

# Positive Pathways

## Did You Know?

Teens who learn anti-drug messages at home are 42 percent less likely to use drugs.

## Topic of the Month: Keeping Your Kids DRUG-FREE

### Mark Your Calendar! Prevention Activities:

✧ December 1, 2004  
Kaiser Permanente  
Educational Theatre Program

#### "The R Files"

(Location: Hyattsville site)

✧ January 26, 2005  
Columbia Union College –  
"Acro Aires"  
(Location: East County Community Center)

✧ February 25, 2005  
Dance Place, DC  
Carla and Company  
(Location: Edgewood site)

The presentations listed are for students and staff at all program sites. **Parents** are invited to attend.

To RSVP Call  
Emily Anderson,  
Pathways Prevention Coordinator  
301-649-0778

The Pathways Schools  
1106 University Blvd. W.  
Silver Spring, MD 20902

Phone: (301) 649-0778  
Fax: (301) 649-2598

We're on the Web!  
[www.pathwayschools.org](http://www.pathwayschools.org)

### "Did you know?"

You are your child's most important role model.

Going back to school signifies a time of new beginnings -- new notebooks, classes, and friends. It can also be a time of new challenges for many young people when it comes to drugs.

But that doesn't mean there's nothing parents can do. It is important to keep in mind that if a child shows any of the following symptoms, it does not necessarily mean that he or she is using drugs. The presence of some of these behaviors could be the product of adolescent stress. Others may be symptoms of depression or a host of other problems. Whatever the cause, they may warrant attention, especially if they persist or if they occur in a cluster. A mental health professional or a caring and concerned adult may help a youngster successfully overcome a crisis and develop more effective coping skills, often preventing further problems.

**The key is change:** it is important to watch for any significant changes in your child's physical appearance, personality, attitude or behavior

**Physical Signs:** loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain, slowed or staggering walk; poor physical coordination, inability to sleep, awake at unusual times, unusual laziness, red, watery

eyes; pupils larger or smaller than usual; blank stare, cold, sweaty palms; shaking hands, puffy face, blushing or paleness, smell of substance on breath, body or clothes, extreme hyperactivity; excessive talkativeness, runny nose; hacking cough, needle marks on lower arm, leg or bottom of feet, nausea, vomiting or excessive sweating, tremors or shakes of hands, feet or head, irregular heartbeat.

**Behavioral Signs:** change in overall attitude/personality with no other identifiable cause, changes in friends; new hang-outs; sudden avoidance of old crowd; doesn't want to talk about new friends; friends are known drug users, change in activities or hobbies, drop in grades at school or performance at work; skips school or is late for school, change in habits at home; loss of interest in family and family activities, difficulty in paying attention; forgetfulness, general lack of motivation, energy, self-esteem, "I don't care" attitude, sudden oversensitivity, temper tantrums, or resentful behavior, moodiness, irritability, or nervousness, silliness or giddiness, paranoia, excessive need for privacy; unreachable, secretive or suspicious behavior, car accidents, chronic dishonesty, unexplained need for money, stealing money or items, change in personal grooming habits, possession of drug paraphernalia.

Information provided by ACDE.

### What can you do?

- ◆ Know what your children are doing – their activities and how they spend their time.
  - ◆ Be involved in their lives.
  - ◆ Praise and reward good behavior.
  - ◆ Set limits with clear rules and consequences for breaking them.
- It's not pestering, it's Parenting**

# Be Drug Smart

Do you know what drugs people are using today and what those drugs can do to you? Test yourself and find out what you know. You may be surprised by some of the answers! Read each of the questions and mark your response. We are not grading you -- that's your job! Good luck! *Answers are found at the bottom of quiz)*

1. The most commonly abused drug in the United States is: marijuana alcohol cocaine heroin
2. Most drug users make their first contact with illicit drugs:  
through drug dealers through friends accidentally on their own
3. More people die each year in the U.S. as a result of: Alcohol Tobacco Heroin Cocaine
4. The majority of inhalant users are: men children women the elderly
5. Marijuana in small amounts is legal in the United States. True False
6. Marijuana is much stronger today than it was 10 years ago. True False
7. Marijuana can stay in the body up to: 2 days 1 week 1 month
8. The use of alcohol and other drugs during pregnancy:  
Should stop after 12 weeks is a risk at any point in small doses is not a risk
9. LSD is a hallucinogen. True False
10. A shot of hard liquor contains the same amount of pure alcohol as a can of beer. True False
11. One must be \_\_\_\_ years old to legally purchase cigarettes. 18 20 21
12. One must be \_\_\_\_ years old to legally purchase alcohol. 20 21 19
13. A cold shower or a cup of black coffee will sober up a person that has been drinking. True False
14. More teenage males drink alcohol than teenage females. True False
15. The chemical in marijuana that causes the high is: Nicotine THC MDMA
16. A blunt is marijuana in a: Cigarette Cigar Pipe
17. Crack is on of the most addictive drugs available today. True False
18. The higher from a typical dose of crack lasts: 1 hour 30 minutes 5 minutes
19. PCP is also known as: Acid Smack Angel dust Ludes
20. Physical dependence can involve painful withdrawal symptoms when the drug is no longer being used.  
True False

1.alcohol 2.through friends 3.tobacco 4.children 5.false 6.true 7.month  
8.is a risk at any point 9.true 10.true 11.18 12.21 13.false 14.true 15.THC 16.cigar  
17.true 18.5 minutes 19.angel dust 20.true