

# Act 171

DRUGS/ALCOHOL AND OTHER POPULAR TEEN TRENDS

BARZANNA WHITE, PH.D.

DISTRICT SCH. PSYCHOLOGIST, PREVENTION COORDINATOR, AND SCTG  
DIRECTOR

2019 - 2020



# New trends for a new year!



# Blue Whale: The Deadliest Game of All Time

- Teens play the game and accept 50 challenges that become more complex and dangerous (carving a whale with a knife on your skin, running away from home, and committing suicide)



# Dangerous Fire Challenge



# Burn/Scar Challenge and Deodorant Challenge

- Continuously using an eraser or spraying a deodorant in one spot



# Sunburn Art Challenge



# Boiled Water Bucket Challenge



# Cutting for Bieber

- Mock campaign to get their hero back on track
- Encouraged teens to cut their skin with a sharp object, bleed, and post photos on the internet





# Gallon Smash



## Game 72

- It's an on-line game that challenges “players” to go away from their house for 72 hours without their parent’s consent.
- Has led to sex trafficking and pedophile issues.



# Kylie Jenner Lip Challenge

- Using a jar of glass to get fuller lips

**KYLIE JENNER  
LIP CHALLENGE**



# Tide Pod Challenge

- Taking a bite of the Tide pod or drinking it.
- “Memers”, bakers, and even bartenders have created products to make fun of this challenge.



# Salt and Ice Challenge



# Other Crazy Teen Trends



- **Ghost Pepper Challenge**
- **Banana Peel Challenge:** Intentionally trying to slip on banana peel or causing others to slip and fall.
- **Trash Mobs:** Riding skateboards in stores and trashing things, intentionally knocking rows of products off of shelves, or simply hurling themselves into displays of products causing damage.
- **Freeway Challenge:** When traffic on an interstate is going less than 25 miles per hour, teens are skating in and out of traffic between cars.
- **Duct Tape Challenge**
- **Cinnamon Challenge:** Ingestion of dry cinnamon without liquid has resulted in poisonings, ER visits, and long term lung damage.
- **Choking Game/Pass Out Game**
- **Vampire Biting**
- **Chatroulette:** Teens participate in anonymous chat rooms where they are exposed to predators, nudity, etc.





# Crazy Teen Trends Continued



- **Sneezing Challenge:** Black pepper and Kleenex up the nose
- **Condom Snorting:** Snort a condom up their nose and pull it out through the mouth
- **Salt and Ice Challenge:** Pour warm water on exposed skin, cover with salt, then place an ice cube on the salt. It causes a chemical reaction which can result in permanent scarring or frostbite.
- **Neknomination Challenge:** This challenge is about getting students to drink alcohol in insane ways (For example...with goldfish in it, drinking out of a toilet, upside down on a keg). If they vomit, then friends are encouraged to take their picture and that of the vomit and post it on the "ratemyvomit" website.
- **Tide Pod Challenge**
- **Bloody Knuckles/Hand Slaps**



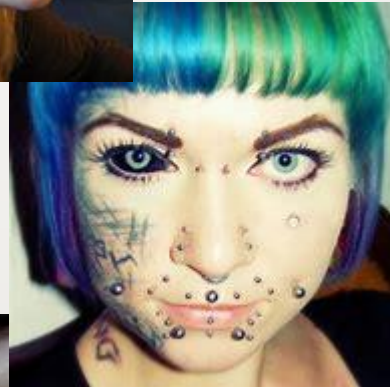
# Crazy Teen Trends Continued

- Planking
- French Fry Parties (Popular in Asia)
- Skywalking (Popular in Russia)
- Car Surfing
- Choking Game





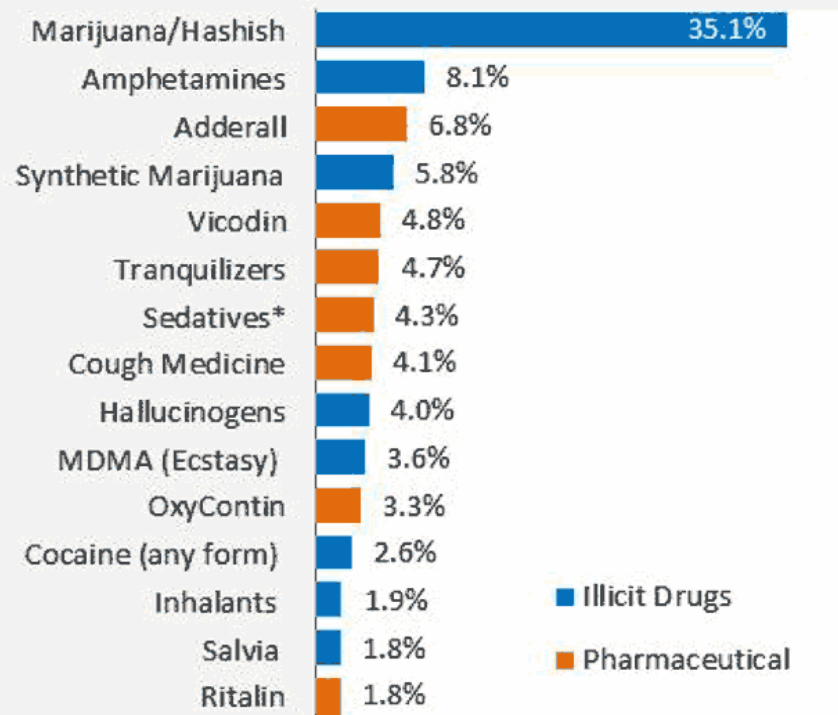
# Teen Body Modification Trends



<http://cdn.kling.com/merdeka.com/i/fw/news/2015/04/28/533382/content/images/670x335/20150428171406-4-tren-menyalat-kulit-003-kun-sita-nda.jpg>

# Prescription/Over-the-counter vs. illicit drugs

Past-Year Use of Various Drugs by  
12th Graders (Percent)



