

## KIDS AND DRUGS: WARNING SIGNS

**How can you tell if a teen is on drugs? Here are a few “red flags” to look for:**

- Mood swings and/or drastic changes in behavior
- Extreme, sudden weight loss
- Dropping old friends and favorite activities
- A change in sleeping habits, such as suddenly sleeping all the time
- A change in grades and school performance
- Drug-related items of clothing, such as “420” t-shirts
- Sudden, heavy use of mouthwash, eye drops, or body spray

Keep in mind, though, that all kids go through phases. It's fairly normal for young people to change as they figure out who they are – and in most cases, a new hairstyle or a new group of friends doesn't mean that your teen is using drugs. If you notice your teen displaying several of these warning signs at once, though, it's time for a talk.

## STARTING A CONVERSATION

Some parents have trouble talking to their teens about drugs. Here are a few tips for starting a conversation.

**Choose a good time.** It's difficult to have a meaningful conversation when your teen is preoccupied with homework or video games, or when you've got to leave for work in five minutes. Find an opportunity to talk when you both have free time – or make time: Go to dinner or for a drive. Minimize distractions.

**Ask questions – and listen.** Avoid lecturing or chances are good that your teen will tune you out. Instead, ask questions and listen – really listen – to your teen’s responses. Not sure what to ask? Try a few of these:

- Has anyone ever offered you drugs? How did you respond?
- Have you ever wanted to try drugs? Why or why not?
- Do you ever feel pressured to use drugs?
- Do you have any questions for me about drugs?

**Don't use scare tactics.** A story about a teen who died after smoking marijuana sounds unrealistic. Focus on the more realistic consequences of drug abuse, such as addiction, school and/or legal problems, and poor decisions (such as having unprotected sex or driving while high) instead.

Make your expectations clear. Tell your teen that you don't want them to use drugs – and explain the punishments and consequences that they'll face if you find out that they're using drugs.



## FOR MORE INFORMATION

Want to learn more? Looking for information about specific drugs? Want more tips on keeping your teen drug-free? Here are a few websites you can visit if you'd like to learn more about kids and drugs:

- Above the Influence: [www.abovetheinfluence.com](http://www.abovetheinfluence.com)
- Drug Abuse Resistance Education (D.A.R.E.): [www.dare.com](http://www.dare.com)
- Parents. The Anti-Drug: [www.theantidrug.org](http://www.theantidrug.org)
- National Institute on Drug Abuse (NIDA): [www.drugabuse.gov](http://www.drugabuse.gov)
- NIDA for Teens: [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)



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## KNOW THE LINGO



## DRUG LINGO

*You might know what a “joint” is, but what does it mean if you hear your teen talking about “vaping”? Do you know what “K2” is? Have you ever heard of “pharming”? Read this list to learn the latest drug-related lingo.*

**25-I:** A synthetic drug that causes hallucinations similar to LSD or ecstasy.

**2C-I / 2C-I:** A designer drug that produces intense hallucinations that can last anywhere from 4 to 12 hours or more. Also known as “smiles.”

**420 / 4:20 / Four-Twenty:** Code used by pot smokers. It means “time to get high.”

**Baked:** High (usually on marijuana).

**Bath Salts:** Synthetic cocaine.

**Blunt:** A cigar filled with marijuana.

**Bong:** A water pipe used to smoke marijuana.

**Bowl (as in, “Smoke a bowl”):** A pipe filled with marijuana.

**Bromo-DragonFLY:** Sometimes abbreviated as “BDF.” A designer drug that produces intense, long-lasting hallucinations.

**Burn One:** To smoke marijuana.

**Candy Flipping:** Combining LSD and MDMA. Also known as “trolling.”



**Chasing the Dragon:** Smoking heroin.

**Cheese:** Mix of heroin and over-the-counter cold medicine.

**Crack:** Cocaine mixed with ammonia, water, and baking soda — usually smoked.

**Crack Pipe:** Pipe used to smoke crack.

**Eight Ball:** An eighth of an ounce of cocaine.

**Fake Weed:** Synthetic marijuana. Sometimes sold under brand names such as “Spice” and “K2.”

**Huffing:** Sniffing an inhalant (such as glue or spray paint) to get high.

**Joint:** A marijuana cigarette.

**Kibbles and Bits:** A slang term for the ADHD drug, Ritalin.

**Kratom:** A plant that produces feelings of euphoria and hallucinations. Kratom leaves are dried and can be smoked, turned into tea, or swallowed in caplet form.

