**DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE**

<table>
<thead>
<tr>
<th>Street Names / Commercial</th>
<th>Alcohol</th>
<th>Cocaine/Crack</th>
<th>Cough Medicine/DXM</th>
<th>Ecstasy/MDMA</th>
<th>Heroin</th>
<th>Inhalants</th>
<th>Marijuana</th>
<th>Methamphetamine</th>
<th>Prescription Pain Relievers</th>
<th>Prescription Sedatives and/or Tranquilizers</th>
<th>Prescription Stimulants</th>
<th>Steroids</th>
<th>Tobacco</th>
</tr>
</thead>
<tbody>
<tr>
<td>Booze</td>
<td>Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow</td>
<td>Big, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup</td>
<td>Big H, Black Tar, Dope, Junk, Roll, X, XTC</td>
<td>Whippets, Bagging, Huffing, Poppers, Sniffing, Dusting</td>
<td>Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed</td>
<td>A green or yellow mixture of dried, shredded flowers and leaves of the hemp plant</td>
<td>Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed</td>
<td>Codeine, OxyContin (Oxy. O.), Percocet (Percs), Vicodin (Vic, Vitamin V)</td>
<td>Mebaral, Quaaludes, Xanax, Valium</td>
<td>Adderal, Dextroine, Ritalin</td>
<td>Juice, Rhoids, Stacker, Pumpers, Gym Candy</td>
<td>Cancer Sticks, Chew, Cigarettes, Dip, Fags, Smokes</td>
<td></td>
</tr>
<tr>
<td>Liquid (types include beer, wine, liquor)</td>
<td>White crystalline powder, chips, chunks or white rocks</td>
<td>Liquid, pills, powder, gel caps</td>
<td>Branded tablets (Playboy bunnies, Nike swoosh)</td>
<td>White to dark brown powder or tar-like substance</td>
<td>Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more</td>
<td>A green or yellow crystal-like powder, large rock-like chunks</td>
<td>Tablets and capsules</td>
<td>Multi-colored tablets and capsules; some can be in liquid form</td>
<td>Tablets and capsules</td>
<td>Swallowed, applied to skin or injected</td>
<td>Swallowed, injected or snorted</td>
<td>Brown, cut up leaves</td>
<td></td>
</tr>
</tbody>
</table>

**Looks Like**

Alcohol is drunk

Swallowed

Swallowed

Inhaled through nose or mouth

Swallowed, injected, snorted or smoked

Swallowed or injected

Swallowed or injected

Swallowed, applied to skin or injected

Smoked or chewed

**How It's Used/Abused**

Cocaine can be snorted or injected; can be smoked

Injected, smoked, freebased or snorted

Inhaled through nose or mouth

Swallowed, injected, snorted or smoked

Swallowed or injected

Swallowed or injected

Swallowed, applied to skin or injected

Smoked or chewed

**What Teens Have Heard**

Keeps youamped up; you'll be the life of the party

Causes a trip high with various plateaus

Enhances the senses and you'll love everyone

A cheap, 20-minute high

Relaxing, not dangerous and often easier to get than alcohol

A free high, straight from the medicine cabinet

A great release of tension

Keeps you attentive and focused

Will guarantee a spot on the starting lineup

An oral fixation and appetite suppressant

**Dangerous Because**

Impairs reasoning, cloud judgement

Long-term heavy drinking can lead to alcoholism and liver and heart disease

Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use

Can cause abdominal pain, extreme nausea, liver damage

Can cause severe dehydration, liver and heart failure and even death

Chronic heroin users risk death by overdose

Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death

Can cause memory and learning problems, hallucinations, delusions and depersonalization

Chronic long-term use, or high dosages, can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes)

A large single dose can cause severe respiratory depression that can lead to death

Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences

Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures

Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes

Cigarette smoking harms every organ in the body and causes coronary heart disease, and stroke, as well as many forms of cancer

**Teen Usage (Grades 9-12)**

1 in 2 teens drink alcohol in the last year

1 in 10 teens has abused cocaine or crack in their lifetime

1 in 7 teens has abused cough medicine in their lifetime

1 in 8 teens has abused Ecstasy in their lifetime

1 in 20 teens has abused heroin in their lifetime

1 in 6 teens has abused inhalants in their lifetime

Nearly 1 in 2 teens has abused marijuana in their lifetime

1 in 12 teens has abused methamphetamine in their lifetime

1 in 7 teens has abused prescription pain relievers in their lifetime

1 in 13 - 12th graders has abused sedatives and/or tranquilizers in their lifetime

1 in 8 teens has abused Ritalin or Adderal in their lifetime

1 in 15 teens has abused steroids in their lifetime

1 in 5 teens smoked cigarettes in the last 30 days

**Signs of Abuse**

Slurred speech, lack of coordination, nausea, vomiting, hangovers

Nervous behavior, restlessness, bloody noses, high energy

Slurred speech, loss of coordination, disorientation, intoxication

Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection

Track marks on arms, slowed and slurred speech, vomiting

Missing household products, a drugged, dazed or dizzy appearance

Slowed thinking and reaction time, impaired coordination, paranoia

Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep

Medicine bottles present without illness. Re bottles missing, disrupted eating and sleeping patterns

Lack of appetite, increased alertness, attention span and energy

Rapid growth of muscles, opposite sex characteristics and extreme irritability

Smell on clothes, opposite sex characteristics, and smell of alcohol

Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease

**Important to Know**

Cocaine is one of the most powerfully addictive drugs

The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient

Can be addictive. A popular club drug caused by ingesting acetaminophen (Tylenol, Infants' Strength), codeine (DXM), a common active ingredient

Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known. More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter

Contrary to popular belief, marijuana can be addictive

Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and contributing to environmental harm

Abusing prescription sedatives is just as dangerous, addictive and deadly as using heroin

Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death

Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite

Teens who abuse steroids before the typical adolescent growth spurt risk short stature and never reaching their full adult height

Find more tools and tips at www.drugfree.org.

Sources: Partnership for Drug-Free Kids