

**Silver Award By: Emma Ruggieri and  
Kaitlyn DePietro**

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# **The Parents Guide To Substance Abuse**

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# EWG Stats



These stats are from a school survey taken in September of 2019. All students had to fill it out. These are the results. Students were told to be honest but nerves and embarrassment also come into play. So keep in mind these numbers could be higher.

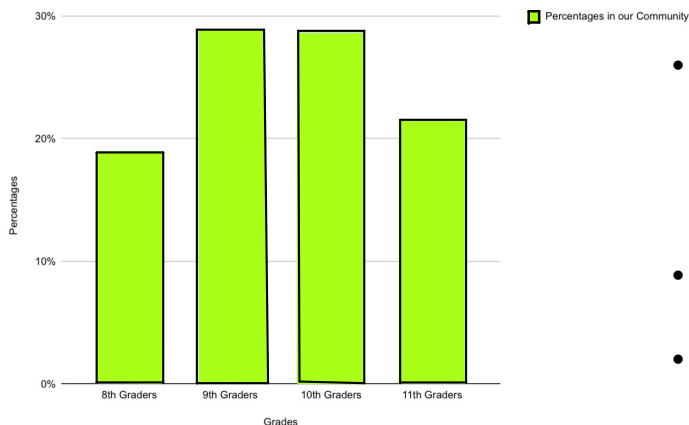
## Middle School

- 9% of middle schoolers used alcohol in the past 30 days
- 3% of middle schoolers used marijuana in the past 30 days
- 4% of middle schoolers used tobacco in the past 30 days
- 7% of middle schoolers used non-medical prescriptions in the past 30 days

## High School

- 16.8% used alcohol in the past 30 days
- 12.1% used marijuana in the past 30 days
- 5.2% used tobacco in the past 30 days

## Both

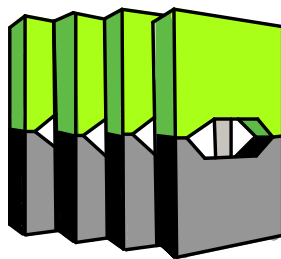


- 19% of 8th graders, 28.9% of 9th graders, 28.7% of 10th graders and 21.5% of 11th graders have reported using e-cigs before
- Most popular age to first use alcohol is 14 with 11%
- Most popular age to first use marijuana is 13 with 5.8%

# Vaping



Vaping is the act of inhaling and exhaling aerosol or vapor produced by a vape device. The term vaping is used by many teens and young adults when speaking about vaping. Vape devices are also known as e-cigs, e-hookahs, mods, vape pens, vapes, tank systems and JUULs. What comes out of the vape looks like smoke but it is actually vapor. Some vapes look like regular cigarettes, cigars, or pipes. Others look like USB sticks and others look like everyday objects. Larger ones like mods look like a small cell phone. Some are throwaway after use, others rechargeable, by a USB port on a computer or other places. Each JUUL pod is equal to one pack of cigarettes. Nearly 1:3 high school seniors tried vaping in the past year. Kids tend to share vapes at parties and at school. Teens can compete in cloud competitions to preform the best vaping tricks. Exposure from drinking e-liquids, by accident or on purpose, eye or skin contact or injection can result in seizures, brain injury, vomiting, and problems related to lactic acid buildup in the body but also death.



Vaping

# How to quit Vaping or Smoking

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If you desire to quit vaping or smoking or have your child quit follow these steps...

1. Decide why you want to quit and write it down, maybe add a pros and cons list. (The pros will outweigh the cons)
2. Pick a day to stop, tell your friends and family that your quitting on that day.
3. Get rid of ALL vaping and smoking supplies, do not leave anything behind!
4. Download tools on your phone or device to help with cravings and give you encouragement.
5. You can go to meetings with your peers, it is not required but it is very helpful.



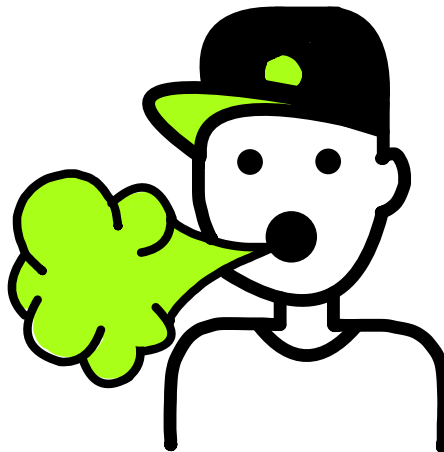
Vaping

## Signs your child is vaping

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If you are concerned about one of your friends or family using a vape or e-cig here are some signs you should watch out for.