**Krokodil:** A cheap and extremely potent heroin substitute. Krokodil, which is a relatively new drug from Russia, is typically injected. The drug got its name because of users’ scaly, rotten-looking skin.

**Mephedrone:** A designer drug that produces effects similar to MDMA or cocaine.

**Molly:** MDMA (ecstasy) sold in powdered or crystallized form. Molly is popular at concerts and festivals.

**Pharming:** Abusing prescription drugs.



**Purple Drank:** A combination of cough syrup (usually prescription-strength) and a soft drink such as Sprite or Mountain Dew.

**Rolling:** High (usually refers to ecstasy).

**Roofies:** Slang name for Rohypnol (the “date rape drug”).

**Salvia/Salvia Divinorum:** A plant from the mint family that is smoked to produce intense hallucinations. Legal in some states; sometimes sold as “incense.”

**Spliff:** A joint; a marijuana cigarette.

**Spoof:** A homemade device — usually consisting of a paper towel roll and a scented dryer sheet — used to mask marijuana smoke.

**Stoned:** High (usually refers to marijuana).

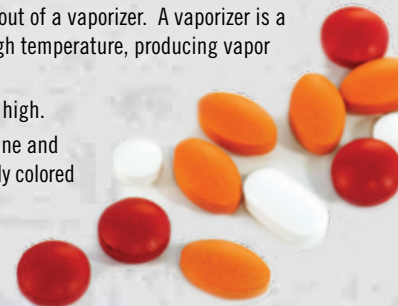
**Trail Mix:** A mixture of prescription drugs.

**Tripping:** High (usually on LSD).

**Vape/Vaping:** To smoke marijuana out of a vaporizer. A vaporizer is a device that heats marijuana to a high temperature, producing vapor rather than smoke.

**Wake ‘n Bake:** To wake up and get high.

**Yaba:** A mixture of methamphetamine and caffeine in the form of small, brightly colored pills. Sometimes used at clubs and raves.



## STREET NAMES FOR DRUGS

Young people almost never talk about drugs by name. Instead, they usually refer to drugs by a variety of nicknames, or “street names.” These street names give kids a way to discuss drugs — without having to worry about being overheard by curious parents, teachers, or other adults. Street names for drugs often pop up in movies, songs, text messages and social media posts — and adults often have no idea what they mean.

Here is a list of some commonly abused drugs and their street names:

### Bath Salts

Arctic Blast, Blue Magic, Cloud 9, Cloud 10, Ivory Fresh, Ivory Wave, Lady Bubbles, Meow Meow, Snow Leopard, Vanilla Sky, White China, White Dove, Wicked X

### Cocaine and Crack

Aunt Nora, Blow, Bolivian Marching Powder, Big C, Coke, Flake, Freebase, Lady, Nose Candy, Rock, Snow, Snowbird, Toot, White Lady, Yayo

### Cough and Cold Medicines

C-C-C, Dex, DM, DXM, Skittles, Triple C, Tussin, Vitamin D

### GHB

Georgia Home Boy, Goop, Grievous Bodily Harm, Liquid X, Soap

### Heroin

Antifreeze, Big “H”, Brown/Brown Sugar, Cheese (when mixed with cold medicine), Horse, Junk, Mud, Skag, Smack, Tar, Train

### Inhalants

Duster, Snappers, Ozone, Poppers, Whip-Its/Whippets

### LSD

Acid, Battery Acid, Blotter, Elvis, Loony Tunes, Lucy in the Sky with Diamonds, Sugar Cubes, Superman, White Lightning

### Marijuana

Boom, Cannabis, Chronic, Dope, Ganja, Grass, Hemp, Herb, Mary Jane, Pot, Reefer, Skunk, Weed

### MDMA

Adam, Beans, Club Drug, Disco Biscuits, Ecstasy, Love Drug, Molly, Scooby Snacks, X, XTC

### Methamphetamines/Amphetamines

Chalk, Crank, Crystal, Crystal Meth, Glass, Ice, Speed

### Psilocybin (Mushrooms)

Caps, Boomers, Magic Mushrooms, Purple Passion, ‘Shrooms

### Purple Drank

Barre, Bo, Drank, Lean, Purple Jelly, Sip-Sip, Sizzurp, Syrup, Texas Tea

### Rohypnol

The “Date Rape Drug,” R2, Roach, Roofies, Rope

### Salvia

Diviner’s Sage, Sage, Sally-D, Magic Mint, Maria Pastora

### Steroids

Arnolds, Gym Candy, Juice, Pumpers, ‘Roids, Stackers

### Synthetic Marijuana

Bliss, Fake Weed, K2, Spice, Spice Gold, Zohai