SOURCE: University of Michigan, 2014 Monitoring the Future Study

# Drugs of concern by Age

## Dr. Stephen Sroka

- K – 3<sup>rd</sup> grades (ages 5-8) – Alcohol, Ritalin, Tobacco
- 4<sup>th</sup> – 6<sup>th</sup> grades (ages 9-11) – Alcohol, Inhalants, Marijuana, Ritalin, Tobacco
- 7<sup>th</sup> – 9<sup>th</sup> grades (ages 12-14) – Alcohol, Cocaine, Crack, E-Cigarettes, Ecstasy, Herbal Ecstasy, Heroin, Inhalants, Ketamine, LSD, Marijuana, Mushrooms, Ritalin, Rohypnol, Synthetic Drugs, Tobacco, (Vaping)
- 10<sup>th</sup> – 12<sup>th</sup> grades (ages 15-18) - Alcohol, Cocaine, Crack, E-Cigarettes, Ecstasy, Herbal Ecstasy, GHB, Heroin, Inhalants, Ketamine, LSD, Marijuana, Mushrooms, Ritalin, Rohypnol, Synthetic Drugs, Tobacco, (Vaping)



# Alcohol (Depressant)

- Intake: Orally swallowed, tampon, eyeballing
- Slang: Beer, Booze, Cooler, Suds, Wine, Vino, Sauce, Tacos
- Effects: Slurred speech, dizziness, nausea, vomiting, hangovers, impaired learning and motor skills, violent behavior, overdose, respiratory depression/death
- The average age of first consumption is age 12.



# Amphetamines (STIMULANT)

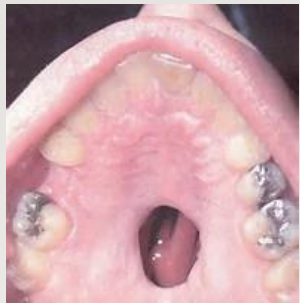
- Intake: Orally swallowed, smoked, snorted, or injected
- Slang: Bennies, Bumble Bees, Black Beauties, Dexedrine, Footballs, Hearts, Speed, Uppers, Vitamin R
- Effects: Irritability, aggression, spike in body temperature, convulsions, insomnia, elevated heartbeat and blood pressure, paranoia, loss of appetite



# Cocaine (Stimulant)



- Intake: Orally swallowed, smoked, snorted, or injected
- Slang: Coke, Flake, Coca, Nose Candy, Snow, Soda Cot, White, Blanco, Big C, Blow
- Effects: Anxiety, insomnia, hallucinations, paranoia, heart attack, seizures, and possible infected diseases if injected



# Crack (Stimulant)

- Intake: Heated in a pipe then smoked
- Slang: Freebase, Apple Jacks, Rocks, Pebbles, Nuggets, Half Track, Baseball, Roxanne
- Effects: Anxiety, insomnia, hallucinations, paranoia, heart attack, seizures, and possible infected diseases if injected



# DXM- Dextromethorphan (Cough Suppressant)

- Intake: Orally swallowed
- Slang: CCC, DXM, Dex, Red Devils, Robo, Skittles, Triple C, Tussin, Velvet
- Effects: Abdominal pain, nausea, vomiting, confusion, hallucinations, high blood pressure, numbness of fingers and toes, and irregular heart rate





## DXM Effects

# Understanding Addiction to Triple C and Its Effects

Dextromethorphan (DXM), found within Triple C, affects the brain and body:

- Stage 1: Inebriation: inability to walk straight, agitation, excitement, and lowered inhibitions.
- Stage 2: Deepened intoxication: slurred speech, mild cases of hallucination, and short term memory loss.
- Stage 3: A complete change in consciousness with heavy hallucinations, loss of vision and/or other senses, and complete loss of control over actions and behaviors.
- Stage 4: Can result in an out of body experience, with all physical senses being shut off completely. It can be compared to taking PCP, a highly dangerous and addictive synthetic drug..



# Ecstasy (Stimulant and Hallucinogen Combination)

- Intake: Orally swallowed
- Slang: Candy, Clarity, Beans, Adam, E. X, XTC, Happy Pill, Molly, Skittles, Smarties, Vitamin E, Vitamin X, Hug Drug, Vowels
- Effects: Reduced appetite, paranoia, blurred vision, hallucinations, tremors, muscle tension, extreme thirst, fainting, and increased heart



# Energy Drinks (Stimulant)


- Intake: Flavored chews, drinks, patches, powered additives, or inhaled
- Slang: Cat, Cocaine, Full Throttle, 5 Hour, Monster, Red Bull, Teaser, Tip, or Other brand names
- Effects: Difficulty sleeping, impaired motor skills, high blood pressure, irregular heartbeat, panic attacks, stoke, weight gain, and tremors



# HEALTH EFFECTS OF ENERGY DRINKS

on Children, Adolescents and Young Adults.

*Overconsumption of energy drinks may lead to the following outcomes:*

- 
- Liver damage
  - Respiratory disorders
  - Seizures
  - Rhabdomyolysis
  - Heart palpitations
  - Myocardial infarction
  - Coronary vasoconstriction
  - Cerebral vasoconstriction
  - Altered electrolyte levels
  - Interferes with calcium absorption
  - Increased sweat excretion
  - Affected blood pressure
  - Psychotic conditions
  - Tachycardia
  - Hypertension
  - Nausea
  - Vomiting
  - Abdominal pain
  - Increase urine flow
  - Kidney failure
  - Agitation

[rawforbeauty.com](http://rawforbeauty.com)

~American Academy of Pediatrics

## Foxy/AMT (Hallucinogen)

- Intake: Orally swallowed, snorted, or smoked (capsule, powder, or pill form)
- Slang: Fake Ecstasy, Excite-bike, Yum-yum, Trash, Five9, Fox, Foxy, Dip, and Roxy
- Effects: It's so new on the market that the National Institute on Drug Abuse (NIDA) has not substantiated its effects.



# Gamma Hydroxy Butyrate or GHB (Depressant)

- Intake: Often added to drinks in liquid or power form, swallowed or taken orally
- Slang: Date Rape Drug, G, Georgia Home Boy, grievous Bodily Harm, Liquid Ecstasy, Sleep 500, or Scoop
- Effects: Tremors, impaired motor skills, difficulty breathing, seizures, respiratory depression, comas, nausea, and death



# Herbal Ecstasy (Stimulant)

- Intake: Orally swallowed, snorted, or smoked
- Slang: Cloud 9, Rave Energy, Euphoria, Ultimate Xphoria
- Effects: Increased heart rate and blood pressure, seizures, and stroke





# Herbal Ecstasy: What You Need to Know

- Advertised as a cheap and legal high. It's typically a plant mixture that's classified as a stimulant.
- Common ingredients: ephedra (ancient and powerful Chinese herb), ginseng, kola nut, fo ti, guarana, green tea, ginkgo biloba, nutmeg, gutu kola
- It was originally used for training enhancement for athletes, but gained national attention in 1998 when a 15 year old athlete collapsed and was pronounced brain dead.
- Reasons it appeals to teens: increased energy, sexual arousal, feelings of euphoria
- This drug is unregulated, addictive, and deadly. It can cause psychosis, heart attacks, high blood pressure, seizures, etc.





