

TEENAGE SUBSTANCE ABUSE: A Guide For Parents

Sponsored by
The Regional Alliance for Substance Abuse Prevention
In Cooperation with
Pittsylvania County Public Schools

Regional Alliance For Substance Abuse Prevention

www.rasap.org

Concerned citizens and professionals organized the Regional Alliance for Substance Abuse Prevention in the early 1990's to:

Empower and Assist citizens in their efforts to improve our community

Enhance and Support substance abuse prevention programs throughout the community

Gather, Interpret and Share information about alcohol and other drug issues

Helen Keller said, "Alone we can do so little. Together we can do so much." Working together, the Regional Alliance for Substance Abuse Prevention has:

Sponsored community workshops on parenting and substance abuse education

Developed Hot Spot Cards for Pittsylvania County Crime Stoppers

Distributed substance abuse educational materials at community-wide events

Assisted youth organizations in sponsoring substance abuse prevention programs

Sponsored merchant and vendor education programs regarding substance abuse laws

Sponsored youth leadership councils

Implemented Media campaigns

For more information on how you can join the Regional Alliance for Substance Abuse Prevention, call (434)797-3981 Ext. 16.



PITTSYLVANIA COUNTY SCHOOLS
P.O. Box 232 • 39 Bank Street S.E. • Chatham, Virginia 24531

Mr. James E. McDaniel
Division Superintendent

Dear Parents:

Parents have the greatest influence on their children. With this understanding, the Pittsylvania County Schools and the Regional Alliance for Substance Abuse Prevention offer this guide as a tool for parents to use in helping their children avoid the use of alcohol and other drugs. Among the very useful information included in this guide are:

- ◆ Tips on raising a drug-free child;
- ◆ Parents' guide to teenage parties;
- ◆ Checklist of warning signals;
- ◆ Available school and community resources; and
- ◆ Facts about substance abuse, the effects and risks.

It is important that you, as a parent, know that you are not alone. In this community there are many who are knowledgeable and committed to helping young people enjoy a drug-free life.

This guide is an initiative of our school division in conjunction with the Regional Alliance for Substance Abuse Prevention and is funded, in part, by the Drug Free Schools and Communities Act funds. We urge you to read it, to discuss it with your son or daughter, and to use it as a reference source.

Respectfully,

James E. McDaniel
Division Superintendent

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The Drug Education Program In Pittsylvania County Schools

All students attending Pittsylvania County Public Schools receive instruction in drug education in accordance with the guidelines set forth by the State Board of Education. This instruction also includes first aid for drug abuse.

The drug education program is taught in conjunction with other classes. Health education classes include instruction in alcohol, drugs and drug abuse. To further the program, instruction is also incorporated in other subjects such as civics, government, science, driver education and family studies. Materials are available to students in the formal classes and in the area of independent study. Drug prevention literature is also available from the school guidance counselors.

In addition to drug education, it is believed that students that have a greater degree of self-confidence, have skills in decision-making and problem-solving, and know how to deal effectively with peer pressure; are less likely to turn to drugs to deal with life's problems. For this reason, classroom instruction, peer mediation programs and other special prevention programs stressing these skills are provided to students in coordination with community groups and agencies.

For those students that may be dealing with substance abuse problems, either themselves or by a close friend or family member, a substance abuse counselor from Danville-Pittsylvania Community Services is available at many schools one day each week to provide support and counseling services as needed. Teen Resource Coordinators and Resource Officers are also available for youth experiencing difficulties at the secondary level.

Drug Free Activities For Students

After Prom Parties - Most high schools plan substance-free all night parties for high school students after the Senior Prom each year. Volunteers are always needed to help plan the activity. Contact your child's school for more information on how you can help.

SADD Clubs - These clubs work to raise awareness on their school campuses about the harmful effects of drugs, and promote positive peer pressure. They also encourage drug free activities.

Pittsylvania County School's Code Of Conduct For Substance Abuse

Any student who is determined to have brought, used, or to have in his/her possession a controlled substance, imitation controlled substance, or marijuana onto school property including a school bus, or to any school-sponsored activity, will be expelled, unless determined on a case-by-case basis by the School Board that other disciplinary action is appropriate.

| | |
|---|--|
| <p style="text-align: center;">Class 3 Misconduct</p> <p>Serious misconduct that disrupts the educational process, indicates incorrigible behavior or violates the law. Suspension from school is the minimum penalty.</p> | <p>Disciplinary Actions</p> |
| <ol style="list-style-type: none"> 1. Alcohol (possession, use or under the influence) 2. Drug paraphernalia (possession) 3. Tobacco products (possession or use) | <ol style="list-style-type: none"> 1. Suspension from school (1 to 10 days mandatory) 2. Mandatory 10 day suspension from school for alcohol 3. Mandatory 5 day suspension from school for tobacco related offense (grades 6-12) 4. Long-term suspension 5. Recommendation for expulsion 6. Prosecution in legal system 7. Upgrade to Class 4 offense |
| <p style="text-align: center;">Class 4 Misconduct</p> <p>Gross misconduct that requires removal of student from school</p> | <p>Disciplinary Actions</p> |
| <ol style="list-style-type: none"> 1. Alcohol (distribution) 2. Any act which substantially disrupts the orderly conduct of school, a school function, extracurricular or cocurricular activity. | <ol style="list-style-type: none"> 1. Recommendation for expulsion or long-term suspension and prosecution, when appropriate. 2. Recommendation for probation and corrective plan of action, suspension 1-10 days, long-term suspension or recommendation for expulsion (Grades K-5). |

The Facts About Substance Abuse By Youth In Pittsylvania County

Recent surveys of more than 1336 local youth between the ages of 10 and 18 revealed the following statistics:

