

# HANDY HELPFUL HANDBOOK

A parent's guide to DRUG  
PREVENTION



# MARICOPA COUNTY ATTORNEY



Dear fellow Citizen,

Young people today face more challenges with greater consequences than most adults ever had to deal with when they were young. From the prevalence of dangerous drugs to the distractions of new technologies to the influence of mass media, our children are growing up in a very different – and often threatening – world.

This new environment also poses big challenges for parents and others who mentor and educate today's youth. That's why we've put this booklet together. In it you will find information and resources designed to help kids and their parents make the right choices and avoid a lifestyle that can lead to criminal behavior – or worse.

As Maricopa County Attorney, I took a pledge to protect and strengthen our communities, which is why I am committed to making sure our next generation of citizens has the chance to grow up safely and achieve their full potential. I encourage you to join me in this mission and hope that this guidebook will help you in this effort.

By working together, we can make a difference and create a positive tomorrow for today's youth.

Sincerely,

*Bill Montgomery*

Bill Montgomery  
Maricopa County Attorney



For additional copies of the Handy Helpful Handbook, please contact the Maricopa County Attorney's Office at (602) 506-3411, or use the online Handy Helpful Handbook link at [SafeTeensAZ.com](http://SafeTeensAZ.com).

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# INTRODUCTION

Today's kids and parents are busy. We fight rush hour traffic to get home in time to make dinner. We pay the bills, change the baby and help our kids build a rocket for the school science fair. We work and we worry — about high fevers and the high cost of just about everything. And sometimes in the shuffle, we simply forget the problems and pressures that kids themselves face every day.



Drugs and alcohol offer tempting opportunities to kids who want to fit in and are dealing with the stress of adolescence. That's why we've put this handbook together. In it, we'll discuss the danger signs of drug abuse. We'll also pass along the advice of experts on raising confident, caring kids — strong enough to stand up

to social pressure and smart enough to make good choices. Our future is present in today's children.

This handbook will also serve as a guide for you to get this very important conversation with your child started. It will walk you through the often intimidating task of talking to your kids about drugs, no matter their age or grade. The heart of prevention is the relationship you build with your kids — whether they're four or 14, you have the power to make a difference. After all, would you rather your kids learn about drugs from you or from the streets?

# PARENTING FOR PREVENTION

Let's face it. Growing up just isn't what it used to be. Through music, social media, and movies, kids today are exposed to adult ideas and images and pushed to make important choices at an earlier age every year.

The risks of being young are rising. Still, the basic rules for raising kids haven't changed much over the years. Getting involved in our kids' lives and teaching them a strong sense of self-worth is as important now as ever. Kids who value themselves and their own feelings are less

likely to make choices based on what their friends say or think or do. So how does a busy, modern-day parent do all that?

**Get to know them.** Make it a priority to ask your kids about their day, even if they're reluctant to speak up. Eventually, once they realize you are eager to listen, they will begin to open up.

**Spend time together.** Get involved in your child's activities. That means playing the video games they play, watching the movies they watch and listening to the music they like. The time you invest in knowing their interests will pay off by building your bond with them.

**Build good feelings.** Encourage your kids often, pointing out the special qualities of each child. Be specific (they'll know if you're faking): "I appreciate the way you helped your baby brother today," or "You make friends so easily." Remember that your kids are individuals, too, and may choose to be different from you. Within reason, allow for differences in dress and lifestyle without taking your love away.



**Build self-respect.** Teach your children to like and respect themselves by liking yourself. Don't allow your kids, friends, or spouse to bully or mistreat you. Show you respect yourself by living a healthy lifestyle (eating right, exercising and not using drugs) that they can duplicate.

**Decision-making.** Within careful limits, let your kids make their own choices — when to study, what to play, how to spend their money. Encourage working together on family chores and activities, from making the beds to making plans for a ball game. Talk about the pros and cons of each decision so they practice critical thinking.

# Facts About Underage Substance Abuse

The good news is that illegal drug use among teens is actually declining. However, abuse of prescription drugs is on the rise, and underage drinking remains a serious problem. Consider the statistics:

- Alcohol is the most common substance abused by Arizona students.
- Cigarettes and Marijuana are the second and third most abused substances by Arizona youth.
- 13.6 is the average age Arizona youth report first using marijuana.
- Alcohol kills 6 ½ times more teenagers than all other illicit drugs combined.
- 40 percent of those who started drinking at age 13 or younger developed alcohol dependence later in life. Ten percent of teens who began drinking after the age of 17 developed dependence.
- Teens that drink are 50 times more likely to use cocaine than teens who never consume alcohol.
- 63 percent of the youth who drink alcohol say that they initially got the alcohol from their own or their friend's homes.
- Ten percent of teens report that they have attended a rave, and ecstasy and other drugs were available at more than two-thirds of these raves.
- More than 60 percent of teens said that drugs were sold, used, or kept at their school.
- 20 percent of 8th graders report that they have tried marijuana.
- 28 percent of teens know a classmate or friend who has used ecstasy.
- **Teenagers whose parents talk to them on a regular basis about the dangers of drug use are 42 percent less likely to use drugs than those whose parents don't.**

# FAMILY DRUG EDUCATION

The best place to begin guiding our kids in making decisions about alcohol and drugs is in the home. We suggest beginning drug education early — and as a natural part of family projects and mealtime talks. And if it's too late to start “early,” start anyway. Your kids may not know as much as they think. Here are some tips to start your conversations:



- Begin by collecting information on drugs and alcohol. Read and talk about issues and separate rumors from facts. If you hear about a new drug, take a few minutes to research it so you can stay on top of the drug trends.
- Share your feelings about how drugs might affect your children: “Drugs and alcohol make smart kids make bad decisions that they have to pay for the rest of their lives,” or “I’m afraid that once you start, you won’t be able to stop.”
- Be honest about your own drug use: “I’m really struggling to quit smoking and I hate the thought of you starting. I hope you’ll save yourself all the trouble I’m going through and not start at all,” or “I missed out on opportunities because of my drug use and I want better for you.”
- Keep your kids’ ages in mind: Young children view the world as black or white and are usually satisfied with the statement that drugs are “bad.” But don’t expect your teenagers to see it that simply. They’re more likely to view drug use and drinking as their own choice. Be ready with sound facts and solid examples of the damage alcohol and other drugs can do.

