

# **STREET-WISE DRUG PREVENTION**

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**A REALISTIC APPROACH TO  
PREVENT & INTERVENE IN  
ADOLESCENT DRUG USE**

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by  
**Guillermo D. Jalil**

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A Realistic Approach to Prevent & Intervene in Adolescent Drug Use

Guillermo D. Jalil

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**NO MORE DRUGS**  
Inc.

Reading, Pennsylvania

**This book is dedicated to my loving parents and sister.**

## **Acknowledgement**

*Street-wise Drug Prevention* is comprised of actual quotes from interviews and discussions with adolescents, parents, drug users, drug dealers, probation officers, police officers, volunteers, teachers, counselors and a judge. Most of them chose to remain anonymous due to the sensitivity of the information. Their request for confidentiality will be respected as promised.

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**Please note: This book does not represent the views of the above organizations.**

## A letter from Guillermo D. Jalil

Dear Parent:

Street-wise Drug Prevention was written to inform parents about adolescent drug use and to share common sense strategies for its prevention. The book is based on real experiences in place of academic research. Adolescents, parents, drug users, drug dealers, probation officers, police officers, community volunteers, teachers, counselors and a judge contributed letters, notes and interviews.

Anyone can pick up the book and grasp the concepts. Nevertheless, applying these action steps requires determination and faith. Under no circumstance should any of us give up because of fear, apathy, or ignorance. Our children's lives are at stake.

I've heard people say, "We can't win the drug war." In fact, there are people who will tell you that it's impossible. If you look at the history of any nation, you will find that there was never a people that won a war while believing they were going to lose. WE CAN WIN by fighting the small battles within the walls of our own homes. Victory lies within the minds of our children and the parents that raise them.

Statistics and expensive studies won't solve the drug problem. The doctors and psychologists don't have all the answers. The courts are backlogged, the detention facilities are overcrowded, and the treatment centers are full. We need answers now. We must look at ourselves and ask if we are part of the problem. We must do what we can within our homes and communities. I urge you to write us about your own experiences with drug prevention or intervention so we can share this information with others. Anonymous volunteers are welcomed.

Thank you for becoming part of the solution. God bless you.

Respectfully,

Guillermo D. Jalil  
President of NO MORE DRUGS, Inc.

## Warning-Disclaimer

The purpose of this book is to inform parents about the attitudes and beliefs of people who deal with America's drug problem every day. Everything written is a quote extracted from interviews and conversations with adolescents, parents, drug users, drug dealers, probation officers, police officers, community volunteers, teachers, counselors, and a juvenile court judge. Most of the statements are cited just as they were given. However, other statements are paraphrased to ease understanding for the reader. Therefore, inaccuracies and bias may exist due to the spontaneity of the information and its interpretation.

This book is not intended to replace professional counseling by a qualified therapist. Please absorb what you can from this work and read additional literature prior to making any decisions.

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## The Nature of Adolescent Drug Use

### ▶ **Drug use accelerates over time.**

"Doing coke was a once a week thing. I used more and more as time went on. After six months, I was every day, buying and buying. I kept smoking and smoking."

"You're paranoid in the beginning. You don't want to be caught. As you use drugs, you get careless. You're real bold after awhile."

"People think they can level their drug use. Nope. It's not going to happen. I've heard it so many times. My friend will say, 'Yeah, sure. I can handle it.' That's real stupid, you know?"

"You go to a party and snort cocaine. No big deal. It's once and done. Next time you go to a party, you do it again. The next party, again. Each time you need a little bit more of the drug to get the same high as the first time. So, it's a gradual, gradual thing. You are not saying, 'I want to become addicted.' You think, 'I can control it at any time.' You are not realizing that the drug is taking hold of you. The drug is telling you that you can handle the high. All of a sudden, it's mid-week. Well, maybe this one time isn't going to hurt. You snort again. Before you know it, you're addicted. The drug becomes stronger than you."

"The first four or five times, I didn't have to pay for my weed. I used again and again and again. Later, I started stealing from my mom. I would take five or ten bucks and she'd never notice. I thought I was slick. I stole from stores down the street. I stole from people's houses. It didn't happen overnight. A little bit of something leads to a lot of something, whatever it is."

"I got a job to get high. When I used more than I made at work, I stole. When that wasn't enough, I sold. You gotta do it to have it. The drug becomes everything. I wake up and the first thing I think about is using and how I'm gonna do it."

"Adolescents have less responsibilities than adults. They can afford to get high often and not feel the results as quickly."

"Kids don't grow out of drugs. They grow into drugs."

"I had a friend that got held down and shot up with heroin. He liked the sh-t and got hooked. He kept on using and using after that happened."

We tried helping him. He overdosed and died."

### ▶ **Adolescents tend to use more than one drug at a time.**

"I smoke party blunts. That's weed with crack, heroin and dust. Two hits and you're done."

"Since kids use more than one drug at a time, they tend to find something they like and use more of it. There is no moderation. They use and use."

"I smoked marijuana, drank, smoked crack and did a few hits of acid in one night. I didn't start that way. I started drinking with friends and met new people. I hung out with them and did the things they did. I wanted to try new things. I got bored and mixed it all together."

"One of my friends has weed, another friend beer and someone else has coke. Once you're high or whatever, you do something else and something else. That's what I do. That's the way my friends do it. It's cool, you know? We are one big happy family, man. It's great."

### ▶ **Adolescents underestimate the power of drugs.**

"There is no controlling drugs. It controls you. The first time, you usually feel nothing. That's when it grabs you. You think it's harmless."

"Kids see their friends smoke marijuana and avoid the immediate consequences that adults claim happen. These kids start to believe that they can smoke marijuana and get away with it too. That type of thinking is very much the way adults see cigarette smoking. They see their friends smoke and don't see the immediate consequences of tobacco use. Eventually, they minimize the risks and do it anyway with no attention to the warning label on the cigarette box. This mentality is reinforced when the person uses marijuana or tobacco or whatever drug, and nothing happens at all in the immediate future. They think that nothing will ever happen if they use it only at certain places and with certain people. Soon enough, they find themselves breaking their own rules and using more of the drug."

"Everybody stops taking drugs at one time or another. The trick is to stop taking drugs before drugs take your life. Drugs will kill you."

"I know a lawyer who does weed everyday and has a life. He's successful and has a family and everything. I want to be like him. I want to be somebody and smoke weed."

"You get to the point where you do the things you

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always thought you would never do. Heh, heh.  
Never say never."

"Drugs twists your thinking and sneaks up  
on you."

"I beat up my dad and got thrown out of the  
house. I stole sh-t and sold drugs. I embarrassed  
the whole family. I never once thought  
I'd do this."

"My job was to get more fun out of my addiction.  
My life was about being high. I never would think  
this is how I was going to turn out. Wow, I slid  
right into it. It was so easy and so quick."

"I saw some guys on the corner get high. I  
thought I would never be like them. Six months  
later, there I was. Doing the same sh-t they were  
doing. I didn't care."

"Drugs don't discriminate between black or white,  
rich or poor. Drugs use you up and spit you out.  
Some people think they are beyond getting  
addicted. Drugs don't work that way."

"I never stole or got into trouble before. I never  
cursed at my parents and ran away from home  
until I started using drugs. The stuff will sneak  
up on you. Once it's got you, you don't care it's  
got you. I didn't care then and I don't care now."

### ► **Addiction is compulsive and obsessive.**

"Drugs are just as important as breathing and  
going to the bathroom. This gives rise to  
overwhelming feelings of guilt and shame for the  
user and the family. It has nothing to do  
with willpower."

"Teens have an all the way or no way viewpoint.  
Teens go all out when they are into drugs. They  
pull out all the stops."

"I deal with the urge of getting high every morning.  
It doesn't go away. I think about it. I dream  
about it. I want to have it. I keep myself going to  
Narcotics Anonymous(NA) meetings. I know what  
happens if I don't."

"I wouldn't want to be sober for the rest of my life.  
That would suck."

"Being on drugs is like eating. You can get away  
from it for a couple of hours. The time will come  
when you need to do it again."

