

Presents

Parent Factor

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Teens Google how to beat drug tests

By Joanna Jullien December 2009



Effective cyber parents must anticipate how children can use the Internet to outsmart consequences of risky choices. For example, some teens that have abused and/or become addicted to prescription drugs will tell you that they learned about which pills to take via the Internet. This practice is also known as a self-medication for various symptoms including depression, insomnia and anxiety.

Another way that youth outsmart disciplinary oversight is by googling “how to beat a drug test” where they access advice and a host of “detox” products. Below are some of the websites advising people who seek to beat drug testing:

- http://www.squidoo.com/ways_to_pass_a_marijuana_test
- <http://www.ureasample.com/> - mail order for clean urine samples
- <http://www.drug-testing-solutions.net/>

The more parents familiarize themselves with the information and advice to which our children have access, the better we can anticipate how to defeat attempts to elude detection and intervention.

Parent Factor: Why conduct random drug tests?

In Placer County a grassroots group, Coalition for Placer Youth (CPY), mobilized in June 2008 to address increasing trends for children to

abuse drugs and alcohol at earlier ages and the Internet facilitates an accelerated trend. In particular, abuse of prescription drugs, which are easily obtained from homes, has become epidemic in the county.

Cyber safety tips to help parents establish a balance of “trust and verify” for mitigation of risky choices during adolescent years:

1. Consider random drug tests. Study tricks to beat drug tests listed in the drug test packages, and by googling “how to beat drug tests”.
2. Check your child’s Internet history regularly and review text messages on the mobile phone you provide.
3. Inspect packages that arrive in the mail. It’s easy to purchase drugs and other products that will enable drug abuse.
4. Inspect your child’s bank account statements, and if you have allowed use of a credit card, inspect the charges.
5. Lock up or legally dispose of prescription drugs in your home.

For more information about Coalition for Placer Youth, contact Kathie Sinor at ksinor@rjuhsd.us.

Related articles:

Google *Sacramento Cyber Safety Examiner* for Joanna’s column, and go to <http://www.bananamoments.com/blog> more about youth trends and parenting.

