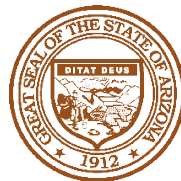




Keep
them safe.

Healthy Families - Healthy Youth

KeepThemSafe.AZ.gov



Governor's Office
of Youth, Faith and
Family

Pressure Points

Youth, just like adults, respond to a variety of stressors every day. Our role as parents/guardians is to help our children identify healthy coping strategies to deal with the stresses of life.

Family Stress	Economic disadvantage, arguments, lack of communication
Fitting In	Low self esteem, concern over appearance
Peer Pressure	choosing friends, how to dress, how to act
Pressure at School	Grades, homework, bullying
Rules	Curfew, language, technology restrictions

Average age of first use:



12 to 13
years old



Key risk periods are during major transitions which may include moving to a different school, facing new social and academic challenges, and leaving school for work or college. Transitional years from elementary school to middle school, middle school to high school and high school to college are among the key risk periods.

! How Deal with Pressure

Consider working with your child to develop the following coping strategies.

- **Family stress:** Talk to a friend or trusted adult, count to ten to calm down during an argument, practice deep breathing exercises
- **Fitting in:** Surround yourself with positive people, you belong where you are most happy, don't worry what others say or think
- **Peer pressure:** Recognize that you are your own person, you are unique, get away from high pressure situations, walk away, look for positive role models
- **Pressure at school:** Take one assignment at a time, prioritize your assignments, talk to classmates, talk to a school counselor, ask your teacher for help
- **Rules:** Learn how to manage time to avoid missing curfew, make a list of what you want to do each day, schedule some time for you to do something fun

Red flags of substance abuse are different from normal teenage ups & downs.



What can parents do?



Use everyday opportunities to have a conversation. Take advantage of “teachable moments” to discuss drug use with your child.



Spend at least 15 minutes each day doing something your child wants to do, like talking, cooking a meal together, playing a game, or doing a craft project your child chooses. Spend an uninterrupted hour a week, one day a month and two consecutive days a year building a strong, positive relationship with your child.

“ A child who reaches age 21 without smoking, abusing alcohol or using drugs is virtually certain to never do so. ”

- Joseph A. Califano
National Center on Addiction and Substance Abuse

Teachable moments can happen while driving in the car, at the dinner table, and while discussing a situation at school or a current event in the news. Know your child.

- Know where your child is at all times and what he/she is doing.
- Encourage other interests and social activities.
- Talk to your child about underlying issues.
- Spend time together and get to know their friends and their friends' parents.
- Set clear standards and expectations around all types of substance use.
- Ask for help.

Two-Way Conversations

Remember that communication is a two-way street that involves both talking and listening.

Adult to youth:

- What pressure points did you discuss in the youth session?
- What can I/we do to help you when you are feeling pressured?

Youth to adult

- What are our family rules about underage drinking and illegal drug use?
- What should I do if someone asks me to do something like drink alcohol or smoke pot?

Know the Facts



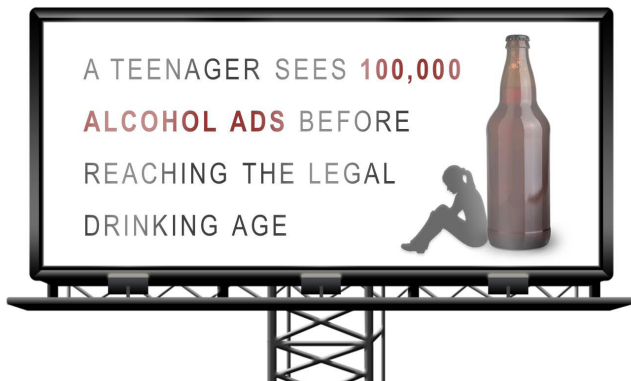
9 out of 10 eighth graders across Arizona have NOT used marijuana in the past 30 days.



Help your kids be in the majority!

- Arizona Youth Survey (AYS), 2014

Underaged Drinking



- Children who drink before the age of 15 are **5 times** more likely to become addicted
- **90%** of teen drinking is **binge drinking**



- Adbusters

- Arizona Youth Survey (AYS), 2014

- National Survey on Drug Use and Health (NSDUH), 2013

- Office of Juvenile Justice and Delinquency Prevention, 2005

Marijuana use by Teens:

Educational Outcomes

- Lower grades and exam scores
- Less likely to enroll in college
- Less likely to graduate from HS or college

Life Outcomes

- Lower satisfaction with life
- More likely to earn a lower income
- More likely to be unemployed













- Office of National Drug Control Policy (ONDCP)

- National Institute on Drug Abuse (NIDA)