"Habitual drug users are compulsive., They will  
continue to use all the time and as often as they  
can. It doesn't matter what the consequences are

or how miserable life is. They are only concerned  
with using. Drugs are everything they live for."

"I spent my whole day making money, looking for  
drugs and doing drugs. I forgot there was  
anything else. I forgot about school, family,  
friends. Being high became everything to me."

"Teenagers who are dependent on drugs choose  
drugs over everything. Drugs become more  
important than family, girls, school and health.  
Drugs replace anything else that give  
joy or happiness."

"Drugs told me when to get up, when to rob and  
when to use people."

"I spent my whole day thinking about drugs and  
getting high. Drugs ain't no part time thing.  
Drugs is one all time thing."

"I bought drugs instead of food. I was never like  
this. I know it's wrong, but I still do it."

I stole food from a store even when I had money in  
my pocket. I wanted to spend my money on weed.

### ► **Adolescent drug users develop a false sense of reality.**

"After my mom found out, I thought that was good  
because at least I could get high without being  
sneaky. I didn't care, you know. I didn't need to  
be sneaky anymore. I could come in and be  
obvious about being high. I didn't care and she  
couldn't stop me."

"My son was busted for smoking marijuana,  
possession and driving under the influence. He  
was arrested, placed in detention overnight and  
brought to court. After everything was said and  
done, he thought nothing really happened  
because he was allowed to go home on probation.  
He didn't see that experience as a wake up call  
because it was a temporary inconvenience to him."

"Reality really sucks. I hate it. I rather live high  
because I don't have to live with all the bullsh-t.  
When I see what's around me I want to leave this  
place. Drugs let me do that. So, it's like, I live in  
this whole other world so I don't have to deal with  
nothing. What sucks is when I come down off my  
high and see all this sh-t again. It's like, f-ck, I  
want to smoke weed."

"I thought I arrived when I did the hard drugs. I  
was doing crack. I was doing the big sh-t."

"Not getting caught in the beginning contributes  
to their false sense of reality. The child feels  
smarter than the parent and perceives the parent

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as ignorant. This is another reason why kids who use drugs no longer listen to mom and dad."

"Marijuana fools the person into believing he's in control. Marijuana fools them into doing it again and maybe other drugs."

"My parents had to know I was using. I was high the whole day. They never said nothing. So I think, hey, they don't say anything to me. It must be okay then. If they do say anything, it's like, it took this long. Why say something now? For crying out loud. What are they going to say to me anyway? I can't do it? Get real."

"Drugs messes you up. Drugs screw with your mind. You forget things and act stupid."

"My parents never said anything about drugs. I figured since they didn't, it's not a big issue to them. They never said nothing. Why not?"

"I know my dad smoked pot in the sixties. I smoke pot in my room late night a couple times a week. He's got to know I smoke. You know? He knows. It must not be nothing to worry about."

"I don't want my parents to know because they be disappointed and make a big deal out of the whole thing. Drugs ain't all that bad, really. Why tell them?"

"What I do has nothing to do with my family."

### ▶ **Drug use can increase criminal and aggressive behavior.**

"One day I was high on weed and crack. I was tripping on acid. I went to my neighbors house to steal. We took everything. We took the water bed and the sofa. I rested up as my friends took stuff. My friend poked a hole in the water bed to carry it out of the house. He took the head board. Everything. There was water running down the steps. I was laughing. I was so high, I didn't know what I was doing. I picked up the T.V. and told my friend to help me through the door. We walked it through the hallway and I had my back turned. When I turned around, I looked and saw a cop helping me. He said, 'You like the television, huh?' I said, 'Yeah'. I wasn't high no more. I was scared. I got handcuffed and searched. My friends were gone. They asked me how I got in. I said the back door was open. They told me to say who was with me. I didn't want to snitch so I said I don't know. They had me handcuffed to a pole so they could go look for my friends."

"People get caught for the stupid sh-t they do when they're high. It's not just the drugs."

"People ain't busted for doing drugs, man. People are busted for the stupid sh-t they do on drugs. People are high and they do crazy sh-t like fight and steal and sh-t."

"One time I was with my boys. We were high and sh-t. We saw a lady in a parking garage. I walked up to her and got what I could. Whatever she had was mine."

"There are kids that just like to do drugs and cause trouble. They hate their family and they hate school. Drugs are their way out."

"We went up to somebody and took their money, rings and everything. Didn't matter who they were and what they looked like."

"Drugs gives me the craziness I want to do stuff like beat people down and stick people up. I get respect. You know, the crazy things I do."

"Because if you're here like me, that's it. You're locked up. I wish I knew this place existed before I did what I did. Drugs ain't worth the pain and sh-t you go through in this place."

"On drugs, somebody will be ruling your life, somebody will be telling you when you can go to sleep, eat and what to do. Once you take drugs, you give up the right to do what you want."

"Using drugs is a risk that someday drugs will tell you what to do and how to live. Drugs are like that because you want it all the time and you need to do crazy things to get it. After that happens, someone else will be telling you what to do and how to live. I'm talking about institutions like jails and hospitals."

### ▶ **Drugs and sex are interrelated.**

"Girls get high with you. I get laid when the girls be smoking weed."

"My girl started me on weed. She got high. She said that if I wanted to have sex, I had to do the same. Fine by me."

"I got high and got laid. I know I can get AIDS that way. I still do it."

"I see all my friends hooking up with these bitches. I want the same thing too. Weed is something we do when we're together."

"Sex is better when I'm high. I'm better because I'm harder longer. If I last longer, she's going to tell her friends how good I was in bed. All of her friends will want to go out with me."

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"Drugs are traded for sex. A female addict will offer a fifteen year old kid oral sex for drugs when she doesn't have the money. Considering how horny teens are, do you think he wants the money or the sex?"

"Coke is better than sex. I can get it any time I want and it feels better than anything in the world."

### ► **Teens active in their addiction are apathetic to consequences.**

"I love heroin and cocaine. I just hate everything that goes along with it."

"I just don't care. I learn new ways not to get caught."

"The best feeling was when I had weed in my pocket. Nothing else mattered."

"Jail and death is what you get. I didn't think about that back then. You see, when I was high, I was just thinking about the next high. I paid no mind to anything around me."

"I know what's going to happen. So what? If my dad grounds me, I sneak out. If he takes the car away, I'll hang out with my boys. No trouble to me."

"Back in my stupid days, I did weed because I didn't know anything and I didn't care. I did acid, too. I could've been in a hospital for the rest of my life as a wet brain because of doing acid. You don't think about that when you're doing it. I think it's the drugs. It clouds thinking. You don't think about what you're doing. You just do it. You do it because you want to have a good time and bug out with your friends. I didn't think, okay, I shouldn't do this because this might happen. It's there, you're friends are there and so are you."

"You'll stay away from playing sports and stuff like that. You'll act stupid and not care about anything."

### ► **Teens suffer emotional death faster than adults.**

"Emotional development ceases. The teen stops learning basic life skills necessary to cope with normal, every day problems. The result is a teenager thinking and acting as if in elementary school. Imagine someone in high school with a mind of a seventh grader. That's what you have when a teen is constantly high."

"Emotional death is indicated by a total lack of

caring regarding one's own welfare. There is a lack of remorse and disregard for other's rights.

The person doesn't care about anything or anybody. He becomes a shell filled with hate and the desire for drugs."

"Your body continues to mature physically and your emotional maturity ceases. A twelve year old who uses drugs for eight years still has the emotional maturity of age twelve when he's physically twenty. That is, if he's not dead by then."

### ► **Tolerance increases with use.**

"Someday, you'll want drugs and you won't have money. That really hurts."

"Tolerance is when someone needs more and more of the drug to feel that high again. The body becomes used to the drug."

"Withdrawal happens when your body no longer has the drug in the system. Your body got so used to the drug and now doesn't have any. You feel sick. You be real sick depending on what you use. Weed you crave for like you do with cigarettes. Coke and heroin is tough to stop using. That sh-t will f-ck you up."

