

DRUGS OF ABUSE

Drug trends are always in a state of flux based on what is available and affordable. Parents should become familiar with the different drugs as well as the suggested ways to help your child avoid drug use that is paired with each substance.

Music influences our youth, often without the knowledge of parents who may even tap along to the beat of their teen's choice of music, not understanding the message that glorifies underage and illegal drug use. For many substances, you will find a link that pairs the drug to a movie or music video or lyrics.

Drugs:

- [Adderall](#)
- [Alcohol](#)
- [Caffeine/Caffeine Pills/Energy Drinks](#)
- [Club Drugs](#)
- [Cocaine](#)
- [Crystal Meth](#)
- [Fentanyl](#)
- [GHB](#)
- [Hallucinogens](#)
- [Heroin](#)
- [Inhalants \(Whippets\)](#)
- [Kratom](#)
- [Marijuana](#)
- [MDMA \(Ecstasy/Molly\)](#)
- [Methamphetamine](#)
- [Opioids](#)
- [Over the counter medicine](#)
- [Prescription medicine \(RX\)](#)
- [Ritalin](#)
- [Steroids](#)
- [Synthetic Cannabinoids](#)
- [Synthetic Cathinones \(bath salts, plant foot, jewelry cleaner\)](#)
- [Tobacco/Nicotine/Vaping](#)

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ADDERALL



Image: adderall.png

Side Effects:

- Increased heart rate
- Constricted blood vessels
- Seizures
- Uncontrollable shaking and tics
- Hallucinations, paranoia
- Depression and anxiety

Trend: Snorting Adderall to be able to concentrate on homework and tests.

Protective Measure:

Adderall is a drug used to help patients with ADD and ADHD, to help them live a more normal life. If one is taking high doses, or taking the drug in larger amounts, or snorting the drug, it can be life-threatening. This is a drug that is regulated by doctors, and the person with the prescription is the only person that should be using it for the purpose it is meant for. Adderall is a drug that teenagers are selling to each other to help study and focus, and this needs to be taken more seriously. Parents and teachers need to be cautious of their children and check in on them when doing homework and taking tests.

How we can help...

Read how this drug poses problems when misused | [Adderall blog](#)

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

ALCOHOL



Image: alcohol.png

Alcohol is the most accessible drug to youth. Potential for abuse by youth and adults.

Side Effects:

- Can damage to the liver causing cirrhosis of the liver
- Interferes with the brain's communication pathways, and can affect the way the brain looks and works
- Increase the risk of alcohol-related problems, including addiction in early adulthood and beyond.

Trend: [Ingestion](#) of hand sanitizers for alcohol has resulted in deaths.

[Music Video – “Blame It On the Alcohol – Jamie Foxx”](#)

Protective Measure

You can limit or prevent teenage alcohol use by role-modeling safe drinking habits and talking about safe alcohol use. Take a [quick alcohol quiz](#) to assess your own use. Talking about alcohol can be tricky, but it is important to prevent or limit the use of alcohol. Younger people are at a greater risk of alcohol-related harm compared to adults, this can happen because the brain keeps developing until your mid-twenties, whereas drinking alcohol can risk damage to the developing brain ([BetterHealth.com](#)).

View videos created by teens calling for an end to associating sports with drinking: <https://freeoursports.org/>

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

CAFFEINE/CAFFEINE PILLS/ENERGY DRINKS



Image: caffeine.jpg

Side Effects:

- Affect concentration, ability to sleep
- Slow maturing process of brain
- Anxiety, nervousness, insomnia
- Addictive
- Puts pressure on heart, rapid heart rate
- Withdrawal symptoms (e.g., headaches, agitation, irritability and fatigue)

Protective Measures:

Teenagers are consuming caffeine in a lot of different ways such as drinking sodas, energy drinks and coffee, even green tea and energy pills. Parents can limit their children's caffeine intake by letting them drink sodas without caffeine and to avoid energy drinks and coffee. With energy drinks being packaged in a

way to be attractive to young adults, it is easy to buy a can at any grocery store or gas station.

