brochures**

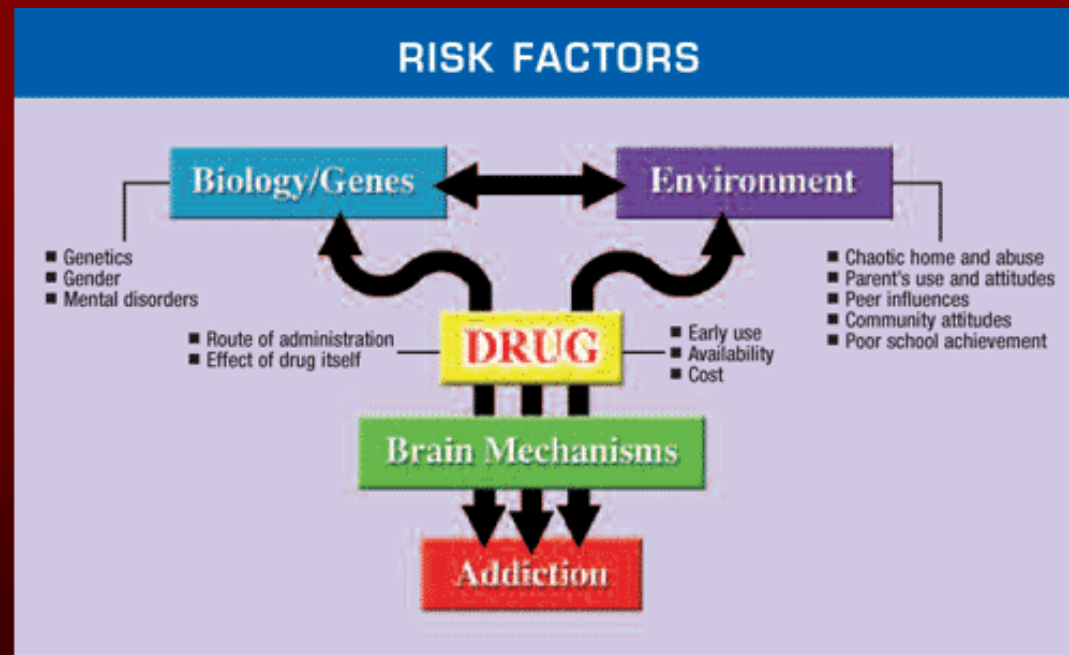


How to Prevent Prescription, OTC, and Other Drug Problems

What We Can Do!!!

What We Can Do!

- *Know the Risk Factors*
- *Adopt a Resiliency Approach*



Resiliency/Protective Factors

- A sense of purpose and future
- Healthy expectations and a positive outlook
 - *Spiritual foundations and relationships*
- Having an opportunity to contribute and be seen as a resource
 - *A sense of belonging, spiritual connectedness*

Resiliency/Protective Factors

- Effectiveness in work, play and relationships
 - *“Playing together”, having fun together*
- Self-esteem and an internal locus of control
 - *Caring, support, acceptance, respect, openness, honesty, trust, inter-independence*

Resiliency/Protective Factors

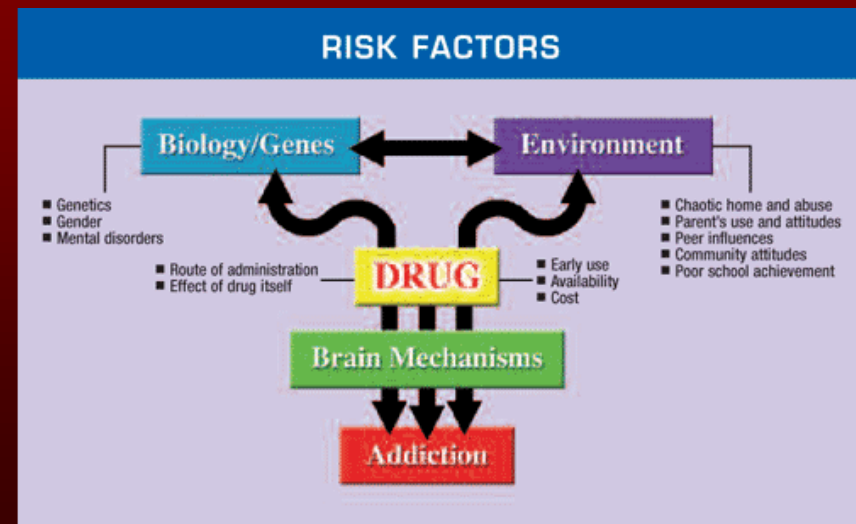
- Problem solving/critical thinking skills
- Self-discipline
 - *Reinforce healthy behavior*
- A relationship with a caring adult role model
 - *Positive role models affect emotional growth*