# Heroin (depressant)

- Intake: Snorted, smoked, or heated into a liquid and injected
- Slang: Black Tar, Brown sugar, Big H, China White, Dope, H, Junk, Smack, Dragon, or Horse
- Effects: Euphoria, sleeping/drowsiness, nodding off, vomiting, dry/itchy skin, impaired mental functioning, slow movement and breathing, needle marks, boils, extremely small pupils, clammy skin, and reduced appetite



# Inhalants (Depressant-like)

- Intake: Vapors are inhaled
- Slang: Huffing, Laughing Gas, Poppers, Rush, Whippets, Bagging, Gluey
- Effects: Dizziness, slurred speech, drowsiness, passing out/loss of consciousness, sudden sniffing death, heart failure, hearing loss, and permanent damage to the liver, lungs, and kidney



# Ketamine (dissociative Anesthetic)

- Intake: Orally swallowed, smoked, or snorted (pills, powder, or liquid)
- Slang: Cat Valium, Jet, K, Kit Kat, Purple, Special K, Super Acid, Super C, Super K, Vitamin K
- Effects: Amnesia, delirium, impaired motor functioning, respiratory problems



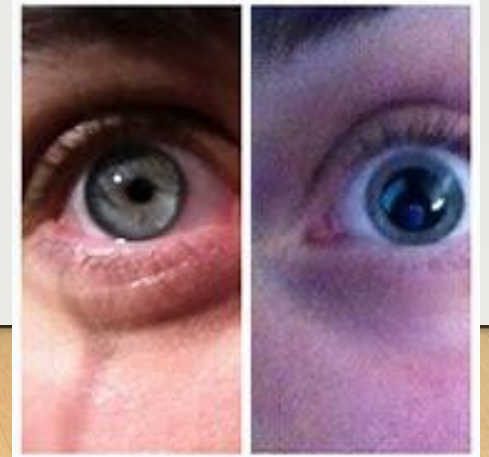
## What are Special K's effects

### Special K short term/side effects are...

- Delirium
- Impaired attention span
- High blood pressure
- Depression
- Impaired motor function
- Bad dreams
- Respiratory failure
- Hallucinations
- Separated from the body
- Pleasant
- Sensory attachment
- Dry mouth
- Difficulty breathing
- Nervousness
- Nausea
- Vomiting
- Nightmares
- Double vision
- Muscle spasms
- Near-death experience
- Feelings of being paralyzed

# LSD (Hallucinogen)

- Intake: Orally swallowed, or placed on the tongue (pill, liquid, gelatin, blotter paper)
- Slang: Acid, Blotter, Lucy, Purple Haze, Microdots, Trips, Window Panes, Tabs
- Effects: Elevated body temperature, decreased appetite, increased blood pressure, insomnia, tremors, flashbacks, chronic recurring hallucinations, psychosis



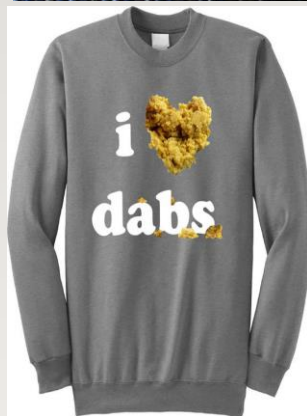
# Marijuana (Depressant, Hallucinogen, and stimulant)

- Intake: Orally or smoked (buds, leaves, sticky, black hashish oil)
- Slang: Bud, Herb, Grass, Green, Mary Jane, Reefer, Weed, Shatter, Ear Wax, Budder, 710, Dabs
- Effects: Bloodshot eyes, intense anxiety, panic attacks, dry mouth and throat, lack of concentration, lack of coordination, impaired learning, impaired judgement, difficulty problem solving, and loss of memory.



# Marijuana Dabbing

- What is Marijuana Dabbing?
- [Marijuana dabbing](#) refers to the process of inhaling marijuana concentrates, known on the street by many names such as dabs, butane hash oil (BHO), honey oil, [shatter](#), wax, and budder. These concentrates are created by extracting marijuana's psychoactive ingredient tetrahydrocannabinol (THC) by a method of butane extraction.
- The end product is a thick brownish-green substance, resembling ear wax, or honey — hence the street names. Marijuana dabbing or 'blasting dabs' is when the concentrate is placed on a heated device such as a nail or modified water pipe and the vapours released are inhaled. The result is a high dose of THC with instantaneous effects.
- The process of dabbing is a relatively new form of marijuana use that has gained popularity over the past five years. Marijuana concentrates such as dabs and shatter are not chemically modified versions of marijuana that create a completely new and different drug, such as with poppy to heroin or coca to cocaine. Users are essentially still taking marijuana but at higher doses. However, marijuana dabbing does



# How to Tell If Someone Is Dabbing

- Glass water pipe, vape pens, nails (hollow metal rod where the nail is heated and the dab is placed on the hot surface)
- Changes in behavior consistent with marijuana use but intensified throughout the entire day (sleepiness, unusual talkativeness, bloodshot eyes, disorientation)
- Increased use of perfumes and colognes to hide the smell
- Use of mints, gum, eye drops
- Increased interest in marijuana (movies, characters, clothing)