# TALKING TO YOUR KIDS ABOUT DRUGS

## PRESCHOOLERS

It may seem premature to talk about drugs with preschoolers, but the attitudes and habits that they form at this age have an important bearing on the decisions they will make when they're older. At this early age, they are eager to know and memorize rules, and they want your opinion on what's "bad" and what's "good." Although they are old enough to understand that smoking is bad for them, they're not ready to take in complex facts about alcohol and drugs. Nevertheless, this is a good time to practice the decision-making and problem-solving skills that they will need to say "no" later on.

Here are some ways to help your preschool children make good decisions about what should and should not go into their bodies:

- Discuss why children need to eat healthy food. Have your child name several favorite good foods and explain how these foods contribute to health and strength.
- Set aside regular times when you can give your son or daughter your full attention. Get on the floor and play with him; learn about her likes and dislikes; let him know that you love him; say that she's too wonderful and unique to do harmful things to her body. You'll build strong bonds of trust and affection that will make turning away from drugs easier in the years to come.



- Provide guidelines like playing fair, sharing toys, and telling the truth so children know what kind of behavior you expect from them.
  - Encourage your child to follow instructions, and to ask questions if he does not understand the instructions.
- When your child becomes frustrated at play, use the opportunity to

strengthen problem-solving skills. For example, if a tower of blocks keeps collapsing, work together to find possible solutions. Turning a bad situation into a success reinforces a child's self-confidence.

- Whenever possible, let your child choose what to wear. Even if the clothes don't quite match, you are reinforcing your child's ability to make decisions.
- Point out the poisonous and harmful substances commonly found in homes, such as bleach, kitchen cleanser, and furniture polish, and read the products' warning labels out loud. Explain to your children that not all "bad" drugs have warnings on them, so they should only eat or smell food or a prescribed medicine that you, a grandparent, or a babysitter give them.
- Explain that prescription medications are drugs which can help the person for whom they are meant but can harm anyone else — especially children, who must stay away from them.

## KINDERGARTEN THROUGH THIRD GRADE (5-8 YEARS OLD)

A child this age usually shows increasing interest in the world outside the family and home. Now is the time to begin to explain what alcohol, tobacco, and drugs are, that some people use them even though they are harmful, and the consequences of using them.

By the time your children are in third grade, they should understand:

- How foods, poisons, medicines, and illegal drugs differ.
- How medicines prescribed by a doctor and administered by a responsible adult may help during illness but can be harmful if misused, so children need to stay away from any unknown substance or container.



- Why adults may drink alcohol but children may not, even in small amounts — it’s harmful to children’s developing brains and bodies.
- How drugs interfere with the way our bodies work and can make a person very sick or even cause them to die. (Most children of this age have had real-life experiences with a death of a relative or the relative of someone at school.)
- The idea of addiction — that drug use can become a very bad habit that is hard to stop.
- That you care — praise your children for taking good care of their bodies and avoiding things that might harm them.

## GRADES FOUR THROUGH SIX (9-11 YEARS OLD)

Continue to take a strong stand on drugs. At this age, children can handle more sophisticated discussions about why people are attracted to drugs. You can use their curiosity about major traumatic events in people’s lives (like a car accident or celebrity deaths) to discuss how drugs can cause these events.

Children this age also love to learn facts, especially strange ones, and they want to know how things work. This age group can be fascinated by how drugs affect a user’s brain or body. Explain how anything taken in excess — whether it’s cough medicine or an anti-anxiety pill — can be dangerous.



Friends — either a single best friend or a group of friends — are extremely important during this time, as is fitting in and being seen as “normal.” Be careful when they hang out with older children who may expose your child to alcohol, tobacco, prescription drugs or other illegal drugs.

It is essential that your child’s anti-drug attitudes be strong before entering middle school or junior high.

Before leaving elementary school, your children should know:

- The immediate effects of alcohol, tobacco, and drug use on different parts of the body, including risks of coma or fatal overdose.
- The long-term consequences — how and why drugs can be addicting and make users lose control of their lives.
- The reasons why drugs are especially dangerous for growing bodies.
- The problems that alcohol, prescription drugs and illegal drugs cause not only to the user, but the user’s family and world.



Other tips for pre-teens are:

- Rehearse potential scenarios in which friends offer drugs. Have your children practice delivering an emphatic “You can die from pills that weren’t prescribed to you.”
- Give them permission to use you as an excuse: “My mom will kill me if I drink a beer!”
- Teach your children to be aware of how drugs and alcohol are promoted. Discuss how advertising, song lyrics, movies, and TV shows bombard them with messages that using alcohol, tobacco, and other drugs is glamorous. Make sure that they are able to separate the myths of alcohol, tobacco, and other drug use from the realities, and praise them for thinking for themselves.
- Get to know your children’s friends, where they hang out, and what they like to do. Make friends with the parents of your children’s friends so you can reinforce each other’s efforts. You’ll feel in closer touch with your child’s daily life and be in a better position to recognize trouble spots. (A child whose friends are all using drugs is very likely to be using them too.)

## THE ELEMENTARY TO MIDDLE SCHOOL TRANSITION

Your child's transition from elementary school to middle school calls for special vigilance. Children are much more vulnerable to drugs and other risky behavior when they move from sixth to seventh grade than when they were younger. Implement the actions below to significantly reduce the chance of your child becoming involved with drugs as they transition to middle school.



