PARENT ACTION NETWORK

A project of Smart Approaches to Marijuana

www.parentaction.network

Preventing Drug Use & Knowing When to Be Concerned

Prevention

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6 REASONS WHY

1 Experimentation: I wonder what it feels like?

2 Peer Pressure: They will like me more if I try it.

3 Self-Medication & Escape: I am hurting and scared. Using makes it go away.

4 Performance Improvement: I have to do great or I'm a failure.

5 To Feel Grown Up: Using means I am finally an independent adult.

6 Easy Access: In a 2021 survey, data showed 70% of 12th graders report that they get free alcohol and drugs from friends/family (83%), or take it from home without consent (50%).

WHAT CAN I DO?

- **Exercise your influence**. 63% of teens choose not to drink because they feel their parents would disapprove.

- **Speak up to teens and other parents**. Silence can be misinterpreted and dangerous. Get educated!

- **Pass it on! Share what you have learned with** other parents. Ask them not to allow teens to drink or use drugs in their homes.

- **Report parents who serve alcohol and marijuana to teens to law enforcement.** Talk to them about the dangers.

- **Host drug-free teen parties** in partnership with your teen. Get other parents to do the same. Stay aware and enforce the boundaries agreed on.

- **Let local law enforcement know** that you encourage active policing of anything that may signal alcohol and/or drug use. From Dr. Lynn Fox

- **Report any sale of vapes, liquor or drugs to teens.**

Here are some things to look out for that may be indicators that your child or teen is using marijuana. These may or may not indicate a drug problem, but if you feel like your child may be at risk, contact Partnership for Drug Free Kids (drugfree.org, text 55753) or a counselor as soon as possible.

Marijuana— (Hallucinogen and Depressant effects)

Slightly Dilated   Bloodshot Eyes

http://stoprxdrugabuse.org/dr/signs-brochure

- Intense mood swings
- Sullen, withdrawn, depressed
- Loss of inhibitions
- Increased/decreased appetite
- Excessive weight loss
- Hostile, angry, uncooperative
- Avoids eye contact
- Loss of interest

- Slowed speech/coordination
- Paranoia/Psychosis
- Relationship changes
- Over sleeping
- Headache/Shakiness/Sweating
- Vomiting
- Poor hygiene
- Tunnel Vision

- Deceitful/Secretive
- Self-harm
- Suicidal ideations
- Irrational statements
- Takes many long, hot showers
- Memory issues
- Many lighters, hidden or not
- Vape paraphernalia

KNOW WHEN TO SAY WHEN

Levels of Use

Experimentation

Trying something one, two, maybe three times

- Prevention
- Family Code
- Family dinners
- Brain-Based risky behavior discussions
- Random drug/alcohol testing starting at age 12
- Brain-Based Parenting & Praise

Misuse

Sporadic use or engagement in risky behavior with or without negative consequences

- Prevention
- Family Code
- Family dinners
- Risky behavior discussions
- Regular drug/alcohol testing
- Counseling
- B-Mod contract
- Formal education on substance or behavior misused

Abuse

Consistent or continued engagement in risky behavior despite having already faced negative consequences

- Consistent individual and family counseling
- B-Modification contract
- Outpatient program
- Regular drug/alcohol testing
- Alternative Peer Group
- Wilderness program

Dependence

Structural changes have been created in the brain resulting in:
1. Cravings
2. Tolerance
3. Withdrawal symptoms
4. Loss of control
5. Unsuccessful attempts to stop or cut down
6. Using more or engaging for longer than intended
7. Interference with school, work, or family
8. Spending more time using or engaging in behavior
9. Giving up other things to use or engage in behavior
10. Hazardous use or engagement
11. Mood problems caused by use or engagement in behavior

- Consistent individual and family counseling
- Detoxification (if needed)
- Intensive outpatient or inpatient treatment program
- Partial hospitalization
- Alternative Peer Group (APG)
- Wilderness program
- Recovery high school
- Collegiate recovery program
- Therapeutic boarding school

Choice   Illness

Credit: Dr. Crystal Collier. Neuro WhereAbouts.

Parent Action Network

info@parentaction.network   (703) 589-9091