Resiliency/Protective Factors

- Supportive networks and social bonds
- A sense of humor
 - *Healthy teasing, not ridicule; help them break out of seriousness*
- Norms and public policies that support non-use
 - *Parent Alert Program*

What We Can Do!

- *Know the Risk Factors*
- *Adopt a Resiliency Approach*
- *Look for Early Sn and Sx*



Early Sn & Sx of Drug Use/Abuse

- **Behavioral changes**
- Pay attention to child's attitude:
 - Argumentative, hostility
- Disregard for household rules, curfew
- Isolating and withdrawing from family and friends
- Change in friends, deteriorating relationships
- Evidence of lying or secrecy
- Decline in academic performance

Signs & Symptoms of Drug Use/Abuse

- Decreased interest in sports and other activities
- Changes in weight, eating/sleeping
- Depression, fatigue, *even anxiety*
- Missing household money, medication or alcohol
- Bloodshot eyes, consistent runny nose, cough, bronchitis
 - Incense, eye drops, odors on clothing, hair or in bedroom



Signs & Symptoms of Drug Use/Abuse

- Dizzy and trouble walking
- Difficulty remembering recent events
- Carelessness with grooming
- Drug paraphernalia: *clothing, posters, jewelry, ... promoting drug use*



www.drugfree.org/Parent

*We need to be aware of the
signs and symptoms of
abuse and take positive
action when there is a
problem*

What we can do!

- *Know the Risk Factors*
- *Adopt a Risk/Resiliency Approach*
- *Look for Early Signs and Symptoms*
- *Give Prevention Messages*

General Approach

- Support healthy lifestyle choices:
 - Encourage good health habits, eating a healthy diet, stress reduction, exercising, getting enough sleep, relaxing, bonding activities
- Incorporate drug prevention activities wherever possible:
 - Look for “*teachable moments*”

Parents

- Understand the *resiliency factors* and support your adolescents in:
 - School performance
 - Setting goals
 - Positive expectations
 - Structuring free time
 - Evaluating peer groups
 - Building self-esteem
 - Community service
 - Social skills and decision-making ability

Parents

- Educate your children/adolescents about the risks of drug use:
 - Impairment risks:
 - Judgment problems, increased risks for accidents, risky sexual behavior
 - Health problems
 - Life consequences
 - *It's illegal, ...*

