

# DRUG GUIDE FOR PARENTS:

## LEARN THE FACTS TO KEEP YOUR KIDS SAFE



### COMMONLY ABUSED SUBSTANCES

- ALCOHOL • CANNABIS • NICOTINE

### COMMONLY ABUSED PRESCRIPTION DRUGS

- PAIN RELIEVERS • SEDATIVES • STIMULANTS

### STREET DRUGS - OPIOIDS

- FENTANYL • HEROIN

### STREET DRUGS - STIMULANTS







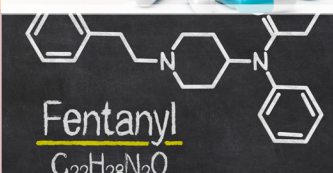









- COCAINE • METHAMPHETAMINE

### CLUB DRUGS

- MDMA (ECSTASY) • ROHYPNOL • GHB

### OTHER SUBSTANCES

- COUGH & COLD MEDICATIONS • INHALANTS
- ANABOLIC STEROIDS

| CATEGORY                                    |   | NAME                     | COMMON NAMES<br>// STREET NAMES  | LOOKS LIKE  | USE  | WHAT TEENS MAY<br>HAVE HEARD  | HEALTH RISKS<br>// DANGEROUS BECAUSE  | SIGNS OF USE   | IMPORTANT<br>TO KNOW   |
|---|---|--------------------------|--|---|--|---|---|--|--|
| COMMONLY<br>ABUSED<br>SUBSTANCES            |  | ALCOHOL                  | Liquor, spirits, beer, wine // booze   | Liquid  | Swallowed  | Makes a boring night fun<br>// 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                 | Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, sinsemilla, skunk, weed  | Green or brown mixtures of dried flowers, buds and leaves, concentrated into oils and other extracts  | 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   | Slowed thinking and reaction time, impaired coordination, paranoia, possible mental health decline, addiction  | Canadian youth are the top users of cannabis in the developed world // Cannabis is the second most commonly used substance by 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 flavors and vaporized by battery-operated devices | Smoked, vaped, ingested in food or beverages, concentrated into oils | 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. Youth who vape are vulnerable to pulmonary illnesses and more likely to start smoking.  | Addictive behaviours, smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes, throat irritation, cough, pulmonary disease  | Smoking tobacco is the leading cause of premature death in Canada // Electronic nicotine delivery systems are growing in popularity among youth  |
| COMMONLY<br>ABUSED<br>PRESCRIPTION<br>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, xanix, 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  | Many teens misuse this prescribed medication for ADHD to help them cram for exams or suppress their appetite   |
| STREET DRUGS -<br>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<br>// The stronger painkiller<br>// 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 oxycontin 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 particular risk on the street, where the purity of the drug cannot be accurately known  |
| STREET DRUGS -<br>STIMULANTS                |  | COCAINE                  | Cocaine hydrochloride // Blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, too  | White crystalline powder, chips, chunks or white rocks  | Snorted, smoked, injected  | Keeps you amped up<br>// 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                                  |  | MDMA (ECSTASY)           | Methylenedioxymethamphetamine // 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<br>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); nitriles (foamy), isobutyl, cyclohexyl) // Poppers, snappers, whippets, bagging, huffing, dusting | Paint thinners, glues, nail polish remover, whipped cream aerosol, nitriles, 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 STEROIDS        | Juice, Roids, Stockers, 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  |