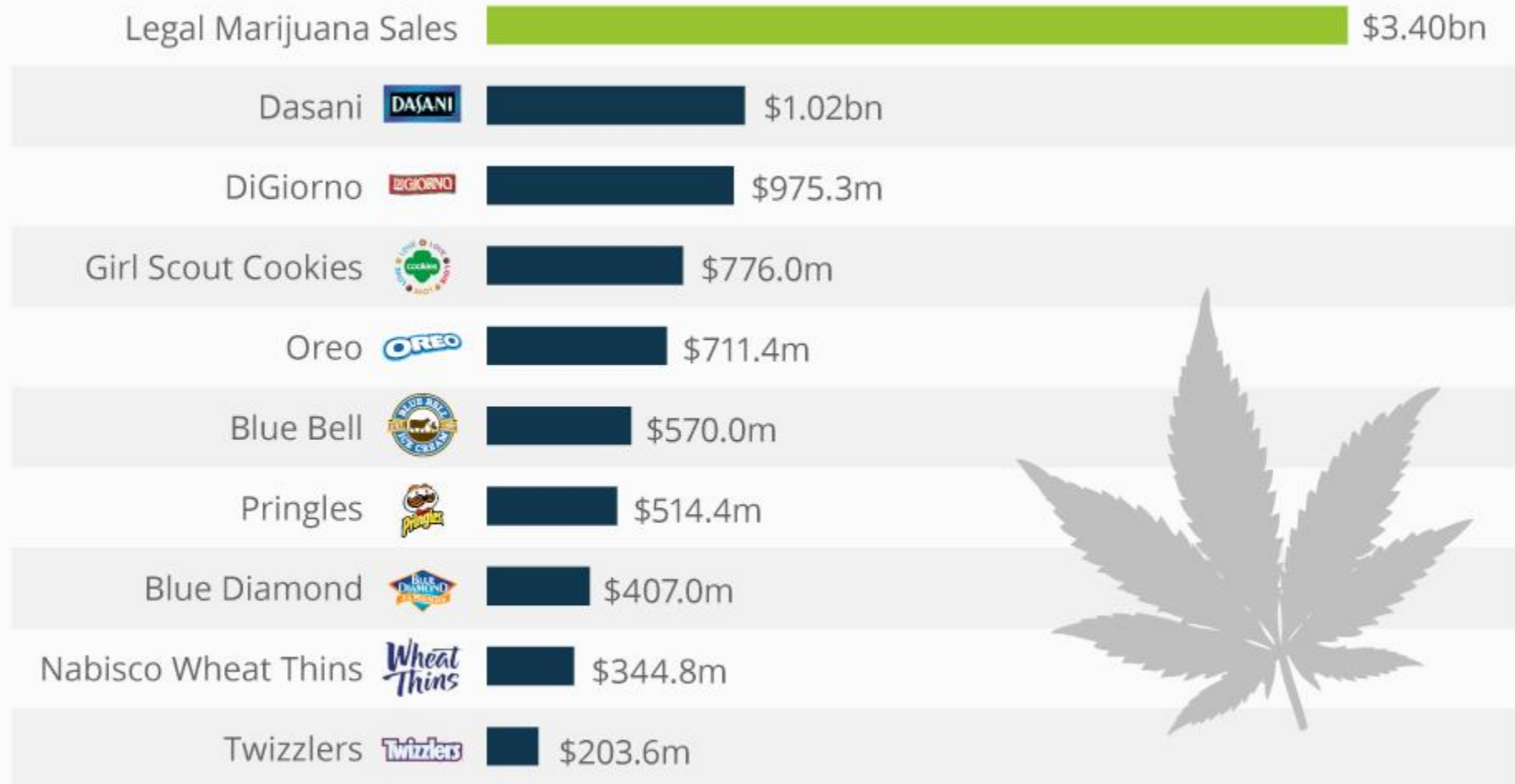
# Marijuana Edibles





# America's 2015 Marijuana Sales In Context

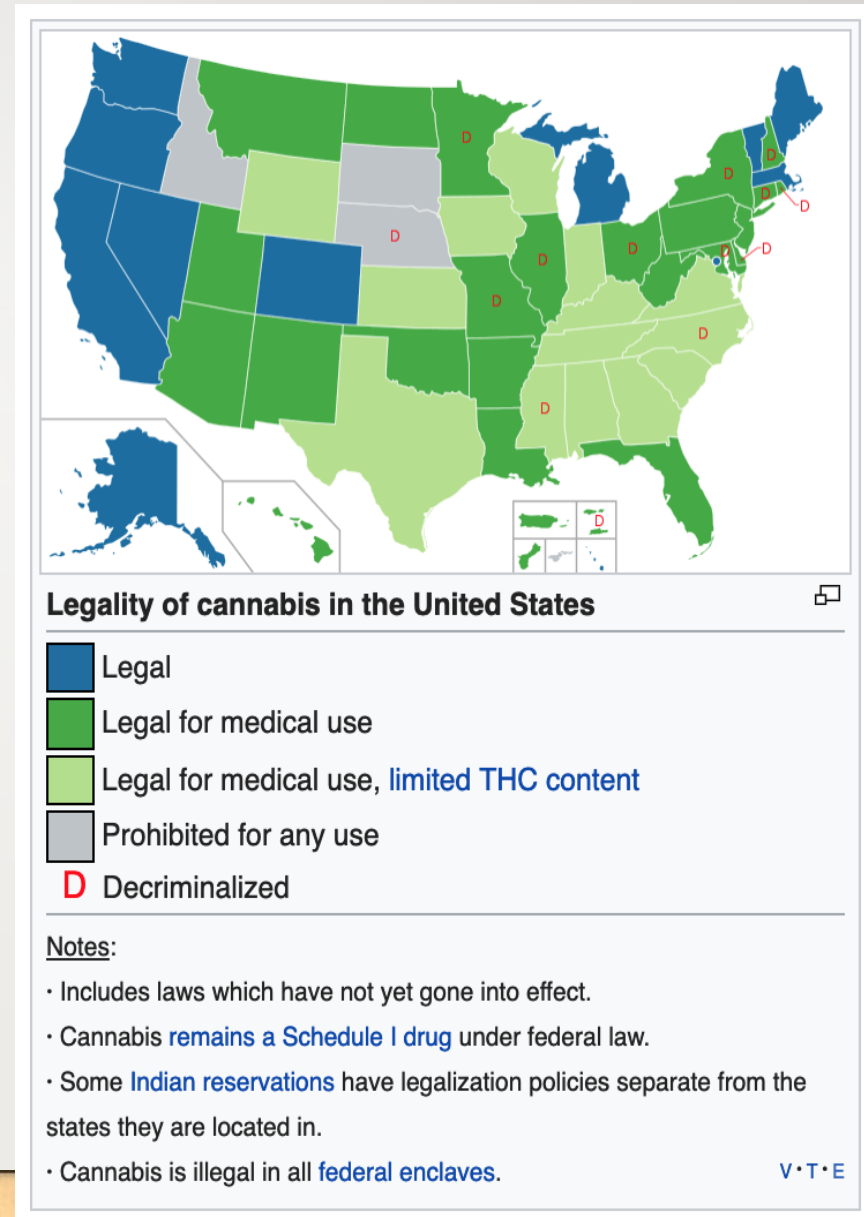
2015 legal marijuana sales and selected 2014 company sales in the U.S.\*



\*52 weeks ending Jan 2015. Oreo & Dasani fiscal year ended April & May 2015 respectively

# States That Have Legalized Marijuana (Recreational and Medicinal Purposes)

- Alaska
- California
- Colorado
- Maine
- Massachusetts
- Michigan
- Nevada
- Oregon
- Vermont
- Washington
- Washington, D.C.