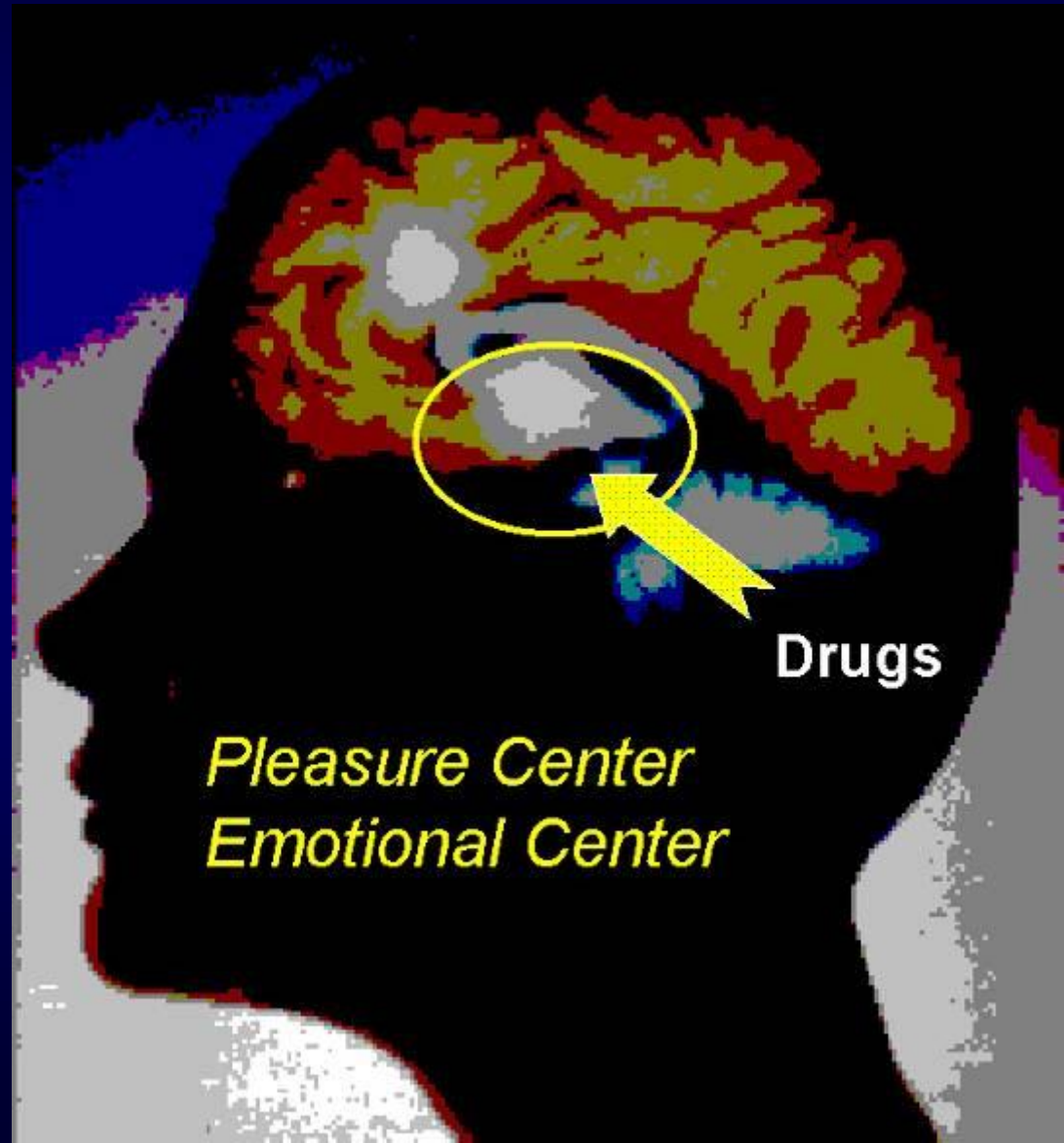
What do you tell them?

Dangers of Drug Use

- High potency:
 - *Altered state – no longer in control*
 - *Disinhibitory effect*
- Adulterants
- Unpredictable effects
- Problems in sporting activities:
 - *Decreased coordination and performance ability*
 - *Reduced exercise tolerance*

Dangers of Drug Use

- High risks for:
 - impairment and accidents
 - health problems
 - addiction
- *Effects on the mind and emotions*



Past Month Use vs. Parents' Feelings About Substance Abuse

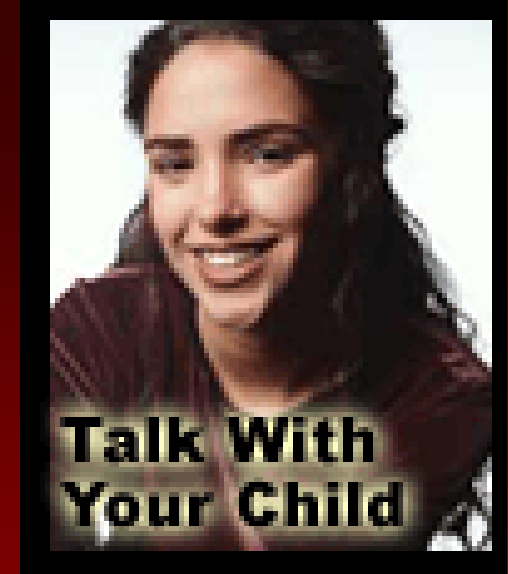
Past Month Substance Use	Strongly Disapprove	Somewhat Disapprove or Neither Approve nor Disapprove
Marijuana	4.9%	26.9%
Cigarettes	8.3%	45.3%
Alcohol	13.0%	40.0%