- Equipment (flash drives , e-juice bottles, pods)
- Online purchases that you didn't order
- Scent of vapes
- Increased thirst/nose bleeds (chemicals in e-juices dry out the mouth and nose)
- Decreased caffeine use
- Vaping lingo (atty, VG [vegetable glycerin], sauce [e-juice])
- Appearance and behavior changes



Vaping

# Marijuana



Marijuana is the dried leaves and flowers of the *Cannabis sativa* or *Cannabis indica* plant. When using marijuana it can interfere with attention, motivation, memory, and learning. When marijuana is used heavily during teen years, it can lower grades and IQ. So if a random decrease in grades is shown look more into it. Smoking or vaping marijuana has led many people to the emergency room with major health problems. This is very pricy which can be a huge issue for people that have money problems. Some street names for marijuana are hash, pot, and weed. When marijuana is smoked or vaporized THC quickly passes from the lungs into the bloodstream. This carries the drug into the organs and throughout the body, including to the brain. The effects of marijuana are being shown almost immediately and they can last for one to three hours. Because of this, within minutes after taking marijuana a person's heart rate speeds up. The bronchial passages or piped that let air in and out of your lungs, relax and become enlarged. The blood vessels in the eyes also expand making the eyes look red. Marijuana can also affect the memory for days after use. Marijuana is extremely addictive, this makes it very hard to quit once used. Approximately 10% of people who use marijuana may develop a marijuana use disorder.



# Short and Long-Term Effects

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## Short-term

- Altered senses
- Altered sense of time
- Change in mood
- Slow reaction time
- Problem with balance and coordination
- Increase appetite
- Trouble thinking spans solving problems
- Memory problems
- Hallucinations
- Delusions
- Psychosis(having false thoughts)

## Long-term

- Increased heart rate
- Respiratory problems
- Increased risk for mental health problems
- Increased risk of problems for an unborn baby(if pregnant)

**SHORT TERM**

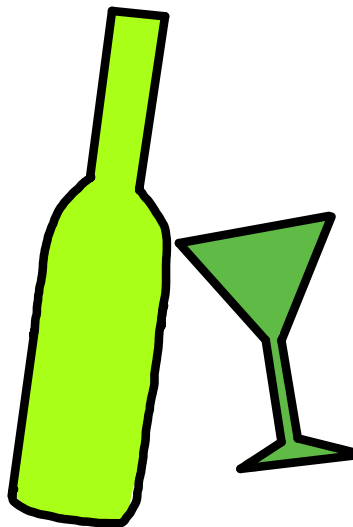
Marijuana



# Alcohol

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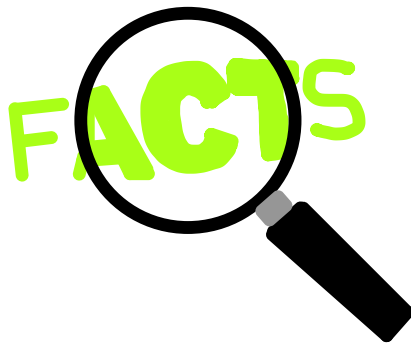
Most people know what alcohol is, but your children may not. It is never too early to start talking about the dangers of underage drinking, or just drinking in general. Many kids believe that alcohol is not bad because they see parents and adult role models drinking. Most kids start to believe this between the ages of 9 and 13. A little bit of alcohol is not bad but you have to moderate it. Teens say that they rely on adults in their lives more than anyone else to help them make tough decisions, also to provide them with good advice. Family problems and emotional behavior in teens put them at a higher risk for alcohol use. If anyone in the family has a drinking problem, it can affect the entire family. It also may affect the teen's choices about drinking.



# What You Can Do

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As a parent you can do many things to help your children or others quit their drug habits. The first thing you can do is be equipped with the facts of these drugs. By reading this booklet you are already doing that. The second thing is to have conversations with your children about these things explaining why they are bad for you. Do it in a nice way so that they don't get rebellious and do it just to spite you. Another thing is to be a good role model, if you are telling them not to drink alcohol and then you do it right in front of them it makes them think that it is okay. You also have to understand why they are doing this, you should be open to listening to them not just putting down what they say. You can also role play refusal skills. Make it fun, you can create little skits for the family or you can make it like charades. Lastly you can convey your expectations. Meaning, tell them what you expect and how they can reach the goal of doing that.