How we can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Mayo Clinic "[Rethink Your Energy Drink: Beware of Extreme Caffeine](#)" video 1:36

CRYSTAL METH



Image: crystal meth.png

Short Term Effects:

- Hallucinations
- Convulsion, seizure and death
- Panic and psychosis
- Increased heart rate, blood pressure and body temperature

Long Term Effects:

- Permanent damage to brain and heart vessels
- High blood pressure leading to heart attacks, strokes and death
- Kidney and liver damage
- Damage to brain similar to Alzheimer's disease
- Respiratory problems

[Breaking Bad Tv Show – Based on making and selling Meth](#)

Protective Measures:

Crystal Meth is the most common type of methamphetamine which is a crystallized form. The teen addiction is a problem all over the United States, it is made in the United States and is an inexpensive drug. Parents are able to notice a difference in their children right away if they are under the influence, as their appearance and personality changes. [NewPortAcademy](#) states that the best thing parents can do is to get their children necessary help as soon as possible. Relapses in crystal meth are of longer cycles, and therefore needs to be caught right away before it becomes an addiction.

How we can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Booklet: <https://www.drugfreeworld.org/drugfacts/crystalmeth.html>

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-alcohol/>

“CLUB DRUGS” (KETAMINE, METHAMPHETAMINE, LSD)



Image: ketamine.jpg

Side Effects:

- Causes unconsciousness
- Depression, memory loss
- Affect self-control (used for “date rape”)
- Seizures
- Increase heart rate and blood pressure, can lead to heart or kidney failure
- Permanent damage to the brain’s ability to think and store memories

Trend: Party drug and used as date rape drug

Music Video “Acid Rain – Chance the Rapper”

Protective Measure:

Less than 1% of 12-17 year olds use Club Drugs on a regular basis, whereas 98% of people this age have never used club drugs. Some of the side effects of club drugs are not felt until weeks after the drug has been ingested, such as confusion, depression, anxiety, paranoia, and sleep problems. Teenagers and young adults on this drug are often victims of date rape. As a protective measure, parents should be talking to their children about the dangers of club drugs. Parents can help by teaching their children not to accept food, drinks, or any other substances from other people, especially strangers and people you do not trust. Do not drink or eat anything that they did not open themselves, keep drinks in sight, and watch their friend's drinks. Also, teach them the dangers of these drugs.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

COCAINE

Also known as: Blow, Bump, C, Candy, Charlie, Coke, Crack, Flake, Rock, Snow, and Toot



Image: cocaine.png

Short term effects:

- Increased heart rate, blood pressure, body temperature and rate of breathing
- Contracted blood vessels
- Hallucinations
- Panic attacks

Long term effects:

- Permanent damage to blood vessels of heart and brain
- High blood pressure leading to heart attacks, strokes and death
- Liver, kidney and lung damage

Music Video "I Can't Feel My Face - The Weekend"

Protective Measure:

Protective measures are important, especially in early childhood. Aggressive behavior can be changed or prevented with family, school and community interventions that focus on helping children develop appropriate, positive behaviors. If these aggressive behaviors are not addressed, it can lead to risks

such as academic and social failure, which can further put them at risk for later drug abuse (Drugabuse.gov). Risk factors for these can be early aggressive behaviors, lack of parental supervision, substance abuse among peers, drug availability and poverty.

Parents should make a strong parent-child bond that will have greater impact on the children, as this will reduce the risk of substance abuse.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-cocaine/>

Booklet: <https://www.drugfreeworld.org/drugfacts/cocaine.html>

FENTANYL



Image: fentanyl.jpg

Side Effects:

- Can cause depression, damage to the immune system, slows breathing
- Death from overdose

[Music Video - "WRLD on Drugs - Juice WRLD"](#)

Protective Measure:

Risk and protective factors can affect children at different stages in their lives. The more risk a child is exposed to, the more likely the child will abuse drugs, some of these risks can be peer pressure during the teenage years, however, this is where a strong bond between child and parent, as well as child and community, and child and extracurriculars, to reduce the risk, especially in the earlier years. ([Drugabuse](#))

We can help...

