



alcohol

marijuana

heroin

meth

prescription pills

inhalant

ecstasy

cocaine

steroids

Alcohol. A depressant; most widely abused drug; used by 52% of NJ students before they finish 8th grade.

Lingo: Jello shots, funnels, keg stands, shot gunning, kings, beer pong, quarters.

Short Term Effects: Reduced Inhibition, dizziness, slurred speech, aggression.

Long Term Effects: Alcoholism, withdrawal symptoms, brain & liver damage, one-third of fatal crashes are alcohol related.

Street Smarts: Alcopops, sports bottles, "hosting," drinking games, \$6-\$10.

Marijuana. Mix of shredded, dried leaves and flowers.

Lingo: Joint, bong, bowl, roach, weed, dutch, spliff, blunt, pipe, brownies.

Short Term Effects: Memory & motor coordination loss, distorted perception, anxiety, euphoria, hilarity, eye irritation, hunger, cotton mouth.

Long Term Effects: Moderate psychological dependence, lung damage, cancer.

Street Smarts: Increased potency, gateway drug, cigar wrappers, "420", nickels & dimes, \$10 (bag).

Heroin. Highly addictive drug derived from morphine.

Lingo: Big H, black tar, brown sugar, horse, junk, smack, dope, main-lining, chasing the dragon.

Short Term Effects: Euphoric rush, nausea, drowsiness, clouded thinking, distorted perception, slurred speech, constricted pupils, droopy eyelids, neck scratching.

Long Term Effects: High risk of physical & psychological dependence, tolerance & withdrawal, collapsed veins, muscle pain, insomnia, sudden withdrawal can be fatal.

Street Smarts: Smoke/injection, 74%-84% purity, \$10 (bag).

Prescription/otc drugs. Prescribed or over-the-counter medications abused to get a high.

Lingo: (Tranquilizers) Mebaral, Quaaludes, Xanax, Valium, Nembutal. (Stimulants) Adderall, Dexedrine, Ritalin. (Pain Killers) Codeine, OxyContin, Percocet, Vicodin.

Short Term Effects: Euphoric rush, depressants and alcohol can be fatal, heart attack, lethal seizures, irritability, paranoia, suicidal ideation.

Long Term Effects: High risk of physical dependence, tolerance & withdrawal, restlessness, insomnia, muscle pain.

Street Smarts: Bowling, "Robotrippin," study drugs, Oxycontin: \$1 per mg. (40 mg most popular).

Methamphetamine. Unpredictable stimulant affecting the central nervous system.

Lingo: Ice, crystal, meth, crank, speed, uppers. Can be swallowed, injected, smoked, or snorted. Made from pseudoephedrine.

Short Term Effects: Euphoric rush, alertness, suppressed appetite, erratic behavior, tremors, mood swings, unpredictability, insomnia, irregular heart rate.

Long Term Effects: Psychological dependence, coma, stroke.

Street Smarts: Club drug, suppressed appetite, meth mouth, meth babies, \$20 (bag).

Inhalants. Household products that can be inhaled or sniffed to get high.

Lingo: Poppers, whippets, hair spray, gasoline, model glue, nail polish remover, spray paint, whipped cream, cleaning fluid, cooking spray, correction fluid, Dust Off. Can be sniffed, snorted, bagged or huffed.

Short Term Effects: Intoxication, loss of consciousness, death, headache, weak muscles, abdominal pain, mood swings, violent behavior.

Long Term Effects: Can induce heart failure, suffocation, organ damage, hearing loss, limb spasms.

Street Smarts: Balloons, \$3 (whipped cream), \$6 (dusting).

Cocaine. Highly addictive drug made from the leaves of the coca plant.

Lingo: Big C, blow, coke, freebase, lady, rock, nose candy, snow, white crack, yay. Can be snorted or injected. Crack can be smoked.

Short Term Effects: Dilated pupils, insomnia, loss of appetite, increased heart rate, blood pressure & temperature, "crash" (depression, irritability, fatigue).

Long Term Effects: High risk of psychological dependence, paranoia, aggression, depression from withdrawal.

Street Smarts: Razors & Mirrors, \$5-\$10 (crack).

Steroids. Testosterone-related substance abused to enhance physical appearance.

Lingo: Juice, Roids. Can be taken orally or injected.

Short Term Effects: Increases in lean muscle mass and strength, liver tumors, jaundice, fluid retention, infertility, baldness, paranoid jealousy, extreme irritability, delusions, impaired judgment, feelings of invincibility.

Long Term Effects: Long-term, high-dose effects are unknown.

Street Smarts: Cycling, Stacking, Roid-Rage.

Ecstasy. Synthetic drug with hallucinogenic properties.

