



DRUG GUIDE FOR PARENTS:

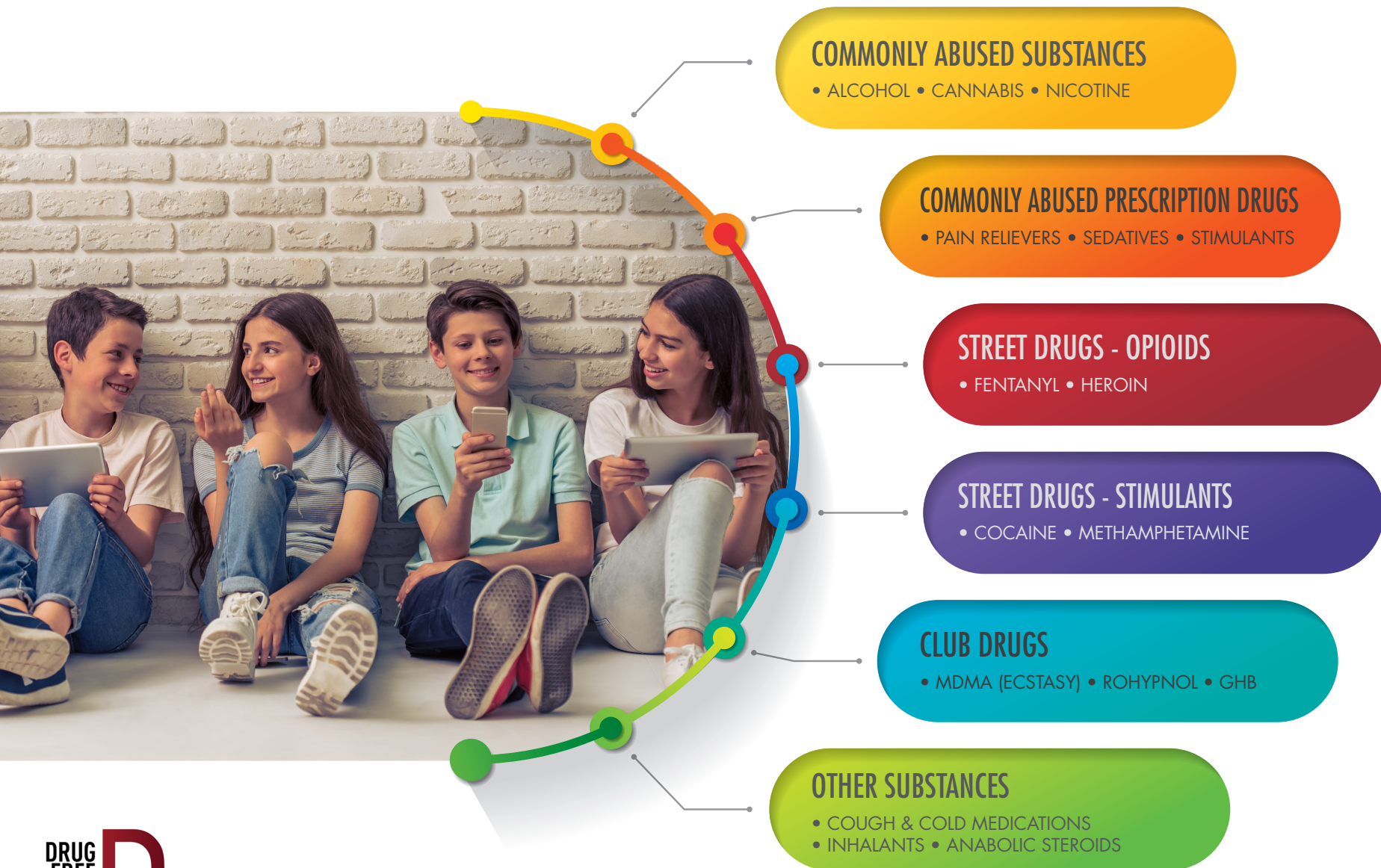
LEARN THE FACTS TO KEEP YOUR KIDS SAFE

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Drug Free Kids Canada Where families come for help

It's important to know as much as possible about the drugs and other substances your pre-teens and teens may have heard about or been exposed to in order to help you better understand what they are and what their hazards can be. As the parent, you are in the best position to provide your child with factual information about these drugs, early and often.