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GHB



GHB in drink.jpeg

GHB, also known as gamma hydroxybutyrate, is often referred to as the [date rape drug](#). The drug's liquid or white powder may be slipped into a drink

undetected. Because it is colorless and only has a slight salty taste, a victim isn't likely to notice. Watch how your drink is being made, don't set it out of sight. If you forget and walk away from your drink at a gathering- discard it. The drug is also used recreationally. Side effects, some of which can be long term, include impaired movement, agitation, brain impairment and amnesia. Ketamine and Rohypnol fall into this same category and are sometimes referred to as club drugs.

Side effects:

- Drowsiness
- Dizziness
- Nausea
- Vomiting
- Hallucinations

Overdose Symptoms:

- Seizures
- Unconsciousness
- Coma
- Slowed heart rate and breathing

Street Names:

- G
- Georgia Home Boy
- Scoop
- Liquid Ecstasy

Other names for GHB: GEEB, Georgia Home Boy, Grievous Bodily Harm, Gina, Liquid E or X, Scoop.

To learn more view :'GHB in One Critical Minute': <https://www.youtube.com/watch?v=i-5GBQ3Zt8Q>

HALLUCINOGENS (LSD AND PCP)



Image: hallucinogens.png

Side Effects:

- Can cause psychotic episodes, respiratory issues
- Learning and memory
- Increase heart rate, blood pressure, breathing rate and body temperature
- Panic, paranoia and psychosis
- Speech problems
- Seizures, coma and death

[Music Video "Head Splitter - Getter"](#)

Protective Measure:

The chances that your child will be at a party with alcohol and drugs can be overwhelming for parents, however, parents need to talk to the child(ren) about the damage of the drug, from the side effects, to overdose and addiction.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

HEROIN



Image: heroin.jpg

Side Effects:

- Can cause collapsed vessels, infection of the heart, slows breathing
- Risk of HIV from shared needles

[Music Video "The Needle and the Spoon - Lynyrd Skynyrd"](#)

Protective Measure:

Teens are still developing important life skills, their identity likes and dislikes. If they end up in the wrong environment and decide to try drugs to fit in or gain

friends, they set themselves up for life-threatening habits. The goal of prevention is to stop someone from taking harmful action that has consequences. Family Influence is important, as well as knowing about the right educational tools. ([AddictionCenter](#))

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-heroin/>

INHALANTS



Image: inhalants.png



Image: WHIPPETS Collage.png

Side Effects:

- Brain damage from lack of oxygen
- Liver and kidney damage
- Heart and lung damage
- Overdose, seizures and coma

[Music Video "Now I Wanna Sniff Some Glue - The Ramones"](#)

Protective Measure:

Every year young people die from inhalant abuse. Hundreds suffer severe consequences such as brain damage, loss of muscle control, destruction of the heart, blood, kidney, liver, and bone marrow (CPSC.gov). These drugs are sometimes not what we think they are, they can even be something that people have in their everyday household. To protect from this kind of drug, parents need to let their kids know about the dangers of normal household items. Talk to your children's teachers, guidance counselors, and coaches.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol.

A Parents Guide to Preventing Inhalant Abuse

[Inhalant Prevention Toolkit](#) – Resources, statistics and printouts.

[Inhalant 'Whippet' Trend in Detroit, MI](#) – 2 min. video [Printable Whippet Flyer](#) – 2 page printout to illustrate impact

Powerful '[My Story](#)' audio composite of a life impacted by misuse of nitrous oxide

[The Truth About Inhalants](#) -Booklet

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-inhalants/>

Booklet: <https://www.drugfreeworld.org/drugfacts/inhalants.html>

KRATOM



Image: kratom.jpg

Side Effects:

- Can cause seizures, hallucinations
- Kratom is a tropical tree (*Mitragyna speciosa*) native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects
- Hostility and aggression

Protective Measure:

The protective measures being taken against kratom is to try to restrict the use of it. The FDA are concerned with the drug as it affects the same opioid brain receptors as morphine, with properties that expose users of the drug to addiction, abuse and dependence. The federal government are now considering a federal ban on this drug. However, today, this is a drug easily accessible by teens and young adults, which leaves parents with an uneasy thought.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

