

SYMPTOMS OF TEENAGE ALCOHOL OR DRUG ABUSE

1. Decreased ability to concentrate; sudden drop in grades
2. Excessive feelings of boredom
3. Changes in physical activity
4. Hypersensitive to words and actions of others
5. General irritability
6. Misdirected anger; difficulty handling feelings
7. Skipping school (especially Fridays and Mondays, or before and after holidays)
8. Complaints of vague illnesses
9. Continuous fatigue or chronic tiredness
10. Increased use of medications
11. Deterioration of personal appearance
12. Sudden disregard for family rules; withdrawal from family activities
13. Secretiveness; locking doors
14. Outbursts of inappropriate laughter
15. Unexplained bruises
16. Excessive coughs and colds
17. Unknown new friends
18. Friends older than your child
19. Mysterious phone calls
20. Too much money or no money; missing money
21. Loss of interest in sports, hobbies, church activities, etc.
22. Drug-related slogans, symbols drawn on notebooks, and other papers

One of the best ways to help prevent drug abuse is to COMMUNICATE. Communication is many different things. It is listening, talking, sharing ideas and feelings, and it is asking questions.

Communication with all kinds of people, especially children and teenagers, is a way to prevent drug abuse. But when we do not understand the words being used, COMMUNICATION STOPS!



For more information or to schedule a presentation on drug abuse, contact:

Orange County Sheriff's Office
Crime Prevention Unit
407-254-7106

Emergency
9-1-1

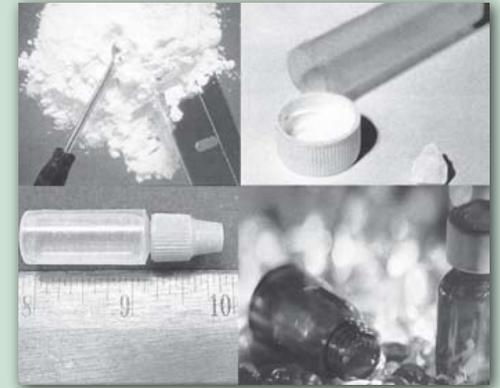
Non-Emergency
407-836-HELP (4357)

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ORANGE COUNTY SHERIFF

Sheriff Jerry L. Demings



A Parent's Guide to Drug Abuse

*What Do
They Call It?*

| DRUG | PHYSICAL SYMPTOMS | LOOK FOR | DANGERS |
|--|--|---|--|
| ALCOHOL <i>beer, wine, liquor</i> | Intoxication, slurred speech, unsteady speech, unsteady walk, relaxation, relaxed inhibitions, impaired coordination, slowed reflexes | Smell of alcohol on clothes or breath, intoxicated behavior, hangover, glazed eyes | Addiction, accidents as a result of impaired ability and judgment, overdose (especially when mixed with other depressants), heart and liver damage |
| COCAINE <i>coke, dust, snow</i> | Brief intense euphoria, elevated blood pressure and heart rate, restlessness, excitement, feeling of well-being followed by depression | Glass vials, white crystalline powder, razor blades, mirror, straws, syringes, needle marks | Addiction, heart attack, seizures, lung damage, severe depression, paranoia (see stimulants) |
| CRACK <i>rock, crack, base</i> | Brief intense euphoria, elevated blood pressure and heart rate, restlessness, excitement, feeling of well-being followed by depression | Pipes, crushed soda cans | Addiction, heart attack, seizures, lung damage, severe depression, paranoia (see stimulants) |
| MARIJUANA <i>pot, dope, weed, herb, hash, joint, blunt</i> | Altered perceptions, red eyes, dry mouth, reduced concentration and coordination, euphoria, laughing | Rolling papers, pipes, dried plant material, odor of burnt hemp rope, roach clips | Panic reaction, impaired short term memory, addiction |
| HALLUCINOGENS <i>LSD (acid), PCP, MDMA, ecstasy, psilocybin, mushrooms, peyote</i> | Altered mood and perception, focus on detail, anxiety, panic, nausea, synaesthesia (e.g., smelling colors, seeing sounds) | Capsules, tablets, "microdots", blotter squares | Unpredictable behavior, emotional instability, violent behavior (with PCP) |
| INHALANTS <i>gas, aerosols, glue, nitrites, rush, white-out</i> | Nausea, dizziness, headaches, lack of coordination and control | Bags, rags, aerosol cans, odor of substance on clothing and breath, intoxication, drowsiness, poor muscular control | Unconsciousness, suffocation, nausea and vomiting, damage to central nervous system, sudden death |
| NARCOTICS <i>heroin (junk, dope, black tar, China-white), demerol, dilaudid, DS, morphine, codeine</i> | Euphoria, drowsiness, insensitivity to pain, nausea, vomiting, watery eyes, runny nose (see depressants) | Needle marks on arms, needles, syringes, spoons, pinpoint pupils, cold moist skin | Addiction, lethargy, weight loss, contamination from unsterile needles (hepatitis, AIDS), accidental overdose |
| STIMULANTS <i>amphetamines and methamphetamines (speed, uppers, crank, black beauties, crystal), caffeine, nicotine, cocaine</i> | Alertness, talkativeness, wakefulness, increased blood pressure, loss of appetite, mood elevation | Pills and capsules, loss of sleep and appetite, irritability or anxiety, weight loss, hyperactivity | Fatigue leading to exhaustion, addiction, paranoia, depression, confusion, possibly hallucinations |
| DEPRESSANTS <i>barbiturates (downers, reds, yellow jackets), other sedatives, tranquilizers (tranks, valium), alcohol</i> | Depressed breathing and heartbeat, intoxication, drowsiness, uncoordinated movements | Capsules and pills, confused behavior, longer periods of sleep, slurred speech | Possible overdose (especially in combination with alcohol), muscle rigidity, addiction and withdrawal require medical treatment |