From Alcohol to Adderall – The drugs that your child are most likely to come across.

90% of all addictions begin in adolescence. These are common substances that most kids find out about and have relatively easy access to. They are often the drugs that kids will experiment with first. Many kids think that taking someone else's prescription from a doctor is a safe alternative to trying illegal drugs.

CATEGORY		NAME	COMMON NAMES // STREET NAMES	LOOKS LIKE	USE/ABUSE	WHAT TEENS MAY HAVE HEARD	HEALTH RISKS // DANGEROUS BECAUSE	SIGNS OF ABUSE	IMPORTANT TO KNOW
COMMONLY ABUSED SUBSTANCES		ALCOHOL	Liquor, spirits, beer, wine // booze	Liquid	Swallowed	Makes a boring night fun // Everyone is drinking	Increased risk of injuries, violence, fetal damage (in pregnant women); depression; neurologic deficits; hypertension; liver and heart disease; addiction; fatal overdose	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Alcohol is often mixed with other substances such as caffeinated energy drinks increasing the potential health risks // Youth are the biggest consumers of caffeinated alcoholic beverages, drinking at levels up to four times higher than the general public
		CANNABIS	Marijuana // Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, sinsemilla, skunk, weed	A green or brown mixture of dried flowers, fruiting tops and leaves of the marijuana plant	Smoked, brewed into tea or mixed into foods	Relaxing, natural, not dangerous and often easier to get than alcohol	Euphoria; relaxation; slowed reaction time; distorted sensory perception; impaired balance and coordination; anxiety; panic attacks; psychosis; frequent respiratory infections; impaired learning memory; possible mental health decline; addiction	Slowed thinking and reaction time, impaired coordination, paranoia	Canadian youth are the top users of cannabis in the developed world // Cannabis is the most commonly used illegal drug among Canadian youth, 15 to 24 years of age.
		NICOTINE	Cigarettes, Electronic Cigarettes // Cancer Sticks, Chew, Snuff, Dip, Fags, Smokes, E-cigs, E-hookahs, vapes, mods	Brown, cut up leaves // A propylene glycol based internal fluid that is combined with other ingredients and flavours and vaporized by battery-operated devices	Smoked, snorted, chewed // Vaped	An oral fixation and appetite suppressant // E-cigarettes are cool and a safer alternative to tobacco because less nicotine	An addictive substance // Smoking harms every organ in the body and causes coronary heart disease, and stroke, as well as many forms of cancer, nonsmoking teens who use E-cigarettes are more likely to start smoking conventional cigarettes	Addictive behaviours, smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes, throat irritation, cough	Smoking tobacco is the leading cause of premature death in Canada // Electronic nicotine delivery systems are growing in popularity.
COMMONLY ABUSED PRESCRIPTION DRUGS		PAIN RELIEVERS	Codeine, Oxycodone, OxyContin, OxyNeo, Percocet // Oxy, OC, Percs	Pills, tablets and capsules	Swallowed, injected	A free high from the home medicine cabinet. If it's a prescribed medication, it must be safe	Euphoria, drowsiness // respiratory depression and arrest, nausea, confusion, sedation, unconsciousness, coma, tolerance, addiction	Medicine bottles present without illness, Rx bottles missing, medications missing, disrupted eating and sleeping patterns, addictive behaviours	Problematic use of prescription opioid painkillers can be just as dangerous, addictive and deadly as using illicit heroin
		SEDATIVES	Barbiturates, benzodiazepines Xanax, Valium, Ativan // Benzos, xanixes, xani-bars, xani-bombs, and roofies	Multi-colored tablets and capsules; some can be in liquid form	Swallowed, injected	A great release of tension	Sedation, slowed pulse and breathing; lowered blood pressure; poor concentration // confusion, fatigue; impaired coordination, memory, judgment; respiratory depression and arrest, addiction	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Combining prescription sedatives and/or tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death
		STIMULANTS	Methylphenidate, Amphetamine and Dextroamphetamine, Adderall, Dexedrine, Ritalin // Ritz, rippers, dexies, and bennies, smart drug, study drug	Tablets, capsules	Swallowed, injected, snorted	Keeps you attentive and focused	Increased heart rate, blood pressure, metabolism; feelings of exhilaration, energy, increased mental alertness / rapid or irregular heart beat; reduced appetite, weight loss, heart failure	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures	Combining prescription sedatives and/or tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death



