

Loudoun County Public Schools

Substance Abuse Prevention:

What parents need to know

LCPS Pupil Services

Student Assistance Specialist

School Social Worker

Why do teens use?

Cognitive Motivation

“I can think better when I am using.”

“I think about things on a deeper level when I am using.”

Emotions and Stress

“I enjoy drinking or getting high because it helps me blow off stress.”

“I feel more like drinking or using drugs when I am upset or angry.”

Social Motivation

- “I am more fun to be around when I use.”
- “I use because that is what my friends do.”

Excitement

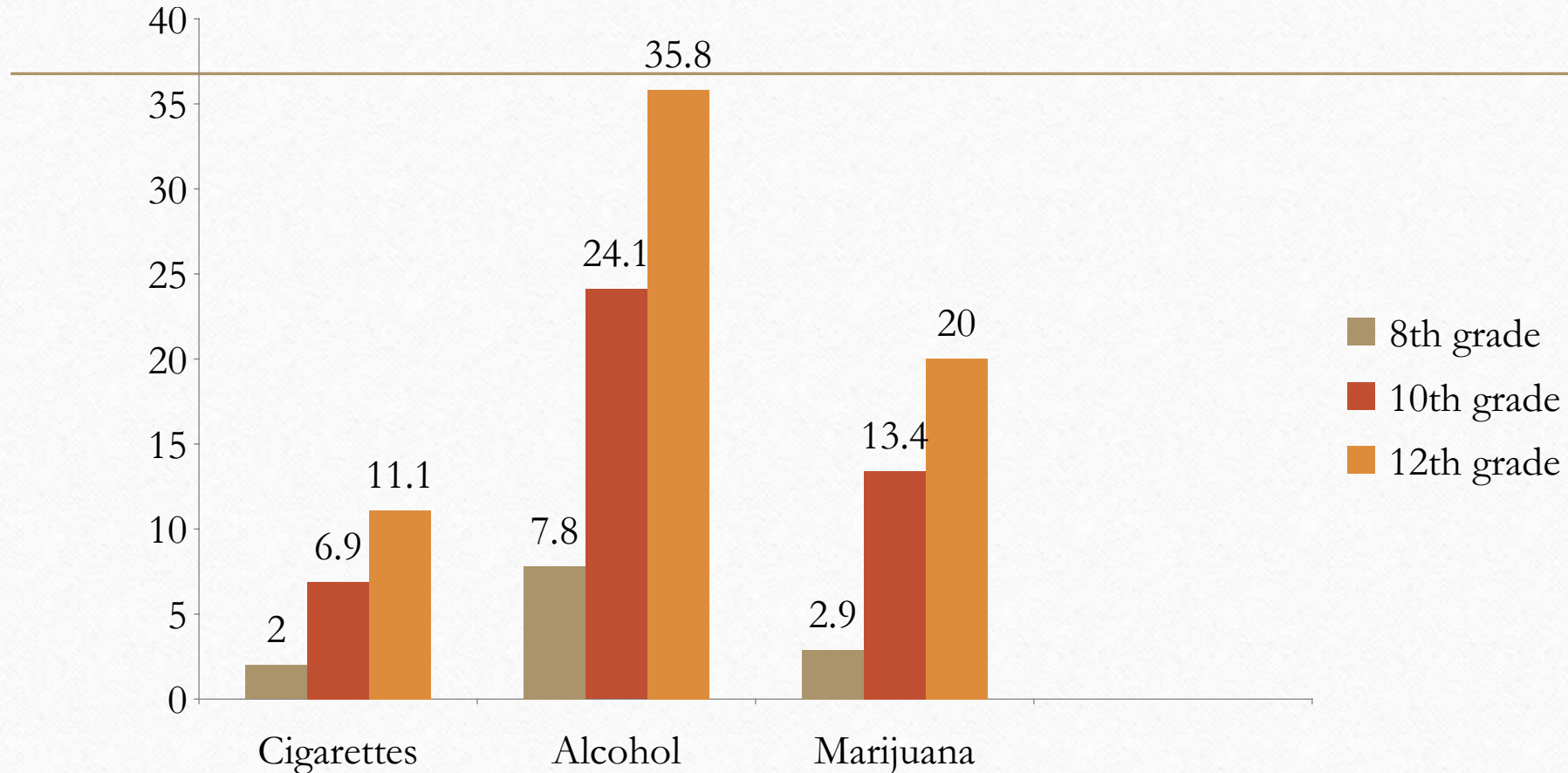
- “I like the feeling of getting away with alcohol and drug use.”
- “Drinking and using drugs helps me to avoid being bored.”