- Arrange to have your children looked after from three to six p.m. Kids who are left home alone after school are at risk for increased drug use and other risky behavior because they lack adult supervision.
- If you must leave middle school and high school students alone, make sure they feel your presence. Give them a schedule and set limits on their behavior. Give them household chores to accomplish. Enforce a strict phone-in-to-you policy. Check in often to make sure they are where they are supposed to be.
- Get to know the parents of your child's friends. Exchange phone numbers and addresses. Have everyone agree to forbid each other's children from consuming alcohol, tobacco, and other drugs in their homes, and pledge that you will inform each other if one of you becomes aware of a child who violates this pact.
- Call parents whose home is to be used for a party. Make sure they can assure you that no alcoholic beverages or illegal substances will be dispensed. Don't be afraid to check out the party yourself to see that adult supervision is in place.
- Make it easy for your child to vacate a place where illegal substances are being used. Discuss in advance how to contact you or another designated adult in order to get a ride home. If another adult provides the transportation, be up and available to talk about the incident when your child arrives home.

- Set curfews and enforce them. Be aware of where your kids are going and set an exact time they will be home. Know your city's teen curfew and make sure you follow it. Teens won't respect the law if you don't.

## GRADES SEVEN THROUGH NINE (12-14 YEARS OLD)



A common stereotype holds that teenagers are rebellious, are ruled by peer pressure, and court danger even to the point of self-destructiveness. Although teens often seem unreceptive to their parents as they struggle to become independent, teens need parental support, involvement, and guidance more than ever.

Young teens can experience extreme and rapid shifts in their bodies, emotional lives, and relationships. Adolescence is often a confusing and stressful time, characterized by mood changes and deep insecurity, as teens struggle to figure out who they are and how to fit in while

establishing their own identities. It's not surprising that this is the time when many young people try alcohol, tobacco, and other drugs for the first time. Parents may not realize that their young teens feel surrounded by drug use.

Teens are getting high in places that parents think are safe havens, such as around school, at home, and at friends' houses. Although teens may not show they appreciate it, parents profoundly shape the choices their children make about drugs.

You should discuss drugs' long-term effects...

- Lack of crucial social and emotional skills, ordinarily learned during adolescence.
- Risk of lung cancer and emphysema from smoking.

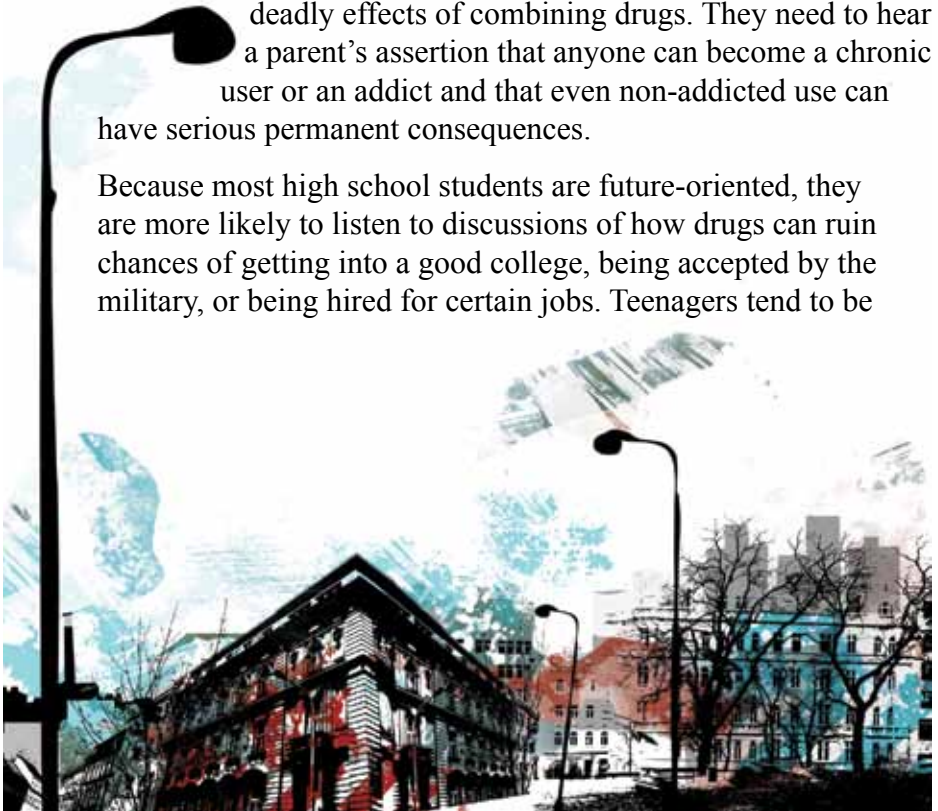
- Fatal or crippling car accidents and liver damage from heavy drinking.
- Addiction, brain coma, and death.

## GRADES TEN THROUGH TWELVE (15–17 YEARS OLD)

Older teens have already had to make decisions many times about whether to try drugs or not. Today’s teens are savvy about drug use, making distinctions not only among different drugs and their effects, but also among trials, occasional use, and addiction. They witness many of their peers using drugs — some without obvious or immediate consequences and others whose drug use gets out of control.

To resist peer pressure, teens need more than a general message not to use drugs. It’s now also appropriate to mention how alcohol, tobacco, and other drug consumption during pregnancy has been linked with birth defects in newborns. Teens need to be warned of the potentially deadly effects of combining drugs. They need to hear a parent’s assertion that anyone can become a chronic user or an addict and that even non-addicted use can have serious permanent consequences.

Because most high school students are future-oriented, they are more likely to listen to discussions of how drugs can ruin chances of getting into a good college, being accepted by the military, or being hired for certain jobs. Teenagers tend to be





idealistic and enjoy hearing about ways they can help make the world a better place. Tell your teens that drug use is not a victimless crime, and make sure they understand the effect that drug use has on our society. Appeal to your teen by pointing out how avoiding illegal drugs helps make your city a safer, better place, and how being drug-free leaves more energy to volunteer after

school for tutoring or coaching younger kids — activities the community is counting on.

