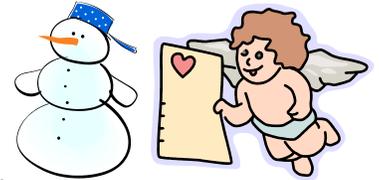


# PARENT RESOURCE CENTER BULLETIN

January—February 2010



## Prescription Drug Abuse...Your Teen is at Risk!

Every day, 2,500 teenagers use a prescription drug to get high for the first time. They're accessing these drugs in the comfort of home; it can be as easy as opening a cupboard, drawer, or medicine cabinet.

What motivates teens to engage in prescription drug abuse? Ultimately, their desire for getting high outweighs their perception of the risks.

- 12 to 17 year olds abuse prescription drugs more than they abuse ecstasy, crack/cocaine, heroin, and methamphetamine combined
- 60% of teens who have abused prescription painkillers did so before age 15
- There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana

### What can you do?

Monitor, Secure, and Dispose of your medications.

### What to look for....

#### Pain reliever abuse

- Constricted pupils
- Nausea and vomiting
- Respiratory depression (inadequate ventilation)

#### Stimulant abuse

- Anxiety
- Delusions
- Flushed skin
- Chest pain with heart palpitations

#### Depressant abuse

- Slurred speech
- Dizziness
- Respiratory depression

Source: *Partnership for a Drug-Free America*, [www.drugfree.org](http://www.drugfree.org)

### Mark your CALENDAR



**January 18**—M. L. King, Jr. Day

**February 21-24**—NCFADS Winter School ([www.ncfads.org](http://www.ncfads.org))

**April 13-14**—6th Annual NC Parent Network Conference  
[www.ncparentresourcecenter.org](http://www.ncparentresourcecenter.org)

**Upcoming Webinar Trainings**  
*sponsored by the NC Centers for Prevention Resources*

**February 18**—Faith Indeed Works Best Together

**March 11**—Prescription Drug Misuse & Mortality

**April 8**—Prevention Theory

## Lifelines to Keep your Kids Safe from Drugs and Alcohol

- Curfews....they work! Enforce them.
- Secure your alcohol, count it, track it.
- Be your child's parent, not their friend.
- Set rules. Enforce and follow them.
- Do not be swayed by what other parents are doing.
- Never buy alcohol for kids because you think it's safer.
- If you think your child is drinking or using drugs, they probably are. Address it now.
- Limit alcohol at your own parties.....kids are watching.
- Never look the other way when you know alcohol is being served to underage youth.
- Band together with other likeminded parents. Face it....as a parent, you will be the bad guy sometimes.
- Don't be afraid of losing your child's love. Be afraid of losing them.

Source: [www.faceproject.org](http://www.faceproject.org)

## Text Your Tween!

Our wireless world has created new opportunities for parents and children to connect; **texting your tween** is one of them! For many youth, texting is a primary form of communication. And with the start of a new year, the time to connect is now.

### Why Text:

- Quick, easy & private
- Casual & non-confrontational
- Bridges the generation gap
- Talking your tween's language sets the stage for conversation

### Ideas on what to text:

Wanna chat? Ice cream's on me!

### What you may get back:

I do need U. Thx 4 the note!

Texting is a great way to not only monitor your child, but it shows your support and opens a new line of communication. It doesn't replace face-to-face interactions, but it can help you stay connected.

Learn the lingo and how to text by visiting [www.TimeToTalk.org](http://www.TimeToTalk.org) (click on *Talk Kit*, then click *More Tools and Multimedia*) for a downloadable guide called "*Time to Text*."

Source: Drug Free Action Alliance "KNOW" Campaign

## Get the Facts about Performance Enhancing Substances and your Athlete

Performance enhancing substances are not limited to just anabolic androgenic steroids. Other performance enhancing substances include, but are not limited to, Stimulants such as Amphetamines and Ephedrine, Human Growth Hormone ("HGH") and testosterone among others. So what's the risk with taking performance enhancing substances? There are many. First and foremost, there are dangerous short and long-term side effects. Whether a performance enhancing substance is purchased over-the-counter or illegally is irrelevant; their toll on the body could be deadly. Other consequences of using performance enhancing substances include sanctions from sports governing bodies, loss of

past awards and titles, being banned from participating in your sport, and facing public shame and humiliation from being labeled a cheater.

Performance enhancing substances are especially dangerous for teens because their bodies are still developing. Teens who choose to use performance enhancing substances might see changes in their physical appearance, but they may also experience severe physical side effects like stomach pain, nausea, diarrhea, muscle cramps, and mood swings. Use of many performance enhancing substances can also lead to serious kidney, liver, and heart problems.

Competition can be a great thing –

but not when you value your winning record over your brain and body. Winning isn't everything, especially when you are risking your health and reputation to get ahead. Even if you're using a legal performance enhancing substance, you are still putting your health and body at risk. Parents should know the facts about performance enhancing substances so that they can have an educated conversation with their teen about the dangers and consequences of using these substances.

Get the facts. Visit [www.drugfree.org/playhealthy/](http://www.drugfree.org/playhealthy/) to learn more.

**Families in Action**  
Prevention that works!

[www.familiesinaction.org](http://www.familiesinaction.org)



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