

DRUGS 101 NEW

ALCOHOL

SLANG: **JUICE**/**SAUCE**/HOOTCH/
HARD STUFF/**MOONSHINE**/
VINO/**DRAFT**/**SUDS**

Alcohol is the most widely used substance among teens and young adults, and it poses substantial health and safety risks. Although young people tend to drink less often than adults do, when they do drink, they frequently drink more or more intensely compared to the average adult. That's because young people consume more than 90% of their alcohol by binge drinking.

The good news is the number of teens drinking has dropped over the past few decades. However, when we consider the consequences of youth alcohol use — poor judgment, driving under the influence, accidents and alcohol poisoning, as well as damage to the developing brain or addiction — it's important for parents and other caregivers to be informed and involved when it comes to youth drinking.

A common view is that youth drinking is the norm, but most young people actually do not drink. According to a national survey of nearly 50,000 teens, 41% of high school seniors said they never had a drink, and 70% reported that they had not consumed any alcohol in the month prior to the survey. In fact, youth drinking has declined steadily over the past decades, as has binge drinking.

If you find yourself wondering why your child doesn't "get" that alcohol comes with risks, you're not alone. Recent data show that three-quarters of 12th graders report that they don't see great risk in having one or two drinks nearly every day.⁸ Another recent national survey found that 9% of teens would not be worried about a friend regardless of how frequently that friend drank alcohol.

11%

of young people
aged 12 through 20
reported binge drinking
in the past 30 days.

5%

were 12 to 17.

Q. WHAT DOES METH LOOK LIKE?

A. Methamphetamine is a white, odorless, bitter-tasting, crystalline powder that dissolves easily in water or alcohol. It can be made from ingredients that are used in products such as batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner.



Q. WHAT IS THE “CRASH” EFFECT OF USING METH?

A. Using meth causes the brain to release a chemical called dopamine, which gives the user a feeling of pleasure. However, once the drug is no longer in the user’s system, this pleasurable sensation can be followed by unpleasant feelings of drug withdrawal, sometimes called a “crash.” These feelings can include depression, anxiety, fatigue, and intense craving for more of the drug. The “crash” often leads a person to use more to avoid these uncomfortable physical and psychological effects.

How can you tell if a friend is using meth?

It may not be easy to tell, but symptoms of methamphetamine use may include:

- Inability to sleep or unusual sleep patterns
- Psychotic behaviors such as paranoia and hallucinations
- Mood swings or increased aggression
- Nervous obsessive activities, such as scratching
- Irritability, anxiety, or confusion
- Extreme anorexia
- Changes in physical appearance, including deteriorating skin and teeth
- Presence of injecting paraphernalia, such as syringes, burnt spoons, or surgical tubing

BEFORE YOU RISK IT!

The human brain is not fully developed until early adulthood, usually the mid- to late-twenties.

There is rapid brain development in adolescence and young adulthood, especially the parts of the brain responsible for decision making and judgment. Exposure to alcohol interferes with this development.

Young people increase their likelihood of making poor decisions and unhealthy choices, including risky sexual behavior, as alcohol also affects the parts of the brain responsible for self-control.

Impaired Driving is one of the most common concerns when it comes to youth alcohol use. Motor vehicle crashes are a leading cause of death among young people, who are more likely to be killed in an alcohol-related crash compared to adults. One out of five teen drivers involved in fatal crashes in 2016 were under the influence of alcohol.

Alcohol slows down the nervous system. Drinking alcohol to soothe anxiety or other mental health problems may seem to help in the short term, but symptoms typically worsen in the long term when alcohol is involved. Alcohol use is a significant risk factor in youth suicide.

It may be hard to imagine now, as your kids are teens and young adults, but youth who drink are at higher risk for developing liver disease. Alcohol use during or before puberty can damage hormones and interfere with healthy physical development. Heavy drinking in adolescence can also lead to chronic health problems.

THE BOTTOM LINE:

If you find that a young person is experiencing alcohol poisoning — even if you do not see all of the symptoms — seek medical care immediately. If they are conscious, call the Poison Control Center at (800) 222-1222. If unresponsive, call 911 for emergency services. While waiting for help, position them onto their side so they don't choke on their own vomit. Be prepared to administer CPR if needed and never leave the person alone. At its most severe, alcohol poisoning can lead to death.

1 800 668-6868

You can also text or Facebook message a trained, volunteer crisis responder at Kids Help Phone about anything they're going through. No issue is too big or too small.