It is important that parents praise and encourage teens for all the things they do well and for the positive choices they make. When you are proud of your son or daughter, tell him or her. Knowing they are seen and appreciated by the adults in their lives is highly motivating and can shore up their commitments to avoid drug use. Your teen may also be impressed by the importance of serving as a good role model for a younger brother or sister.



# Teen, Parents and Parties

With a little planning — and a firm agreement on codes of conduct — any party can be fun, safe, and drug- and alcohol-free. Some pointers:

## *If your teen is holding a party...*

- As the adult host, you're responsible for your child's guests. Don't create chances to get high by leaving prescription drugs or liquor where it's easily available.
- Set aside an area of the house for the party. Limit attendance (to a guest list, if possible), and set an ending time before family curfew.
- If the party does get out of control (fights, broken furniture, large crowds, etc.), don't hesitate to call parents — or the police.
- Never let an intoxicated teenager drive home. And, it is not enough just to smell for alcohol. Be sure to check their pupils — if they are constricted or dilated, they could have abused prescription drugs.

## **PARENTS CAN BE HELD RESPONSIBLE FOR PROVIDING DRUGS OR ALCOHOL**

## *If your teen is attending a party...*

- Ask for the name, address, and phone number of the host. Contact the parents to be sure the party will be drug- and alcohol-free and that an adult will be there. Leave your name and number with the parents.
- Ask your kids to call you if there is a change of plans or if a problem develops. Let them know there will be no punishment if they ask for help. Keep that promise.



# HOT TOPICS

## MEDICAL MARIJUANA

The idea that there might be legitimate health advantages to an illegal drug, like marijuana, is confusing. Now that your teenager is old enough to understand the complexities of this issue, it is important to discuss it at some point — perhaps during a teachable moment inspired by a news report. You may want to let your teen know that the ingredient in marijuana that has some medicinal value — delta-9-tetrahydrocannabinol (THC) — can already be prescribed by doctors in a pill form that doesn't contain the cancer-causing substances of smoked marijuana. Other medical painkillers include codeine and morphine, both of which have been determined safe for prescription use after rigorous testing and review by scientific medical organizations. Although the recently passed Arizona Medical Marijuana Act allows certain qualified patients to use marijuana for limited therapeutic purposes, marijuana remains illegal under federal law and is widely regarded as a “gateway drug” to other more dangerous substances.



## SYNTHETIC CANNABIS

Synthetic cannabis is a commercially available drug that mimics the active ingredient in marijuana. Usually sold in smoke shops, the drug is sprayed on plant materials and marketed as incense under brand names including Spice, K2, Skunk, Yucatan Fire, Black Mamba and Blaze. Users



typically smoke these products using paraphernalia commonly used to smoke marijuana. The drug has been classified by the US Drug Enforcement Administration as a Schedule I Controlled Substance, making it illegal under federal law -- and thanks to recent efforts by the Maricopa County Attorney's Office in partnership with the legislature, it is now illegal in Arizona as well. However, manufacturers of synthetic cannabis have devised chemical variants of the drug in an effort to evade the law, so some versions of it are still available for sale.

## PRESCRIPTION DRUGS

**IT'S WORSE THAN YOU THINK...  
1 in 5 teens have abused prescription drugs.**

When used improperly, many of today's common prescription medications mimic the effects of heroin, meth and other street drugs. Most teens get prescription drugs easily and for free from their friends, or even from your medicine cabinet.



- Teens are moving away from street drugs and using prescription medications to get high.
- 19 percent of all child deaths in Arizona involve substance abuse.
- Teens believe the myth that prescription drugs are “safer” than street drugs.
- Prescription drug use rates by Arizona teens are 7.1 percent to 9.9 percent higher than the national rate.

### **Most Commonly Abused Prescription Drugs:**

- Opioids (or Painkillers): Codeine, OxyContin, Morphine.
- Central Nervous System Depressants (or Antianxiety pills): Valium, Xanax.

- Stimulants (often ADD medication): Ritalin, Adderall.

## **What can parents do about prescription drug abuse?**

- Know what prescription drugs are in your house and in what quantities and secure them at all times.
- Properly conceal and dispose of old or unused medicines.
- If you suspect your teen could be misusing prescription drugs, investigate. It is not snooping; it is your responsibility as a parent.
- Know the parents of your teenager's friends and ask them to conceal prescription medication in their homes as well.
- Talk to your kids about the dangers of prescription drugs. Research proves parents are the most influential people in a teen's life.

## **SIGNS OF DRUG USE**

Most parents have a sixth sense about how their kids act and feel. We usually know when something is “off” — and sometimes long before full blown problems appear. But identifying drug and alcohol problems is tricky. Lots of kids first get involved — or get in trouble — at the age when they naturally start demanding greater freedom and more privacy from parents.

Learning the difference between “symptoms” of growing up and the warning signs of alcohol and drug use isn't easy. As a parent, you must ask questions carefully and avoid snap judgments, yet learn to trust your sense that your kid is in trouble. By themselves, many of the following signs may signal nothing more than the pains and pangs of “teenagehood.” But taken together, they should make a parent's sixth sense tingle. Because if alcohol or drug use is not the problem, something else may be.

### **Your child might be using drugs if you notice that:**

- They're withdrawn, depressed, tired, and careless about personal grooming.
- They're hostile or uncooperative, and frequently break curfews.

- Their relationships with family members have deteriorated.
- They're hanging around with a new group of friends.
- Their grades have slipped, and school attendance is irregular.
- They've lost interest in hobbies, sports, and other favorite activities.
- Their eating or sleeping patterns have changed.
- They're up at night and sleep during the day.
- They have a hard time concentrating.
- Their eyes are red-rimmed, pupils dilated or constricted and/or they have a runny nose in the absence of a cold.
- Household money has been disappearing.