Illegal Street Drugs – Inherently dangerous and potentially fatal.

Highly addictive, these drugs are particularly dangerous for the young because they damage the developing body and the brain. Often laced with toxins like illicit fentanyl analogues and with a high probability of accidental overdose, these drugs can be fatal, even after first time trial.

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STREET DRUGS - OPIOIDS		FENTANYL	Actiq, Duragesic, Sublimaze // Beans, Green Beans, Shady 80s, Apache, China girl, China white, dance fever, friend, goodfella, jackpot, murder 8, TNT, Tango and Cash	White powder, patch, green, pink or white pill, illicit fentanyl is made to look like other medication	Mixed with other drugs, swallowed, snorted, injected	Alternative to opioid // The stronger painkiller // A cheaper high than heroin	Euphoria, drowsiness, respiratory depression and arrest, nausea, confusion, constipation, sedation, tolerance, addiction, unconsciousness, coma, overdose, death	Small pupils; dizziness; suppression of breathing; itching or hives; nausea and vomiting; weight loss; depression; hallucinations; difficulty seeing; sleep problems; sweating; shaking; swollen extremities; addictive behaviours	50 to 100 times more potent than morphine // Overdose is a risk with illicit fentanyl // Can be used to cut other drugs such as cocaine, counterfeit oxycodone or heroin // Dangerous for those with substance use disorders and recreational users
		HEROIN	Diacetylmorphine // Smack, horse, brown sugar, dope, H, junk, skag, skunk, horse, China white	White to dark brown powder or tar-like substance	Injected, smoked, freebased or snorted	Full-on euphoria, but super risky	Euphoria, drowsiness, respiratory depression and arrest, nausea, confusion, constipation, sedation, tolerance, addiction, unconsciousness, coma, overdose, death	Track marks on arms, slowed and slurred speech, vomiting, addictive behaviours	Heroin overdose is a risk on the street, where the purity of the drug cannot be accurately determined
STREET DRUGS - STIMULANTS		COCAINE	Cocaine hydrochloride // Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot	White crystalline powder, chips, chunks or white rocks	Snorted, smoked, injected	Keeps you amped up // you'll be the life of the party	Weight loss, insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction; nasal damage from snorting	Nervous behavior, restlessness, bloody noses, high energy, addictive behaviours	Cocaine is a highly addictive drug // Increased risk of overdose when injected or smoked (crack cocaine)
		METH-AMPHETAMINE	Desoxyn // Meth, ice, crank, chalk, crystal, fire, glass, go fast, speed	White or slightly yellow crystal-like powder, large rock-like chunks	Swallowed, injected, snorted or smoked	Can keep you going for days	Chronic long-term use, or high dosages, can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes) cardiac or cardiovascular complications; stroke; seizures; addiction	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep, severe dental problems	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm

Club Drugs and other Substances – A new generation of highs.

Youth culture, performance pressure and getting a quick and cheap fix have given rise to a wide variety of ordinary substances that are used by youth in different ways. Ecstasy at a dance party, sniffing home cleaning products, over the counter medications mixed with grape juice and the date rape drug have all parents concerned about what their kids are doing. Get to know the substances your child is hearing about.