Tips for Parents

- *Be a good listener*



Tips for Parents



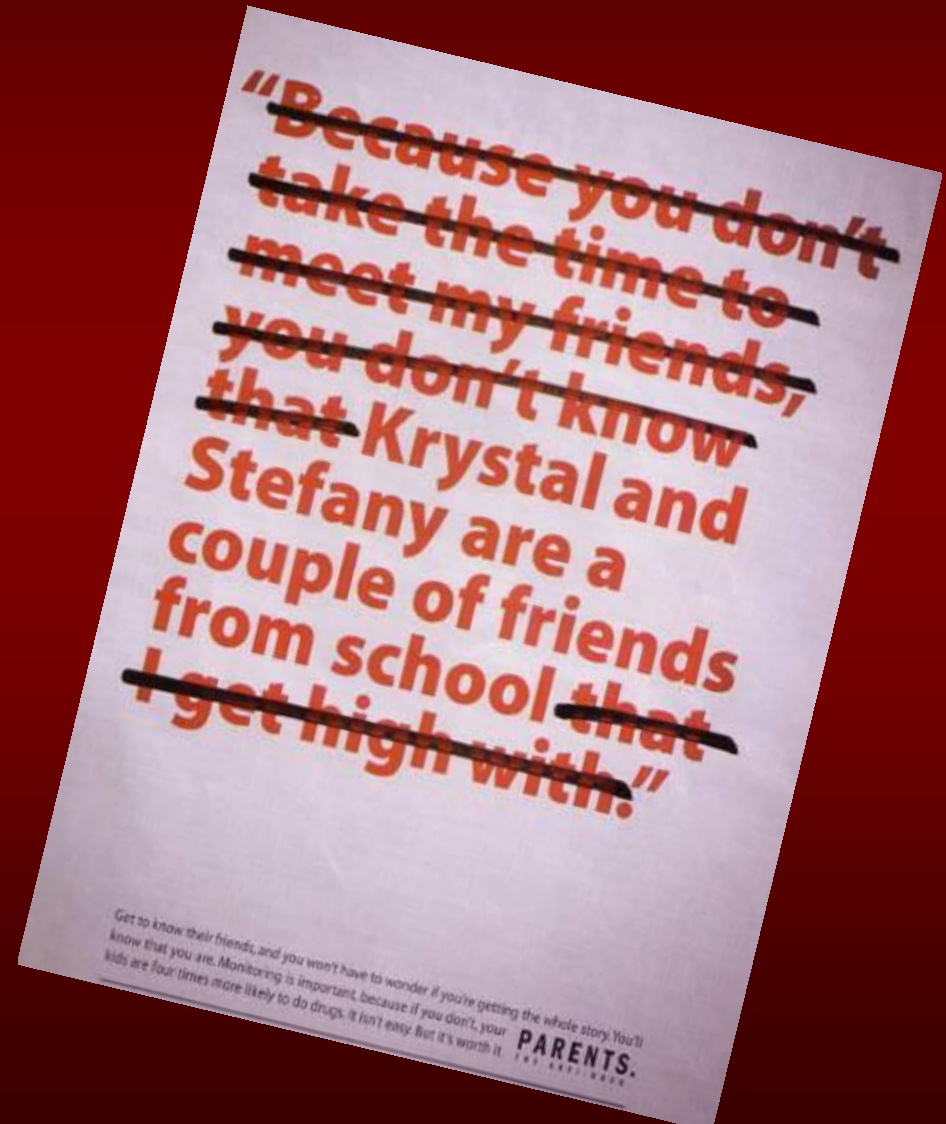
- *Give clear no-use messages about alcohol and other drugs*
 - *Start early, be ongoing*
 - *Change the nature of your discussion as your child's brain develops through the years*

Tips for Parents

- *Help your child deal with peer pressure to use drugs*
- *Example:*
 - *If 85% of the students know someone who regularly uses marijuana then...*
- ***Role play situations of refusing to use ATOD***

Tips for Parents

- *Get to know your child's friends and parents*



Tips for Parents

- *Monitor your child's whereabouts*
 - *Call other parents, find out what's going on....*