"Dependence is when your body is accustomed to having the drug and you need to use it to feel normal. The addiction is where you crave for the drug even when you're off the stuff. You could be anywhere doing anything and be craving to be high. That's the addiction. You want it even when you're clean."

### ► **Addiction is considered a disease or a choice depending whom you talk to.**

"There is no way someone can be addicted to a drug they haven't tried. An addict has to use the drug to be addicted to the drug. The first step is choice. After that, the drug chooses you."

"When the family is a mess, the parents are addicts, and the child is exposed to drug use regularly, there is no choice. That child is already addicted because mom used alcohol or cocaine when she was pregnant. Alcoholism might run in the family. That child had no choice. In such a case, there needs to be a serious prevention effort to explain to that child the risks of addiction. Once that child experiments with the drug, you have a serious problem from the start. Mom and dad set the kid up for life with an addiction. Addiction is a disease in every respect. Addiction will lead to jails, institutions, and death when left untreated."

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"How many people do you know that are addicted to cocaine who never used cocaine? How many people do you know who are addicted to alcohol who never tried alcohol? How many people do you know who are hooked on cigarettes who never smoked? The only way to get hooked is to do drugs."

"Of the people who use alcohol, some of them will be alcoholics. Some of them won't. That goes for all the other drugs. Using drugs doesn't make you an addict. Using drugs puts you at risk of becoming an addict."

"People choose to have the disease of addiction as they choose to have heart disease. Your lifestyle puts you at risk of developing the disease."

"Some people are more prone to the disease than others. Some people are fine with using every so often. Others don't care if they have it. I need to be high all the time. I can't get away from it. I'm addicted."

"People use drugs because of their need for immediate gratification. Apparently, there must have been something missing in their life to try drugs and to continue using."

### ► **Addiction is a primary problem.**

"My problems really took off when I started using drugs."

"Using drugs is a problem in itself. Separating the drug problem from all the other ones is impossible. It's all wrapped up in one nasty bundle of problems."

"I had a negative attitude from the beginning. Using drugs and hanging with people who do drugs made it worse. Drugs changed my world."

"Drugs are an artificial and temporary way to feel good about yourself. It's a fake way to be a somebody leading to be a nobody. Everything falls apart after that."

"Not everyone who uses drugs gets hooked. Everyone that gets hooked gets into trouble, though. Even when you're not hooked, trouble is on the way because of the things you do when on drugs. Stupid sh-t. Things you wouldn't do if you were sober."

"Don't think you can use drugs without hurting anyone but yourself. It's everyone's business when you do drugs. Drugs take money from your family, it cuts down your life, and affects how you treat people."

"You can get into a fight and get hurt. What you do when you're high is just as dangerous as the drug you use."

"Now my kid brother is into this sh-t. I'm out and he's starting to use."

### ► **Addiction is fatal.**

"When I'm on coke, I feel like I'm king. I feel like I'm master of the world. I didn't know it could kill me until it killed a couple of my friends."

"The results of a drug habit are jails, institutions, and death."

"I have a friend who went all out. He's dead now."

"Even when a friend dies from using, you justify that he didn't know what he was doing. You blow that off. You justify everything you do and everything that happens. Common sense leaves you when you're addicted. Your thinking changes."

"People don't realize that drugs are not the only thing that can kill them. The impurities, the cut, in the drug can be just as bad or even worse. People play games sometimes. You know who you bought the drug from. But do you know who that person bought it from and the person before that? Probably not. Think about what you are doing and where that crap is coming from before you put that in your body. You could die. Giving or selling it to someone else could kill them."

## Signs of Drug Use

### ► Don't drop your guard.

"In the beginning, kids will use drugs and show no signs of drug use. They don't wear a sign on their forehead that says, 'I'm a drug user!' The average teenage drug user who seeks a casual high looks like any other normal, healthy teenager. Stop looking for clear signs during casual drug use because you won't find them. You will only see those clear and obvious signs when the teenager is addicted to drugs. The drop in grades, change in friends and loss of interest in activities won't happen until he's over his head."

"The signs of drug use are not apparent until the teenager has reached a stage regular drug use or chemical dependency."

"Our problem lies in timing. We look for the telltale signs and don't see them. We look for that negative attitude, failing grades and loss of interest in personal hygiene. When we don't see those obvious signs, we think our children are fine. Wrong! The signs are not obvious when the kid is using every once in a while. The signs are not in your face. They are hidden and hard to find when the adolescent is using drugs on an experimental basis. The signs come out when he doesn't care about himself or anyone else and when he's using drugs regularly."

"Just because children aren't showing obvious signs of drug use doesn't mean they're not using drugs. They just aren't hooked yet. Parents who look for the addiction signs of drug use are denying themselves the opportunity to deal with the issue when the kid is experimenting. Mom and dad aren't concerned because they don't see anything to be concerned about."

"Kids start using drugs a little bit at a time. They don't start out hooked. Kids who use drugs from time to time look like you and me. They look and feel healthy."

"The goal is to intervene when he's experimenting with drugs. Dealing with the problem when he is hooked is too late. Once it's real bad, he doesn't hide the problem anymore. He doesn't care. The problem is very difficult to deal with."

"Once he's hooked on drugs, expect a costly and timely process of rehabilitation. Eight out of ten people go back to drugs after their first treatment. Your kid will need rehabilitation several times before he's finally clean. That's scary. The best

chance of helping teenagers is when they are experimenting with drugs. This is the best time to deal with the drug problem."

"I got high for a year before my parents even had a clue."

### ► Familiarize yourself with the signs of drug use.

"Parents need to know the signs to find out if the kid is involved in substance abuse of some kind. The parents are always the last to know. Kids use drugs on a casual basis for about a year before they're hooked."

"The evidence of substance abuse is usually staring them right in the face and they don't even see it."

"Usually, drugs aren't found in the home. A parent needs to be aware of the signs and the paraphernalia to identify the problem and intervene at the earliest possible moment."

## THE SIGNS OF DRUG USE

### Clothing

*Dark sunglasses / Small burns in shirts / Clothing or jewelry with pro-drug messages such as marijuana symbols or tiny spoons*

### Health

*Red eyes / Circles under eyes / Dried vomit on clothing / Nausea / Dilated pupils / Pinpoint pupils / Prefers low light / Runny nose / Red nostrils / Persistent coughing / Chapped lips / Lack of interest in appearance / Body odor / Profuse perspiration / Hand tremors / Slurred, rambling or incoherent speech / Marijuana or alcohol odor / Poor coordination / Dry mouth / Bad breath / Significant weight gain or weight loss / Shakes / Restlessness / Irregular sleeping habits / Lack of balance / Loss of appetite / Bruises / Lack of skin color / Vulnerable to infection / Menstrual disturbances / Coughs up black or bloody mucous / Loss of energy and motivation / Frequent colds / Burned fingers / Intravenous needle marks / Tattoos / Poor personal hygiene / Headaches / Slow speech and reflexes / Irregular sleeping habits / Difficulty waking up / Long finger nail(s)*

### Legal Violations

*Underage drinking / Drinking and driving / Possession of a controlled substance / Intent to deliver a controlled substance / Retail theft / Burglary / Curfew / Moving violations / Disorderly conduct / Prostitution / Vandalism / Assault and battery / Concealed weapons*

## **SIGNS OF DRUG USE**

### **Financial Clues**

Missing valuables or money / Inability to pay own expenses despite job or allowance / Brings home new clothes, money or valuables he couldn't afford / Exchanges money with friends often / Quits or fired from job / Spends a great deal of money and has nothing to show for it / Sells personal belongings / Requests to withdraw funds from a savings account / Checks written without parental involvement / Money retrieved from ATM cash machine / Borrows money from siblings, parents or friends

