

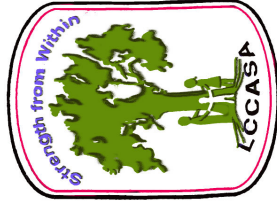
YOU MATTER

There are ways to prevent your children from using alcohol and drugs, and they all start with you:

- ✓ Provide clear and consistent rules and consequences
- ✓ Spend time together as a family
- ✓ Know your child's whereabouts at all times— make sure their social environment is alcohol and drug free
- ✓ Get to know your child's friends and their parents
- ✓ Don't be afraid to ask questions and search your child's room and belongings if you suspect that s/he is using drugs or alcohol or is involved in other risky behaviors
- ✓ Be proud of them and praise them when they do something good
- ✓ Let them know that you disapprove of, and will not tolerate, underage use of alcohol and tobacco and all use of illegal drugs



The ONLY thing between your children and drugs/alcohol is YOU!



For More Information Contact:

Council on Alcohol and Substance Abuse of Livingston County:

For Treatment/ Referral:

(585) 243-9210 (Geneseo Office) or

(585) 335-5052 (Dansville Office)

For prevention and education information:

(585) 243-9236

www.casa-livingston.org

Genesee Valley Health Partnership:

Healthy Communities that Care

(585) 748-5146

www.gvhp.org

Signs of Alcohol & Drug Use

Got Questions??

We've Got Answers!!



WARNING Signs of Alcohol & Drug Use

General Warning Signs Of Teenage Alcohol And Drug Use May Include:

Physical: fatigue, repeated health complaints, red and glazed eyes, and a lasting cough.

Emotional: personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.

Family: starting arguments, breaking rules, or withdrawing from the family.

School: decreased interest, negative attitude, drop in grades, unusual amount of absences, truancy, and discipline problems.

Social problems: new friends who are less interested in standard home and school activities, problems with the law, and changes in choices of style, dress and music.

Adapted from the National Drug Intelligence Center



Staying Connected As a Family is Important

Signs & Symptoms Of Use Of Specific Drugs/Drug Types:

Narcotics (drugs derived from the poppy plant: heroin, methadone, morphine, codeine, vicodin): lethargy, drowsiness, euphoria, nausea, constipation, constricted pupils, slowed breathing

Hallucinogens: trance-like state, sensory distortions, excitation, euphoria, increased pulse rate, insomnia, hallucinations, and flashbacks

Alcohol and other Depressants (ex: tranquilizers, barbiturates, sedatives): drowsiness, confusion, lack of coordination, tremors, slurred speech, slowed pulse rate, shallow respiration, dilated pupils, impaired judgment and motor skills, agitation, depression, black outs

Cocaine/Crack Cocaine: excitability, euphoria, talkativeness, anxiety, increased pulse rate, dilated pupils, paranoia, agitation, runny or bloody nose, decreased appetite

Inhalants (volatile substances that are dispensed in vapor form which are breathed): slurred speech, lack of coordination, nausea, vomiting, slowed breathing, wheezing, coughing, headache

Marijuana: mood swings, euphoria, slow thinking and reflexes, dilated pupils, increased appetite, dryness of mouth, increased pulse rate, delusions

Stimulants (ex: amphetamines, nicotine, caffeine): excitability, tremors, insomnia, sweating, dry mouth and lips, bad breath, dilated pupils, weight loss, paranoia, hallucinations



Did You Know??

Recent surveys with Livingston County youth showed:

- ◆ About 30% of youth age 12-18 reported using alcohol at least once in the month prior to the survey;
- ◆ 14% of youth surveyed reported using marijuana at least once in the month prior to the survey;
- ◆ The average age of first use of alcohol is 12.8; and
- ◆ 48% of youth feel that regular use of alcohol is risky or harmful for teens.

Nine out of 10 teenage automobile accidents involve the use of alcohol

Young people who began drinking before age 15 are four times more likely to develop alcohol dependence than those who abstained until age 21.

Useful Web sites:

www.family.samhsa.gov/

www.theantidrug.com

www.nida.nih.gov

See back for local resources