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DRUGS 101 NEW

HALLUCINOGENS

**SLANG: LSD/ACID/PEYOTE/
MUSHROOMS/BUTTONS/PCP/
ANGEL DUST/YELLOW SUBMARINE**

HALLUCINOGENS HAVE A RANGE OF NEGATIVE EFFECTS.

Hallucinogens are a group of drugs that include those listed above, as well as ayahuasca, ketamine, and salvia. They may alter a person's awareness of his or her surroundings, thoughts, and feelings, or they might cause someone to see or feel things that aren't real.

HALLUCINOGENS CAN AFFECT YOUR BRAIN LONG-TERM.

Hallucinogens can affect the brain chemical serotonin — which regulates things such as sleep, muscle control, and mood — and the chemical glutamate — which regulates pain perception, learning, and memory, among other areas.

Because of its impact on the brain, hallucinogens can cause lasting consequences for a user, such as psychosis or mental disorders.

HALLUCINOGENS CAN BE UNPREDICTABLE.

A person can feel the effects of using hallucinogens as soon as 20 minutes after using them, but the effects can last as long as 12 hours.

HALLUCINOGENS CAN BE ADDICTIVE.

People can develop an addiction to or tolerance of hallucinogens. If a person uses LSD on a regular basis, for example, they would need to take higher doses over time to feel its effects, which can lead to dangerous outcomes, such as risky behavior potentially resulting in injury and death due to an altered perception of reality.

Q. IF DEXTROMETHORPHAN (DXM) IS USED IN THE COUGH MEDICINES I CAN BUY AT A PHARMACY, DOESN'T THAT MEAN IT'S SAFE TO USE ON ITS OWN TOO?

NO. When a substance such as DXM is used in an over-the-counter medicine, the medicine is only safe when taken according to the directions. DXM toxic effects include hallucinations, distorted perceptions, impaired muscle movement, impaired memory, and possibly seizures with some cough medications. Also, your heart and lung functions can slow or even stop, potentially causing an overdose death. Misusing these medications with alcohol is even more dangerous as they work more strongly together.

Q. IF SALVIA ISN'T ILLEGAL, DOESN'T THAT MEAN I'M ALLOWED TO USE IT?

NO. Even though there aren't federal laws prohibiting the use of salvia, it is illegal in Canada and several other countries. Research shows that the effects of salvia can include hallucinations, vision changes, and being unable to tell what's real and what isn't.

BEFORE YOU RISK IT!

KNOW THE LAW. Hallucinogens are illegal for use by people of any age, and law enforcement officials are trained to recognize when someone may have used hallucinogens.

KNOW THE RISKS. While there are different risks, depending on the hallucinogen used, they all have dangerous potential outcomes. If a person takes a high dose of PCP, they could have a seizure, go into a coma, or even die.

3 LOOK AROUND YOU. Even if you think your peers are using hallucinogens, the truth is that a very small number of teens use hallucinogens. The latest research shows that 1.5 percent of young people between ages 12 and 17 had used hallucinogens in the past year in 2018.

DRUGS 101 NEW

HIV - AIDS

SLANG: THE VIRUS/ HI-FIVE/THE BUG/ THE DEADLIEST CATCH

HIV AFFECTS YOUR BODY.

The human immunodeficiency virus (HIV) weakens your body's immune system, making it less able to fight against diseases and infections. The virus is spread through contact with certain bodily fluids, including blood, semen, preseminal fluid, rectal fluids, vaginal fluids, and breast milk from a person with HIV.¹ The virus can also be spread through high-risk drug use such as injecting drugs and sharing equipment used with drug injection.

HIV AFFECTS YOUTH—THOUGH MANY DON'T KNOW THEY HAVE HIV.

In 2017, the number of youth ages 13 to 24 who received an HIV diagnosis reached 8,164.² However, this age group is the least likely to know their HIV status: In 2015, an estimated 51 percent of those living with HIV were unaware they had been infected.

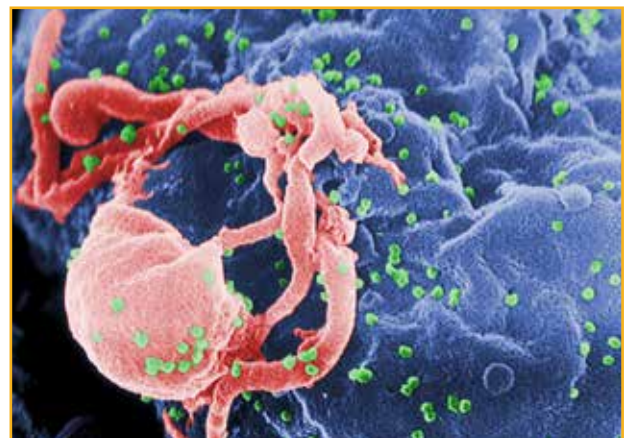
HIV IS PREVENTABLE.