## GETTING HELP

Discovering that a child is using drugs is one of the scariest situations a parent ever faces. Our first feelings are fear (Have they hurt themselves?) and anger (How could they do this to me?). And our first impulse is to attack or punish our kids.

Fear and anger are natural reactions to a family crisis. But they aren't very helpful. In fact, the first rule of dealing with adolescent drug problems is staying calm. Now, more than ever, your child needs love and support. Drug and alcohol abuse is serious, and should be treated that way. But not at the cost of permanent damage to your relationship with your kids.

# What are the Drugs in Your Child's World?

## ***Preschoolers***

- Alcohol
- Inhalants
- Tobacco
- Over the counter medicine
- Ketamine
- LSD
- Marijuana
- Mushrooms
- Painkillers (OxyContin)
- Prescription Drugs

## ***K-3rd Grade***

- Alcohol
- Inhalants
- Ritalin/Adderall
- Tobacco
- Ritalin/Adderall
- Rohypnol
- Tobacco

## ***4th-6th Grade***

- Alcohol
- Cough syrup
- Inhalants
- Marijuana
- Ritalin/Adderall
- Tobacco
- Alcohol
- Cocaine
- Crack
- Ecstasy
- GHB
- Heroin
- Inhalants
- Ketamine
- LSD

## ***7th-9th Grade***

- Alcohol
- Cocaine
- Crack
- Ecstasy
- GHB
- Heroin
- Inhalants
- Marijuana
- Mushrooms
- Painkillers (OxyContin)
- Prescription Drugs
- Ritalin/Adderall
- Rohypnol
- Tobacco

## ***10th-12th Grade***

- Alcohol
- Cocaine
- Crack
- Ecstasy
- GHB
- Heroin
- Inhalants
- Ketamine
- LSD
- Marijuana
- Mushrooms
- Painkillers (OxyContin)
- Prescription Drugs
- Ritalin/Adderall
- Rohypnol
- Tobacco

# SPECIFIC DRUG INFORMATION

**DEFINITION**

## Alcohol



*Alcohol is a Depressant, and is consumed orally (swallowed)*

## Amphetamines



*Amphetamines are stimulants, and they can be injected, snorted, smoked or swallowed*

## Cocaine



*Cocaine is a stimulant and is consumed by injecting, smoking, snorting or swallowing*

**STREET NAMES**

- liquor
- cooler
- malt liquor
- cocktail
- booze
- tang
- jungle juice
- ocean
- drank



- speed
- uppers
- ups
- hearts
- biphentamine
- bennies
- black beauties
- copilots
- bumble bees
- footballs
- dexedrine

- coke
- snow
- flake
- blow
- white
- big C
- nose candy
- snowbirds
- powder
- cane
- frosty flakes
- sugar



**SHORT- & LONG-TERM EFFECTS**

- dizziness
- slurred speech
- disturbed sleep
- nausea, vomiting
- hangovers
- impaired motor skills
- violent behavior
- impaired learning
- fetal alcohol syndrome
- respiratory depression, death (high doses)



- irritability, aggression
- increased blood pressure, temperature
- paranoia/psychosis
- anxiety
- dizziness, convulsions
- loss of appetite
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)

- increased blood pressure, heart rate
- paranoia, anxiety, hallucinations
- seizures, heart attack, respiratory failure
- insomnia, irritability
- loss of appetite
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)
- death

**WHAT YOU SHOULD KNOW**

According to the National Institute on Drug Abuse (NIDA), the first use of alcohol typically is age 13, and it is estimated that 80 percent of high school seniors have used alcohol.

Both Ecstasy and methamphetamine are forms of amphetamines. Chronic use of amphetamines can induce psychosis with symptoms similar to schizophrenia.



Paraphernalia include razor blades, scales, small mirrors, mini ziplock bags, short straws, surgical tubing, syringes, funnels, and spoons with the stems broken off.

# SPECIFIC DRUG INFORMATION

## Crack



*Crack, like cocaine, is a stimulant. Crack normally is heated and smoked in a pipe.*



- rock
- freebase
- baseball
- pebbles
- apple jacks
- 151
- half track
- pony
- lady

- increased blood pressure, heart rate
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)
- paranoia, anxiety, hallucinations
- seizures, heart attack, respiratory failure
- insomnia, irritability, loss of appetite
- death

Crack is the "rock" form of cocaine. Crack paraphernalia can include lighters, light bulbs, and a pipe, which can be an actual pipe, or a makeshift one, such as a soda can and hollowed car antenna.

## DXM



*DXM, dextromethorphan, is a stimulant, and is found in many over-the-counter cold medicines (tablets or gels) and liquid cough syrups.*

- Dex
- Robo
- Tussin
- Skittles
- C-C-C
- Triple C
- Red Devils
- cory's

- nausea, vomiting, abdominal pain
- seizures
- confusion
- hallucinations
- sleep problems
- numbness of fingers and toes
- high blood pressure, irregular heart beat
- brain damage
- death

Currently, Coricidin HBP is the over-the-counter medicine with the highest concentration of DXM. The small red pills are called Skittles, for their likeness to the popular candy. Coricidin HBP abuse among teens is a growing problem.

## Ecstasy



*Ecstasy is a stimulant, usually in colorful tablets with embossed cartoon characters, symbols or logos, resembling candy.*

- E
- XTC
- Adam
- Hug Drug
- Clarity
- Beans
- Roll
- candy

- anxiety, paranoia, depression
- muscle tension
- nausea, reduced appetite
- blurred vision
- fainting
- increased heart rate and blood pressure
- tremors, hallucinations
- death

Paraphernalia can include pacifiers, candy necklaces or rings, glow sticks, nasal inhalers, breath sweetener bottles, and dust masks.