### **Habits & Behavior**

Secretiveness about friends, whereabouts and activities / Resentment towards anyone inquiring about personal activities or friends / Deceptive behavior / Theft / Irresponsible behavior / Does not clean own room / Use of street slang / Street mentality / Bumps into furniture often / Stays out overnight without notice or permission / Seeks privacy / Frequent food binging when arriving home / Sneaks out of the house after curfew / Laziness / Walks directly to his room after arriving home / Unexpectedly sleeps over at a friend's house / Avoids eye contact when arriving home / Change of friends, music, dress and attitude / Runs away from home / Verbally abusive / Becomes violent with neighbors, family, teachers, friends or household furniture / Indifference to personal hygiene / Keeps bedroom door close / Spends considerable time in the bathroom / Isolation from family / Visits places in town where drugs are available / Talks about drugs or crime involving drugs / Misses meals / Premarital sex / Loses weight due to decreased interest in food / Sudden and explosive temper / Frequent use of profanity / Interest in devil worship / Bragging of evading police / Coming home after curfew / Overuse of cologne and breath freshener / Smokes cigarettes / Unduly complains of mistreatment and harassment / Normal requests are met with resistance and verbal abuse

### **Moods**

Sharp and sudden changes in mood / Expresses anger and hostility toward family members / Apathetic to consequences / Secretive / Withdraws from family / Paranoia / Laughs uncontrollably or for no reason at all / Hostile when discussing drugs / Argumentative / Resentful toward parents, teachers, and law enforcement / Extremely irritable / Angry / Depression / Sensitive to criticism / Nervous / Strange periods of happiness and laughter / Mood swings increase in severity / Poor self-esteem / Unpredictably anxious / Low value on achievement and hard work / "Has a chip on his shoulder" / Rebelliousness or a general lack of cooperation / Fidgety when talking about family values, religion or morals / Overblown sense of confidence / Refuses to accept or ask for help / Refuses to communicate / Moods contribute to

adversarial family relationships / Hints of suicide / Expressed despair or hopelessness / Believes hope is nonexistent / Perceives himself as a burden to others

### **Positive Attitude Toward Drugs**

Becomes angry when drug use is discussed with parents / Conversation and jokes are preoccupied with drugs / Argues about basic family and religious values / Claims personal right to drink alcohol or use drugs / Posters or bumper stickers hinting at drug use

### **Mental Abilities**

Loss of short or long term memory / Decreased attention span / Trouble concentrating / Disordered thoughts / Difficulty putting sentences together

### **Academics**

Disciplinary problems / Physical violence, vandalism, or disrespect to teachers / Frequent tardiness and truancy / Cutting class / Parents called into school / Suspensions / Detentions / Falls asleep in class / Comes home late from school / Doesn't complete homework / Fast decline in grades / Declining interest in school / Reduced drive, energy, and self-discipline / Change of schools coincides with change in behavior / No interest in extra-curricular activities / Cheating

### **Friends**

Avoids parental contact with new friends / Past friends cease visiting the house or stop calling / Avoids talking about new friends / Friends are arrested or cited for legal violations / Friends don't identify themselves when they call the house / Friends visit the house at late hours of the night / Friends wear clothing or jewelry hinting with drug symbols / New friends are much older or very young / Unexpected and sudden popularity / Group of friends change / Focuses on a small group of friends / Friends frequently visit the house for short periods of time / Exchanges money with friends / Condemns drug-free friends

### **Interests**

Abandons hobbies, interests, and extra curricular activities / Spends time in room alone / Easily bored with activities once enjoyed / Seeks easy tasks requiring little or no effort / Lack of goals or direction

### **Family Relationships**

Deceptive and manipulative behavior / Habitually lies, blames others, and makes excuses / Conveniently forgets family activities / Isolation from family / Increased anger and irritability toward parents and siblings / Increasing consequences have no effect on behavior / Physically or verbally abusive / Increasing tension within the family /

## SIGNS OF DRUG USE

*Doesn't attend family meals / Parents often argue about teenager's behavior / Ignores house rules / Refusal to do chores / Parents withdraw from each other / Ignores family members / Family feels sibling is a "stranger" / Parents lose work time because of child's behavior / Family has sleepless nights / Parents are losing control over child's behavior / Child has frequent contact with immediate or extended family members who use drugs*

► **Read pages 130-132 to learn about the signs and symptoms of amphetamines, barbiturates, cocaine, crack, PCP, marijuana, LSD, heroin, inhalants, and over the counter drugs.**

► **Face the facts.**

"Parents don't want to know their kid is on drugs. Many parents attempt to forget the problem. They bury their head in the sand and pretend what they see isn't there. I call it the 'Ostrich Syndrome.' The parents hide from the truth when they finally come to the realization the kid has a problem, he's hooked and in trouble. Parents are afraid to know the truth. That's the bottom line."

"I've seen parents neglect obvious evidence their child is using drugs. They will justify and rationalize and point the finger at everyone else."

"You can't see what's in a dark room until you bother to turn on the light."

"Parents believe drugs won't enter their children's lives when nobody in the family has ever experienced a substance abuse problem. They don't think this can happen to them. If it does happen, they are blind for a long time because they don't want to see anything and the problem gets worse and worse."

"Seeing someone else's kid high is obvious. When it's our kid, we tend to look the other way. Our first impulse is to say, 'No, not my kid.'"

"Kids show a couple signs at any one time. They pop up now and again. Don't ignore them when you see them."

"My parents didn't want to admit I was on drugs. I even had drugs on my dresser drawer. They asked me what it was. I told them it was tobacco. They believed me because they wanted to believe me."

► **Seek out information when drug use is suspect.**

"After a parent finds out his child is using drugs, he should become suspicious of everything. That's good. Confirm everything you're told every time you're told anything. Question the normal things. So what if he jumps up and down and swears what he says is true? Find ways to check out his story without having him know you're checking. You'll find that there are many, many little lies along the way."

"Be prepared to confront him with definite and strong evidence. It's harder to catch him in the act when he knows you are on to him. He'll do more not to get caught unless he doesn't care. When he doesn't care he's caught, watch out. You got one big problem on your hands."

"Don't be paranoid about everything. Be careful what you point the finger at. The worst thing to do is take shots in the dark when you don't know what you're talking about."

"The hard part is keeping your eyes open long enough to see the trends and the direction he's heading. Be aware of behavior and habits on a daily basis."

"Kids make mistakes when they're high. This is when paying close attention to detail comes into play."

"Call the teachers at school. Find out his attitude toward learning and the respect given to teachers. You don't even need to say why you're calling. The teacher will tell you everything when she suspects something is wrong. Teachers can pick up on things you don't see."

"Be unpredictable. He's got it easy when he knows his parents work schedule. Change up a bit."

"Hug him when he comes through the door. Stay awake until your child comes home. Pay special attention to an unexpected request to sleep over at a friend's house. Smell the obvious and underlying odors covered by cologne and chewing gum. Turn on the lights when he comes home. Don't allow him to walk straight up to his room after arriving home. Look at how he walks and talks. Look him in the eyes when talking. Go through his pockets when he's sleeping. Smell his breath and his clothes. That's how you know if he's smoking cigarettes or some of that funny stuff."

"Give him something to do. Ask him what time it is. That will give you an opportunity to watch

## SIGNS OF DRUG USE

him. See if he gives an accurate answer. Pay attention to how he looks at his watch, his attitude and his coordination."

"People don't remember lies. They remember the truth. Ask them the same question a couple days later. Pay attention to what they say and how much time they need to figure it out."

"You can't see the signs of drug use when you're asleep when your kid comes home. Be awake."

"The neighbors can be a resource of information because you can't be everywhere all the time. Now they know why the police are at your house and there is screaming in the middle of the night. Neighbors need to know why your kid is banging on the door because you locked him out of the house. Gather information from a network of people who can help. Talk to people you trust and ask them to keep their eyes and ears open."

"Teens know their parent's work schedule and they are aware of the expectations that they must meet in order to avoid detection. They learn from friends how to conceal their drug use. Catching them high is also hard to do because the signs appear unpredictably, gradually, and inconsistently. You do have one advantage. They think they have it all figured out. You can seek out what you must and be successful in gaining valuable information because they don't know you are on to them."

### ► **Search his room.**

Please read *Room Searches* on page 95.

### ► **Assess the evidence.**

"I walked into her room and smelled marijuana. That is concrete evidence. But you don't need concrete evidence to act. Our household doesn't live by 'Guilty beyond a reasonable doubt.' Our household lives under a justice system, not a legal system."

