



Your Child, Drugs and Alcohol: Inspect What You Expect.

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Recent surveys and anecdotal information confirms without a doubt that our children are exposed to drugs and alcohol every day on and off campus. Alcohol is easy to access and the drugs are more potent and addicting than ever. So how can you be sure your child is drug and alcohol free?

If you do not have reason to believe that your child is using alcohol or drugs, then it is still important to inspect what you expect. Be alert for the warning signs:

- Negative changes in schoolwork; missing or declining grades
- Use of incense, room deodorant or perfume, which can mask smoke or chemical odors
- Subtle changes in conversations with friends, e. g., more secretive, using “coded” language
- New friends
- Change in clothing choices – new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia, such as pipes, rolling papers
- Evidence of inhaling products and accessories, such as hairspray, nail polish, correction fluid, paper bags and rags, common household products
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs – especially narcotics and mood stabilizers

(Source: “Suspect Your Teen Is Using Drugs or Drinking? A brief Guide to Action for Parents” produced by American Academy of Pediatrics and National PTA.)

Parents. The Anti-Drug: What Does This Mean to Me?

Below are some suggestions for ways to help ensure that your child chooses not to use drugs and alcohol:

- Have conversations with your child about the dangers of using drugs and alcohol and the consequences if they do; what you have to say about drugs and alcohol matters to your child
- Keep track of their income sources and spending habits
- Regular family dinners – or another family time weekly (such as board games, etc.)
- Stay involved in their life by supporting their interests and endeavors
- Talk with host parents where kids are socializing
- Know the warning signs of drug and alcohol use
- Know your inventory levels of liquor and check it for any unexplained losses

You Suspect or Know Your Child is Using Drugs or Alcohol, Now What?

If you think you have uncovered a problem, seek help from family doctors or pediatricians and licensed professionals. Some resources for parents include:

- Campus Officer to provide confidential tips on drug or alcohol suppliers, or parties where drugs and alcohol are provided to minors
- **Full Circle Treatment** <http://www.fullcircletreatment.com> 730 Sunrise Ave # 250, Roseville, CA 95661-4556 (916) 787-4357
- **Recovery Happens** Outpatient treatment for adolescents and young adults for substance abuse. 7996 Old Winding Way, Suite #300, Fair Oaks, California 95628 916-276-0626 <http://www.recoveryhappens.com>
- **People Reaching Out** <http://www.peoplereachingout.org> - – counseling and mentoring services for children and parents in crisis (916) 576-3300