DEFINITION

STREET NAMES

SHORT- & LONG-TERM EFFECTS

WHAT YOU SHOULD KNOW

# SPECIFIC DRUG INFORMATION

DEFINITION

STREET NAMES

SHORT- & LONG-TERM EFFECTS

WHAT YOU SHOULD KNOW

## Foxy/AMT



*Foxy and AMT are hallucinogens, and come in tablets, usually purple or red with an embossed spider or alien head.*

- Foxy Methoxy
- fake Ecstasy

- hallucinations, visual and auditory disturbances or distortions
- dilated pupils
- emotional distress
- nausea, vomiting
- diarrhea

Foxy and AMT are often passed off as Ecstasy, and they come in colorful tablets like Ecstasy. However, unlike Ecstasy, Foxy and AMT can produce extreme hallucinations without the “warm and fuzzy” feeling usually associated with Ecstasy.

## GHB



*GHB is a stimulant, and is consumed orally.*

- gamma hydroxybutyric acid
- goop
- Grievous Bodily Harm
- Georgia Home Boy
- somatomax
- liquid ecstasy
- scoop
- G

- liver failure
- nausea, vomiting
- tremors, seizures
- comas
- insomnia
- anxiety
- difficulty breathing
- impaired motor skills
- violent behavior
- impaired learning
- fetal alcohol syndrome
- respiratory depression
- death (high doses)

GHB is a colorless, tasteless, odorless liquid that is nearly undetectable when dissolved in a drink, which makes it a popular predatory, or “daterape” drug. GHB can be packaged in glass vials, or water, mouthwash and eyedrop bottles.

## Herbal Ecstasy



*Herbal Ecstasy is a stimulant. It comes in various forms that can be swallowed, snorted or smoked.*

- ephedrine
- Ultimate Xphoria
- ephedra
- Rave Energy
- Cloud 9
- X

- increased heart rate
- increased blood pressure
- seizures
- stroke
- liver failure
- harmful reactions to those with diabetes, high blood pressure or heart disease
- heart attacks
- death

“Herbal” doesn’t mean it’s good for you. Herbal Ecstasy contains ephedra, the same ingredient as some diet pills, and the same ingredient that has been linked to at least 100 deaths. The FDA banned ephedra in late 2003.

# SPECIFIC DRUG INFORMATION

## Heroin



*Heroin is an opiate/opiate-like drug that can be smoked or snorted, or heated into a liquid and injected.*

## Inhalants



*Inhalants can be anything from household cleaning products to spray paint. The vapors from these products are inhaled to produce a fast high.*

## Ketamine



*Ketamine is an opiate/opiate-like drug. It can be in pill, powder, or liquid form, and is usually snorted or smoked.*

- smack
- mud
- dope
- horse
- junk
- brown sugar
- big H
- black tar
- skag
- chiva (cheeva)



- nitrous oxide
- gas
- whippets
- laughing gas
- poppers
- huffing
- bagging
- dusting
- carb



- cat valium
- jet
- special K
- breakfast cereal
- vitamin K
- super-K
- new ecstasy
- Ketalar
- Ketaject
- psychedelic heroin



- constricted pupils, impaired night vision
- vomiting after first use and at high doses
- decreased sexual pleasure, indifference to sex
- respiratory failure
- dry itching skin, skin infections
- increased risk of exposure to HIV, hepatitis, infectious diseases (if injected)
- death

- severe mood swings
- decrease or loss of sense of smell and appetite
- decrease in heart and respiratory rates
- liver, lung, kidney damage
- tremors, hallucinations
- dangerous chemical imbalances in body
- fatigue, lack of coordination, muscle weakness
- hepatitis or peripheral neuropathy

- delirium
- amnesia
- impaired motor functions
- potentially fatal respiratory problems

Heroin paraphernalia can include burnt spoons or plastic scoops, needles, razor blades, straws, pipes, plastic tubing, rolled-up dollar bills and eyepoppers.

Products used as inhalants include model airplane glue, nail polish remover, cleaning fluids, fabric protector, hair spray, gasoline, freon, spray paint, cooking spray, correction fluid, Dust-Off, aerosol cans and the propellant in whipped cream cans.



Ketamine, which is an anesthetic used mostly on animals, is chemically similar to PCP. Many ketamine users have reported severe hallucinations, and those hallucinations turn up as flashbacks during recovery.

DEFINITION

STREET NAMES

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# SPECIFIC DRUG INFORMATION

**DEFINITION**

## LSD



LSD is a hallucinogen, and is in pill, liquid, blotter paper or gelatin form. LSD normally is consumed orally or placed on the tongue (blotter paper).

## Marijuana



Marijuana can be in the form of dried leaves that are consumed orally, or crushed and rolled into a "joint" and smoked.

## Methamphetamine



Meth is a stimulant that can be snorted, swallowed, injected, or smoked (the smokable form, crystal meth, resembles crushed ice).

**STREET NAMES**

- lysergic acid diethylamide
- acid
- microdot
- tabs
- sugar cubes
- yellow sunshines
- barrels
- window panes
- blotter
- trips

- weed
- pot
- reefer
- grass
- dope
- Mary Jane
- Aunt Mary
- 420
- sinsemilla
- chronic
- gangster kif
- ganja dro
- herb
- skunk
- kush
- hydro
- blueberry
- Columbian
- gold
- dank

- meth
- speed
- crank
- crypto
- white cross
- fire
- crystal
- glass
- ice
- ice cream
- crisy
- quartz
- croak
- tweek

**SHORT- & LONG-TERM EFFECTS**

- elevated body temperature
- elevated blood pressure
- chronic recurring hallucinations
- flashbacks
- suppressed appetite
- tremors, numbness
- psychosis
- death



- bloodshot eyes
- dry mouth, throat
- reduced ability in concentration, coordination
- impairments in learning, memory, perception, judgment
- intense anxiety, panic attacks
- difficulty in speaking, thinking, retaining knowledge, problem-solving, forming concepts

- increased blood pressure, hyperthermia
- convulsions, stroke, heart and blood toxicity
- hallucinations, and the sensation of insects crawling on or under skin
- compulsive behavior
- paranoia



**WHAT YOU SHOULD KNOW**

LSD liquid often is sold in breath mint bottles, and blotter paper is decorated with icons, cartoons and other eye-catching symbols.