# Synthetic Drugs such as Synthetic Cannabinoids (Marijuana-Like effect)

- Intake: Taken orally in a tea, smoked (leaf-like in a silvery plastic bag)
- Slang: K2, K3, Bocomo Dew, Fake Weed, Fire and Ice, Voodoo, 420, Incense, Scooby Snacks, Spice, Skunk, Yucatan
- Effects: Confusion, rapid heart rate, vomiting, paranoia, violent behavior, hallucinations, kidney damage, and suicidal thoughts
- They change formulas frequently so they are legal; unregulated by the FDA.



## More Information

- Mixture of herbs and manmade chemicals (bath salts, potpourri, herbal incense, jewelry cleaner)...sometimes referred to as spice
- Slang: Flakka, K2, Salvia, Black Mamba, Cloud Nine, Kush
- Easy to obtain at gas stations and tobacco stores; highly addictive
- Effects: State of stupor, paranoia, staggering/cannot stand, dehumanizing effects

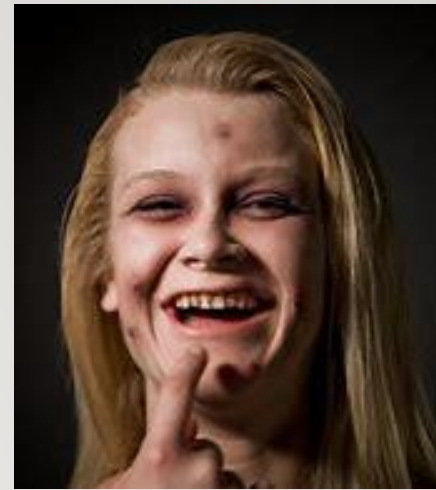
# MDPV, 4MMC (Sold as bath salts or plant food) (Synthetic Stimulants)

- Intake: Orally, smoked, snorted, or injected
- Slang: Cloud 9, Bliss, Energy 1, White Rush, Purple, Wave
- Effects: Aggression, Confusion, Hallucination, Paranoia, Alters Mood, Dilation of Pupils, Sweating, Seizures, and Suicidal Thoughts
- Human-made stimulants related to cathinone, found in the khat plant.



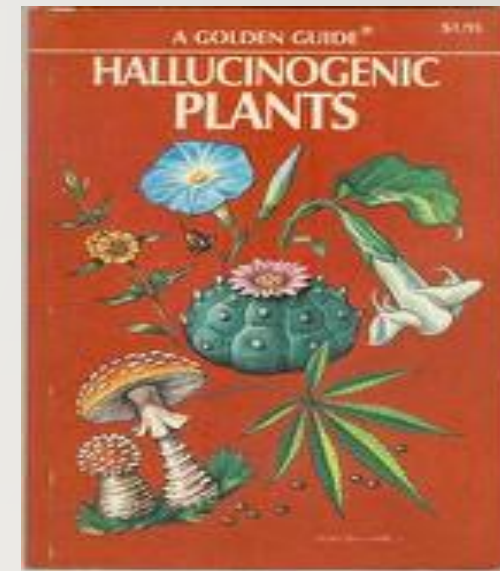
# Methamphetamine (Stimulant)

- Intake: Orally, smoked, snorted, or injected smoked form (crystal meth resembles crushed ice)
- Slang: 417, Beanies, Crank, Crypto, crystal, Fired, Glass, Ice, Meth, Quartz, Speed, White Cross
- Effects: Paranoia, convulsions, stoke, scratching, skin sores, hyperthermia, sensation of bugs crawling under their skin, hallucinations, heart attack, death, and poor dental health



# Mushrooms (Hallucinations)

- Intake: Orally swallowed or can be brewed in tea
- Slang: Mushrooms, Magic, Caps, Shrooms
- Effects: Decreased appetite, insomnia, flashbacks, chronic recurring hallucinations, psychosis, and elevated body temperature



# The Opioid Crisis in America

- Opioids are drugs derived from opium, including morphine. Other opioids are semi-synthetic and synthetic drugs such as hydrocodone, oxycodone, and fentanyl.
- Opioids are commonly prescribed by doctors to relieve pain, suppress diarrhea, and suppress coughs.
- Effects of opioid abuse: nausea, vomiting, weakened immune system, slow breathing rate, coma, increased of HIV, hepatitis, or infectious disease.
- In 2015, there were 52,000 deaths from all drug overdoses in America. Every day, more than 115 people in the U.S. die after overdosing on opioids(National Institute on Drug Abuse, 2018).
- For more information (adults)...see Chasing the Dragon video produced by the FBI.
- Roughly 21 to 29% of patients prescribed opioids misuse them. Between 8 and 12% develop an opioid use disorder. And 4 to 6% of those who misuse prescription opioids transition to heroin.



# What's New...Zombie Drug...Krokodil

- It's a homemade concoction of codeine and hydrocarbons or a synthetic opioid (desomorphine). Originated in Russia.
- It's extremely impure and contains mixers such as gasoline and hydrochloric acid.
- The drug is injected and can cause skin to become disfigured and rot to the bone.
- It can also make yours skin look green, purple, or scaly like crocodiles.