# Hidden in Plain Sight

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**Lip balm container and lipstick-** used to store marijuana concentrate, also pills

**Makeup Compact-** powder on mirrors can indicate being used to “cut” drugs

**Mouth wash and Mints-** mouthwash and mints can be used to mask odors from drug and alcohol consumption. Also a popular place to hide drugs

**Nebulizers or Inhalers-** can be used as a vehicle to take drugs

**Stuffed animals-** drugs can be hidden inside

**Tampons-** They can be soaked in alcohol and inserted to avoid breathalyzer tests and to have nothing show up on them. They can also be used to hide drugs

**Water bottles or Clear containers-** may be used to conceal clear alcohol such as vodka. Water bottles can also be turned into make-shift bongs

**Energy drinks or Beverage Cans-** energy drinks, soda, and iced tea cans with secret compartments, also be used to store drugs or other contraband, also alcohol mixed with the drink, empty cans can also be used to smoke marijuana

**Eye drops-** used to mask red eyes caused by alcohol, marijuana or other drug use

**Fruits with holes-** apples potatoes and other fruits/vegetables can be used to make a make-shift bong for smoking illegal substances by carving two holes

## Hidden in plain sight

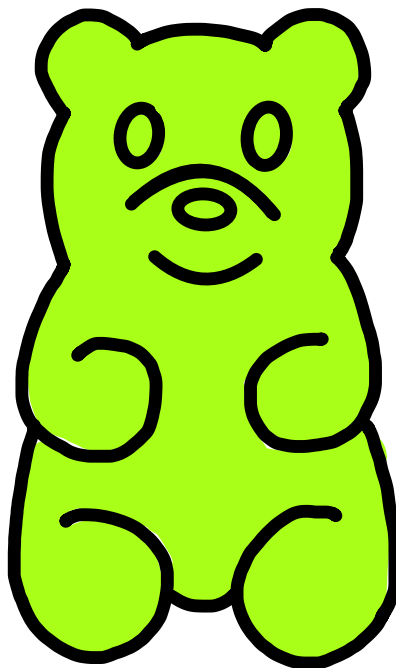
**Gummy bears and Marijuana Edibles-** gummy bears can be infused with THC or soaked in alcohol

**Markers and Pens-** can be hollowed out and used to smoke/snort certain drugs

**Pipes and Grinders-** can be used to smoke many types of drugs like marijuana, crack, and meth

**Air freshener-** helps to mask odors

Also beware of drug reference room decor; posters and other similar products. They can glamorize alcohol or other drug use can be indicative of attitudes that may lead to teen experimentation



# Cessation Resources



If you or anyone you know is having trouble dealing with any of the things said in this booklet, use these resources.

- Become an ex - Program by: Truth initiative and Mayo Clinic
  - customized quit plan
  - interactive guides and tools
  - active, supportive ex community[BecomeAnEx.org](http://BecomeAnEx.org)
- This is quitting- E-cigarettes; Created by: Truth Initiative
  - Text HOPE4RI to 88709
  - Youth focused
  - Free and available 24/7
- National Suicide Prevention Lifeline
  - 1-800-273-TALK

# About The Authors



For our silver award, we really wanted to do something that we have been effected by. Many of our friends and family have struggled with drug or substance abuse in one shape or another, which led us to our project idea.

We hope that you found the booklets informative and helpful, and we put lots of time into them to make sure that they looked the best they could.

As the authors and creators of these booklets, we had a lot of fun! Thanks for checking out the project and supporting what we are doing.

It would be greatly appreciated if you shared these with your own friends and family to look at. We recommend taking an actual picture of the QR and texting or emailing them to whomever you'd like.

Thank you so much!

# Sources



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- Drugabuse.com (<https://www.drugabuse.gov/publications/research-reports/marijuana/how-does-marijuana-produce-its-effects>)
- Driving While Under the Influence circle pamphlet By Rhode Island Regional Coalitions
- Teens.drugabuse.gov (<https://teens.drugabuse.gov/drug-facts/marijuana#topic-3>)
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- BecomeAnEx.com
- Elpasocountryheath.org
- Kidshealth.org
- Teens.drugabuse.gov