1. More than 54% of students in the ninth grade indicated they had used alcohol during the past year. 64% of the students in the eleventh grade indicated they had used alcohol during the past year.
2. More than 30% of the ninth graders indicated using marijuana during the past year. By the twelfth grade, more than 43% of the students indicated using marijuana during the past year.
3. Males who reported using alcohol or other drugs typically reported a high self-image, while females' self-image declined as they increased in their amount of drug usage.
4. 37% of the males and 47% of the females who reported using alcohol or other drugs, also reported having suicidal tendencies as compared to 0 - 20 % by non-users.
5. 64% of the students who reported using alcohol and other drugs reported a permissive parent attitude toward their drug use. Only 2% of those teens with parents who gave a no-use message reported using alcohol or other drugs.
6. Only 39% of ninth graders and 18% of eleventh graders believe their friends disapprove of their use of alcohol.
7. The most common place students indicated using alcohol or marijuana was at a friend's house.
8. The survey revealed that there is no correlation between students who are sensitive to peer pressure and those who develop alcohol and other drug use problems.
9. The students reported use of a large range of drugs. These included: alcohol, marijuana, inhalants, cocaine, crack, heroin, barbiturates and psychedelics.

General Facts About Substance Abuse

1. Alcohol is a drug. The main drugs of choice are alcohol, marijuana, and nicotine.
2. Four (4) out of ten (10) teenagers in the United States use marijuana regularly.
3. One (1) of six (6) teenagers has tried Crack/Cocaine.
4. Over a half a million 10 - 13 year olds admit to getting drunk twice a week.
5. Every week 100,000 elementary school students across the U.S. get drunk.
6. Two (2) in five (5) Americans will be involved in an alcohol-related crash in their lifetime.
7. More than one-half of all adolescent suicides are drug related.
8. In the U.S. fifteen (15) teenagers are killed every day in accidents related to alcohol and/or other drugs.
9. Often the harmful effects of alcohol and other drugs occur over a period of time and the abuser actually does not know what has happened to him/her.
10. Twenty-one (21%) percent of all patients in drug and alcohol treatment programs are under 19 years of age.

Alcohol

(Beer, Wine, Wine Coolers, Liquor)

Did you know that:

1. An alcoholic is a person who continues to drink even when negative things happen, e.g., school problems, home problems, physical problems, emotional problems.
2. A person can drink beer or wine, even wine coolers, and become an alcoholic.
3. A can of beer, a typical glass of wine, a wine cooler, and a Scotch and soda served at a bar each contains about the same amount of alcohol.
4. Alcohol causes the greatest number of proven birth defects.
5. Drinking several cups of black coffee or taking a cold shower will **not** help an intoxicated person get sober; only **time** helps.

6. It is an accepted fact that there is a genetic or hereditary predisposition to alcohol addiction. In fact, teenagers growing up in an alcoholic family are 3-5 times more likely to become alcoholics than if they lived in a nonalcoholic family.
7. Due to the characteristics of adolescent body chemistry, teenagers can develop alcoholism in 1- 18 months.
8. Alcohol affects different areas of the brain. First, it impairs the area responsible for reason and judgement, then the motor coordination area, and finally the area responsible for respiration.
9. The younger the age at which an individual starts to drink alcohol, the greater the chances he/she will develop into a chronic alcoholic.
10. If when drinking, a person has little control over the amount consumed and when sober, cannot remain sober, he/she is probably addicted to alcohol.

Marijuana

Did you know that:

1. Marijuana stays in the body for up to a month after smoking it.
2. Marijuana is approximately five times more potent today than it was 20 years ago.
3. Marijuana interferes with motor coordination, memory, concentration, coping skills, thinking ability, and perception.
4. Marijuana affects driving ability, e.g., impairs the ability to coordinate sight with steering, slows reaction time, shifts a person's attention away from driving as he/she concentrates more on personal thoughts.
5. Marijuana inhibits nausea. People with marijuana stored in their bodies can sometimes drink alcohol without getting sick. Consequently, the combination of these two drugs has caused alcohol abuse, impaired driving, and death from alcohol overdose.
6. Regular marijuana use impairs the part of the brain that controls motivation and short term memory.
7. The greater a teenager's use of marijuana, the more likely he/she will begin using other drugs in conjunction with marijuana.
8. A marijuana joint contains about 420 chemicals. Marijuana smoke contains about 2,000 chemicals.

Cocaine and Crack

Did you know that:

1. The use of cocaine and crack can result in a heart attack, stroke or sudden death as blood vessels are constricted, blood pressure and heart rate are dramatically elevated, and the heart beats irregularly.
2. Someone experimenting with cocaine has a one out of two (50%) chance of becoming addicted.
3. Someone experimenting with crack has a nine out of ten (90%) chance of becoming addicted.
4. The purity of cocaine ranges widely from 30 - 95%, since most is “cut” with other substances by the seller to increase profits.
5. Cocaine and crack use are the fastest growing drug problems in the United States.

Inhalants

Did you know that:

1. Of all the drugs in the world, inhalants pose the highest immediate risk to users by displacing the oxygen in the lungs and depressing the functions of the respiratory and circulatory systems.
2. Deeply inhaling the vapors or using large amounts over a short period of time may result in disorientation, violent behavior, unconsciousness, or death.

Designer Drugs

(Ecstasy, Eve, MDA, MDMA)

Did you know that:

1. Designer drugs are compounds created by underground chemists who make changes to the original molecular makeup of a mood-altering drug.
2. These drugs can be several hundred times stronger than the drugs they are designed to imitate.
3. As little as one dose of a designer drug can cause permanent brain damage.

