

PARENT PREVENTION ROADMAP



union county
DRUG FREE
coalition



The Union County Drug Free Coalition provides current information on drug and alcohol use by teens and tweens in our communities. You might be surprised by what kids are into these days. Drugs of abuse are changing, as well as the manner of use.

This guide will provide information and some prevention strategies so you will have the tools you need to help protect your child.



WHAT CAN YOU DO?

SET CLEAR RULES
NO SUBSTANCE USE

BUILD THEIR
STRENGTHS

BE PROACTIVE
KEEP UP WITH
TRENDS

START TALKING



Young people who have strong healthy relationships with family, friends and the community are far less likely to use.



Build your child's strengths; let them know when they've done well, that you love them and are proud of their accomplishments.



Teens need to know that you disapprove of any alcohol or drug use that is unhealthy, dangerous or illegal.



Parent need to set a good example by how they treat potentially harmful substances like alcohol, cannabis and medications.



Teens need to be heard- They tell us that stress is a big reason they start using – They need someone to process the day with, they need to know that they can always talk to you about difficult subjects.

⚠️ Teens need an escape plan - they may arrive at a party and discover that alcohol is being served, you should have a code word that they can text and know that you will come to get them - no questions asked.

⚠️ Keep track of alcohol and medications in your home, because that is where most kids get their supply.

⚠️ Stay in touch with your child's friends and their parents, call if there is a party maybe you can help out at least make sure an adult will be monitoring the situation.

⚠️ Parents should not live in denial - Kids need supervision, be involved in their lives, read their social media postings, meet their friends, know what bands or music they like, check their rooms for signs of drug paraphernalia or interest in drug culture.

Paraphernalia has changed, products to help people hide drugs are sold online and at many convenience stores or smoke shops. Beverage bottles, deodorant containers and teddy bears have all been used to hide drugs.



Pipes can be hidden as magic markers, bracelets, or lipsticks.



*All of these examples were easily found on Amazon.

MOST COMMON SUBSTANCES USED BY TEENS IN UNION COUNTY



ALCOHOL

These products are easy to get. Kids use begins long before parents suspect, 20% have used by the time they are in 8th grade.

TOBACCO

MARIJUANA

The advent of the Juul Smoking device has increased teen smoking by 46% in Union County. Parents need to know that the use of e-cigs is still dangerous to teens and exposes them to harmful, addictive chemicals including nicotine.



OTHER DRUGS TEENS ABUSE

Be sure to carefully monitor your medications, both over the counter and prescription.

painkillers, cough syrup, cold and allergy remedies, as well as other substances such as inhalants (gasoline, paint thinner, and aerosol sprays)





WHAT ARE THE SIGNS?

What are signs of teen drug use?

- Any changes in activities; no longer participating in sports or clubs that they previously enjoyed
- Changes in grades or completion of school assignments
- Moodiness, evasive, hard to find, staying over at friends
- Excessive sleepiness or energy
- Using products to mask smell like deodorants, mouthwash, tic tacs, air fresheners, etc.

If you suspect your child is using, have a doctor check them out or have an assessment done by Maryhaven.

Visit Drugfree.org for information on what to do if you suspect your child is using.

WHAT'S SO BAD?

WHAT'S SO BAD ABOUT TEENS USING ALCOHOL AND OTHER DRUGS?

Their brain is still developing and does not complete the process until their mid-late 20s. Alcohol and other drugs damage areas of the brain that control:

- Motor coordination - impairs function of hands, eyes, legs as well as the ability to process information
- Memory - students who use alcohol and drugs do not perform as well on tests as those who have not
- Judgment and decision making - drinking and drug use increase the likelihood that young people will engage in high risk activities
- Addiction - is a disease that often begins during adolescence. 90% of individuals who have substance use disorder began using as teenagers.





UNION COUNTY DRUG FREE COALITION

UCDRUGFREE.ORG

Mental Health & Recovery Board of Union County
24/7 Hotline 800.731.5577 or text 4help to 85511

The Partnership for Drug Free Kids
Drugfree.org

National Institute of Drug Abuse
drugabuse.gov

Start Talking Before They Start Drinking
stopalcoholabuse.gov

The Mosaic Project
mosaicu.org · 833.667.2428 ♾️

Maryhaven at the Mills
937.644.9192
Monday - Friday 8 a.m. - midnight
Saturday & Sunday 5 p.m. - midnight