MARIJUANA



Image: marijuana.png

Side Effects:

- Can affect brain development, loss of memory
- Can irritate lungs to cause long term problems such as higher risk of infection
- Schizophrenia, hallucinations, paranoia
- Insomnia, anxiety

Music Video "Because I Got High - Afroman"

Protective Measure:

In 2015, the Drug Enforcement Administration (DEA) came out with a study that more than 22 million Americans aged 12 or older were using marijuana. In the adolescent ages 12-17, they found 1.8 million users, whereas in young adults aged 18-25 there is 6.9 million users. The DEA is concerned with marijuana use and the consequences it has on teens and young adults. To prevent the use of marijuana, schools can organize drug abuse prevention information fairs to help raise awareness in individuals, families but also communities, which is what we at CANDLE INC. are doing. Parents need to be talking to their children, as well as

the schools and the community they are a part of about these drugs and consequences, as well as their children, to prevent the use of these drugs.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-marijuana/>

MDMA (ECSTASY/MOLLY)



Image: mdma.jpg

Side Effects:

- Can cause exhaustion, anxiety, depression, high blood pressure
- Risk of liver, kidney and heart failure
- Long lasting brain damage
- Psychosis

- Degenerated nerve branches and nerve endings

[Music Video "Molly - Tyga"](#)

Protective Measure:

Young adults who have been using MDMA report that friends, substance use disorder treatment programs, the internet and physicians are their most trusted sources of information about this drug. Providing accurate and scientific information about the effects followed by taking MDMA is important. This is a drug mostly used in males between the ages of 18 and 25, which is when they are going away to college, and going to parties. This is when High Schools and parents need to step in to teach them about the drugs, before graduating and going off to college.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-ecstasy/>

METHAMPHETAMINE

Also known as: "speed," "crank," "ice," "crystal," "glass," "chalk" and "meth."



Image: [methamphetamine.png](#)

Side Effects:

- Intense scratching causing body sores, dental damage including decay and tooth loss
- Risk of psychotic behaviors
- Death by overdose

[Music Video "Shake That Bottle - Kid Suda"](#)

Protective Measure:

Methamphetamine is a drug that continues to cause problems all across the country. Meth360 is a program funded by a grant from the U.S. Department of Justice, that is divided into six educational topic areas, Meth Facts, How Meth Affects Users, Impact on Communities, Families and Prevention, Intervention and Treatment, and Communities and Prevention. They have also made a [Parents360](#), to help parents and other caring adults understand, prevent and address drug and alcohol issues.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-crystal-meth/>

OPIOIDS



Image: opioids.png

Side Effects:

- Heroin, Fentanyl, prescription pain relief, Morphine
- Prescription opioid medications prescribed for pain include: OxyContin, Vicodin

- Can cause overdose that can lead to death
- Respiratory distress
- Confusion, depression
- Low levels of testosterone

Music Video "Takin' Pills – Pistol Annies"

Protective Measure:

Teenagers and young adults get addicted to Opioids one in three ways, by getting a prescription from a doctor, by self-medicating to escape painful emotions or problems, or by taking them recreationally. Parents, family friends and friends, can start by hiding medicine in household medicine cabinets.

Two-thirds of teens that are reported to misuse opioids, get them from friends, family or acquaintances by taking it from their medical cabinets, but also by sharing prescription medicines among friends.

View FBI 45 min. 'Chasing the Dragon' download free at www.fbi.gov/ChasingTheDragon.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

OVER-THE-COUNTER MEDICINES



Image: [over-the-counter-meds.png](#)

Side Effects:

- Can cause overdose, extreme stomach pains, vomiting

[Music Video "Cough Syrup - Young the Giant"](#)

Protective Measure:

Parents, family friends and friends, can start by hiding medicine in household medicine cabinets. Two-thirds of teens that are reported to misuse opioids, get them from friends, family or acquaintances by taking it from their medical cabinets, but also by sharing prescription medicines among friends.

We can help...

