



Super Parents *SUPER*vise

You Have the Power to Prevent Youth Drug Abuse



Join Together Northern Nevada

Our Mission

Join Together Northern Nevada's mission is to build successful partnerships to create healthy, drug-free communities.

We bring citizens, agencies, businesses and government together to form a collaboration that has the ability to identify, measure and develop strategies to deal with substance abuse problems in the community.

YOUTH are our most valuable asset. We value youth contributions to our community through best practice peer-to-peer and youth-to-adult educational activities. These programs reduce risky behaviors and poor choices while reducing local youth drug, alcohol, tobacco, suicide and pregnancy rates.

TOOLS FOR SUPER PARENTS



- * Learn about prescription drug abuse and proper disposal of medications.
- * Encourage your child to have a healthy lifestyle.
- * Understand how the teenage brain works.
- * Learn better strategies for optimal parenting in the area of substance abuse.

Understanding *Teens*

From early adolescence to about age 25, the brain continues to develop from the back to the front. The last part to mature is the prefrontal cortex which controls reasoning and impulse.

THEREFORE TEENS HAVE:

- * Difficulty holding back or controlling emotions;
- * A preference for physical activity;
- * A preference for high excitement and low effort activities such as video games, sex, drugs, etc.;
- * A tendency to be poor planners and lack good judgment leading them to more risky, impulsive behaviors, including experimenting with drugs and alcohol.

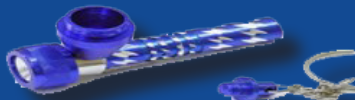
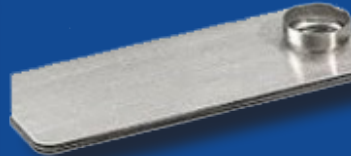
EFFECTS OF TEEN SUBSTANCE USE:

- * Research shows that alcohol abuse during the teenage years negatively impacts the hippocampus, the memory center of the brain.
- * The use of drugs and alcohol disrupts the development of the teen brain in unhealthy ways making it harder for teens to cope with social situations and the normal pressures of life.
- * Dopamine, a chemical in the brain that causes pleasure, increases with drug use. That increase is what causes the "high" or euphoria associated with substance abuse. Overstimulating the brain with euphoria reinforces the behavior of drug use and trains the user to continue to use.

A New Generation

Take time to explore items in your teen's bedroom. Seemingly normal items in a bedroom may be deceptive. There is **no age requirement** to purchase items shown on the next four pages, either online or from a retail store. While it is shocking how easily accessible these items are, be wary of alcohol or other drugs concealed in food as well.

HIDDEN PIPES

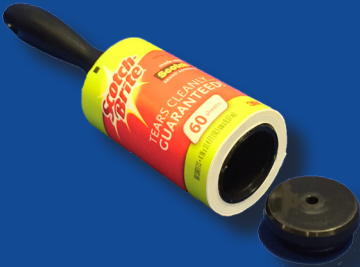


Types of Pipes

Top: bracelet pipe
Middle: magnetic credit card pipe
Bottom (left to right):
highlighter pipe, flashlight pipe,
lipstick pipe

of Disguised Items

HIDDEN COMPARTMENTS



This "battery," crushes marijuana, meth, heroin and other drugs. Crystallized drugs can be liquefied in the bottom portion of the device.

More Than

Clothing can have hidden pockets in which teens may be able to hide drugs or alcohol.

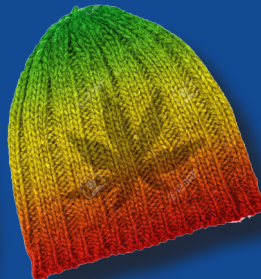
HIDDEN POCKETS



This cap has a hidden pocket inside the brim that can be used to stash alcohol, marijuana or other drugs. The shoes have a hidden compartment under the insole.

COLORS, DETAILS AND BRANDS

Colors, details and brands can represent drug culture. One example of this is clothing featuring Rastafarian colors (red, yellow and green). These colors represent Rastafarian culture which is akin to Bob Marley, a reggae singer/songwriter who is well-known for his use of marijuana.



Just Clothing

Many teens purchase clothing that appeals to them without knowing what the graphics may symbolize. Discuss the matter with your teen if you find him or her purchasing or wearing clothing that promotes drug use.



DGK

(Dirty Ghetto Kids)

This skateboard company markets to youth and often promotes marijuana and drinking with its designs.



SRH

(Supporting Radical Habits)

This line started as an underground movement for marijuana smokers.



Seedless Clothing

This shirt promotes marijuana with an image of bloodshot eyes representing being high.



A variety of brands produce clothing designs that promote the use of alcohol.

Alcohol: Zero Tolerance

WHY IS UNDERAGE DRINKING A PROBLEM?

- * Youth who start drinking before age 15 are five times more likely to develop alcohol addiction than those who begin drinking at or after age 21.
- * Reports show that teens today have an increased rate of binge drinking.
- * Most studies suggest a link between alcohol use and other risky behaviors, particularly in older teens, such as drug use, drinking and driving, accidents and suicides.

HOW DO TEENS GET ACCESS TO ALCOHOL?

- * Studies show that adults remain the major source of access to alcohol.
- * Older teens are more likely to take alcohol from home or get it from other adults.

HOW TO IDENTIFY A CHILD WITH AN ALCOHOL PROBLEM:

- * Dramatic mood swings and irritability;
- * School problems including poor grades, absences and disciplinary action;
- * Rebellion against family rules;
- * Increased secrecy about possessions or activities;
- * A change in friends and not allowing family access to new friends;
- * Using secret or coded language with friends;
- * Little interest in things that used to excite them;
- * Smelling alcohol on your child or finding it in a backpack;
- * Problems with memory, concentration or slurred speech.