Lingo: E, Adam, X, XTC, MDMA, Eve. Tablets often branded (Nike, CK, Apple, clover, star, butterfly, Mercedes, smiley, X's, etc.).

Short Term Effects: Distorted perception, lockjaw, chills, sweating, increased body temperature, severe dehydration, hyperthermia, insomnia, anxiety, depression.

Long Term Effects: Memory, mood, appetite & pain regulation, kidney, liver, or cardiovascular failure.

Street Smarts: Glowsticks, pacifiers, raves, mint containers, sextasy, alcohol free parties, \$20-\$25.

Warning signs

Signs that your child may be experimenting with drugs or alcohol.

Behavioral

- Risky behavior
- Slipping grades, lateness, skipping class
- Fights with family/friends
- Change in friends
- Change in mood, eating or sleeping patterns
- Depressed/less motivation
- Missing money/valuables
- Trouble with the law
- Increased candle, incense, or air freshener use

- Secretive, deceptive, or manipulative behavior

Physical

- Neglecting appearance or hygiene
- Sudden change in weight
- Slurred speech
- Skin abrasions
- Chemical smell on breath or clothing
- Glassy or red eyes
- Drug paraphernalia

Resources

Parent

- Partnership for a Drug-Free New Jersey: www.drugfreenj.org
www.talknownj.com
- THE PARTNERSHIP FOR DRUG-FREE KIDS: www.drugfree.org
- Governor's Council on Alcoholism & Drug Abuse: www.state.nj.us/treasury/gcada
- New Jersey Department of Addiction Services: www.state.nj.us/humanservices/das
- New Jersey Prevention Network: www.njpn.org
- Stop Distracted Driving: www.toniandrjfoundation.org
- Drug Identification Guide: www.streetdrugs.org
- National Institute on Drug Abuse: www.drugabuse.gov
- Substance Abuse & Mental Health Services: www.samhsa.gov

- www.parentchecknj.com
- KnowAddiction.nj.gov

Teen

- The Truth: Anti-Smoking Campaign: www.thetruth.com
- Students Taking Action: www.studentstakingaction.org
- National Youth Anti-Drug Media Campaign: www.abovetheinfluence.com
- NIDA for Teens: teens.drugabuse.gov

Phone

- Addictions Hotline of New Jersey: 211
- National Clearinghouse for Alcohol and Drug Info: 1-800-729-6686
- Call Line Dedicated to Providing Help for Opiate Addiction: 855-652-3737 (TTY: 877-294-4356)

The American Medicine Chest Challenge... 5 Simple Steps:

- Take inventory of your prescription and over-the-counter medicine.
- Secure your medicine.visit OTCsafety.org for more information.
- Dispose of your unused, unwanted, and expired medicine in your home www.smarxtdisposal.net or at an American Medicine Chest Challenge Disposal site www.americanmedicinechest.com.
- Take your medicine(s) exactly as prescribed. Please visit www.pharma.org for more information.
- Talk to your children about the dangers of prescription drug abuse... they are listening.

For tips visit www.drugfree.org, www.drugabuse.gov, and StopMedicineAbuse.com.



All PDFNJ School Based Programs FREE OF CHARGE

Visit
www.drugfreenj.org
or call 973.467.2100

3rd Grade Contract for a Healthy Life

3rd grade students pledge to stay away from drugs, and their parents and school promise to support this choice. Contracts are distributed to all students to sign with their parent(s) and school representative; classroom poster size contract provided.

4th Grade Folder Contest

4th grade students create anti-drug artwork relating to the theme "Fun Things to do Instead of Doing Drugs." Winning entries reproduced as a folder and distributed to schools in New Jersey.

5th Grade Parent Alert

Participating schools receive a substance abuse prevention guide for the parent(s) of each fifth grade student.

Middle School Public Service Announcement (PSA) Challenge

Middle school students create a script for a 30 second PSA with a peer-to-peer substance abuse prevention message. Winning script is filmed, starring the students who wrote it at their school.

New Jersey Shout Down Drugs

Compete for a \$10,000 Music Contract! — high school students create original music and lyrics with powerful substance abuse prevention messages. County Finalists are chosen and perform their song at the Annual Statewide Prevention Concert. 1st, 2nd and 3rd place winners receive music contracts worth \$5,000, \$3,000 and \$2,000 respectively.

15 MINUTE CHILD BREAK RESOURCE GUIDE

Drug Specific Info
Drug Lingo
Street Smarts
Warning Signs
Prevention Resources



Minute Child Break

A companion brochure to the 15 Minute Child Break
Parent Education Program



Partnership for a
Drug-Free New Jersey

Governor's Council on Alcoholism & Drug Abuse
and the New Jersey Department of Human Services



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