Abstaining from or using protection during sex, and avoiding drug use can help prevent HIV infection. There also are HIV prevention medicines such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) for people who don't have HIV but who are at high risk of becoming infected.

Among people who inject drugs, PrEP reduces their risk of HIV infection by more than 70 percent when taken daily.

HIV IS TREATABLE.

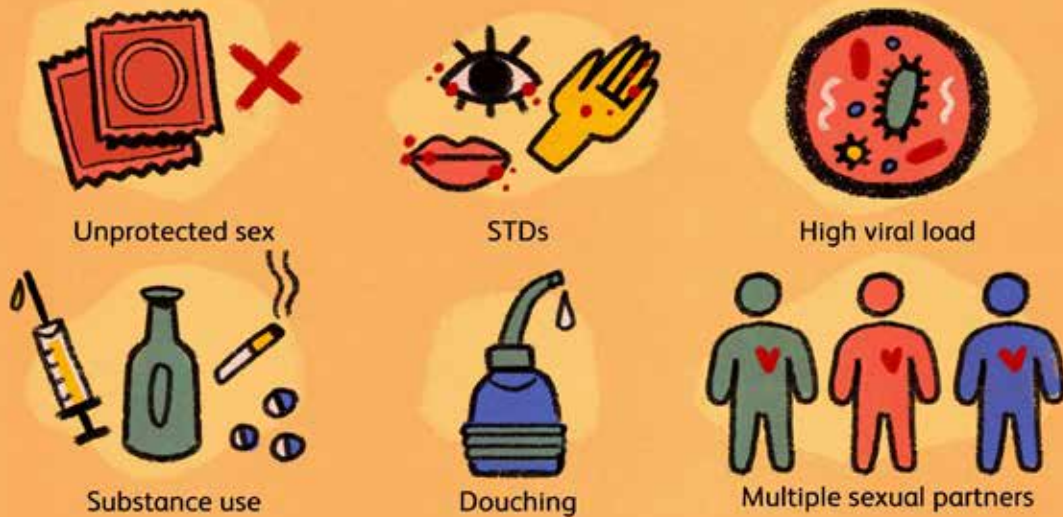
Although there is currently no cure for HIV, with proper treatment, a person can live a long and otherwise healthy life with HIV and prevent it from progressing to acquired immunodeficiency syndrome (AIDS), the most advanced stage of HIV infection. Taking HIV antiretroviral therapy (ART) as prescribed can lower a person's HIV levels to become undetectable, allowing them to live longer, healthier lives while also reducing their risk of transmitting HIV.



Q. CAN I GET HIV FROM TOUCHING A PERSON OR AN OBJECT?

A. NO. HIV isn't an airborne virus, and you can't get HIV from shaking hands or hugging a person who is infected. You also can't get it from touching objects used by a person with HIV.

Factors That Increase Risk of HIV Transmission



Q. CAN I GET HIV IF I USE DRUGS?

A. Injection drug use is a leading cause of transmission. Also, alcohol and drugs can affect your judgment, leading you to engage in risky behavior such as having unprotected sex. The best way to reduce your risk of HIV is to avoid using drugs and other substances.

Q. WHO IS AT THE HIGHEST RISK FOR GETTING HIV?

A. While **those who use IV drugs or have unprotected sex** are at greater risk, HIV can affect anyone regardless of sexual orientation, race, ethnicity, gender, or age.