Steroids and Athletes

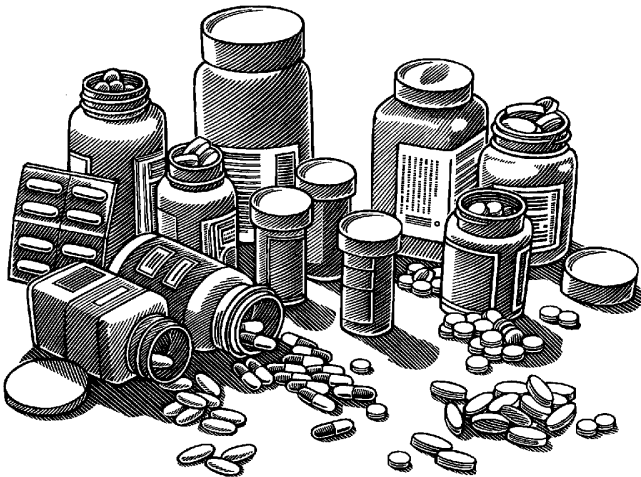
Students who use steroids to “bulk-up” are risking serious side effects. Here are a few:

MALES:

- increased acne
- atrophy (death) of the testicles
- baldness
- deeper voice tones
- breast cancer
- liver cancer
- prostate cancer
- high blood pressure
- increased aggression

FEMALES:

- increased acne
- menstrual irregularities
- male pattern baldness
- male vocal tones
- decreased breast size
- liver cancer
- breast cancer
- high blood pressure
- increased aggression



Local Slang For Drugs

The following dictionary for drug terms was compiled by Danville/Pittsylvania County youth involved with drugs and currently receiving treatment.

Marijuana

| | | | | | | |
|--------------------------|---------|--------|-------------|-----------------|-----------|-------|
| Smoke | Choke | Pot | Blazing | Rooster (1 lb.) | Trees | |
| Chronic | Reefer | Joints | Kush | Weed | Herb | Green |
| Hydro | Jamakin | Dub | Wood | Jay | Chocolate | Dro |
| "L" (New Term For Blunt) | | | Purple Haze | | IZCM | Pur |
| Purple | Arizona | | | | | |

Marijuana with Cocaine

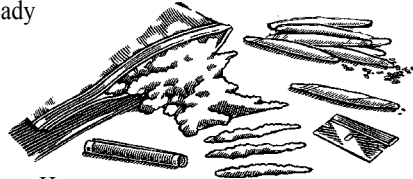
Woo
Wooze

Marijuana with Embalming Fluid

Loveboat
WET

Cocaine

| | | | | | | | |
|------|-------|------|------------|------|-------|-------|---|
| Coke | Blow | "C" | Powder | Yeah | White | Caine | K |
| Snow | Crack | Rock | White Lady | | | | |



Street XANEX

Totempole "Tic Tacs" Pop

Heroin

| | | | | |
|-------|---------------|---|-------------|-------|
| Smack | Redrum | H | Morse | Horse |
| Junk | Mexican Brown | | China White | |

Acid

| | | | | |
|------------------|-------------|----------------|---------|-----------|
| Paper | Liquid Blue | White Blotter | Blots | Microdots |
| Purple Microdots | Liquid | Purple Pyramid | Blotter | |

Ecstasy

| | | | | | | |
|---|-------|---|-------|------|----------|------|
| E | Beans | X | Candy | Roll | Skittles | Xman |
|---|-------|---|-------|------|----------|------|

Ecstasy with Acid

Candy Tripping Candy Flipping

Methamphetamine

| | | | | | | | |
|-------|------|---------|--------------|-------|--------|-----|-------|
| Crank | Junk | Crystal | The "B" Word | Rocks | Blocks | Ice | Speed |
|-------|------|---------|--------------|-------|--------|-----|-------|

Ketamine

| | | |
|-----|---|-----------|
| Cat | K | Special K |
|-----|---|-----------|

Nacotic Pain Pills

| | | | | | |
|-----|------|-------------|------|-------|-----|
| Pop | Lors | Hard Whites | Reds | Blues | Oxy |
|-----|------|-------------|------|-------|-----|

Inhalents

Whippets

Cough Medicine with DXM

| | | | | |
|---------------|-------|----------|-----|-----|
| Robo | Syrup | Skittles | Dex | DXM |
| Robo-tripping | | | | |

Most Common Misconceptions About Alcohol And Other Drugs

Many young people are using alcohol and other drugs, unaware of the real dangers associated with their use. Many times untruths are passed from person to person to help rationalize and minimize the effects the alcohol and other drugs are having on their lives. Here are some of the most common myths:

1. **MYTH:** I can't have a problem with alcohol or other drugs because I don't take them that often and besides, I haven't had any major problems yet after taking them.

TRUTH: Drug experimentation is a problem in itself. The longer one uses, the more compounded the problems may become. Amount of alcohol or other drug taken is not the key, what happens to ones behavior, attitude, personality and action is what counts.

2. **MYTH:** You can sober up by drinking black coffee, taking a cold shower, or running around the block.

TRUTH: You can only sober up by TIME away from alcohol or other drugs. The body rids itself of alcohol through the liver at the rate of 1 oz. of alcohol per hour.

3. **MYTH:** Marijuana is not a harmful drug; it's in the same category as alcohol.

TRUTH: Marijuana is a harmful drug. It effects the nervous system, speech, memory, sleep, body coordination, respiratory system, bronchitis, lung cancer, sinusitis, blood pressure, and the reproductive system. Marijuana stays in the body for up to 30 days.

4. **MYTH:** Everybody these days uses alcohol or other drugs.

TRUTH: Everybody doesn't do it. Those who use drugs would like you to believe that everyone else does and that a non-user is in the minority. In fact, the majority of people do not use illicit drugs or abuse alcohol.

5. **MYTH:** I drive better after a few drinks.

TRUTH: Alcohol interferes with coordination, reaction time, and judgement; all critical to driving a motor vehicle. More than 30,000 Americans are killed annually in drunk driving accidents.

6. **MYTH:** Addiction counselors, parents, and educators exaggerate the dangers of drugs.