Marijuana 101

Marijuana is consumed in a variety of ways. It can be smoked in bongs, hookahs, pipes, e-cigarettes, vape pens, hollowed out cigars and as cigarettes. Marijuana or concentrated versions of marijuana can be added to food and drink products. These products are then called edibles. Marijuana concentrates include hashish and dabs which are made by taking marijuana through a number of chemical processes to extract THC.

Marijuana concentrates, edibles and plants contain Tetrahydrocannabinol (THC). This compound is the psychoactive ingredient that causes the "high" that marijuana users experience. Common side effects of THC include anxiety, relaxation, distorted perception, psychosis, delayed response time and paranoia. The more THC a person consumes, the greater the chance he will experience the negative effects of the compound.

Start educating yourself on marijuana now. The knowledge you gain will make you more credible when talking to your teens about marijuana.

FOR MORE INFORMATION, VISIT THESE WEBSITES:

www.whitehouse.gov/ondcp/marijuanainfo

www.drugabuse.gov/publications/drugfacts/marijuana

www.learnaboutsam.org

www.dea.gov

Electronic Cigarettes

E-cigarettes may not be as harmless as advertised. The liquid used in e-cigarettes, when ingested or absorbed through the skin, can cause vomiting, seizures or death. They also do not just emit harmless water vapor. Second-hand e-cigarette aerosol (incorrectly called vapor by the industry) contains nicotine, ultra-fine particles and low levels of toxins that are known to cause cancer.

In 2009, the FDA studied two different brands of e-cigarettes and found:

- * Carcinogens and heavy metals present in the juice and aerosol;
- * Quality control was inconsistent or non-existent;
- * Nicotine free e-cigarettes still contained nicotine;
- * Nicotine levels varied and were sometimes twice as high as FDA approved devices.



Hooked on Hookah

Hookah smoking may seem harmless, but the reality is very different. Here are a few myths about hookah:

MYTH: Hookah smoke is better for you than cigarette smoke and not addictive.

REALITY: Hookah smoke of various fruity flavors, tastes and aromas can be more harmful than disease-causing cigarette tobacco smoke. Hookah smoke contains four times more nicotine than cigarette smoke. Some people can become addicted to nicotine after just a few times of using any form of tobacco.

MYTH: Smoking hookah is less harmful than cigarettes because the smoke passes through water which filters out the chemicals and other bad stuff.

REALITY: When hookah bubbles through water at the base of a hookah pipe, it cools the smoke but does not filter any chemicals out of the smoke. This "cooling" process forces a hookah smoker to inhale twice as deeply as a cigarette smoker, which causes chemicals, cancer-causing agents and other harmful elements to penetrate deeper into the lungs. The charcoal used in hookah pipes adds even more carbon monoxide to the high levels that already exist in this type of tobacco.

MYTH: Smoking hookah is fun, relaxing and social. It can't be bad for me if I only do it once in a while.

REALITY: Hanging out with friends and smoking hookah for 45-60 minutes is the same as chain smoking 15 cigarettes, so even smoking hookah once in a while can lead to addiction.

Set Your Teen

While teens may be mature enough to know there are consequences to abusing drugs or alcohol, they may not fully understand them. With proper guidance, you can help keep your teen stay on the right track.

Teens whose parents talk with them regularly about drugs and alcohol are 42 percent less likely to use substances. Tell your teens that you expect them not to use alcohol or other drugs. Remind them of that when they go to a party, a friend's house or have friends at your home.

Super Parents - Life can get busy, but it's important to set aside time to be with your teens. Make dinner and sit with them at the table. Listen to their stories. Keep the line of communication open.



Get to know your teen's friends and their parents. This makes it easier to know what kind of people your teen is spending time with and what your teen may be doing when you're not around. If your teen is going to a friend's home, contact his/her parents to make sure they will be home and that alcohol and drug use will not be tolerated.

Up For Success

Super Parents - It all starts with you. Be a parent, not a friend. Some parents didn't know how much power they had until it was too late.

Hosting a party? You may be liable if you provide alcohol to minors and if anyone is injured at your home or if property is damaged. Make sure your alcohol and prescription drugs are not accessible. Also, be cautious of guests bringing substances into your home.



Super Parents - Get involved! Invite your teen's friends on activities or vacations.

Lock Up Your

Prescription drug abuse is on the rise among teens. Nevada now ranks fourth in prescription drug overdose death rates.

Additionally, the amount of prescription drug abuse among teens increased from 18 percent in 2008 to 24 percent in 2012.

- * Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose and abuse.
- * Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or under a doctor's supervision.
- * The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- * The majority of teenagers abusing prescription drugs get them from family and friends, and the home medicine cabinet.

CRUSH, DON'T FLUSH

Properly dispose of your prescription drugs by doing one of the following:

- * Crush the medication, add used kitty litter or wet coffee grounds, seal tight in a plastic bag and toss it in the trash.
- * Drop off unwanted or unneeded prescription medications at permanent drop boxes located at Reno Police Department, Sparks Police Department or Washoe County Sheriff's Office.



Prescription Drugs

22%

of Washoe County School District teens have used prescription drugs that were not prescribed to them.

2013 Nevada Youth Risk Behavior Survey (YRBS): Washoe County Analysis

90%

of addictions start during the teenage years.

Adolescent Substance Use: America's #1 Public Health Problem, National Center on Addiction and Substance Abuse at Columbia University

53%

of prescription drugs are obtained for free from a friend or relative.

2013 NSDUH: Summary of National Findings, SAMHSA CBHSQ



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