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Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-painkillers/>

PRESCRIPTION MEDICINE (RX)



Image: rx-meds.png

Side Effects:

- Death from overdose
- Depressed respiration
- Heart attack and stroke

Protective Measures:

As prescription drugs are often obtained by friends and family, the chances of misuse and stealing is larger than any other drug. Parents can restrict access to prescription drugs at home, as well as they can easily talk to friends and family about the dangers of sharing these drugs. Teens who use prescription drugs for a high-feeling, are also more at risk to smoke marijuana and cigarettes, as well as try other drugs.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-painkillers/>

Booklet: <https://www.drugfreeworld.org/drugfacts/prescription-drugs.html>

RITALIN



Image: ritalin.png

Side Effects:

- Rapid heart rate
- Panic attacks
- Low appetite
- Irritability
- Depression

Trend: used for people seeking a brain boosting effect.

Protective Measures:

Ritalin is used to treat the attention deficit hyperactivity disorder, often known as ADHD. However, this drug is also used by teens and adults seeking a high. Teenagers are asking other people for their Ritalin pills and lying to doctors to get extra pills. A concerned parent can recommend treatment, and even though the effects of Ritalin addiction can damage a person's life, most effects can be

reversed with the right treatment., therefore, parents need to seek help as soon as they get suspicious about an addiction.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Booklet: <https://www.drugfreeworld.org/drugfacts/ritalin.html>

STEROIDS



Image: steroids.png

Side Effects:

- Extreme mood swings, enlarged heart, increased risk of stroke
- Anabolic steroids are synthetic variations of the male sex hormone testosterone. The proper term for these compounds is *anabolic-androgenic steroids*. "Anabolic" refers to muscle building, and "androgenic" refers to increased male sex characteristics.

Protective Measure:

Parents of teenagers and young adults in athletics should be watching for signs of abuse. Some of these signs are mood swings are the first side effects, mania, depression, acne, breast development in boys, increased body hair in girls and surprising gain of muscle mass ([FDA](#))

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

SYNTHETIC CANNABINOIDS



Image: [synthetic-cannabinoids.png](#)

Side Effects:

- Increased anxiety, paranoia, increased heart rate

Protective Measure:

In 2015, the [Drug Enforcement Administration \(DEA\)](#) came out with a study that more than 22 million Americans aged 12 or older were using marijuana and

cannabinoids. In the adolescent ages 12-17, they found 1.8 million users, whereas in young adults aged 18-25 there is 6.9 million users. The DEA is concerned with marijuana use and the consequences it has on teens and young adults. To prevent the use of marijuana, schools can organize drug abuse prevention information fairs to help raise awareness in individuals, families but also communities, which is what we at CANDLE INC. are doing. Parents need to be talking to their children, as well as the schools and the community they are a part of about these drugs and consequences, as well as their children, to prevent the use of these drugs.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-synthetic-drugs/>

Booklet: <https://www.drugfreeworld.org/drugfacts/marijuana.html>
<https://www.drugfreeworld.org/drugfacts/synthetic.html>

SYNTHETIC CATHINONES (BATH SALTS, PLANT FOOD, JEWELRY CLEANER)



Image: [synthetic-cathinones.png](#)

Side Effects:

- Violent behavior, reduced motor control, death
- Hallucinations
- Panic Attacks
- Paranoia

[Music Video "Highly Suspect - Bath Salts"](#)

Protective Measure:

This drug is considered to be a new psychoactive substance (NPS), meaning they are an unregulated mind-altering substance with no legitimate medical use, and are used to copy the effects of controlled substances. The short-term effects of bath salts are also similar to methamphetamine, cocaine and MDMA. Stores can make sure that these products are purchased by someone over the age of 18 (adult), while the parents can teach their children about the products and how they can harm them.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

Interactive

Course: <https://www.drugfreeworld.org/course/lesson/the-truth-about-synthetic-drugs/>

