



## Learn About Drugs That Are Popular Among Teens

Marijuana is still the most widely used illicit drug, but drugs like Ecstasy are gaining popularity among teens. Partnership research notes the number of teens who have tried this drug has climbed in recent years.

Ecstasy, known as MDMA, is short for 3,4-methylenedioxyamphetamine. Usually taken orally in the form of a pill, Ecstasy is a synthetic, psychoactive drug with both stimulant (amphetamine-like) and hallucinogenic (LSD-like) properties.

Ecstasy pills are usually about the size of an aspirin and, according to the Drug Enforcement Administration, have been manufactured with more than 150 dye stamps featuring familiar corporate logos or cartoon figures.

### How dangerous is Ecstasy?

Ecstasy can cause dramatic increases in body temperature and can lead to muscle breakdown. It can also lead to kidney and cardiovascular failure, which have been reported in some of the Ecstasy-related fatalities.

Scientists believe Ecstasy is neurotoxic: meaning, it can cause serious, possibly permanent damage to the brain. Specifically, research has linked Ecstasy to long-term damage to those parts of the brain critical to thought and memory.

### Signs your child could be using Ecstasy:

- Confusion
- Depression
- Panic attacks
- Paranoia
- Headaches and/or dizziness
- Sore jaw (involuntary jaw clenching often is a side-effect of Ecstasy use)
- Loss of inhibitions and unusual displays of affection

Parents can watch for the presence of paraphernalia associated with Ecstasy use or the "rave" scene, where Ecstasy is prevalent. "Raves" are all night dance parties; Ecstasy is used mood enhancement at raves.

### Items that look innocent but may be linked to Ecstasy use include:

- Pacifiers
- Lollipops
- Candy necklaces
- Mentholated rub
- Surgical-type masks
- Glow sticks and/or glowing jewelry

Pacifiers and lollipops are often used to help Ecstasy users guard against the teeth grinding that comes from involuntary jaw clenching. Candy necklaces are sometimes used to hide Ecstasy pills. Glow sticks, mentholated rub and surgical masks are often used by those on Ecstasy to over-stimulate their senses.

Slang or "street" names for Ecstasy include "X," "E," "XTC," "Roll," "Adam," "Bean," the "Hug Drug" and the "Love Drug."

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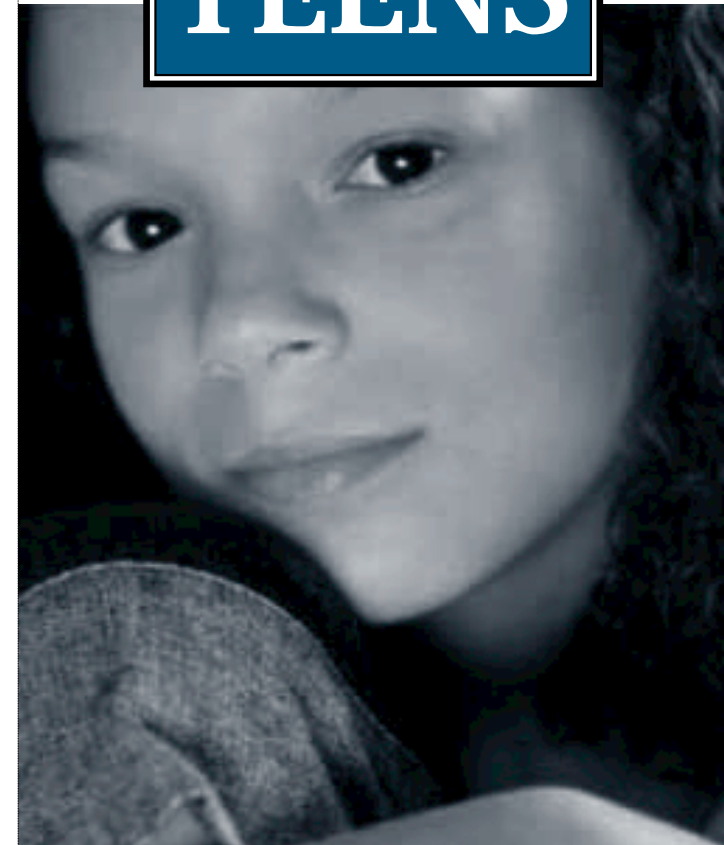
FOR MORE INFORMATION ON WAYS TO TALK WITH YOUR TEENS ABOUT DRUGS, OR TO LEARN MORE ABOUT ECSTASY AND OTHER DRUGS OF ABUSE, VISIT [WWW.DRUGFREEAMERICA.ORG](http://WWW.DRUGFREEAMERICA.ORG).