TRUTH: The statistics speak for themselves.

How To Tell If Your Child May Be Using Drugs

The following is a listing of characteristics that are exhibited by teenagers who use alcohol or other drugs. **As you review the list, look for changes in behavior in clusters over time.** Do not isolate one specific behavior and assume the presence of a drug and/or alcohol problem. The presence of these “warning signals” can be indicators of other problems that deserve attention by a parent.

Personality:

- Does your child have a harder time remembering things?
- Are you observing noticeable mood swings?
- Does your child seem unusually giddy or depressed?
- Is your child very irritable or hostile without reason?
- Does he/she have an extremely negative or apathetic attitude?
- Does he/she appear to have no motivation to do things?
- Does your child spend a lot more time alone in his/her room?
- Does your child have no interest in hobbies once enjoyed?

Appearance

- Have you observed a change in your child’s appearance?
- Have you noticed red eyes or dilated pupils?
- Is Visine or Murine used more frequently?
- Does your child seem unusually hyperactive or sluggish?
- Has his/her appearance become sloppy?
- Does he/she look unusually pale?
- Are there dark circles around his/her eyes?
- Have you noticed the smell of alcohol or marijuana?
- Does he/she have a harder time fighting off common infections, e.g., colds, coughs?

Family Relationships:

- Is your child pulling away from the family and refusing to participate in normal family activities?
- Has your child stopped talking to you about his/her feelings and activities?
- Is your child fighting more with other family members?
- Is your child refusing to do his/her share of chores?

- If you try to talk with your child about his/her friends and activities, or if you bring up the subject of drugs or alcohol, does your child become very defensive or evasive?

Friends:

- Has your child stopped spending time with old friends?
- Is he/she hanging out with kids you don't know?
- Is your child reluctant to introduce you to his/her friends?
- When your child's friends come over, do they immediately go to your child's room, avoiding other family members?
- Does your child receive short, secretive phone calls?
- Have you checked on your child, only to find that he/she is not where you were told he/she would be?

School:

- Is your child having more problems than usual at school?
- Are grades dropping?
- Has your child stopped participating in extracurricular activities such as sports and clubs?
- Is your child skipping school and/or frequently tardy?
- Is your child sleeping in class and/or arguing with teachers?
- Have you caught your child forging notes to his/her teachers?
- Are you having problems getting your child to go to school?
- Are there drug oriented graffiti on school books and/or drug messages in yearbooks or memory books?

Legal:

- Has your child begun to experience legal problems?
- Has he/she been caught breaking into neighbors' homes?
- Have you begun to miss money from your purse or wallet?
- Are you missing items from around the house, e.g., cameras, stereos, watches, TVs, anything that could be sold easily or traded for drugs?
- Have you or someone else caught your child with drugs or drug paraphernalia, e.g., pot pipe, rolling papers, baggie of marijuana or cocaine?

Intervention

When Drug Use Is Suspected

1. Talk with your child when he/she is sober and appears free of any physical effects that may be caused by drug use.
2. Share your observations and concerns.
3. Without confronting, ask your child what he/she thinks may be causing this change in behavior and attitude. Keep in mind that **denial**, e.g., “I don’t know what you are talking about,” **delusion**, e.g., “I can’t become addicted,” and **blaming**, e.g., “It’s all your fault,” are powerful defense mechanisms used by the drug abuser.
4. If you are not completely satisfied with the explanation(s) provided by your child, consult with a substance abuse specialist. A listing of local community resources may be found at the back of this handbook on page 24. Services for those without insurance or ability to pay are provided by Danville-Pittsylvania Community Services.
5. If you would like legal assistance, you may call the Pittsylvania County Sheriff’s office at 432-7800 or the Juvenile and Domestic Relations Court at 432-7863.
6. If you would like to anonymously make a report about substance abuse, you may call Crime Stoppers at:
Danville: 434-793-0000
Pittsylvania: 1-800-791-0044
7. If you are satisfied with the explanation(s) provided by your child but later make similar observations, consult with a substance abuse specialist without delay.



Please Don't Enable Your Child

As a parent, **every time you make your child's wrong a right, you give them a right to make another wrong.** Enabling behavior includes anything that protects the user from the full and natural consequences of his or her use, or which creates a climate in which use can occur. Enabling a chemically dependent child will only complicate the problem. Be careful that you are not innocently guilty of covering up for your children. Facing the consequences of their action will motivate them to search for some answers as to what is troubling them and begin on the road to change. The following is a list of enabling behaviors that a parent might exhibit:

1. Calling in sick to the school for a child who is hungover.
2. Concealing a child's drug or alcohol use from the other parent.
3. Not following through fully on punishments decided as appropriate consequences for drug or alcohol use.
4. Avoiding a serious discussion with a child about his/her use.
5. Not seeking professional help when a child cannot or will not stop using.
6. Denying or minimizing a child's use, even to a helping professional.
7. Knowingly allowing a minor to drink or use drugs.
8. Lending money to or paying bills for a child who is involved in drug use.
9. Interfering with intervention and/or punitive strategies employed by school personnel or law enforcement agencies.

LOCK YOUR MEDS

Prescription and over-the-counter medications are safe and helpful when used properly but can be dangerous, or even deadly, when intentionally misused or abused. Dangers increase when these drugs are combined with alcohol or illegal drugs. **Every day, more than 2,000 kids age 12 to 17 try a painkiller nonmedically for the first time.**

Teens are finding prescription drugs, such as pain relievers, depressants, and stimulants, wherever people they know keep them – and abusing them more than any illicit drug except marijuana. Kids who would never try street drugs often feel safe abusing prescription drugs.

As a parent or grandparent, you can have a direct impact on your child's access to prescription drugs and can take immediate steps to protect your child from the dangers by following a few simple tips:

1. Safeguard all drugs at home. Monitor and control access. Ask friends and family to do the same.
2. Set clear rules for teens about drug use, including "Don't share medicine." and "Always follow the medical provider's advice and dosages."
3. Properly dispose of old or unneeded medicines.