Booklet: <https://www.drugfreeworld.org/drugfacts/synthetic.html>

TOBACCO/NICOTINE/VAPING

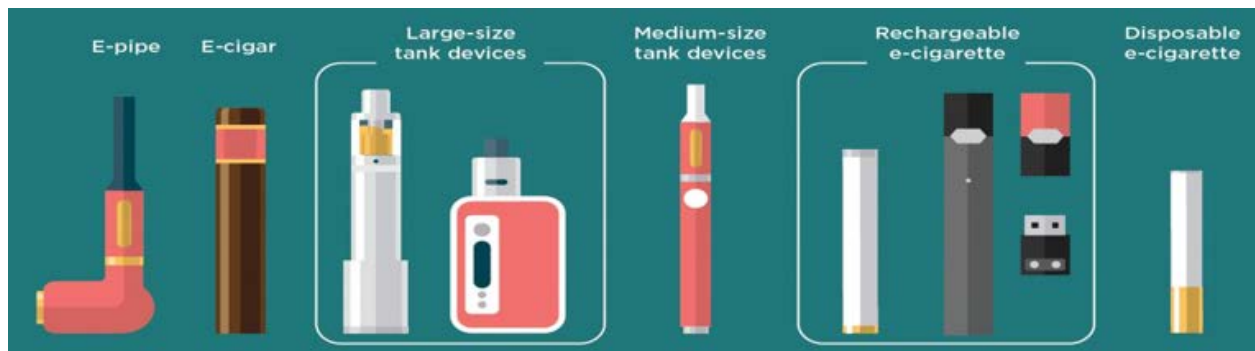


Image: tobacco-nicotine-vaping.png

Side Effects:

- Causes cancer including lung cancer
- Chronic bronchitis, emphysema
- Nicotine dependence

[Music Video "Blowin' Smoke" Kacey Musgraves](#)

Protective Measure:

5.6 million of American's younger than 18 will die early from a smoking-related illness, statistically this is 1 in 13 of Americans who are 17 or younger who are alive today (CDC).

What parents can do to help is to set a good example, and understand the attraction. They need to let their children know that they can expect peer pressure, but that they can say no. Teens tend to believe that using e-cigarettes, compared to regular cigarettes, are less harmful, however, these carry health risks.

We can help...

On our [website \(linked\)](#), you can find more tips on what you can do in the home to prevent experimentation with drugs or alcohol

How to help overall:

- Ask your teen's views. Avoid lectures. Instead, listen to your teen's opinions and questions about drugs. Assure your teen that he or she can be honest with you.
- Discuss reasons not to use drugs. Avoid scare tactics. Emphasize how drug use can affect the things that are important to your teen — such as sports, driving, health and appearance.
- Consider media messages. Social media, television programs, movies and songs can glamorize or trivialize drug use. Talk about what your teen sees and hears.
- Discuss ways to resist peer pressure. Brainstorm with your teen about how to turn down offers of drugs.
- Be ready to discuss your own drug use. Think about how you'll respond if your teen asks about your own drug use. If you chose not to use drugs, explain why. If you did use drugs, share what the experience taught you.

[\(Mayo Clinic\)](#)

Other preventive strategies:

- Know your teen's activities. Pay attention to your teen's whereabouts. Find out what adult-supervised activities your teen is interested in and encourage him or her to get involved.
- Establish rules and consequences. Explain your family rules, such as leaving a party where drug use occurs and not riding in a car with a driver who's been using drugs. If your teen breaks the rules, consistently enforce consequences.
- Know your teen's friends. If your teen's friends use drugs, your teen might feel pressure to experiment, too.
- Keep track of prescription drugs. Take an inventory of all prescription and over-the-counter medications in your home.
- Provide support. Offer praise and encouragement when your teen succeeds. A strong bond between you and your teen might help prevent your teen from using drugs.
- Set a good example. If you drink, do so in moderation. Use prescription drugs as directed. Don't use illicit drugs.

[\(Mayo Clinic\)](#)

Recognize warning signs:

- Sudden or extreme change in friends, eating habits, sleeping patterns, physical appearance, coordination or school performance
- Irresponsible behavior, poor judgment and general lack of interest
- Breaking rules or withdrawing from the family
- The presence of medicine containers, despite a lack of illness, or drug paraphernalia in your teen's room

(Mayo Clinic)