"The problem is serious when he no longer makes an effort to hide his drug use. He's really into drugs when he can't follow the rules of the house or the law."

"Give your children the benefit of the doubt. That doesn't mean to ignore what's in front of your face."

"Either you know he's using drugs or you're guessing. Spend time seeking the facts before you jump on the kid for using drugs."

### ► **Decide whether to intervene.**

"If you're still undecided, talk it over with someone who isn't emotionally involved and ask his opinion. Preferably, this person should be a drug and alcohol counselor of some sort. And don't take too much time to decide what to do. The more time that goes by, the deeper he's getting into his addiction."

"Observe the signs and the direction the child is heading. Decide whether the drug use is getting worse or better. Come up with a plan of intervention after you made a decision."

"Decide whether the child's conduct points toward a drug or other problem."

Please read *Intervention* on page 78 and *Confronting Drug Use* on page 84.

## Stages of Drug Use

### **I. Experimental Use.**

- \*THE BEST TIME TO INTERVENE IN DRUG USE.
- \*DRUG USE IS VERY DIFFICULT TO DETECT.
- \*Experimental use teaches the following:
  - How to use drugs.
  - Drugs feel good without immediate negative consequences.
  - Drugs provide an immediate positive feeling or relief from negative feelings.
- \*Only uses drugs when peers make it available.
- \*Attains drug at little or no cost.
- \*Status among peers is established.
- \*Minimizes risk of detection.
- \*Exercises control over the amount and frequency of use.
- \*Curiosity is satisfied.
- \*Reaches euphoria easily with little use.
- \*Resumes normal behavior after effects of drug subsides.
- \*Does not bring drugs home.
- \*Experiments with alcohol or marijuana.

### **II. Casual use.**

- \*INTERVENTION REQUIRES INCREASING EFFORT AS DRUG USE INCREASES.
- \*DRUG USE IS DIFFICULT TO DETECT.
- \*Drug use is dependent upon these conditions:
  - Feeling safe from detection.
  - Presence of friends who use drugs.
- \*Experiences a periodic hangover. Consequences are minor, temporary, and perceived as worth the high. Doesn't experience personal loss due to inconsistent and unpredictable use.
- \*Meets new friends that use different drugs.
- \*Sets own rules limiting use to certain places, times, or friends.
- \*Builds confidence in ability to use drugs without negative consequences.
- \*Can stop using drugs at any moment without difficulty.
- \*Begins to invalidate claims of parents and teachers regarding the effects of drug use.
- \*Disregards parents and teachers as credible sources of information.
- \*Signs are hardly noticeable. There is little or no suspicion from parents.
- \*Occasionally stores small quantities of drugs at home in well hidden places.
- \*Uses allowance to buy drugs.
- \*Remains functional to meet minimum requirements in family, social, and academic responsibilities.
- \*Seeks the mood swing from drug of choice.

### **III. Regular use.**

- \*DRUG USE IS HARDER TO INTERVENE.
- \*SIGNS ARE EASY TO DETECT.
- \*Establishes a psychological dependency to drug of choice.
- \*Physical dependence builds relative to the type and amount of drug used.
- \*Unhappiness is present when the drug is unattainable.
- \*Withdraws from family and positive friends.
- \*Makes an effort to possess a supply of drugs accessible at all times.
- \*Is preoccupied with drug use on a daily basis.
- \*Uses drugs to complete tasks requiring effort.
- \*Combines leisure activities such as sports, dating, and socializing with drug use. Social activities and drug use are inseparable.
- \*Experiences memory blackouts and mood swings.
- \*Becomes selective as to the drug's origin and quality.
- \*Plans the next high.
- \*Builds tolerance for the drug.
- \*Spirituality, family life, health, and academics are adversely influenced.
- \*Loses job due to laziness, tardiness, or poor attitude.
- \*Grades drop. Disciplinary action is taken at school in the form of detention or suspension. Becomes truant, tardy, and lazy. Experiences difficulty concentrating in class.
- \*Breaks the law with friends and cited for minor offenses.
- \*Behavior is not consistent with previous values and interests. Participates in manipulative and deceptive behaviors to assure drugs are available.
- \*Speaks in slang language.
- \*Verbally abusive to family members.
- \*Noticeable change is evident in friends, priorities and attitudes.
- \*Loses body weight.
- \*Bumps into objects due to a lack of balance.
- \*May regress to casual use due to responsibilities, availability of money and time spent with peers.
- \*Hides drugs at home.
- \*Careless in covering up drug use when high.
- \*Spending increases to purchase drugs.
- \*Experiments with other drugs such as uppers, downers, LSD, hash oil, cocaine, or mushrooms.

### **IV. Drug Dependence.**

- \*INTERVENTION IS DIFFICULT.
- \*SIGNS ARE OBVIOUS.
- \*Seeking funds, buying, preparing, using and talking about drugs becomes the predominant activity in life. Drug use is consistent throughout the day.
- \*Loses the ability to foresee consequences for behavior.
- \*Truancy and other academic problems worsen.
- \*Cited or arrested for driving violations.

## **STAGES OF DRUG USE**

shoplifting, assault or disorderly conduct.

- \*Breaks self-imposed limits that restrict drug use to certain times and places.

- \*Loses control over the choice to use and the amount.

- \*Daily activities and friends accompany drug use.

- \*Isolates himself from family and positive friends.

- \*Manipulative and deceptive behaviors are dominant.

- \*Motivated by immediate gratification.

- \*Denies, rationalizes, and justifies behavior.

- \*Defends himself when confronted with drug use.

- \*Passes out.

- \*Chronic coughing.

- \*Behavior is aggressive, abusive, reckless, and irresponsible.

- \*Expresses apathy towards everyone and everything.

- \*Uses drugs when coming down from a high to avoid negative feelings of shame, guilt, anger, despair, frustration, or self-hatred.

- \*Leaves drugs or paraphernalia in easy to find places.

- \*Extends little effort to avoid detection.

- \*Clothing, jewelry and other valuables disappear at home.

- \*Sells drugs in small amounts to fund own supply of drugs.

- \*May use heroin, PCP, LSD, or other substances.

### **V. Drug use to feel normal.**

- \*THE LAST CHANCE FOR INTERVENTION.

- \*Drugs replace activities, interests, friends, and family.

- \*Withdrawal symptoms surface and must be attended medically. High tolerance of drugs necessitates high doses to avoid symptoms caused from withdrawal.

- \*Individual becomes sick, develops injuries and experiences tremendous loss in all areas of life.

- \*Health and memory seriously deteriorates.

- \*Behavior is aggressive and irrational.

- \*Sells drugs regularly to support habit. Drug dealing becomes sloppy and bold.

- \*Lacks remorse.

- \*Cited or arrested by law enforcement for serious criminal offenses.

- \*Owes money for drugs, fines, and court costs.

- \*Experiences paranoia or depression.

- \*Talks about suicidal thoughts or attempts suicide.

- \*Disrespects family members, house rules, and demonstrates total disregard for the law.

### **VI. Death.**

## Risk Factors & Reasons Adolescents Use Drugs

### PERSONAL FACTORS

#### ► **Need for immediate gratification.**

"Kids who are preoccupied with immediate gratification and that have little regard to consequences are at risk to drug use."

"Everybody has the same uncle. He gets us every time. He causes more pain and anguish than any other uncle ever has. He's right there behind the door, peeking in the room and waving at you. He's saying, 'Pssst! C'mon now, do it just once. C'mon, you'll love it.' He's called Uncle Immediate Gratification and he's out to get us."

"Work sucks. I don't get a little happy face over something stupid like work or school. With weed, you smoke it and you're high. You wanna feel good right away and forget your problems real fast? Smoke weed. Weed is good."

"You're at a party and your friends are there. You're living for the moment. You don't think about what your parents told you. You just do it."

"I get high because I don't need to work at it to feel good. I go out, buy , smoke it and I'm done. I feel good and I'm in my own little world where nobody can bother me and people leave me alone."

#### ► **Low self-esteem.**

"I didn't think very much of myself. My friends made me feel like I was somebody. When you meet up with people that make you feel like you're something, you want to be with them everyday. You do what they're into."