Tips for Parents

- *Supervise teen activities*
 - *When parents impose rules and standards of behavior, their teens are at much lower risk ...*
- *Maintain an open and honest dialogue with your child*



Parents

- Talk to adolescents about their intentions and attitudes, peer pressure, evaluating peer group
- *Use this opportunity as a lead into a role playing situation for refusing to use drugs*

Educational campaigns that stress personal responsibility and immediate health and impairment dangers of alcohol and other drugs use are effective prevention tools

Parents

- Recognize your own use as a risk factor for drug use in their children
- If you use alcohol follow the U.S. Dietary Guidelines for Alcohol Consumption

U.S. 2010 Dietary Guidelines on Alcohol Consumption

Alcohol consumption may have beneficial effects when consumed in moderation. Strong evidence has shown that moderate alcohol consumption is associated with a lower risk of cardiovascular disease; also reduced risk of all-cause mortality among middle-aged and older adults and may help to keep cognitive function intact with age. However, it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.

Moderate alcohol consumption is defined as up to 1 drink per day for women and up to 2 drinks per day for men.

Heavy or high-risk drinking is the consumption of more than 3 drinks on any day or more than 7 per week for women and more than 4 drinks on any day or more than 14 per week for men.

Binge drinking is the consumption within 2 hours of 4 or more drinks for women and 5 or more drinks for men.

One drink is defined as:

12 fl. oz. of regular beer (150 calories)

5 fl. oz. of wine (100 calories)

1.5 fl. oz. of distilled spirits (100 calories)



Women

Up to 1 drink per day; no more than 7 drinks/week



Men

Up to 2 drinks per day; no more than 14 drinks/week

There are many circumstances in which people should not drink alcohol:

- Individuals who cannot restrict their drinking to moderate levels.
- Anyone younger than the legal drinking age. Besides being illegal, alcohol consumption increases the risk of drowning, car accidents, and traumatic injury, which are common causes of death in children and adolescents.
- Women who are pregnant or who may be pregnant. No safe level of alcohol consumption during pregnancy has been established.
- Individuals taking prescription or over-the-counter medications that can interact with alcohol.
- Individuals with specific medical conditions (e.g., liver disease, hypertriglyceridemia, pancreatitis).
- Individuals who plan to drive, operate machinery, or take part in other activities that require attention, skill, or coordination or in situations where impaired judgment could cause injury or death (e.g., swimming).

If you drink alcoholic beverages, do so in moderation, with meals, and when consumption does not put you or others at risk.

Drug Information Web Sites

www.drugfree.org

www.theantidrug.com

www.whitehousedrugpolicy.gov

www.teendrugabuse.gov

www.Abovetheinfluence.com

www.ProjectAlert.com

www.casacolumbia.org

Call 1-800-662-HELP or find help [locally](#)

Panic Button

[SPANISH](#)

PARENTS.
THE ANTI-DRUG.

DRUG INFORMATION

Select a Drug

SEARCH

Enter keyword(s)

[Drug Information](#)

[Parenting Advice](#)

[Is Your Teen Using?](#)

[Resources](#)

[News](#)

[Partners](#)

GET the PARENTING
TIPS NEWSLETTER

Enter an email address



PARENTING OF TEENS TODAY

Teens don't come with instructions. They are complicated and under different, often more enticing pressures, than 20 years ago. Parents are still a teen's greatest influence, so what you say and do matters. Read more about how you can raise a happy, healthy teen.

[read more](#) [advice on this topic](#) [past features](#)

WHAT'S INSIDE



[Pressure on Teens](#)

Learn how you can [help your teen cope with pressures](#) like fitting in, getting into college, and managing finances.



[Drugged Driving Resources](#)

Use these [tips, posters, and postcards](#) to lay down the rules of the road in your home and in your community.

www.theantidrug.com

over-the-counter drugs responsibly. [Learn the signs and symptoms >>](#)

[Teens and Technology](#)

Learn the latest on social networking, text messaging, and online

RX DRUGS

DANGER ZONES

TOP 5 TIPS



Remember:

Everybody isn't doing
drugs!



Monitor
Your Child's
Activities



Teach Kids
to Choose
Friends
Wisely



Get Involved



Be a
Role Model



Talk With
Your Child



Set Rules

***Let's Work Together
and
Really
Make a Difference!***

Thank you!