To learn more, visit THEANTIDRUG.COM or call 1-800-788-2800.

Top 10 Ways to Talk to Your Teen About Alcohol

1. SET A GOOD EXAMPLE. Model positive, healthy behaviors. Do not drink and drive.
2. ESTABLISH FIRM RULES WITH YOUR TEEN AND ENFORCE THEM. Explain the facts about alcohol. Make it clear that alcohol is not an option until your teen is 21. Set a curfew and talk with your teen when he or she returns home.
3. LISTEN TO YOUR TEEN. Pay attention to your teen and actively participate in their life. Build their self-esteem in a positive way by staying actively involved in their life.
4. TALK WITH YOUR TEEN ABOUT CONSEQUENCES. Discuss all of the consequences of underage drinking – physical, emotional, and legal. Include the fact that your teen could lose his/her driver’s license if they are found to be driving under the influence or drinking underage.
5. OFFER ADVICE. Help your teen learn to deal with the emotional ups and downs of being a teen.
6. KEEP LINES OF COMMUNICATION OPEN. Encourage open and honest discussion of alcohol and other drugs, sex and peer pressure. Education should begin early and continue often.
7. DISCUSS PEER PRESSURE. Help your teen devise strategies for refusing alcohol and other drugs. When peer pressure hits, they’ll know how to face it. Get to know your teen’s friends and their parents. Work together to provide and establish clear and consistent messages.
8. EDUCATE, EDUCATE, EDUCATE. Teach your teen about alcohol and its harmful effect on the body. Educate them about possible hearing, speech and vision impairment that may result from alcohol consumption.
9. BE ALERT! Watch for signs of abuse such as lower grades, loss of friends or different friends, social withdrawal and missing money. If you sense a problem, pursue it. Discuss your concerns with your teen. Ask questions! Open lines of communication are essential!
10. ENCOURAGE ENJOYABLE AND WORTHWHILE ACTIVITIES. Participate with your teen in a new activity or an activity that you both enjoy!

Teen/Parent Safety Agreement:

The best decision for both of you!

TEENAGER: I agree to take action and be safe. I will not use alcohol or other drugs. I will find another ride or call you rather than ever ride with a drinking or drugged driver. I know you care what happens to me and I promise to keep this agreement.

Signature(s) _____

Date _____

PARENT: We/I do not want you to consume alcohol or use other drugs. If you find yourself in a situation where your driver is impaired, I want you to seek safe and sober transportation, which includes calling me. If you have been involved, we will deal with that matter at the appropriate time. I know you care about me, too, and I will seek safe and sober transportation under similar circumstances.

Signature(s) _____

Date _____

Parents' Guide To Teenage Parties

Tips for Parents Giving Party:

- Include your child in the planning.
- Discuss your expectations and rules of conduct with your child.
- Allow no drugs or alcohol.
- Guest list – notify the parents of guests about the starting and ending times and the location of the party.
- Don't invite more people than you can comfortably accommodate in your home.
- Should someone who is not invited try to come to your party, ask them to leave immediately.
- When a guest leaves, do not allow him/her to return.
- Set a time limit for the party, keeping in mind any curfew.
- Invite other parents over as chaperones.
- If you suspect that alcohol or drugs have been used by a guest, contact his/her parents immediately.

MOCK PINK CHAMPAGNE

1 cup sugar

1 6-oz. can frozen grapefruit juice

1 cup water

1 28-oz. bottle chilled ginger ale

1 6-oz. can frozen orange juice

1/3 cup grenadine syrup

Early in the day, mix sugar and water in a saucepan and boil for five minutes. Add frozen juices. Refrigerate. At serving time, add ginger ale and grenadine syrup. Stir lightly. Makes 10 servings.

CITRUS COLLINS

2 oz. fresh-squeezed orange or grapefruit juice

1 oz. simple syrup

1 oz. fresh-squeezed lemon juice

Club soda

Fill a 12-oz glass with ice cubes. In another glass, combine orange/grapefruit juice, lemon juice, and simple syrup. Pour over ice. Top off with club soda. Garnish with orange slice and a cherry.

Tips for Parents of Teenagers Going to Party:

- Call the host parents to confirm the location of the party and when it will start and end.
- Check party plans and make sure it is a drug-free party.
- Volunteer as a chaperone.
- Make it easy for your child to leave if drugs or alcohol are present.

Law:

- Giving, selling, or providing alcoholic beverages to any one under 21 is illegal.

Parents' Responsibility:

- The party may be for your child, but you are legally responsible. Criminal charges may be placed against you if a violation of law occurs.
- If you have a problem with gate crashers, call the police. They will assist you.

Juvenile Law

In Virginia, a “juvenile” is a person under the age of 18. In 1996, the Virginia General Assembly made changes to the juvenile law, lowering the age for transfer to Circuit Court for trial and sentencing as an adult to 14.

There are two types of offenses - **misdemeanors** and **felonies**.

- Felonies are the most serious type of offense. If tried as an adult, a juvenile may receive punishment ranging from one year in jail to life in prison. Fines also may be imposed.
- Misdemeanors are less serious offenses. If tried as an adult, a juvenile may receive punishment of fines or up to one year in jail.

The Juvenile Justice System has many options available to it with which to rehabilitate a juvenile who has committed a misdemeanor or felony.

For juveniles, it is a violation to:

- 1) Buy, possess, or drink an alcoholic beverage.
- 2) Possess or use a false identification card or birth certificate.
- 3) Operate a motor vehicle under the influence of alcohol or a self-administered drug.
- 4) Possess, sell, or use a controlled substance.