"I'm not good at school and I can't play sports. There's nothing I'm real good at and people can say, 'There goes so and so, he's this.' With drugs, people come to me for things and they call me when they need something. I like that."

"Teens who don't see themselves in a positive way tend to spend time with people who give them a good feeling. They don't know who they are. So they migrate to peers who give them that sense of belonging and identity. If they develop a positive self esteem at home, they don't need others to give them one. The result is a young adult who can think independently of peer influence."

"Kids with low self-esteem gravitate to other kids

with the same low self-esteem."

#### ► **Susceptibility to peer influence.**

"Kids easily influenced by peers are in danger of falling into unhealthy and serious circumstances."

"A person whose main goal is to be accepted by peers will certainly need to learn his lesson many times."

"Be strong in your leadership. You can bet on it his friends will be. A strong personality can influence him in either direction. A strong personality will lead him in the street or at home. The kid may decide to do the things his friends want to do. Well, that's how they start. Kids start with a little bit of trouble leading to a world of hurt."

"I spend more time with my friends than I do with my dad. When I got a problem, I go to my friends."

"He's very much subject to the influence of his peers when his identity is matched with being in the presence of friends."

"When you're high, people look at you with respect because they wouldn't do what you do. You know what I mean? It's like, hey, he's crazy. People don't mess with you when they think you're crazy. They want to be with you."

"I saw friends use and nothing happened to them. You know, they didn't end up in jail or nothing. They weren't kicked off the football team. Nothing happened to them that everybody tells you happens. Why should I believe everybody about all this, 'If I do drugs, I'm going to die or go to jail', sh-t? When I see friends get off, I think, yeah. I can do that too."

"Nothing really happens when you get caught. The cops fine you or put you on probation. Being locked up for weed doesn't happen much. My parents will yell at me or something. Once you see friends busted for drugs, you see it's no big deal."

"I did coke for the first time when my friends wouldn't do it. They were like, wow man, you did coke. After they saw me do it, they did it too. I felt good being the first one. They kinda look up to me now. They call me crazy. Crazy is cool."

#### ► **Poor social skills.**

"Everybody at school picked on me and got on my case. I thought, if I hook up with somebody bad, you know, they will leave me alone. After people saw me with them, I didn't have a problem anymore because people knew I was with them. Word spread quick. I became somebody overnight."

## RISK FACTORS & REASONS ADOLESCENTS USE DRUGS

Drugs was something that went along with what I was doing and who I was with."

"When there's hardly anyone in your neighborhood to be with and friends do it, you're kind of stuck. If you don't, who are you going to hang out with? What are you going to do?"

"The team is doing it before the game. You're supposed to do it because it's expected of you. I don't want to look like a p-ssy."

"Kids who have a hard time communicating use drugs to feel comfortable. Drugs provide them with a temporary, false and immediate sense of self-worth. Drugs are used to associate with the opposite sex when confidence is lacking."

"I didn't want to be disrespected. My friends were on my case because I wouldn't get high. They were making a big deal of the whole thing. I used to shut them up."

"Who you hang with and who you're seen with tells everyone who you are."

"I'm real shy and don't know what to say. When I'm high, I can talk to anybody."

"Drugs and doing stuff go together. I don't plan on it or anything. When I'm with my friends, they have some weed and I smoke when they pass it around."

"I do drugs because that's the only way I can express myself. I can't do it when I'm sober. I meet girls and talk to them. They think I'm funny and laugh."

### ► **Boredom.**

"These are the kids who aren't involved in other activities. They don't play sports, they don't play musical instruments, they run the streets. Kids with too much time are in trouble. Keep them busy doing something they enjoy. There is so much to do."

"What else is there? I'm sick of hanging out at the mall or shooting pool. I know everyone at school. I just get bored. I did everything already. Everybody else is doing something new. They're smoking weed."

"Finding something to do with their spare time can be difficult. You could be struggling for them to put it down once they start, whether it's a positive or it isn't."

"Nothing was going right for me. I had few friends and wasn't popular. I had nothing else to do."

"I want something to do. When I'm high, I don't feel bored anymore. Life sucks without it."

### ► **Curiosity.**

"I was curious and I wanted to know what it's like."

"People are looking for something in their lives that will make them feel good about themselves. Teens are really looking because they don't know what to do with their lives. Smoking marijuana, I guess, is a real quick way to get that feeling. Your friends make you feel good about smoking and then you feel the high. And when you don't know what it's like, you want to try it."

### ► **Reputation.**

"I got the b-lls to do sh-t. Like, I'll punch somebody I hate when I'm high. I won't do that sober. I don't feel as mad when I'm sober."

"I snort coke or do dust(PCP) whenever I want to do something crazy. People will look at me and think I'm crazy and sh-t. They won't f-ck with me."

### ► **Rites of passage.**

"Getting high is something everyone has to do. Drinking and drugs is part of growing up. You're missing out when you don't at least try it. How can anybody put it down when they don't know what it's like? People are real ignorant. Don't you think that's true?"

"When you're young, you wanna try new things and be adventurous. You want to take risks because you only live once."

## FAMILY FACTORS

### ► **The family has a history of drug use.**

"The children will adopt the same attitudes as the parents when it comes to drugs and alcohol."

"Something has to be done if your spouse uses drugs. The concerned parent has to do more than be concerned. He or she must make a move. I don't mean a physical move. I think she or he should provide the drug user an ultimatum. Say, 'I recognize we have a child here and I don't want that child to pick up those bad habits. You have a problem. You need to do something about that problem.' If the mate decides there is nothing wrong, that person is in denial. Then the concerned parent has to become more forceful. It may even come to the point that the parent must

## RISK FACTORS & REASONS ADOLESCENTS USE DRUGS

remove herself and the child from this environment. Don't become an enabler and think it will pass away or it won't effect or the child."

"Role modeling carries a heavy weight. I could tell my twelve year old she shouldn't drink. What I say doesn't matter when she sees me come home drunk. Kids are wise to attitudes. You can't come smelling like beer when you don't want your kids drinking."

"Home life encourages kids to use drugs when they see their parents use drugs or drink."

"My parents can't tell me not to drink if they do it. I don't care what they say. Why should I care?"

"My dad gets high. He ain't in no jail. They have jobs and living good. I don't see my parents being stupid or nothin'."

"Kids see parents drink and think it's acceptable. Can you really blame them? Times are different these days. We need to look at how we introduce alcohol into our kid's lives."

"I started drugs when I was eight. I was with my brother at the mall. They were like, 'Let's go out to the car.' Okay. I had to go with him. He was watching me. When we got out to the car, they kept waiving a joint in my face. Watch this, it won't hurt you. So, I smoked. And then, it just kept on coming back around. I was like, that wasn't so bad. So, I took another and another. A couple of days later, they asked me if I wanted to do it again. Finally, I was like, I really want to get high. So I asked my brother if he could get me a bag. He said, 'Yeah, no problem. Do you have the money?.' I said, 'Yeah.' From then on, I started buying."

"Be aware of uncles, cousins and other relatives who are using drugs. They offer younger family members and their friends drugs. Keep your teen away from these people."

"Because of the public stigma related to drug use, relatives wish to conceal a drug problem within the confines of their immediate family. Be aware of all negative influences. Isolate your kids from family who uses drugs."

"My mom warned me about my cousin. I thought, I'm not him. I won't use drugs. When I was with him, things were different. My cousin said, 'Here, try it.' I thought, 'Why not?' By now I've used weed, coke, acid and everything you can name. I'm locked up wasting my time in this place. All this because I started smoking weed with my cousin. I don't believe it."

"My uncles let me drink a beer at family parties. I didn't understand that because they didn't let me smoke cigarettes."

### ► **The family has a history of criminal behavior or legal problems.**

"Parents involved with the law tend to have kids who are in trouble. Parents who can't help themselves can't help their child. A jailed parent is no parent."

### ► **Friends of the family use drugs.**

"I was with my dad's friend at the concert. He asked me if I ever smoked reefer before. He handed some over to me and I smoked it."

