### Drug Guide for Parents: Learn the Facts to Keep Your Teen Safe

#### Street Names / Commercial

<table>
<thead>
<tr>
<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>
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<tr>
<td>Booze</td>
<td>Big C, Blow,</td>
<td>Dex, Red Devils,</td>
<td>Adam, Bean,</td>
<td>Big H, Black Tar,</td>
<td>Whippets,</td>
<td>Blunt, Boom,</td>
<td>Ice, Chalk,</td>
<td>Codeine, OxyContin</td>
<td>Meperidine, Quaaludes, Xanax, Valium</td>
<td>Adderall, Dexedrine,</td>
<td>Ritalin,</td>
<td>Juice,</td>
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<tr>
<td></td>
<td>Bump, Coke,</td>
<td>Robo, Triple C,</td>
<td>E, Roll, XTC</td>
<td>Dope, Junk,</td>
<td>Bagging,</td>
<td>Dope, Grass,</td>
<td>Crystal, Fire,</td>
<td>(Oxy, O.C.), Percocet</td>
<td>(Ritalin, Adderall)</td>
<td>Rhoids, Stackers,</td>
<td>Pumps, Gym Candy</td>
<td>Cigarettes, Chewing</td>
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<tr>
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<td>Skunk, Smack</td>
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<td>Huffing,</td>
<td>Hash, Herb,</td>
<td>Glass, Meth,</td>
<td>Percocet (Perc),</td>
<td>(Dexamethasone, Valium V)</td>
<td>(Ritalin, Adderall)</td>
<td></td>
<td>Dip, Fags,</td>
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<tr>
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<td>Smack</td>
<td>Syrup</td>
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<td>Poppers,</td>
<td>Mary Jane,</td>
<td>Speed</td>
<td>Vicodin (Vai, Vitamin V)</td>
<td>(Ritalin, Adderall)</td>
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<tr>
<td>Snow</td>
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<td>Snappers,</td>
<td>Pot, Reefer,</td>
<td></td>
<td></td>
<td>(Ritalin, Adderall)</td>
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</tbody>
</table>

#### 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

- **Alcohol is drunk:**
  - Swallowed
  - Injected, smoked, freebased or snorted
  - Inhaled through nose or mouth
  - Swallowed, injected, snorted or smoked

- **How it’s Used/Abused:**
  - Keeps youamped up; you’ll be the life of the party
  - Causes a trippy high with various plateau
  - 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

#### 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.
- Slowly 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 dangerous 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 the last 30 days.
- 1 in 4 teens smoked cigarettes in their lifetime.

#### 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. Re bottles missing, disrupted eating and sleeping patterns.
- Slurred speech, shallow breathing, sluggingness, 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 body, 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 powerful 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 tranquillizers 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 stopping short and never reaching their full adult height.

#### Thanks to Endo Pharmaceuticals, National Supporter, Parent Resources | Find more tips and tools at 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