# THE FLESH EATING "ZOMBIE DRUG"

KROKODIL SYMPTOMS

PERSONALITY CHANGES

**SORES AND ULCERS**  
ON THE FOREHEAD AND SKULL

**INFECTED/ROTTING SOFT  
TISSUE** (EARS, NOSES, LIPS)

**ROTTING GUMS** RESULTING  
IN TOOTH LOSS

AFFECTED **MEMORY AND  
CONCENTRATION**

**BLACK OR GREEN SCALY SKIN**

**PIECES OF DEAD SKIN** THAT  
COME OFF IN ONE PIECE



**SPEECH IMPEDIMENTS**

**DECAYED STRUCTURE OF JAW** AND  
OTHER FACIAL BONES

**VEINS THAT ULCER AND ROT  
AWAY** FROM THE INSIDE

**NECROSIS**

**MOTOR SKILL IMPAIRMENTS**

**GANGRENE**

**DEATH**

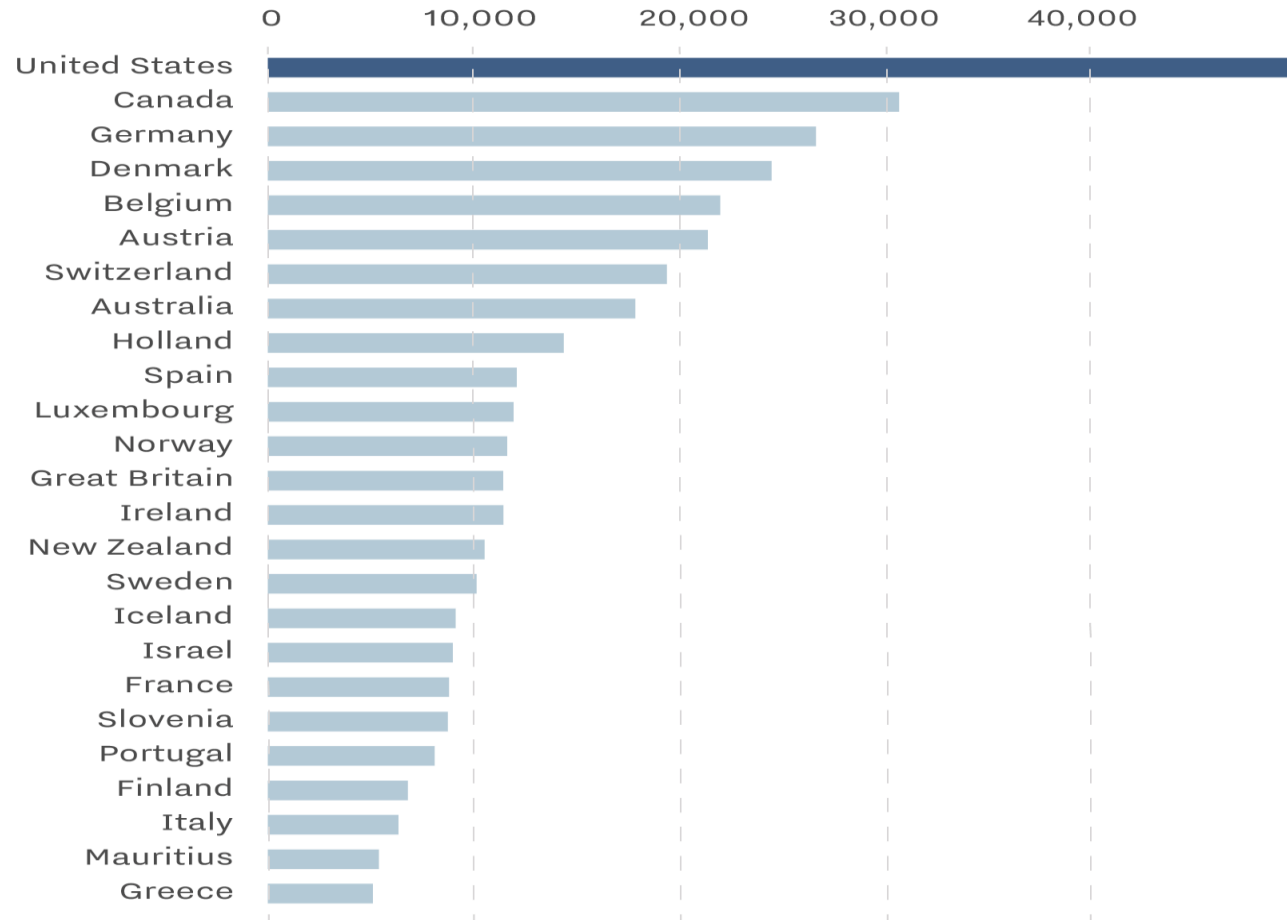
rehabcenter.net

# You Tube: Drug War's Finest: Krokodil



# Americans consume more opioids than any other country

*Standard daily opioid dose for every 1 million people*



Source: United Nations International Narcotics Control Board

Credit: Sarah Frostenson

**Vox**

# THE OPIOID EPIDEMIC BY THE NUMBERS



**130+**

People died every day from  
opioid-related drug overdoses<sup>3</sup>  
(estimated)



**11.4 m**

People misused  
prescription opioids<sup>1</sup>



**47,600**

People died from  
overdosing on opioids<sup>2</sup>



**2.1 million**

People had an opioid use  
disorder<sup>1</sup>



**886,000**

People used heroin<sup>1</sup>



**81,000**

People used heroin  
for the first time<sup>1</sup>



**2 million**

People misused prescription  
opioids for the first time<sup>1</sup>



**15,482**

Deaths attributed to  
overdosing on heroin<sup>2</sup>



**28,466**

Deaths attributed to  
overdosing on synthetic  
opioids other than  
methadone<sup>2</sup>

## SOURCES

1. 2017 National Survey on Drug Use and Health, Mortality in the United States, 2016
2. NCHS Data Brief No. 293, December 2017
3. NCHS, National Vital Statistics System. Estimates for 2017 and 2018 are based on provisional data.