"Your friends' drug use and their kid's drug use can influence your kid. Bad influences come from the most familiar places."

### ► **Parents fail to provide a consistent no-use message.**

"My parents didn't care to tell me anything. They can't yell at me. Right?"

"You never said nothin' about no drugs. Now that I'm high, you talk to me now? Too late you crazy rabbit. Tricks are for kids."

"From an early age, the children need to know that certain things are off-limits."

### ► **Parents are uninformed.**

"Kids are more informed than parents. This enables them to slip through the cracks. If a parent is less educated on the drug topic, the children feel parents don't know much. Seek out education on drugs and their use. Parents shouldn't be ashamed to look for answers."

"Parents need to make an effort to educate themselves. They are caught by surprise because they don't know what to look for. Parents that don't know can't teach their children what they need to know. They aren't meeting the needs of their children."

### ► **Parents lack of a positive relationship with their children.**

"They don't talk to me and don't care. They're too busy. Fine. I'll just find someone else to talk to and be with. My friends care about me."

"My parents are always working or doing something. They do their thing and I do mine. That's just the way it works out."

## RISK FACTORS & REASONS ADOLESCENTS USE DRUGS

"We don't really talk at my house. I'm there and so are they. I get the feeling that they aren't interested. I don't try because they don't."

"My dad is always working. Yeah, we have money. There's nobody to talk to. When I talk to him, he's always busy doing something. Everybody has something to do. I don't feel like I'm part of it. F-ck it. F-ck everybody."

"What I do isn't good enough for my parents. They never stop pushing me. They push and push. The pressure gets too much sometimes."

### ► **Parents are too busy to spend time with their children.**

"He's going to the streets to find love from friends when he can't find it at home. He'll hook up with a gang or someone who will give him what he wants. He might use drugs to catch your attention."

"Parents must nurture a loving relationship with their children early in life and continue doing so as the child grows up. You are setting yourself up for a fall when you don't. You can't play catch up in a couple months when you've neglected him all along. That child will reject you because he or she feels rejected. On top of that, mom and dad want to impose limits when they've not done so for years when trouble surfaces. If you haven't set limits all along, it'll be tough to do it now. It'll be even tougher now that this teenager is using drugs. I'm not saying it's impossible. I'm saying it will be very, very difficult."

"Children need for someone to pay attention to them. Someone must be there when they need someone to be there. No amount of toys will make up for that."

"When kids walk the streets, they find people that are in the same situation. They start their own family called a gang. Some do it for survival. Others join a gang to belong."

"Kids will spend their time with family or friends. When family doesn't want to be around, there is only one alternative left. The people who spend the time with your child will make the greatest impact on their values."

"My parents worked all the time. Yeah, I got money. When it comes to talking to my dad, forget it. He's never home. He doesn't listen to me anyway. Why try?"

### ► **Parents are divorced or separated.**

"I was so pissed when my parents were divorced. I didn't want to talk with them or anybody. Hey, I'll go hang with my friends. The h-ll with my parents. Being with my friends gives me time to do something on my own."

"I can get away with more stuff now that mom is divorced. She works every day. I can do what I want, come and go as I please. She has less time to stop me when I want to do something. She's tired, too."

### ► **The child experienced sexual, mental or physical abuse.**

"My brother did some nasty things to me. Years went by before I admitted what happened to anyone. I thought of it every day. From the time I woke up to the time I went to bed, I thought about it. Smoking weed was the best for me. For the time I was high, I didn't think about nothing. I love weed. Weed is the best thing in the world to me. It numbs everything."

"My dad beat the hell out of me. I'd go out and get high. He was going to kick my -ss anyway. I might as well get high and so I feel less of it when I'm home."

"My parents are always on me how I'm stupid and can't do nothing. They tell me how I'm a nobody and that I'm useless. Well, f-ck them. I don't need them. Obvious they don't need me. Hanging out with my friends gives me what I want. I'm with them, you know? They know me and are with me because they want to be with me. Not because they need to feed me and sh-t."

### ► **The child has access to drugs.**

"Drugs were around me constantly. I was bound to use somewhere down the road."

"A drug-infested neighborhood is an incubator for drug use."

"I stole pot from my dad."

### ► **The family is misinformed.**

"Be careful when providing drug-related information to children. The information should be recent. Stay away from information hinting at a safe way to use illegal drugs. Some people blame death and addiction on improper use. There is also information out there promoting legalization. The only healthy option is a strong no-use message."

## RISK FACTORS & REASONS ADOLESCENTS USE DRUGS

"Negative information is the exception rather than the rule. Most of the stuff out there is good and healthy information. Scrutinize everything you read. Watch out for hidden messages hinting at drug use as positive or promoting it as a 'lifestyle choice'. That lifestyle stuff is a bunch of crap."

### PURSUIT OF AN ACTIVITY OR ABILITY

#### ► **Fun.**

"My friends are funny when they are high.  
Everything is funny."

"What if you wanted to do something that was fun and everyone else told you not to do it? You'd think they're nuts. I don't think drugs is a problem like everyone else thinks so. They don't know what they're saying."

"Teachers think that we won't do drugs if we know all the stuff about how bad it is. I'm going to use for a short time. It's a temporary thing.  
We're not career users."

"I have a good time and chill. Everything is better. Even things that are boring are funny when I'm high. So when I'm with friends, we laugh at stupid things."

"Really, we do drugs to have a good time. We do everything high. I can stop anytime I want to."

#### ► **Pursuit of sex.**

"When I smoke weed, the girls be up on me because they want to smoke it with me. One thing's for sure, I have sex more than when I don't smoke weed. She's high and we laugh and all that."

"You last longer when having sex. You stay harder longer. She be like, impressed and everything because you last so long. She be having a good time. You want her to tell her friends how good you are in bed."

#### ► **Desire for escape.**

"I was just happy when I had weed. My friends would not make a big deal of having weed as I did. I was happy to have it because I thought nothing.  
Weed is great."

"With grades, work, parents and everything else, it's too much. You just want to zone out sometimes and kick back. You know?"

"Once I tried it, I thought, 'Yeah, this is for me.' Drugs were an escape. I had my own little world. Nothing bothers me because I feel good."

"I just want to be left alone. Everybody is always on my -ss and bothering me."

"I forget all my problems and what I'm thinking goes away. No more thinking, no more nothing. Just lay back and chill."

#### ► **Rebellion.**

"I did drugs just to piss off my mom. I knew she hated drugs and she was always on my back. So, I smoked weed and did acid. F-ck my parents."

"I wanted to shock my parents."

"I thought I was the master of manipulating my parents. I look at weed and doing sh-t as a challenge to see what I can get away with."

"My father is a pain in my -ss. I get my way doing this."

"I didn't care about anything. My parents didn't care either. I had the attitude of, 'F-ck you and kiss my -ss.' You know?"

## Peer Influence

### ► **Positive friends are a strong barrier against drug use.**

"Surround your children with a positive crowd by encouraging positive activities. Since friends change so quickly, stay aware of everyone they spend time with."

"Encourage them to play basketball, baseball, football, or martial arts. Introduce new ideas and encourage kids to try new activities. That's how they sharpen social skills and meet positive friends."

"Allow children to follow their interests regardless of your preferences. Don't get in the way unless the activity is harmful. So what if the kid wants to play guitar? That's not so bad."

"Kids who aren't part of a positive peer group will either migrate to a group with negative attitudes or a negative group will find them. New people are not different people. You want them to meet positive kids, not new people of the wrong kind."

"Do everything you can to teach them not to hang around the negative crowd."

"A great way to keep kids in the right direction is to encourage them to pursue their own interests and strive for excellence. Praise their accomplishments and encourage them. Kids should feel important of their achievements."

### ► **Loss of positive friends is disastrous.**

"I had positive friends that finally left me alone when they found out I used drugs. I just forgot about them."

"When I lost my positive friends, everything got worse. I really was wrapped up in sh-t. I was in trouble every day. Because bad friends put you in bad situations."

"Non-using friends give up on you pretty quick. Those who don't want to be involved in the drug scene stop hanging out with you. All you're left with are friends who do drugs."

