

Prevention strategies.

- Keep your eyes open; watch for signs of drug use in your family.
- Develop healthy family communication so your teens know that they can talk to you about anything.
- Set limits and consistently enforce them. This makes it easier for teens to say "NO" when pressured by peers.
- Help your teens feel good about themselves; build up their self-esteem with support, praise, and love, so they respect themselves and want to reach their dreams.
- Serve as a good role model. If you have a drug or alcohol abuse problem, get help for yourself.
- Help teens to make wise decisions based upon their own beliefs. Encourage them to say "NO" and avoid unhealthy situations.
- Encourage teens to choose positive friendships.
- Give teens the support they need to do their best in school.
- Help teens deal with failure so they learn to cope without wanting to escape with drugs.
- If you have problems knowing what to do, check your area's high schools, community colleges, or local hospitals to see if there are any parenting classes or lectures being offered.

More information available at
<http://www.bobbybenson.com/program/prevent.html>

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Please feel free to contact me if you need further assistance or information.

Is my child using drugs?

Agate Schools Counseling Department



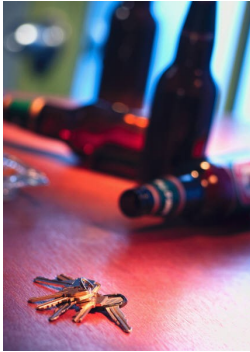
An informational brochure detailing some of the warning signs of drug use, designed for parents and teachers.

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Drug Abuse in the rural community.

While alcohol is the main drug of choice in the rural community, other drugs such as marijuana and methamphetamine are readily available.. Meth labs are prevalent in rural areas because the lack of police presence and the privacy that rural communities afford. This drug is easy to manufacture and, therefore, easy to get.



Too often, rural communities forget that they are just as susceptible to drug problems as urban areas. In fact, statistics indicate that rural youth may be more likely to become substance abusers than urban youth.

With this in mind, it is important to realize that all children are at risk for drug abuse. Knowing some of the warning signs will help to tackle the problem at the outset.

Many of the symptoms detailed in this brochure are fairly general and do not necessarily guarantee drug use. However, they might signify other emotional or physical problems and, therefore, should not be ignored.

Information available at "Council of State Governments"— www.csg.org

SIGNS IN THE HOME

- loss of interest in family activities
- disrespect for family rules
- withdrawal from responsibilities
- verbally or physically abusive
- sudden increase or decrease in appetite
- disappearance of valuable items or money
- not coming home on time
- not telling you where they are going
- constant excuses for behaviour
- spending a lot of time in their rooms
- lies about activities
- finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, remnants of drugs (seeds, etc.)

SIGNS IN THE SCHOOL

- sudden drop in grades
- truancy
- loss of interest in learning
- sleeping in class
- poor work performance
- not doing homework
- defiant of authority
- poor attitude towards sports or other extracurricular activities
- reduced memory and attention span
- not informing parents of teacher meetings, open houses, etc.

http://parentingteens.about.com/cs/drugsofabuse/a/driug_abuse20.htm



Every day objects such as highlighters can be disguised for drug paraphernalia.

<http://www.lmef.org/scipnews.htm>

PHYSICAL AND EMOTIONAL SIGNS

- changes friends
- smell of alcohol or marijuana on breath or body
- unexplainable mood swings/behavior
- negative, argumentative, paranoid or confused, destructive, anxious
- over-reacts to criticism/acts rebellious
- sharing few if any of their personal problems
- not as happy as they used to be
- overly tired or hyperactive
- drastic weight loss or gain
- unhappy and depressed
- cheats, steals
- needs money, or has excessive amounts of money
- sloppiness in appearance

DRUG SPECIFIC SIGNS

- slurred speech, stumbles (alcohol)
- constantly chewing breath mints (alcohol)
- red, bloodshot eyes (marijuana)
- disoriented, forgetful (marijuana)
- lethargic (marijuana)
- increased heart rate (marijuana)
- talks excessively, stays up all night (stimulants)
- dilated pupils (stimulants, LSD)
- sniffing constantly (stimulants, cocaine)
- weight loss (stimulants, cocaine)
- rapid eyeball movement (PCP)
- delusions, hallucinations (LSD)
- bursts of energy (cocaine, stimulants)

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