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CLUB DRUGS		MDMA (ECSTASY)	Methylenedioxy-methamphetamine // Molly, Ecstasy, Adam, clarity, Eve, lover's speed, peace, uppers	Branded tablets (Playboy bunnies, smiley face, stars, hearts, etc.)	Swallowed, snorted, injected	Enhances the senses and you'll love everyone	Can cause severe dehydration, liver and heart failure and even death	Sleep disturbances; depression; impaired memory; teeth clenching, muscle cramping, chills, sweating, dehydration, empathetic feelings; lowered inhibition, anxiety	Can be addictive. A popular club drug because of its stimulant properties, allowing users to dance for long periods of time
		ROHYPNOL	Flunitrazepam // Forget-me pill, R2, roach, Roche, roofies, roofinol, rope, rophies	Clear liquid, white powder, tablets and capsules	Swallowed, snorted	Associated with sexual assault. Known as a "date rape drug"	Sedation; muscle relaxation; confusion; memory loss; dizziness; impaired coordination, addiction	Relaxation, sedation incapacitation, addictive behaviours	Associated with sexual assaults // Rohypnol produces sedative-hypnotic effects including muscle relaxation and amnesia // Can be lethal
		GHB	Gamma-hydroxybutyrate // G, Georgia home boy, grievous bodily harm, liquid ecstasy, soap, scoop, goop, liquid X	Clear liquid, white powder, tablets and capsules	Swallowed	Associated with sexual assault. Known as a "date rape drug"	Sedation; muscle relaxation; confusion; memory loss; dizziness; impaired coordination, seizures, addiction, death	Relaxation, sedation, unconsciousness, seizures, coma, death	Associated with sexual assaults // GHB is odorless and tasteless, it can be slipped into someone's drink without detection
OTHER SUBSTANCES		COUGH & COLD MEDICATIONS	Dextromethorphan (DXM) // Robotripping, Robo, Dex, Red Devils, Triple C, Tussin, Skittles, Syrup, Sizzurp, Purple Drank (promethazine, codeine, sprite, jolly rancher and mountain dew)	Liquid, capsules, pills	Swallowed	Easy to get // Causes a trippy high with various plateaus	Can cause abdominal pain, nausea, seizures, liver damage, panic attacks, psychosis	Slurred speech, loss of coordination, disorientation, vomiting, loss of consciousness, numbness of fingers and toes, abdominal pain, irregular heartbeat, aches, seizures, cold flashes, dizziness, diarrhea	Over the counter medications are relatively easy for teens to purchase // Their use is made popular by several celebrities
		INHALANTS	Solvents (paint thinners, gasoline, glues); gases (butane, propane, aerosol propellants, nitrous oxide); nitrites (isoamyl, isobutyl, cyclohexyl) // Poppers, snappers, whippets, bagging, huffing, dusting	Paint thinners, glues, nail polish remover, whipped cream aerosol, nitrites, air conditioner fluid (Freon) and more	Inhaled through nose or mouth	Easy to get // A cheap, 20-minute high // Enhances sexual experience (Poppers)	These toxins have serious negative effects such as brain damage, respiratory failure and death. Poppers - shortness of breath, blue skin, loss of consciousness, respiratory arrest. Whippets - Euphoria, decreased level of consciousness. Chronic use can cause permanent spinal cord damage.	Missing household products, a drunk, dazed or dizzy appearance	More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter
		ANABOLIC STERIODS	Juice, Rhoids, Stackers, Pumpers, Gym Candy	Tablet, liquid or skin application	Swallowed, applied to skin or injected	Will guarantee a spot on the starting line-up	Hypertension, blood clotting, cholesterol changes, liver cysts, hostility and aggression, acne, premature stoppage of growth // Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Rapid growth of muscles, opposite sex characteristics and extreme irritability	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height