Marijuana paraphernalia can include alligator clips, "roach" clips, cigaretterolling papers, surgical tubing and glass or homemade pipes.



Meth paraphernalia can include glass pipes or bongs, scales, hand torches, syringes and mini ziplock bags. A disturbing trend among female teens is using meth to lose weight. Weight loss is severe, but so are the side effects.

# SPECIFIC DRUG INFORMATION

DEFINITION  
STREET NAMES  
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WHAT YOU SHOULD KNOW

## Mushrooms



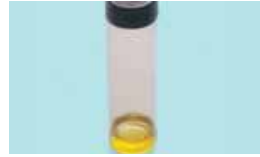
*Mushrooms are hallucinogens, and are dried, then consumed orally or brewed in tea.*

## OxyContin



*OxyContin comes in tablets or caplets and are swallowed, but some users snort the crushed powder or boil it with water and inject it.*

## PCP



*PCP is a hallucinogen, and comes in tablets, capsules and various colors of powder. It can be injected, snorted, swallowed or smoked.*

- magic mushrooms
- shrooms
- caps
- psilocin
- psilocybin

- hillbilly heroin
- poor man's heroin
- killers
- oxycotton
- oxy
- OC
- oxycodone

- angel dust
- dust
- ozone
- rocket fuel
- wack
- elephant tranquilizers
- peace pill
- embalming fluid

- increased blood pressure
- hallucinations
- distorted perceptions of sensations, such as touch, sight, sound and taste
- paranoia
- nervousness
- sweating
- nausea

- respiratory depression
- constipation
- nausea, vomiting
- dizziness, weakness
- analgesia
- headache, dry mouth
- sedation



- hallucinations, sometimes severe
- "out of body" experiences
- impaired motor skills
- inability to feel pain
- respiratory attack
- aggressive behavior, violence, paranoia
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)
- death



The use of "magic" mushrooms didn't die with the 1970s. Mushrooms and other hallucinogenics have made a comeback in recent years.

OxyContin, a prescription muscle relaxer, can be legally prescribed to relieve moderate to severe pain. However, non-legal use of the drug is on the rise because it can produce a heroin-like high without the heroin-like withdrawals.

PCP has made a comeback in recent years. The severe effects are still the same, but the look has changed to attract the younger "party" crowd. PCP pills now can look like candy (and Ecstasy): colorful tablets embossed with cartoon characters.

# SPECIFIC DRUG INFORMATION

## DEFINITION

### Ritalin



*Ritalin is a prescription medication used to treat ADHD. It is in tablet form, which can be swallowed, crushed into a powder and snorted, or injected.*

### Rohypnol



*Rohypnol is a prescription medication that comes in pill form. It can be swallowed, or crushed and dissolved into a drink, or snorted.*

### Soma



*Soma, the brand name for the prescription muscle relaxant Carisoprodol, is a depressant, and it comes in pill form.*

## STREET NAMES

- methylphenidate
- smart drug
- speed
- west coast
- vitamin R
- r-ball
- pineapple
- kibbles & bits

- date-rape drug
- flunitrazepam
- roach
- roofies
- forget pill
- rophies
- rope
- R2
- rib roofenol
- la roche

- carisoprodol
- somas
- DANs
- D's
- dance
- DAN5513

## SHORT- & LONG-TERM EFFECTS

- irregular heartbeat or respiration
- paranoia, hallucinations, delusions
- excessive repetition of movements and meaningless tasks
- tremors, convulsions, seizures
- stroke
- increased risk of exposure to HIV, hepatitis, other infectious diseases (if injected)

- blackouts with complete loss of memory
- sense of fearlessness
- aggression
- dizziness
- disorientation
- nausea
- difficulty with motor movements and with speaking

- drowsiness
- extreme weakness
- increased heart rate
- dizziness
- burning in the eyes
- temporary loss of vision
- nausea, vomiting
- impaired mental and physical abilities
- difficulty breathing

## WHAT YOU SHOULD KNOW

Illegal use of Ritalin is on the rise. Because it is called the "smart drug", high school and college students mistakenly think they can get better grades if they take Ritalin. The DEA reports that Ritalin is one of the most stolen prescription drugs in the U.S.

Rohypnol is a prescription drug used to treat severe sleep problems. It is tasteless, odorless, and can completely dissolve in liquid, hence its popularity as a "date-rape drug" at nightclubs or parties.

Soma can help relieve pain from muscle injuries, when legally prescribed. However, illegal use of Soma is on the rise. In a 2000 report, the DEA named Carisoprodol the most abused non-controlled substance in America.

# SPECIFIC DRUG INFORMATION

## Steroids



*Steroids are stimulant and come in liquid and pill form. The liquid normally is injected into muscle.*

- rhoids
- juice
- sauce
- slop

- liver cancer
- sterility
- masculine traits in women
- feminine traits in men
- aggression
- depression
- acne
- mood swings

Paraphernalia associated with steroids can include syringes and ampules (small, sealed glass vials that hold hypodermic injectable solutions).

## Tobacco



*Tobacco originates from the tobacco plant. The leaves are chopped up and are made into smokable or chewable forms.*

- cigarettes
- cigars
- pipes
- smoke
- butt
- snuff
- bone
- coffin nail
- cancer stick

- heart, cardio-vascular disease
- cancer of the lung, larynx, esophagus, bladder, mouth, pancreas and kidney
- emphysema
- chronic bronchitis
- spontaneous abortion, preterm delivery, low birth weight



According to the 2010 Arizona Criminal Justice Commission Arizona Youth Survey, 34 percent of the state's high school students have smoked cigarettes.



