

PARENT INFORMATION

It can be hard to keep up with nicotine, cannabis, and alcohol products, but it is important as parents to be in the know.

ALCOHOL

New products and trends include: a variety of canned cocktails, spiked seltzers, and hard juice drinks.

These new products come in a wide range of flavors, pretty cans, and a range of alcohol content. They are attractive and are ready to consume. For our teens many of these products have a familiar connection to products they already consume, for example juice, soda, or energy drinks. Many companies are jumping into these new categories of adult beverages including Minute Maid, SunnyD, Fresca, Mtn Dew, Coke, Rock Star Energy Drinks and even Hershey's chocolate.



WHAT DO YOU NEED TO KNOW?

Drink size matters. A standard drink at

- 5% Alcohol is 12 oz
- 7% Alcohol is 8 - 9 oz
- 12% Alcohol is 5 oz

It is easy to get a can that holds two or even four drinks. A 24 oz can of Hard Mtn Dew is two servings, not one.

- **SPIKED SELTZERS** - alcohol content 4.5% - 8% alcohol. Most are familiar with White Claw, Truly, and Hard Mtn Dew
- **CANNED COCKTAILS** - alcohol content 5% - 10% alcohol. Examples - Crown Royal Whiskey and Cola - 7% alcohol
- **HARD JUICE DRINKS** - Made with SunnyD, or Minute Maid these drinks have the heaviest alcohol content with 11% for Beatbox Green Apple, and 13.9% for Minute Maid Spiked a wine based ready to serve cocktail

As parents you will need to pay attention to the canned drinks your child is selecting.

WHAT TO DO IF YOU FIND THAT YOUR CHILD IS USING ANY OF THESE PRODUCTS?

Have a calm conversation with them, find out how they got started, why they use, what do they see as the pros and cons of use. Let them know that you love them and that use of these products at their age is likely to cause health and safety problems. Depending on how long they have used quitting may be difficult and require professional help.



For information about services, contact the Union County Drug Free Coalition
937-642-1212 . uc-talks.com . ucdrugfree.org

PARENT INFORMATION

CANNABIS / MARIJUANA



Products in this arena have expanded greatly as well. The active ingredient of marijuana THC can be found in gummies, suckers, hard candies, soda, cookies, vape, vape juice, pre-rolled joints, flower, tinctures, body creams or lotions, roll on, concentrates, crumbles, dab, vape, tinctures.

Products may be marked as Delta 8 THC, Delt 9 THC, or Delt 10 THC – these products are derived from the hemp plant but have been chemically altered to be psychoactive. Potency is an issue with marijuana products, THC content ranges dramatically. If you find any products look to see how much THC the product contains. Use of products containing higher doses of THC indicate higher tolerance and likely use over a longer period of time.

NICOTINE / TOBACCO

With the arrival of the E-cigarette use of tobacco products now includes vape juices that have nicotine but no tobacco leaf. The wide variety of flavors make vapes attractive to first time users.

The nicotine concentration is much higher in e-liquid pods than a traditional cigarette, and certain companies use nicotine salts that make inhaling the vapor less caustic. Unlike a cigarette, the flavors are relatively smooth to inhale which makes vape products more enticing and easier to start using.

E-cigarettes or vapes are easier to conceal than cigarettes, users do not have the typical smell of tobacco smoke. They may smell like perfume, or a fruity flavor.

Vape pens are cheap and the new trend of buying in bulk online makes the per unit charge even cheaper. Nicotine is very addictive and negatively affects the lungs and brain, it can increase feelings of anxiety, and troubles with concentration. The aerosol delivers a variety of damaging particles to the lungs.



RESOURCES

UC-Talks.com

TOBACCO OR NICOTINE RESOURCES

My Life My Quit | oh.mylifemyquit.org

Smokefree Teen | Teen.smokefree.gov

ALL ADDICTIONS AND MENTAL HEALTH PROBLEMS

Maryhaven at the Mills - Addiction Treatment Center in Marysville
maryhaven.com/marysville



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