Drug-Related Offenses

If the offense is a felony, such as the sale of cocaine or crack, the juvenile can be transferred to Circuit Court, tried and sentenced as an adult. In other words, if a juvenile is 14 years old or older, he or she can be sentenced to the Adult Penal System.

On the first offense possession charges, the judge has the option to defer disposition and place the juvenile on supervised probation with conditions (substance abuse counseling, drug screens, etc). At the end of the probation, the judge can dismiss the charge if there were no new problems.

The “Use and Lose” laws are in effect. See pages 22 and 23 for more details on this law.

Juvenile Rights

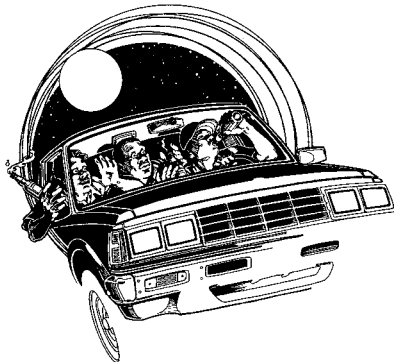
1. Juveniles have the right to be represented by an attorney in any Class II misdemeanor; Class I misdemeanor, or felony. The juvenile can hire a lawyer, obtain a Court-appointed lawyer if he/she qualifies via financial statement, or waive right to the representation of an attorney and be tried without a lawyer.
2. Juveniles have the right to summon witnesses to court in order to testify on his or her behalf.
3. Juveniles have the right to question any witness that testifies against him/her.
4. Juveniles have the right to remain silent and not say anything that is self-incriminating
5. Juveniles have the right to public trials.
6. Juveniles have the right to appeal final disposition of Juveniles and Domestic Relations Court to Circuit Court for a new trial.

Juvenile Privilege To Drive

A driver's license is a privilege granted by the Commonwealth of Virginia and parents.

This license may be suspended or revoked by either State or the parents.

A juvenile may lose the privilege to obtain a driver's license or continue driving if he/she is caught committing an alcohol or drug offense, even if it is not vehicle-related.



Virginia's Use and Lose Laws: Under 21

VIRGINIA IS TOUGH on underage drinkers driving under the influence of alcohol or drugs

18.2-323.1 - Open Container

You may be charged with drinking while operating a motor vehicle if you are stopped by law enforcement and you have an open container of alcohol in the passenger area, the contents have been partially removed, and you exhibit signs that you have been drinking. The passenger area means the area designed to seat the driver and passengers and any area within the driver's reach, including an unlocked glove compartment.

18.2-266.1 - Equal Penalties

Persons under age 21 who drive while under the influence of drugs or with a blood alcohol content (BAC) of 0.08% or higher are subject to the same penalties as persons age 21 or older.

18.2-266.1 - Zero Tolerance for Under Age 21

If you are under age 21, and you drive with a BAC of at least 0.02% but less than 0.08%, you will receive a fine of up to \$500 and a six-month driver's license suspension.

18.2-270.1 - Ignition Interlock System

If convicted of a second DUI offense within five years of a first offense, you will lose your license for three years. You must use an ignition interlock for six months or more on every vehicle you own or co-own whether you apply for a restricted license (after one year) or a full license (after three years, applies to both adult and under 21).

4.1-304 - Persons to Whom Alcoholic Beverages May Not Be Sold

If you sell alcoholic beverages to a person under age 21, you are subject to a fine up to \$2,500 and 12 months in jail.

4.1-305

If you are under age 21 and you are in possession of an alcoholic beverage, you face a fine ranging from \$500 to \$2,500, up to 12 months in jail, and your driver's license suspended for 6 months.

4.1-306

If you purchase alcoholic beverages for a person you know to be under age 21, you face a fine of up to \$2,500, 12 months in jail, and a suspended license for up to a year.

4.1-309

Drinking or possessing alcoholic beverages on public school grounds can result in a fine of up to \$1,000 and six months in jail.

4.1-305B - Misrepresentation of Age

If you are under age 21 and you use or attempt to use an altered, fictitious or simulated document or student ID to establish a false age in an attempt to purchase alcoholic beverages you will:

- be fined at least \$500 but not over \$2,500,
- be required to perform at least 50 hours of community service,
- face up to 12 months in jail, and
- be subject to suspension of your driver's license for up to 12 months.

Anonymous Reporting - Crime Stoppers

Danville: 793-0000
Pittsylvania County: 1-800-791-0044

Community Sources For Assessment And Treatment Of Adolescent Substance Abuse

AIMS (Associates in Mental Health Services, PC)
108 Holbrook Street • Danville, VA 24541
434-791-2059

**Danville-Pittsylvania Community Services
Substance Abuse Services**
245 Hairston Street • Danville, VA 24540-4137
434-799-0456

Dr. Lucy Moore, LPC & Associates
Pittsylvania Professional Park
5656 US Highway 29N, Suite A2 • Blairs, VA 24527
434-836-0732

Life Changes
1525 South Boston Road • Danville, VA 24540
434-822-6600

Life in Focus
525 Franklin Turnpike • Danville, VA 24540
434-836-9434

Youth Tobacco Use Prevention

Since 2004 Danville-Pittsylvania Community Services has received funding from the Virginia Tobacco Settlement Foundation, now known as the Virginia Foundation for Healthy Youth. These grant funds provide local schools with tobacco evidence-based prevention programs that have shown to be successful in reducing the number of youth who begin smoking. The following are some startling facts regarding youth tobacco use:

- There is evidence that smoking is sometimes a first step toward other dangerous behaviors, such as alcohol abuse, smoking marijuana, and other illegal drug use.
- Research shows that adolescents can become addicted to nicotine in as little as a few weeks by taking just a few puffs on a cigarette every other day.
- There are 8,100 kids under 18 who become new daily smokers each year.
- 152,000 Virginia kids are alive today who could die early from smoking.
- 15.2 million packs of cigarettes are bought or smoked by kids each year.