## Vicodin



*Vicodin, a prescription pain reliever, is a combination of hydrocodone and acetaminophen. Hydrocodone, an opioid, is similar in structure to codeine.*

- hydrocodone
- hydrocodone bitartrate
- vike
- vics
- Watson-387



- dizziness
- nausea, vomiting
- mood changes
- anxiety and fear
- drowsiness
- skin rash
- decreased mental and physical abilities
- hearing loss
- slowed breathing

The DEA lists Vicodin as one of the most abused pharmaceutical controlled substances in America. Non-medical use of Vicodin is a growing trend among teens. Many users combine Vicodin with other drugs, such as OxyContin.

DEFINITION

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## GETTING TREATMENT

If your child is using drugs and alcohol, your best bet may be a treatment program. It's a serious move, and should not be used as a threat, punishment, or a way to force your child to "behave." Deciding to put your child in treatment is a message that you consider their behavior destructive and dangerous — to themselves and the family.

### **If your child is using drugs:**

#### ***Facts First***

- Begin by asking questions and gathering facts. Speak with your child's friends, teachers, coach, school counselor, or employers. Get specific: how much, how often, and how long have they been using.
- Try to get a sense of how deeply your child is involved. Do most of the "Signs and Symptoms" fit? Meet with a local drug and alcohol counselor to discuss your situation.
- Agree on a course of action with your spouse or other adults in the household before talking with your child. Consider options you are willing to offer, such as new family rules or a written contract with conditions your child must meet.

#### ***Tough Love***

- Set aside time for meeting with your child. Discuss what you've learned so far, ask more questions, talk about feelings — yours and your child's. Remember, they're frightened, too.
- Discuss your new conditions and consequences, which should include a rule on no further drug and alcohol use.
- Consider outside support for your child — and yourself. Self-help groups (such as Alcoholics Anonymous), ministers, and school counselors are helpful, as well as outpatient drug and alcohol centers.

# HELPING HANDS — HELPLINES

Inclusion in the Handy Helpful Handbook: A Parent’s Guide to Drug Prevention does not constitute an endorsement by the Maricopa County Attorney’s Office. Errors and omissions are not intended.

## Crisis Hotlines

- EMPACT— Suicide Prevention Center . . . . .(480) 784-1500  
24-hour crisis line
- Teen Lifeline . . . . .(602) 248-8336 (TEEN)  
Calls taken between 3–9 p.m.
- County Wide Crisis System . . . . . 1-800-631-1314  
24-hour line in Maricopa County
- State of Arizona Child Abuse Hotline. . . . .(602) 530-1800
- Magellan 24-Hour Crisis Hotline . . . . .(602) 222-9444  
- Toll Free . . . . . 1-800-631-1314
- TASC Treatment Assessment Screening Center  
(Multi-Sites) . . . . .(602) 254-7328

## Helplines

- Adult Children of Alcoholics . . . . .(602) 241-6760
- Al-Anon and Alateen . . . . .(602) 249-1257
- Alcoholics Anonymous. . . . .(602) 264-1341
- Banner Helpline . . . . .(602) 254-HELP (4357)
- Cocaine Anonymous. . . . .(602) 279-3838
- Community Information & Referral . . . . .(602) 263-8856  
24-hour helpline
- Community Bridges East Valley  
Addiction Recovery Center. . . . .(480) 962-7711

National Council on Alcoholism. . . . . (602) 264-6214  
 Magellan of Arizona . . . . . 1-800-564-5465  
 24-hour line; web site: [www.valueoptions.com/arizona](http://www.valueoptions.com/arizona)

*valleywide services*

ANASAZI Foundation . . . . . 1-800-678-3445  
 Banner Behavioral Health Hospitals. . . . . (480) 941-7500  
 Adolescent residential and outpatient chemical dependency  
 Black Family and Child Services of Arizona . . . . . (602) 243-1773  
 Catholic Social Services . . . . . (602) 997-6105  
 Chicanos Por La Causa, Inc. . . . . (602) 257-0700  
 Native Americans Connections, Inc. . . . . (602) 254-3247  
 New Foundation of Scottsdale . . . . . (480) 945-3302  
 Jewish Family + Children’s Services . . . . . (602) 256-0528  
 Scottsdale Treatment Institute. . . . . (480) 429-9044  
 Southwest Behavioral Health Services. . . . . (602) 265-8338  
 PREHAB of Arizona. . . . . (480) 969-4024  
 Valle del Sol . . . . . (602) 258-6797

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- “The Teen Drug Scene” Diabetes Forecast: The Teen Drug Scene. [http://www.findarticles.com/plarticles/mi\\_m0817/is\\_3\\_52/ai\\_54129994](http://www.findarticles.com/plarticles/mi_m0817/is_3_52/ai_54129994)





**Maricopa County Attorney's Office**

**Drug Free Pledge**

In honor to myself, my family, my community and my environment,

I, \_\_\_\_\_, PLEDGE TO STAY

DRUG AND ALCOHOL FREE.

I will commit to a lifestyle that includes fun and relaxation without  
the use of drugs and alcohol.

I also promise to help my friends by not making excuses for  
their use of drugs or alcohol.

If I am pressured to use drugs or alcohol, I will not debate.

I will stay drug and alcohol free.

If the pressure continues, I promise to walk away.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature





## Maricopa County Attorney's Office

[MaricopaCountyAttorney.org](http://MaricopaCountyAttorney.org)

[SafeKidsAZ.org](http://SafeKidsAZ.org)

[SafeTeensAZ.org](http://SafeTeensAZ.org)

**Protecting and Strengthening our Communities**

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