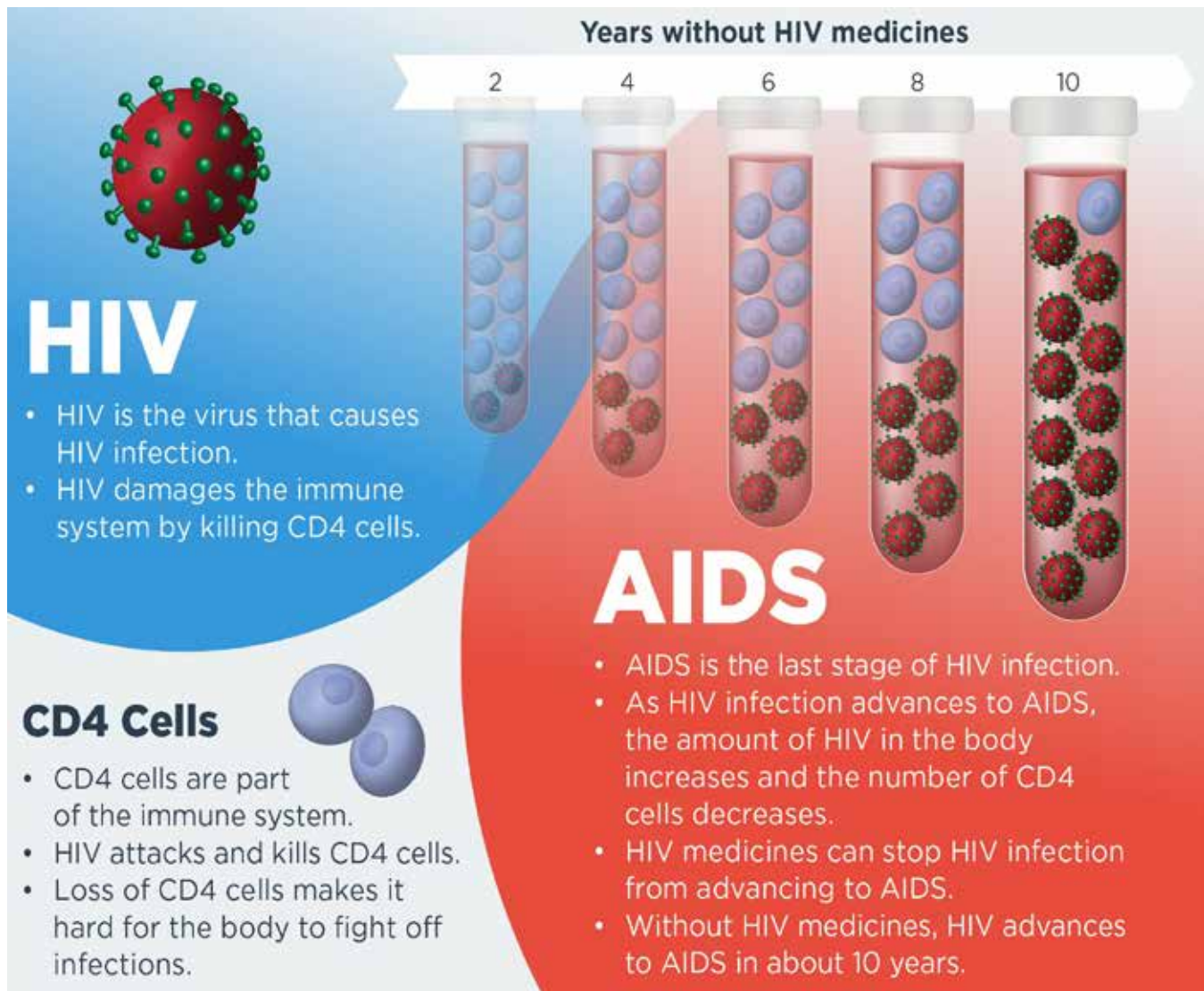
BEFORE YOU RISK IT!

KNOW THE RISKS. Because the effects of drugs and alcohol use can result in poor judgment, their use can lead to risky behaviors that increase the chances of getting or transmitting an HIV infection, such as unprotected sex or sharing needles when injecting drugs. In 2017, 2,389 people who inject drugs were diagnosed with HIV.

STAY INFORMED. Interactions between HIV medicines and illegal drugs can increase the risk of harmful side effects. In addition, drug and alcohol use can further harm a person with HIV by weakening their immune system and damaging their liver.

LOOK AROUND YOU. 38,739 people were diagnosed with HIV in the U.S. in 2017. Of those people, about 1 in 7 did not know they were infected.

HIV & AIDS WHAT'S THE DIFFERENCE?



THE BOTTOM LINE:

HIV is harmful but preventable. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions

BE A FRIEND. SAVE A LIFE.

Encourage your friends to practice safe sex and do not share needles if you are using.

Kids Help Phone is Canada's only 24/7 e-mental health service offering free, confidential support to **kids, teens and young adults** in English and French.