INFORMATION ABOUT THE EFFECTS OF ECSTASY IN THIS BROCHURE IS FROM THE NATIONAL INSTITUTE ON DRUG ABUSE.

PDFEA THANKS THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION AND ITS CENTER FOR SUBSTANCE ABUSE PREVENTION FOR THEIR ASSISTANCE.

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# TIPS FOR RAISING DRUG-FREE TEENS



Made possible by a grant from

**MetLife Foundation**

in cooperation with



Partnership for a Drug-Free America®

# A Parents' Guide to Monitoring Their Teens

**Parents can make a positive difference in their teens' lives. Research has shown that parents can influence their teens' decisions about drugs.**

**Monitoring is an effective way you can help your teen stay drug free, and an important thing to do – even if you don't suspect your teen is using drugs. Monitoring means asking teens questions about where they're going, what they're doing and who they're spending time with. Put some of these tips to use, and your kids will benefit with healthy lifestyles.**

## Know Where Your Teen Is

Less than half of parents of teens report knowing exactly what their child does after school. It's important to know where your teen is and what they're doing. Research has shown that children without adult supervision are at significantly greater risk of truancy from school, stress, receiving poor grades, risk taking behavior and substance abuse.

**Sample questions: Where will you be this afternoon? Where are you going after practice?**

## Get Your Teen Involved in After-School Activities

Research has shown monthly use of marijuana was less among youths who participated in team sports compared with those who did not participate. Find out what adult-supervised activities interest your teen and help get them involved.

**Sample question: What sport interests you most? What after-school activities are offered at your school?**



## Know Your Teens' Friends

Research from the Partnership for a Drug-Free America (PDFA) reports that more than half of teens say they have close friends who get high regularly. Are these the close friends your teen hangs out with? Parents should personally know their teens' friends – and their parents – as an effort to ensure their friends are not introducing their teen to drugs. Your teen might resist giving details, but don't be discouraged.

**Sample Questions: Who will be at the party? Who are you going to the game with?**

## Know The Dangers of Drugs

To talk credibly and effectively about the dangers of drugs, parents need to learn the effects of drugs that teens may be exposed to. For example, the effects of Ecstasy can vary from depression to severe anxiety, to even death. However only 51 percent of parents report knowing the effects of Ecstasy. Parents need to be credible when addressing the dangers of drugs – because teens will know when they're being lied to. To learn more about the effects of different drugs, go to [www.drugfreeamerica.org/Drug\\_Resource](http://www.drugfreeamerica.org/Drug_Resource).

**Sample Question: Did you know that Ecstasy can cause paranoia and depression? Do you know what can happen if you mix drugs?**

## Talk With Your Teen

Kids who say they learn a lot about the risks of drugs at home are up to 50 percent less likely to use drugs. Parents should talk often, listen regularly and communicate that they do not want their kids using drugs. Remember: Your teens are counting on you to be the grown-up. For tips on what to say, go to [www.drugfreeamerica.org/Parents\\_Caregivers](http://www.drugfreeamerica.org/Parents_Caregivers).

## Recognize Signs Your Teen is Using Drugs

One of the toughest things about drug use for parents is that often they cannot detect that their teen might using drugs. However, there are some general warning signs you can watch for

### Signs your teen could be using drugs:

- Change in friends
- Change in sleeping pattern
- Declining grades
- Loss of interest in hobbies or favorite activities
- Lack of motivation
- Hostile and uncooperative attitude
- Unexplained disappearance of household money

## Be Pro-Active

Drug use is a choice, but it is a choice you can influence. Teens report one of the greatest risks related to smoking pot is upsetting their parents. Parents need to talk *with* – not *at* – teens about the dangers. Monitor your teens' time, friends and activities – even if you don't think your teen is using drugs.

**Remember, drug use is a choice. Monitor your teens' time, who they're with, when they're with them and what they're doing. Your teens don't need another good friend, they need a good parent.**