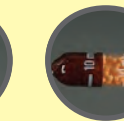


# DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE

THE PARTNERSHIP  
AT DRUGFREE.ORG

|                           |                                 |            |                                           |                                              |                            |                            |      |                                                                           |                   |                                                                            |                                                            |                                                |                                             |
|---------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                           | Alcohol                                                                                                          | Cocaine/Crack                                                                               | Cough Medicine/DXM                                                                                                         | Ecstasy/MDMA                                                                                                                  | Heroin                                                                                                      | Inhalants                                                                                                    | Marijuana                                                                               | Methamphetamine                                                                                                                                              | Prescription Pain Relievers                                                                          | Prescription Sedatives and/or Tranquilizers                                                                                                                   | Prescription Stimulants                                                                                                                       | Steroids                                                                                                                          | Tobacco                                                                                                                        |
| Street Names / Commercial | Booze                                                                                                            | Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow                                             | Dex, Red Devils, Robo, Triple C, Tussin, Skittles, Syrup                                                                   | Adam, Bean, E, Roll, X, XTC                                                                                                   | Big H, Black Tar, Dope, Junk, Skunk, Smack                                                                  | Whippets, Bagging, Huffing, Poppers, Snappers, Dusting                                                       | Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed               | Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed                                                                                                         | Codeine, OxyContin (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V)                          | Mebaral, Quaaludes, Xanax, Valium                                                                                                                             | Adderall, Dexedrine, Ritalin                                                                                                                  | Juice, Rhoids, Stackers, Pumpers, Gym Candy                                                                                       | Cancer Sticks, Chew, Cigarettes, Dip, Fags, Smokes                                                                             |
| Looks Like                | Liquid (types include beer, wine, liquor)                                                                        | White crystalline powder, chips, chunks or white rocks                                      | Liquid, pills, powder, gel caps                                                                                            | Branded tablets (Playboy bunnies, Nike swoosh)                                                                                | White to dark brown powder or tar-like substance                                                            | Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more    | A green or gray mixture of dried, shredded flowers and leaves of the hemp plant         | White or slightly yellow crystal-like powder, large rock-like chunks                                                                                         | Tablets and capsules                                                                                 | Multi-colored tablets and capsules; some can be in liquid form                                                                                                | Tablets and capsules                                                                                                                          | Tablet, liquid or skin application                                                                                                | Brown, cut up leaves                                                                                                           |
| How It's Used/Abused      | Alcohol is drunk                                                                                                 | Cocaine can be snorted or injected; crack can be smoked                                     | Swallowed                                                                                                                  | Swallowed                                                                                                                     | Injected, smoked, freebased or snorted                                                                      | Inhaled through nose or mouth                                                                                | Smoked, brewed into tea or mixed into foods                                             | Swallowed, injected, snorted or smoked                                                                                                                       | Swallowed or injected                                                                                | Swallowed or injected                                                                                                                                         | Swallowed, injected or snorted                                                                                                                | Swallowed, applied to skin or injected                                                                                            | Smoked or chewed                                                                                                               |
| What Teens Have Heard     | Makes a boring night fun                                                                                         | Keeps you amped up; you'll be the life of the party                                         | Causes a trippy high with various plateaus                                                                                 | Enhances the senses and you'll love everyone                                                                                  | Full-on euphoria, but super risky                                                                           | A cheap, 20-minute high                                                                                      | Relaxing, not dangerous and often easier to get than alcohol                            | Can keep you going for days                                                                                                                                  | 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, clouds 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 drank alcohol in the last year                                                                      | 1 in 9 teens has abused cocaine or crack in their lifetime                                  | 1 in 8 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                                                          | 1 in 3 teens has abused marijuana in their lifetime                                     | 1 in 14 teens has abused methamphetamine in their lifetime                                                                                                   | 1 in 5 teens has abused prescription pain relievers in their lifetime                                | 1 in 11 12th graders has abused sedatives and/or tranquilizers in their lifetime                                                                              | 1 in 10 teens has abused Ritalin or Adderall in their lifetime                                                                                | 1 in 20 teens has abused steroids in their lifetime                                                                               | 1 in 4 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, vomiting                                                             | Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection                                        | Track marks on arms, slowed and slurred speech, vomiting                                                    | Missing household products, a drunk, 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, Rx bottles missing, disrupted eating and sleeping patterns | Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination                                                                         | Lack of appetite, increased alertness, attention span and energy                                                                              | Rapid growth of muscles, opposite sex characteristics and extreme irritability                                                    | Smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes                                                 |
| Important to Know         | Being a child of an alcoholic places children at greater risk for developing alcohol problems                    | 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 because of its stimulant properties which allow users to dance for long periods of time | 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 causing environmental harm                                 | Abusing prescription painkillers 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 staying short and never reaching their full adult height | Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease                                      |

Thanks to Endo Pharmaceuticals, National Supporter, Parent Resources | Find more tools and tips at [www.timetotalk.org](http://www.timetotalk.org).

Sources: Partnership Attitude Tracking Study 2009, National Institute on Drug Abuse, Monitoring the Future, National Institute on Alcohol Abuse and Alcoholism. © 2010 The Partnership at Drugfree.org