- National Survey on Drug Use and Health (NSDUH), 2014

- Monitoring the Future (MTF), 2012, 2013

Common Substances of Abuse and Their Effects

	Examples of Commercial and Street Names	How It's Administered	Acute Effects/Health Risks
 Alcohol	Liquor, beer and wine	Swallowed or smoked	Lowered inhibition; drowsiness; loss of coordination; impaired memory; fetal damage (in pregnant women); depression; liver and heart disease; addiction; fatal overdose
 Marijuana	Blunt, dab, dope, ganja, grass, green, hash, herb, hemp, joint, Mary Jane, pot, reefer, shatter, skunk, trees, wax, weed	Smoked or mixed into drinks and/or food	Slowed reaction time; distorted sensory perception; impaired balance, coordination; impaired learning, memory; anxiety; panic attacks; psychosis; frequent respiratory infections; possible mental health decline; addiction
 Cough Medicine/ DXM	Robotripping, robo, triple C	Swallowed	Impaired motor function; anxiety; tremors; numbness; memory loss; nausea; slurred speech; confusion; dizziness; distorted visual perception
 Prescription Pain Relievers	Codeine, morphine, methadone, fentanyl, oxycodone (percocet), hydrocodone (vicodin, lortab, locet)	Swallowed, snorted, smoked, injected	Drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, coma, death, risk of death increases when mixed with alcohol or other depressants
 Prescription Depressants	Barbituates (Phenobarbital) Benzodiazepines (Valium, Xanax, Klonopin) Sleep Medications (Ambien, Sonata, Lunesta)	Swallowed, snorted, injected	Sedation/drowsiness; lowered inhibitions, slurred speech, poor concentration, confusion, dizziness, impaired coordination and memory, slowed pulse, lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol
 Inhalants	Solvents (paint thinners, gasoline, glues); gases (butane, propane, aerosol propellants, nitrous oxide); nitrates: laughing gas, poppers, snappers, whippets	Inhaled through nose or mouth	Loss of inhibition; headaches; nausea or vomiting; slurred speech; loss of motor coordination; wheezing/cramps; muscle weakness; depression; memory impairment; damage to cardiovascular and nervous systems; unconsciousness; sudden death
 Ecstasy/MDMA	Adam, E, ecstasy, Eve, lover's speed, molly, peace, roll, X, XTC, uppers	Swallowed, snorted, injected	Increased sensitivity, empathic feelings; lowered inhibition; anxiety; chills; sweating; teeth clenching; muscle cramping/sleep disturbances; depression; impaired memory; hypothermia; addiction
 Cocaine/Crack	Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot	Snorted, smoked, injected	Increased heart rate, blood pressure, body temperature, metabolism; increased energy, alertness; tremors; reduced appetite; irritability; anxiety; panic; violent behavior; psychosis/weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction, damage to nasal passages
 Methamphetamine	Ice, crank, glass, meth, speed	Snorted, smoked, injected	Increased heart rate, blood pressure, body temperature, metabolism; increased energy, alertness; tremors; reduced appetite; irritability; anxiety; panic; violent behavior; psychosis; weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction, severe dental
 Heroin	Black tar, dope, smack	Snorted, smoked, injected	Drowsiness; impaired coordination; dizziness; confusion; nausea; sedation; feeling of heaviness in the body; slowed or arrested breathing; constipation; hepatitis; HIV; addiction; fatal overdose

*Information adapted from the National Institute on Drug Abuse (NIDA) Commonly Abused Prescription Drugs Chart and Commonly Abused Drugs Chart - www.drugabuse.gov

Know the Warning Signs

Youth that are using drugs often try to conceal their symptoms and downplay their problem. If you believe your child might be abusing drugs, look for the following warning signs.

Physical signs

- Bloodshot eyes, pupil larger or smaller than usual
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Deterioration of physical appearance, personal grooming habits
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Behavioral signs

- Drop in attendance and performance at work or school
- Unexplained need for money or financial problems - individuals may borrow or steal to obtain drugs
- Engaging in secretive or suspicious behaviors
- Sudden change in friends, favorite hangouts and hobbies
- Frequently getting into trouble (fights, accidents, illegal activities)

Psychological signs

- Unexplained change in personality or attitude
- Sudden mood swings, irritability or angry outbursts
- Periods of unusual hyperactivity, agitation or giddiness
- Lack of motivation; appears lethargic or "spaced out"
- Appears fearful, anxious or paranoid, with no reason



Red flags

- **Marijuana:** Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.
- **Depressants (including Xanax, valium, GHB):** Contracted pupils; drunk-like; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness.
- **Stimulants (including amphetamines, cocaine, crystal meth):** Dilated pupils; hyperactivity; euphoria; irritability; anxiety; excessive talking followed by depression or excessive sleeping at odd times; may go long periods of time without eating or sleeping; weight loss; dry mouth and nose.
- **Inhalants (glues, aerosols, vapors):** Watery eyes; impaired vision, memory and thought; secretions from the nose or rashes around the nose or mouth; headaches and nausea; appearance of intoxication; drowsiness; poor muscle control; changes in appetite; anxiety; irritability; lots of cans/aerosols in the trash.
- **Hallucinogens (LSD, PCP):** Dilated pupils; bizarre and irrational behavior including paranoia, aggression, hallucinations; mood swings; detachment from people; absorption with self or other objects, slurred speech; confusion





Family Prevention Strategies

Strategies to implement in your home to prevent drug and alcohol use.