# Oxycodone (depressant)



- Intake: Orally swallowed, snorted, or injected (tablets, caplets, or crushed)
- Slang: Cotton, 40/80, Hillbilly Heroin, Kicker, Killers, OC/O, Oxy, OxyContin, Roxy, Percs, Pills
- Effects: Bloodshot eyes, major anxiety, panic attacks, dry mouth and throat, lack of concentration, lack of coordination, impaired learning, impaired judgement, difficulty problem-solving, and loss of memory



# Ritalin/Concerta (Stimulant)

- Intake: Orally swallowed, smoked, snorted, or injected
- Slang: Kibbles and Bits, Coke Junior, R-Ball, Rids, Diet Coke, Skittles, Smarties, Study Buddy, Vitamin R, West Coast
- Effects: increased heart and blood pressure, insomnia, anxiety, weight loss, panic attacks, irritability, psychosis, depression



# Rohypnol (Depressant)

- Intake: Orally swallowed or snorted
- Slang: Date Rape Drug, Forget Pill, La Rocha, Mexican Valium, R2, Roach, Roofies, Wolfies
- Effects: Disorientation, dizziness, slurred speech, nausea, difficulty moving, slowed breathing, blackout with total memory loss





# Tobacco/Nicotine (Stimulant)



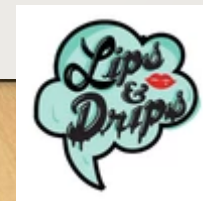
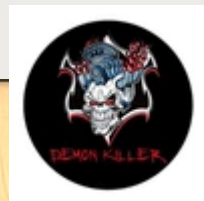
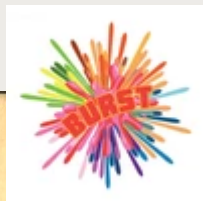
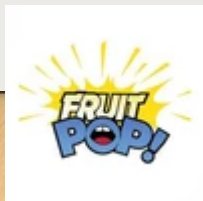
- Intake: Orally chewed, smoked, patch (loose leaves, rolled in paper)
- Slang: Butt, Bone, Cancer Stick, Coffin nail, Pipes, Smoke, and Snuff
- Effects: Heart disease, chronic bronchitis, emphysema, yellow fingernails, lung cancer or cancers of the larynx, esophagus, pancreas, kidney, mouth, and/or bladder



# VAPING

- JUUL: Their mission statement: “to improve the lives of the world’s one billion adult smokers.”
- JUUL is an electronic cigarette. The device heats up a cartridge containing oils to create vapor, which quickly dissolves into the air. It’s small enough to fit into a closed fist and resembles a flash drive.
- A single JUUL cartridge is equal to a pack of cigarettes or 200 cigarette puffs.
- Nicotine use during adolescence and young adulthood has long-term impacts on brain development.
- Young adults who use e-cigarettes are four times more likely to begin smoking tobacco cigarettes within 18 months as their peers who do not vape (Journal of Medicine, 2017).





## Dripping and Vaping (Juuling)

- **Dripping** – dropping e-cigarette liquid directly onto the hot coils of the device to produce thicker, more flavorful smoke. This exposes users to higher levels of nicotine and to non-harmful toxins, such as formaldehyde and acetaldehyde (carcinogens).
- 64 percent of teens say they dripped thicker smoke (for better flavor or a stronger hit)

# National Institute on Drug Abuse (2018)

- Vaping
  - 8<sup>th</sup> – 17.6 percent
  - 10<sup>th</sup> – 32.3 percent
  - 12<sup>th</sup> – 37.3 percent
- With the exceptions of marijuana and vaping, all other drug use appears to be holding steady at the lowest levels in two decades.
  - 8<sup>th</sup> – 6.1 percent
  - 10<sup>th</sup> – 9.6 percent
  - 12<sup>th</sup> – 12.4 percent



# National Institute on Drug Abuse (2018)

- Marijuana Vaping
  - 8<sup>th</sup> – 2.6 percent (an increase of 59.7 percent)
  - 10<sup>th</sup> – 7.0 percent (an increase of 62.7 percent)
  - 12<sup>th</sup> – 7.5 percent (an increase of 50.6 percent)
- Alcohol (used less now than in 2013)
  - 8<sup>th</sup> – 8.2 percent
  - 10<sup>th</sup> – 18.6 percent
  - 12<sup>th</sup> – 30.2 percent



# Vaping/ E-cigarettes

Used as a delivery system for a variety of drugs

- Intake: Inhaled vapor is heated, battery operated
- Slang: E-Cigs, E-Hookahs, Hookah Pens, Vape Pipes
- Effects: It depends on what drug is smoked.



# Possible Warning Signs

[www.drugAwarenessandprevention.org](http://www.drugAwarenessandprevention.org)

- Skipping class
- Declining grades
- Getting in trouble at school
- Loss of interest in extracurricular activities, hobbies, or sports
- Being isolated, silent, or withdrawn
- Having other secretive behaviors
- Demanding more privacy and locking doors
- Avoiding eye contact
- Changes in friends, relationships, and favorite hangouts

# Ways to Hide Alcohol consumption



- **The Whipahol:** an alcohol infused whip cream that comes in different flavors. It can be purchased on-line.
- **Spike Your Juice Kit:** One kit (\$12.95) has enough product to make six 640z. Fizzy alcoholic drinks out of fruit juice. It also can be purchased on-line.
- **Smoking Alcohol:** Alcohol is poured into a bottle with a cork. A bike pump needle is placed through the cork so the air vaporizes the alcohol and the teen can inhale it (How to guidelines are found on YouTube.)