Perception of Risk in Alcohol and Drug Use

NIDA 2014 survey on Trends Among Teens

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nida_mtf2014_infographic_orange_6.pdf](https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/nida_mtf2014_infographic_orange_6.pdf)

LCPS 2011-2012 survey of 2,301
students in 8th, 10th and 12th grade.
% who report using in the past 30 days.





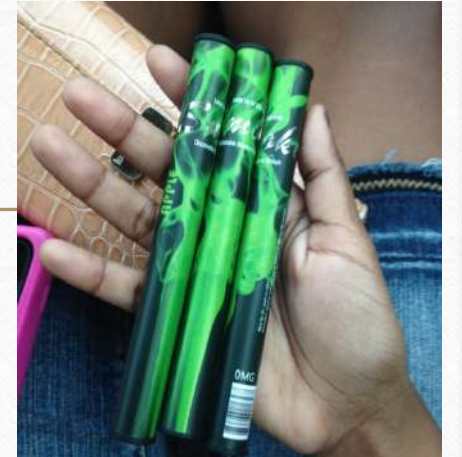
Hookah

- Inhaling smoke from a hookah contains the same carcinogenic components found in cigarette smoke.
- Hookah smoke contains 36 times more tar than cigarette smoke. It also contains 15 times more carbon monoxide and higher levels of lead, nickel and arsenic.
- Hookah smoke also contains nicotine, which is highly addictive.
- Increases a person's risk for developing cancer, heart disease and dental disease.

E-cigarettes & Vaping Trends

16% of 10th graders report using e-cigarettes
in the past month

- No tar and does not produce tobacco smoke
- Battery operated
- Delivers flavored nicotine aerosol that is inhaled
- Vapor from some e-cig products does contain known carcinogens and toxic chemicals.
- Recent study showed that E-cig use can damage lungs
- Not being used by teens for smoking cessation
- Can actually lead to smoking tobacco.



What percentage of teenagers
drink socially?

- A. None
- B. 10%
- C. 50%
- D. 85%

10%

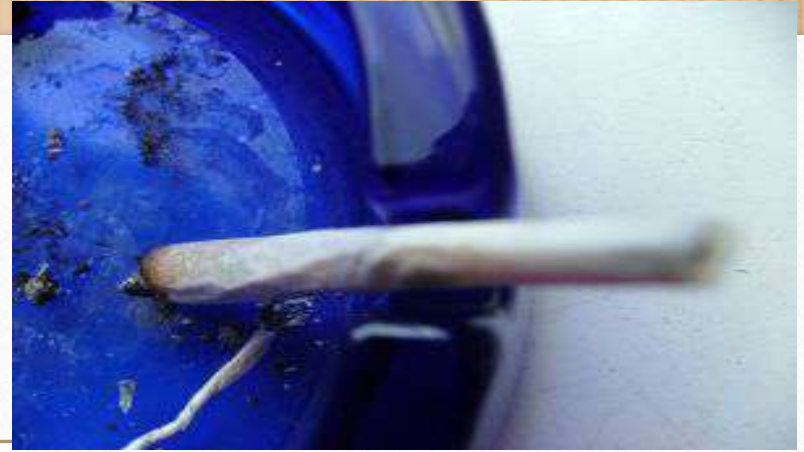
- Teenagers drink to get “drunk” (binge drinking)
- Binge drinking is drinking a heavy consumption of alcohol with the intention of becoming intoxicated over a short period of time (approximately 2 hours).
- Consumption varies in males (5 or more drinks) v. females (4 or more drinks)
- Increases the risk for blackouts, alcohol poisoning, injury, and death.