1. Be Consistent

- Make sure that both adults/guardians are sharing the same message on drug and alcohol use
- Create consistent rules, boundaries and consequences around drugs, alcohol and peer groups
- Set boundaries and verify they are met; extend privileges as earned over time
- Model the behaviors that you want to see in your child
- Engage in positive activities such as exercise, athletics, faith and constructive hobbies



2. Communicate

- Listen more than you speak
- Create opportunities for two-way conversations around substance use
- Share real-life examples of drug and alcohol use and their consequences
- Role-play situations and give your child words to say “no” and remove themselves from peer pressure
- Share personal/family use with honesty, but without reliving or glamorizing past drug/alcohol use. If substance abuse/addiction is part of family history, share this as another reason not to use
- Use local news and friend & family events as opportunities to discuss choices and consequences
 - Ask open ended questions such as, “tell me more about” Make a habit every day to ask, “what’s one good thing that happened to you today?”



3. Educate Yourself

- Identify current drugs and paraphernalia associated with drug use
- Be able to recognize the signs and symptoms of drug/alcohol use
- Know the effects of drug use and what your child is likely to look like on drugs
- Properly dispose of unused prescription pills
- Lock and monitor alcohol and prescription drugs
- Create a home atmosphere where kids feel comfortable, but not a place to get high
 - Go online and search drug prevention www.samhsa.gov , www.drugabuse.gov
 - Ask school counselor for information or about parenting classes



4. Know Your Child

- Know your child’s behavior, be able to recognize anything out of the ordinary that may be signs of substance use
- Be aware of internet use and what kids are posting, sharing and viewing online
- Check your child’s room and backpack for drug paraphernalia and alcohol on a regular basis
- Discuss boundaries around drugs/alcohol with parents your teens interact with
- Use drug testing or breathalysers to verify behavior
- Try to spend 15 minutes a day with each child
 - Discuss boundaries around use after watching a show/movie showing substance use
 - Be aware of body language
 - Find something in common with your child



5. Build Community

- Enlist the support of family, friends, coaches, etc. to help support and uphold family values
- Encourage members of your community to create a drug and alcohol prevention plan too

Our Family Substance Abuse Prevention Plan



Putting a plan for avoiding alcohol and substance use in writing will help your child make good decisions in the future. Have your child help you choose the strategies, as children feel more responsible for their actions when they are part of the process. Add any additional strategies that will work for your family.

1. Be Consistent _____

Create consistent rules, boundaries and consequences around drugs, alcohol and peer groups.

2. Communicate _____

Create opportunities for two-way conversations around drug and alcohol use, use local news and friend and family events as opportunities to discuss choices and consequences.

3. Educate Yourself _____

Learn terminology/slang use for drugs in your area, know the effects of drug use and what your child is likely to look like on drugs.

4. Know Your Child _____

Know your child's behavior, be able to recognize anything out of the ordinary that may be signs of substance use, watch for body language.

5. Build Community _____

Elicit the support of family, friends, coaches, etc. to help support and uphold family values.

Cut and take this with you. Remember to put a plan in place.

Fun Things to Do as a Family

As a family it is important to have fun together. Here is a list of some fun activities to choose from. Choose a date and a time when you are all available. This Family Activity should be no-cost or low-cost. Please note that everyone's interests are different – find some things you would enjoy doing together as a family. Have Fun!

OUTDOORS

- Go on a long walk
- Play football/soccer/baseball etc...
- Find a place to hike for the day
- Camp in your back yard
- Have a water sprinkler party
- Play Frisbee at the park
- Go on a bike ride
- Practice yoga – or try it for the first time
- Have a yard sale
- Check out the community calendar for free events

EATING

- Bake together
- Eat dinner together

TECH

- Watch a favorite movie
- Take some pictures and share them
- Make a how-to video for YouTube.
- Organize your media collection – books, DVDs or CDs

GAMES

- Play board games
- Do some puzzles
- Learn card tricks and share them
- Learn how to juggle

READ

- Read a book
- Go to the library

CREATE

- Fold some paper airplanes and have races
- Build a giant blanket fort
- Make some homemade greeting cards
- Have a talent night
- Build a cardboard fort
- Write a poem to each other
- Learn origami on YouTube and give to someone at home

FAMILY

- Create your family tree
- Speak to an elder about their past
- Call a family member or a friend you haven't spoken to in a while
- Sit down with your child/family for an afternoon and talk about family and individual goals and dreams

SERVE

- Volunteer as a family at a shelter, food bank, senior center or church organization

LEARN

- Visit a free museum or a zoo (or find out when you might be able to get in for free)

FAITH

- Attend a religious service

Talk to your child about substance abuse

Good communication between parents and children is the foundation of a strong family .