TALK TO OUR KIDS ABOUT THE DANGERS OF SMOKING!

Other Resources

Toughlove International

P. O. Box 1069
Doylestown, PA 18901
phone: (215) 348-7090
phone: (800) 333-1069

National self-help group for parents, children, and communities, emphasizing cooperation, personal initiative, avoidance of blame, and action. Publishes a newsletter, brochures, and books, and also holds workshops.

Mothers Against Drunk Driving

511 East John Carpenter Freeway
Suite 700
Irving, TX 75062
phone 214-744-MADD or 1-800-Get MADD
fax 972-869-2206

National Clearinghouse for Alcohol and Drug Information

P. O. Box 2345
Rockville, MD 20847-2345
phone 1-800-729-6686
fax 301-468-6433

Pride Youth Programs

4 West Oak St.
Fremont, MI 49412
phone 1-800-668-9277
fax 231-924-5663

Students Against Driving Drunk

P. O. Box 800
Marlboro, MA 01752
phone 508-481-3568
toll-free 877-SADD Inc.
fax 508-481-5759

Hotlines

Al-Anon Family Group Headquarters

phone: (800) 356-9996

Provides printed materials specifically aimed at helping families dealing with the problems of alcoholism. Available 9 a.m. to 4:30 p.m. EST.

Alcohol and Drug Hotline

phone: (800) 821-4357

phone: (801) 272-4357 in Utah

Provides referrals to local facilities where adolescents and adults can seek help. Operates 24 hours.

Child Help USA

phone: (800) 422-4453

Provides crisis intervention and professional counseling on child abuse. Gives referrals to local social services groups offering counseling on child abuse. Operates 24 hours.

Covenant House Nineline

phone: (800) 999-9999

Crisis line for youth, teens, and families. Locally based referrals throughout the United States. Help for youth and parents regarding drugs, abuse, homelessness, runaway children, and message relays. Operates 24 hours.

Depression, Awareness, Referral and Treatment (D/ART)

phone: (800) 421-4211

Provides free brochures about the symptoms of depression, its debilitating effects on society, and information about where to get effective treatment. Operated by the National Institute on Mental Health. Operates 24 hours.

Appendix

Alcohol

Beer, wine, wine coolers, liquor

Alcohol is a depressant drug. Therefore, the effects and risks are very similar to barbiturates, tranquilizers, and methaqualone.

Physical and Psychological Effects and Risks

- appear intoxicated
- unsteady gait
- slurred speech
- stumbling
- disorientation
- poor motor coordination
- impaired judgment
- drowsiness
- irritability
- disoriented
- inattention and poor concentration
- feeling of relaxed well-being or euphoria
- deterioration of physical health or brain damage with heavy use
- in small amounts may seem relaxed and in a good humor
- confused thinking
- physical and psychological dependence
- accidents
- depression
- aggressive or violent behavior
- impaired interpersonal relationships
- emotional instability
- alcohol overdose or death
- health risk of combining alcohol use with other drugs

Marijuana

(pot, dope, reefer, sensemilla, joint, draw, weed, draw weed, dry weed)

Hashish or hash is resin from the marijuana plant.

Physical and Psychological Effects and Risks

- red, watery eyes
- enlarged pupils
- increased appetite
- increased heart rate
- increased blood pressure
- dryness of mouth and throat
- coughing
- drowsiness
- may appear to be in a dream-like trance
- distorted perception of time and sensation
- impaired motor coordination
- feeling of relaxed well-being
- psychological dependency
- loss of motivation
- anxiety and paranoia
- organic psychosis
- lung damage
- increased colds and flu

Marijuana Con't.

- inappropriate laughter
- impaired concentration and judgment
- can become listless, inattentive, and apathetic
- impaired memory

Inhalants

Freon gas, glue, gasoline, white out, rubber cement, aerosol sprays, nail polish, nail polish remover, lighter fluid

Amyl Nitrite (*poppers, snappers*) and Butyl Nitrite (*rush, locker room, bolt, bullet, climaxes*) are also dangerous when misused.

Physical and Psychological Effects and Risks

- depressed respiration and pulse
- nausea
- nosebleed
- fatigue
- dilated blood vessels
- bad breath
- loss of appetite
- sneezing
- coughing
- possible disorientation and confusion
- lightheadedness
- euphoria
- feeling excited
- impaired memory and thinking
- loss of coordination and self-control
- distorted perception
- temporary blindness
- sometimes abusive or violent behavior
- psychological dependency
- possible hallucinations
- chemicals stored in body as long as several weeks; some may never be eliminated
- unconsciousness
- convulsions and seizures
- sudden death due to respiratory and/or cardiac arrest (gas displaces O₂; depressed central nervous system)
- depression
- irritability
- kidney, liver, bone marrow, lung, and brain damage
- irreversible damage over time
- stroke
- heart attack

Hallucinogens

LSD (*acid, dots, sugar cubes, blue heaven, green or red dragon, white lightning*)

Psilocybin (*magic mushrooms, "shrooms"*), Mescaline (*Peyote cactus*), Morning Glory seeds, PCP (*angel dust*), MDMA (*Ecstasy*)

Physical and Psychological Effects and Risks

- sleep disturbance
- increased heart rate
- increased blood pressure
- dilated pupils
- drowsiness
- may believe he/she is having profound thoughts of great importance

- may appear to be in dream-like trance
- loss of appetite
- self-inflicted injuries
- erratic behavior
- distortion of time, senses, and perceptions
- auditory, visual, tactile, and olfactory hallucinations
- may appear disoriented
- if only small amount taken, may appear relaxed and in good mood
- disorientation and confused thinking
- psychological dependency
- unpredictable flashbacks
- severe anxiety and panic
- paranoia
- heavy use can result in organic brain damage
- impaired memory
- short attention span
- difficulty in abstract thinking
- loss of interest in usual activities
- unpredictable in its effects

Cocaine

(coke, snow, nose candy, flake, white, blow, big C, snowbirds, lady, girl, that thing, flavor)

Cocaine is a stimulant drug. Therefore, the effects and risks are similar to other stimulants.