- **Vodka Tampons**
- **Vodka Eyeballing**





# More Ways to Hide Alcohol Consumption

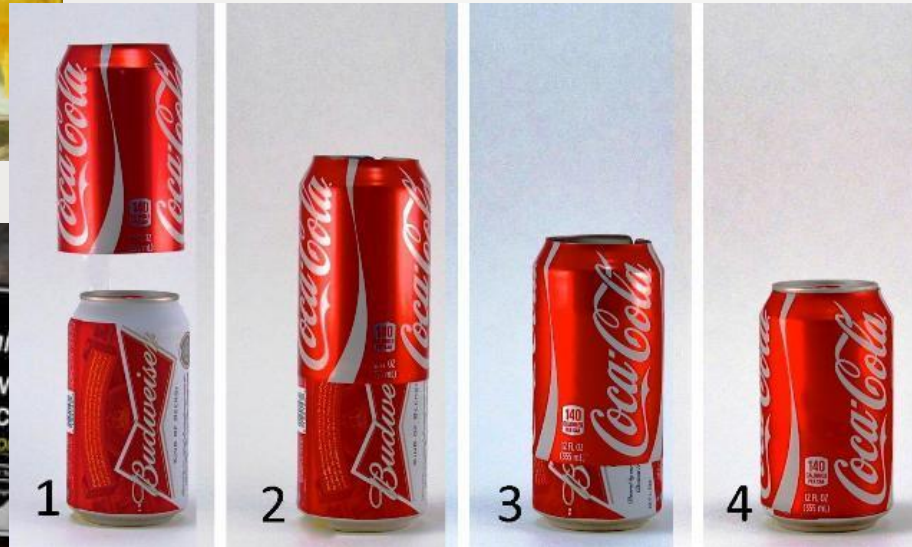


- **Infused Fruit:** Watermelon wedges can soak up alcohol in 15 to 20 minutes and can be frozen or placed in plastic bags. This is a popular trend with Tequila.
- **Palcohol:** This is a powdered alcoholic drink mix that works like Kool Aid. Although it is meant to be mixed in water, some children smoke it. There are guidelines on how to also make the product from scratch ([www.popsci.com](http://www.popsci.com))
- **Gatorade and Powerade:** Children divide the one pound bag of Skittles into different colors. They place one color of Skittles (approximately 60) with 6oz. of vodka. Then they shake the mixture and separate the Skittles with a coffee filter and you think they are drinking Gatorade or Powerade.
- **Alcohol Infused Candy:** (Gummy Bears are popular), Alcohol Popsicles, or Jello Shots
- **Boozy Popsicle:** Beersicles are usually made with Sam Adam's Cherry Wheat Beer, a half cup of cherries, honey and ice cubes. Ingredients are blended together and frozen. Alcohol infused gummies can also be added to the mixture.



### 3 SIMPLE STEPS

The diagram consists of three circular icons arranged horizontally. The first icon shows a person in a red shirt pouring liquid from a bottle into a glass. Below it is the word "POUR" with a star and horizontal lines. The second icon shows a person in a red shirt pulling down their pants. Below it is the word "WEAR" with a star and horizontal lines. The third icon shows a person in a red shirt holding a glass. Below it is the word "DRINK" with a star and horizontal lines.





# Ways to hide drugs

- Writing Utensils



- Empty Soda Cans and Wrappers



- Personal Hygiene Products (lip stick tubes, deodorant sticks, compacts)



Shaving cream secret stash container (sure, we're just hiding dollar bills in there):



# Ways to hide drugs

- Vehicles
- Postage stamps (LSD)
- Stash lighter
- Edibles
- Pens
- Bathroom and toilet vents
- Lip balm containers
- Bobby pin with contraband in your hair
- Candy wrappers/containers
- Taped to your leg
- Tennis balls



**Highlighter**  
Here's another common school supply that could be used as a hiding place. Believe it or not, teens have used the inside of highlighter caps to hide small amounts of drugs.



# Ways to hide drugs

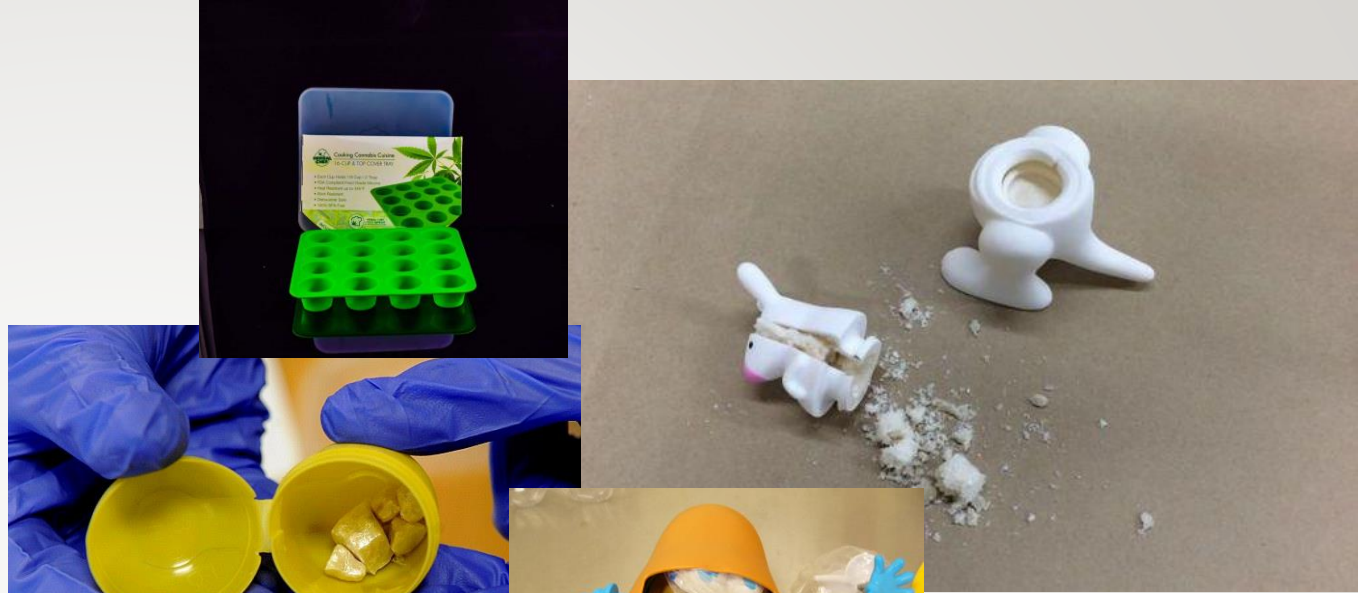
- Belt Buckles/ Clothing with Stash Compartments





# Ways to hide drugs

- Posters/Picture Frames



- Books



- Mattresses/Toys



# Clothing Trends related to Drugs and EDP



# Top Ten Tips for Parents

## Dr. Stephen Sroka

- Explain how drugs can harm you and be specific
- Let your child know you don't approve of drugs
- Be consistent when enforcing rules
- Model healthy habits
- Use effective coping methods or ways of dealing with stress
- Spend time as a family together
- Know your child's friends and parents (including their contact information)
- Chaperone parties and make sure they are drug free
- Share natural highs in life that are safe and exhilarating
- Ask your teen to call you if a problem develops when they are out or at a party. Do NOT punish them and keep that promise.



# Contact information

- Barzanna White, Ph.D., District Sch. Psychologist, Prevention Coordinator, and SCTG Director
- CPSB, 1961 Midway Street, Shreveport, LA. 71108
- 318-603-6484
- [bwhite@caddoschools.org](mailto:bwhite@caddoschools.org)

Remember to enjoy life and de-stress by doing something you love!



How do you relax?