By developing good communication skills, parents can often catch problems early, support positive behavior and stay involved with their children's lives. Talking with your child about substance use should be a process, not a single event. New opportunities and temptations will present themselves numerous times and, unfortunately, with increasing frequency as your child enters adolescence and the teenage years.

Here are some suggestions you can use to start conversations with your children about drugs.



You are your child's most important role model and their best defense against substance abuse.

Starting the conversation

- Have a plan to keep the conversation going in the right direction
- Get on the same page
- Say what you mean, be completely clear that you do not want them using drugs and alcohol
- Be honest and rational
- Have a two way conversation, with respect
- Be calm and patient
- Be prepared to answer difficult questions
- Keep the conversation focused on your youth and their well-being
- Take advantage of teachable moments
- Keep the conversation going



“ I want to focus on you and your future. **”**

Talking about substance use

Many parents are reluctant to start the conversation because they are afraid they'll be asked about their own prior drug use. Despite their intentions to convey anti-substance-use messages, parents' discussion of their prior use may in some ways downplay the emphasis on the negative consequences of using substances. Try this approach:

Try saying...

“The thing that matters most is what lies ahead of you, not what is in the past. ”

Keep the Conversation Going

It is difficult, but you need to talk to your kids about drugs.

By using a mix of praise and criticism, you can correct your child's behavior without saying your child is bad. This helps children build self-confidence and learn how to make healthy and safe choices. In time, making smart choices on their own will become easier.

The kind of information you receive depends on how you ask the question.

Avoid questions that children can answer with a simple yes or no. Try using these open-ended, non-threatening questions:

- What kind of conversations are kids having at school about drugs & alcohol?
- Why do you think kids might use drugs?
- If you have ever seen someone drunk or stoned how did it make you feel?
- If someone close to you used drugs how would you feel about them?



It's a parent's job to use love and experience to correct mistakes and poor choices.

Set clear standards and expectations around all types of substance abuse.

Family standards and expectations about substance abuse give children something to fall back on when they are tempted to make poor decisions. Provide your child with words and strategies to use to remove themselves from situations where they are offered drugs. Agree on the consequences of breaking the rules ahead of time — and enforce them consistently. Here are some examples of rules that parenting experts recommend:

- "If you're at a party and you see that drugs or alcohol are being used, the rule is to leave that party. Call me and I'll come and get you."
- "I've been thinking lately that I've never actually told you this: I don't want you using alcohol, tobacco or drugs."

Ask for help.

- Raising children is complicated, and you may need help. Consider taking a parenting class or going to a family counselor.

Tear and take this card with you and share it with your loved ones:

Be Brave, Be Strong, Save a Life!

WHAT TO DO IF SOMEONE HAS OVERDOSED ON DRUGS OR ALCOHOL

- DON'T:**
- wait to call an ambulance
 - put them under a shower
 - let them sleep
 - leave them alone
 - give them anything to eat or drink

Even if someone says they feel fine after an overdose, it's important to get them help right away!

EMERGENCY CONTACTS:

POLICE-FIRE-AMBULANCE:	911
SUICIDE PREVENTION LIFELINE:	1-800-273-TALK (8255)
NATIONAL RUNAWAY HOTLINE:	1-800-222-1222
HUMAN TRAFFICKING RESOURCE CENTER:	1-888-373-7888

Resources

National Council on Alcoholism and Drug Dependence, Inc.

ncadd.org

National Helpline

1-800-662-HELP (4357)

National Institute on Drug Abuse

drugabuse.gov

Substance Abuse and Mental Health Services Administration

samhsa.gov

The White House Drug Policy

whitehousedrugpolicy.gov

Tear and take this card with you and share it with your loved ones:

RECEIVE DISCOUNTS

FROM SOME OF YOUR FAVORITE RESTAURANTS, THEATERS AND HANG OUTS!

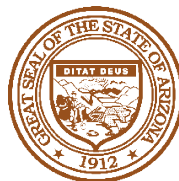
Here is how to activate your card. Enjoy your discounts after you:

- Discuss substance abuse with your parents/legal guardians
- Discuss resistance strategies with your parents/legal guardians
- Create and agree to a Family Prevention Plan
- Have your parent/legal guardian sign the card

Parent/Legal Guardian Signature

*Varying discounts are available to youth, ages 12-18, at participating locations. Visit www.KeepThemSafe.AZ.gov for a complete list of locations and discounts.

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