Crack *(smoke, cook-um-up, rock, freebase)* is an extremely potent form of cocaine.

Freebasing is the smoking of this potent form of cocaine.

Physical and Psychological Effects and Risks

- increased body temperature
- loss of appetite
- loss of sleep
- increased blood pressure and heart rate
- perspiration
- enlarged pupils
- constricted blood vessels
- impaired perception, memory, and judgment
- feeling of exaggerated self-confidence
- increased alertness
- feeling of euphoria followed by depressed mood and fatigue
- irritability
- anxiety
- physical and psychological dependency
- heart attack or stroke
- permanent damage to nasal tissues
- organic brain damage
- serious depression, often short-lived euphoria
- paranoia
- impaired interpersonal relationships
- convulsions and seizures
- capable of producing dependency very quickly
- sudden death

Narcotics

Heroin (*smack, horse, junk, boy, dope, thing*)

Codeine, Opium, Percodan, Tussionex, Darvon, Dilaudid

Physical and Psychological Effects and Risks

- nausea
- insensitivity to pain
- loss of appetite
- feeling of detachment
- slow reflexes
- feeling of euphoria
- drowsiness
- clouded thinking
- apathy
- physical and psychological dependency
- death from overdose
- convulsions
- interpersonal withdrawal
- disease when injected intravenously

Stimulants

Amphetamines (*bennies, dexies, uppers, black beauties, hearts, speed, bumble bees, white crosses, copilots, 357 magnums*)

Methamphetamines (*crank, crystal, speed, crystal meth, ice*)

Physical and Psychological Effects and Risks

- tremulousness
- flushed
- perspiration
- prolonged periods without eating or sleeping may occur
- enlarged pupils
- increased heart rate and blood pressure
- fatigue
- dizziness
- blurred vision
- elevated mood
- rapid speech
- excessive activity
- euphoria followed by depressed mood and fatigue
- irritability and argumentativeness
- restlessness
- disorientation
- impaired memory, perception, concentration, and judgment
- increased alertness
- physical and psychological dependency
- heart attack
- organic brain damage
- paranoia
- hallucinations
- severe depression; sometimes suicidal ideation
- amphetamine psychosis and violence

Depressants

Barbiturates (*yellow jackets, downers, reds, red devils, barbs, blue devils*)

Tranquilizers (*Valium, Rohypnol*), Methaqualone (*Qualuudes, sopers, ludes*)

Physical and Psychological Effects and Risks

- appear intoxicated
- unsteady gait
- slurred speech
- disorientation
- stumbling
- poor motor coordination
- impaired judgment
- drowsiness
- irritability
- in small amounts may seem relaxed and in a good humor
- inattentive
- feeling of relaxed well-being
- confused thinking
- physical and psychological dependency
- accidents
- depression
- aggressive or violent behavior
- impaired interpersonal relationships
- emotional instability
- overdose, especially when combined with alcohol

Caffeine Pills

Vivarin, No Doz

Physical and Psychological Effects and Risks

- aroused central nervous system
- irritability
- rapid heartbeat
- excitement
- increased urination
- low blood sugar
- nervousness
- insomnia
- physical and psychological dependency
- constricted blood vessels
- headache, irritability, and drowsiness when withdrawn
- hallucinations, convulsions, and/or coma if overdose

Appetite Suppressants

Dexatrim

Physical and Psychological Effects and Risks

- trembling
- irritability
- rapid heartbeat
- overactivity
- depressed appetite
- false sense of well-being
- nervousness
- insomnia
- physical and psychological dependency
- mood changes
- headache, irritability, and drowsiness when withdrawn
- confusion, disorientation, hallucinations, convulsions, and/or coma if overdose

Tobacco Products

Cigarettes, Cigars, Snuff, Chewing Tobacco

Physical and Psychological Effects and Risks

- increased blood pressure
- hypertension
- brown stained teeth
- reduction of the flow of blood and oxygen throughout the body
- stomach ulcers
- impaired healing of wounds and sores inside the mouth
- delivery of premature babies or babies who weigh less than normal
- spontaneous abortion, stillbirth, or death after birth
- increased heartbeat
- bad breath
- lowered sense of taste and smell
- impaired breathing due to a reduction of the flow of blood and air in the lungs
- receding gums
- gum disease
- inflammation of the gums
- oxygen driven out of red blood cells
- false sense of relaxation and well-being
- irritability, nervousness, and headache when withdrawn
- physical and psychological dependency
- constricted blood vessels
- arteriosclerosis - hardening and thickening of the arteries
- dental problems with teeth, e.g., decay, ground down enamel
- coronary heart disease, heart attack, and stroke
- lung disease, e.g., bronchitis, emphysema
- incurable lung cancer
- cancer of the cheek, tongue, gums, lip, mouth, larynx, esophagus, and bladder

Anabolic Steroids

Physical and Psychological Effects and Risks

- temporary sterility
- stunted growth
- depression
- testicular shrinkage
- sexual dysfunction
- in males, enlarged breasts
- ligament and tendon injuries
- increased endurance
- severe acne
- baldness
- fluid retention
- gain in muscle mass, strength, and body weight with continued heavy training and a high protein, high calorie diet
- in females, deepening of the voice and increased growth of body and facial hair
- psychological dependency
- aggressive behavior
- mood changes/moodiness
- liver disorders and diseases
- cardiovascular disorders and/or diseases due to:
 - (a) high blood pressure
 - (b) decrease in the amount of “good” cholesterol in the blood
 - (c) increase in the amount of “bad” cholesterol in the blood