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DRUGS 101 NEW

METHAMPHETAMINE

**SLANG: METH/SPEED/CRYSTAL/
CRANK/CHALK/TINA/TWEAK/
GO-FAST/ICE/GLASS/UPPERS**

METHAMPHETAMINE AFFECTS YOUR BRAIN. Meth causes changes in the brain circuits that control reward, stress, decision-making, and impulse control, making it more and more difficult to stop using even when it is having negative effects on your life and health. Frequent use also can lead to tolerance and withdrawal, so you need more of the drug just to feel normal. Additional effects of using meth can include anxiety and depression, chronic fatigue, paranoid or delusional thinking, and serious psychological illness.

METHAMPHETAMINE AFFECTS YOUR BODY. Using meth increases heart rate, blood pressure, and risk of stroke. Other negative consequences of long-term meth use are extreme weight loss, severe dental problems (“meth mouth”), and skin sores caused by scratching. Meth use affects the levels of dopamine in your brain. Dopamine is a neurotransmitter that affects, among other things, movement, motivation, emotions, and feelings of pleasure. Because meth causes a flood of dopamine to the brain, the natural supply gets depleted. As a result, activities that would normally increase dopamine and, pleasure (such as listening to music or eating a good meal) may no longer do so, which can lead to depression.

METHAMPHETAMINE AFFECTS YOUR SELF-CONTROL. Meth is an addictive drug that can cause aggression, violent behavior, and psychosis (loss of contact with reality).

METHAMPHETAMINE IS NOT ALWAYS WHAT IT SEEMS. As much as 60 percent of what a person injects, snorts, or smokes is not meth. Powder sold as meth may contain many other substances, including lead acetate or mercury, both of which are toxins that can lead to poisoning.

METHAMPHETAMINE CAN KILL YOU. High doses can cause the body to overheat to dangerous levels. Death can result from stroke, heart attack, or multiple organ problems caused by overheating.

METHAMPHETAMINE ADDICTION IS TREATABLE. Behavioral treatments can help someone stop using methamphetamine and recover from addiction.

Q. WHAT DOES METH LOOK LIKE?

A. Methamphetamine is a white, odorless, bitter-tasting, crystalline powder that dissolves easily in water or alcohol. It can be made from ingredients that are used in products such as batteries, drain cleaner, fertilizer, nail polish remover, and paint thinner.



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How can you tell if a friend is using meth?

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DRUGS 101 NEW

OPIOIDS

**SLANG: OXY/PERKS/MONKEY/
VIKE/LEAN/O.C./SCHOOLBOY/
WHITE STUFF/M/PURPLEDRANK**

OPIOIDS AFFECT YOUR BRAIN.

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone, hydrocodone, codeine, morphine, and many others.

They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion. They can also affect the brain to cause euphoria or “high”.

OPIOIDS AFFECT YOUR BODY.

Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.

OPIOIDS ARE ADDICTIVE.

Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers. Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.

OPIOIDS CAN KILL YOU.

Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018. More than 46,000 of those deaths involved opioids.

OPIOID ADDICTION IS TREATABLE.

Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder.



Q. MY DOCTOR PRESCRIBED OPIOIDS FOR ME - SO THAT MEANS THEY'RE SAFE RIGHT?

A. Prescription opioids — when used long term or incorrectly — can cause the brain to become reliant on the drug and are addictive.



Q. IF I USE OPIOIDS, WILL I BECOME ADDICTED?

A. Prescription opioids can cause physical dependence when used as directed or addiction if misused; illegal opioids such as heroin are also highly addictive. People who regularly use prescription opioids or heroin often develop tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.

BEFORE YOU RISK IT!

1 KNOW THE LAW. Heroin is illegal and addictive.¹¹ If you are caught with prescription opioids that are not yours, you can be imprisoned, fined, or both.

2 KNOW THE RISKS. Using opioids repeatedly can lead to higher tolerance. Other risks include addiction and overdose death.

3 LOOK AROUND YOU. A recent study found that 38.5 percent of the people who misused prescription pain relievers got them from a friend or relative for free; 34.6% were prescribed the medication by one doctor.

How can you tell if a friend is using opioids?

Side effects of opioid use include:

- Constipation, nausea, vomiting, and dry mouth;
- Sleepiness and dizziness;
- Confusion;
- Decreased breathing; and
- Itching and sweating.

Behavioral signs and symptoms of opioid addiction include:

- A change in peer group;
- Carelessness with grooming;
- Decline in academic performance;
- Missing classes or skipping school;
- Loss of interest in favorite activities;
- Changes in eating or sleeping habits; and
- Deteriorating relationships with family and friends.



THE BOTTOM LINE:

Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications — such as hydrocodone, oxycodone, and morphine — misuse of these substances is rampant.

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

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