Alcohol Trends



- Overall use and binge use has declined over the past 5 years. But most teens who do drink, drink to get drunk
- Energy drinks still popular (some have alcohol)
- Four Loko (stimulant taken out due to overdoses): contains 6-12% alcohol. Kids add their own stimulant. Stimulant reduces possible depressed effects, so they feel like they can drink more
- Palcohol: Powdered alcohol recently legalized by the Federal Government. Small package can fit in a pocket. Just add water 12%-60% alcohol. Many states have banned it, including VA
- Pocket shots. Not sold in VA but contain 12-40% alcohol. Are made to be added to a mixer. Appeal to younger students

Marijuana Trends



- Drop in the number of teens who consider marijuana harmful
- 64% of 12th graders do not think that regular marijuana smoking is harmful
- Increase in the number who say it is beneficial, especially now that it is being used medicinally
- Because the consequences of marijuana are different and sometimes less apparent than with other drugs, many teens do not think marijuana is addictive
- Almost 50% of teens try marijuana before they graduate and daily use has increased

Marijuana Trends Continued



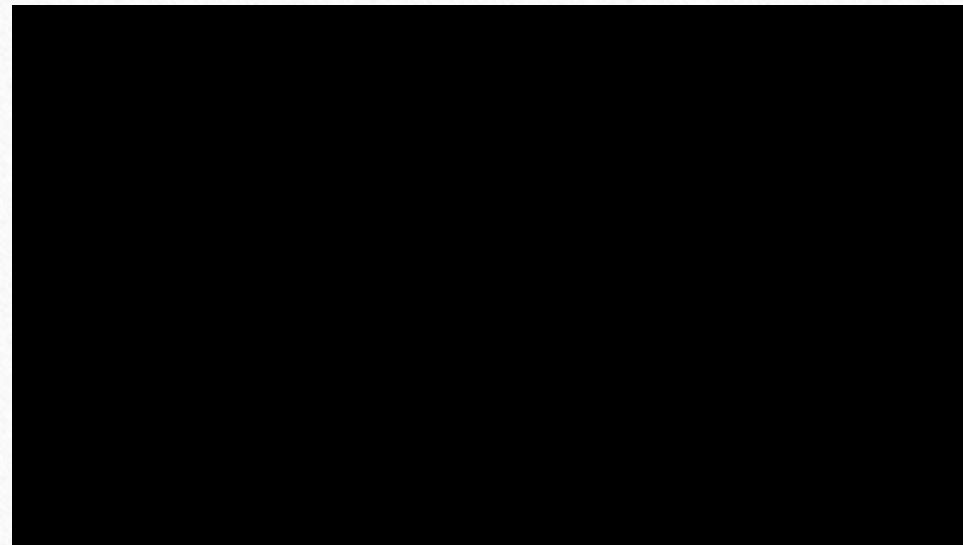
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- E-cigarettes: Used to smoke marijuana in wax or oil form
 - Vape pens: Oil is most commonly used. Butane honey oil
 - Wax/Dabbing/"Goo" - 70% THC
 - Shatter/amber: sheet form broken into pieces - 90% THC
 - Edibles/Candy: Gummies, tootsie rolls, mints
 - Can now get 100% purity with marijuana concentrates



“DABBING”

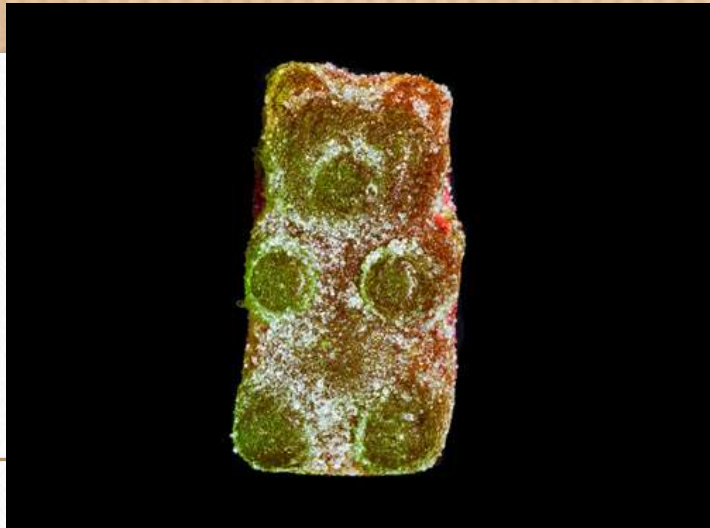
- Dabbing allows the user to ingest a high concentration of Tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana. Butane Hash Oil (BHO), an oil or wax-like substance extracted from the marijuana plant, is placed on a “nail” attached to a specialized glass bong called a “rig.” A blow torch is used to heat the wax, which produces a vapor that can then be inhaled. This ingestion method means the effects of dabbing can be felt instantaneously.
- A practice related to dabbing includes placing hash oil in vaping devices, which look like e-cigarettes and don’t emit any smoke. This decreases opportunities to get caught using hash oil, and gives middle and high school aged youth the opportunity to get high in increasingly public places, even at school.

“DABBING”



Vape Pens





Synthetic Drugs



Since 2009 there have been more than 200 new synthetic compounds. 1 out of 9 adolescents are using some type of synthetic

- **Synthetic Marijuana** also known as “K2” or “Spice.” Up to 100 times more potent than marijuana Herbal mixture of dried plants and other herbs which is sprayed with a synthetic compound/acetone
- **Ecstasy**: highlighter parties, bracelets/candy
- **“Molly”**: Slang for "molecular". In theory, "molly" is high purity MDMA powder.
- **Synthetic Hallucinogens**: Research Chemicals (RC's)
- **2C family**: “Smiles” Synthetic Hallucinogen (2C-I-NBOMe/25i). Prepared on blotter paper similar to LSD or in powder form
- **MXE “Mexxy”**: a derivative of Ketamine



Prescription Drugs

13% of teens acknowledged having experimented at least once with either Ritalin or Adderall that was not prescribed for them (“study drug”)

- **Bowling, trailmix, smurfing, skittles** - Creative in how they hide them (chapstick, candy)
- **Opiates most common** - Oxycontin, Vicodin, Percocet
Short-term effects: nausea, impaired coordination & mental function.
Heroin is on the rise, cheaper and amount can last for longer time
Coming from MD and WV
- **Stimulants** - Ritalin, Adderall. Used to treat ADD/ADHD. Short-term effects: increased heart rate, rapid breathing

Signs of Drug & Alcohol Abuse & Dependence



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- Bloodshot eyes
 - Smell of alcohol or pot
 - Skipping class and/or school
 - Loss of interests
 - Staying out late
 - Lying
 - Stealing
 - Poor grades
 - Poor hygiene
 - Isolation
 - Change of friends
 - Mood swings
 - Conflict with parents
 - Legal problems
 - Manipulating others

When to be Concerned

- Remember: physical, emotional, and intellectual changes are normal in adolescent development
- The key is significant **CHANGE** in physical appearance, personality, friends, interests, attitudes, and behavior

LCPS Alcohol 8-35 and drug 8-36 Violation Policies

If caught under the influence or in possession of alcohol in school or on school property (1st offense)

- 7 days out-of-school suspension
- 3 day Insight class at Douglass School

If caught under the influence or in possession of drugs or paraphernalia in school or on school property (1st offense)

- 10 day out-of-school suspension
- 3 day Insight class at Douglass School

LCPS Alcohol and Drug Violation Policy

If second offense or
distribution

- 10 day out-of-school suspension
- 30 days SAE at Douglass school
- 3 day Insight class

Parents Who Host Lose the Most Virginia Underage Drinking Laws

It is a Class 1 misdemeanor for adults to provide alcoholic beverages to any person under the age of 21.* Civil and Criminal Penalties upon conviction.

- Parents can be held responsible if someone is injured, sexually assaulted, damages property or dies as a result of allowing a minor to use alcohol in their home.
- Even as a misdemeanor it is punishable by up to a year in jail and a \$2,500 fine.
 - loss of the adult's driver's license for up to one year, and/or up to one year in jail

*A person under 21 must be accompanied by his parent, guardian, or spouse in order to be served alcohol in the home of another. A parent, guardian, or spouse may serve alcohol to a family member under 21 in his own home.

Parents can make a difference!



Teens who learn about the risks of using drugs at home are half as likely to abuse drugs than those whose caregivers do not teach them about risks.



2/3 of youth, ages 13-17, say that upsetting their parents or losing the respect of family & friends is one of the main reasons they don't smoke marijuana or use other drugs.

Community & School Resources