"You can make friends again with the ones you left behind. Most of the time, they'll understand and give you a chance."

"Influence his environment to influence his

decisions. Drugs are where certain type of people are. He doesn't have access to drugs unless he comes in contact with people who use drugs."

"Positive friends are an essential ingredient to recovery from drug abuse and its prevention. Positive friends form a wall between a positive and a negative lifestyle."

### ► **Companionship is not friendship.**

"Friends are around when you have money. They want to go out, pick up girls and drink. When you don't have money, they want nothing to do with you. They are like, I'm going out with my girl or I'm doing something else. When you're out of money, you're out of friends."

"Simply because you know somebody doesn't mean he's a friend. Don't get them confused."

People use the word 'friend' loosely and irresponsibly. You want friends that will help you, not take things from you, use you or have you do stuff that's bad for you."

"I thought I had friends. We robbed together and got high together. They knew where I was when I was locked up. Did they ever stop and ask how I was doing? No. Did they ever stop by to give me a pack of cigarettes? No. Did they ever write me? No."

"These people are not your friends. They are people you use drugs with."

"Friends will take you for everything you got. They will take you out just like that. They sneak up on you when you're not looking."

"I've heard people say that they got no choice but to go along with their friends. That's bullsh-t. You got a choice and that choice could put you in jail or kill you real quick like."

"Friends are like, 'C'mon boy, I got it for you. Let's get busy.' When you're out of rehab, they will test you and try you. They'll say, 'See! He went to rehab and he's no better than me!' They want to bring you down so they don't look bad. Friends don't want you to do better than they do. They will forget all about you. Remember this, family is more important than friends. Your family is going to be there when you need them. How many friends do you know that would provide clothing, food, and shelter until you're full grown? The best friend a person can have is family."

"Friends want to challenge you and bring you down. It's not like they try to help you. They don't want you to have something better than what they have."

## PEER INFLUENCES

"You know how you're tough and act hard when you're with friends, right? Wake up, man. Being tough is getting shot. Being tough is being a fool. Being tough is getting a beat down. Today, being tough is dying. In life, being tough is going to church. Being tough is asking for help. Being tough is going to school. That's what being tough is really about. Being tough has nothing to do with hanging out and chillin' with your boys and doing useless things with your life."

"I've got a friend that says to me, 'I need to go somewhere,' or, 'I got to go with my mom somewhere.' I offer him drugs and he says no. He's a true friend because he offers me to go to his house or go to the mall. He wants to hang out and not smoke weed."

"There are two types of friends. Most friends spend their time having fun and doing things to have a good time. Few friends truly care about you. I mean, they really, really care who you are and how well you do."

"A friend never offers anything that's negative. A true friend never offers drugs. If he does, he doesn't know what he's doing. It's your responsibility to explain how dangerous drugs are."

"Your wrong friends will get you into things you don't want to be in. The real friends are the ones that care and try to stop you from doing anything negative."

"Friends be telling me nothing happens the first time I'm busted. Nothing happened to them the first time. I don't call my friends a liar. My friends are good to me, I thought. They were wrong and so was I."

### ► **Never underestimate peer influence.**

"I started hanging with the wrong crowd and doing the wrong things. I was in the wrong places where friends were in houses that don't belong to them."

"The only group you can fit in without doing a thing is a druggie. You do drugs and talk drugs. You don't need to do no work or even go to school. You fall into this life easy."

"Kids might turn to drugs when positive friends turn to drugs. A sudden change of friends doesn't always happen."

"Your teen will rebel by telling you less and will do more of what you don't like. Watch out for

increasing amounts of influence from his friends. In no time, the battle becomes his friends against the family. The whole family can lose."

"Just because I hang out with him doesn't mean that I do drugs too.' This has to be the most often used and least true of all claims by teenagers everywhere. It doesn't work that way. As long as a kid hangs out with someone who uses drugs, there is trouble. People who use drugs get other people to use drugs sometime, somewhere. How in the world is someone exposed to drugs if not from friends or family?"

"Point out similarities in dress and conduct between him and his friends. Yeah kiddo, you're following the boys now and the same applies to drugs."

"Spending time with friends that use drugs is a time bomb waiting to explode. Sometime, he's going to be bummed out over a test or angry at parents because he couldn't do something. Some kid will have that magic key to solve all his problems."

"A bad influence can destroy years of moral training overnight. Isn't it amazing what a group of friends can do to a someone? They are effective at changing his attitude and his whole view on everything."

"My boys be smoking and buggin' out. I just forget what everybody told me. I didn't think."

"People on drugs don't pay attention to people who don't do drugs. You're either part of their world or you're not."

"It's tough to make new friends sometimes. I felt like there was nobody else around I could meet. I just ended up back into the same crowd because that's all I knew."

"Kids will argue that looking a certain way doesn't necessarily mean anything. Tell me. What do you expect from an individual who wears baggy pants and gold on the street corner? Who you're with affects what you wear, how you walk, how you talk, and what you do. What you wear attracts other people with the same interests. If you wear a pot leaf imprint on your shirt, you'll attract people who smoke weed. Makes sense?"

"Being with friends becomes everything. I take advantage of that. I'll pass him a joint and you know that he'll smoke it to be one of us."

"Girlfriends do everything to stop you. They can only do so much before they fall into it themselves."

## PEER INFLUENCES

"You will go to jail together, be released together, sell drugs again together and go to jail again together. Negative friends substitute the family."

### ► **Image and respect are paramount to adolescents.**

"Respect is everything. Everyone wants respect. People want respect and want to take it from you. They want to make you look like a punk. Doing drugs gives you respect so they can't do that."

"You want to look good and be around friends so nobody messes with you. They be like, 'I got your back.' No matter where you go, you pay no mind. You know they be watching your back."

"You want to show off your money, the clothes, the car, the bitches, and your friends. Your friends are what makes you who you are. You're nobody without friends."

"After I was placed on probation, my friends came up to me and said, 'Yeah, I heard you were busted robbing this house. This and that.' I got people's attention. People hear of the things I would do and give me respect."

"Kids do stupid things to earn the respect of their peers. It's not worth the risk of getting locked up. I know why people do it. You gotta look at why you need the respect of people who are negative. Look at them and think about why you want their respect. Why do you want the respect of people who are involved in crime and use drugs? Grow up and get real."

"Treat your kid with respect in front of his friends. When you need to confront him with something, do it one-on-one. Don't make an -ss out of him."

### ► **Teens hate snitches.**

"The worst thing to do is to turn in your friends. You're a snitch. You're somebody that can't be trusted. Oh man, that's the worst."

"You don't snitch on people. You lose friends and the word spreads fast. Expect a beat down."

"People trust you because you can keep your mouth shut. They feel more comfortable telling you things and doing stuff with you. Being quiet about things looks good. Friends feel they can go to you and tell you things when you get into trouble for not talking. The more you get into trouble for staying quiet, the better you look. Friends want to do stuff with you."

"The worst thing in the world is a snitch. You're a

scum. It's the bottom of life."

"Your friends talk when they're caught for doing a crime with you. They'll say, 'I did this part but he did this.' They'll snitch on you. Few people take the rap. There is no honor among thieves. Don't fool yourself. Everyone is watching after his own -ss. Would you rather do twice the time or turn in your friends?"

"What kids say on snitching in front of their friends is a different story when they're busted for something. They can't stop talking."

## PRO-ACTIVE STEPS TO DEAL WITH PEER INFLUENCE

### ► **Plan family time.**

"We set aside Saturday nights for family time. I tell my kids, 'No, you're not driving anywhere. We are renting a movie.' They bitch and complain. So what if they pout throughout the movie? Family time won't happen unless I plan it."

"Other kids don't have their parents around. Those kids say it's not cool to hang out with mom and dad. Your kid buys this crap and follows his friends. Yes, there is also an independence factor. Teenagers want to look like they are on their own and showing that off is important to them."

"Don't count on him to come up to you and ask for family time. Parents should set a consistent time every week. Every Sunday or any other day that's best for everyone."

"Participate in family activities that take him away from that crowd."

### ► **Make home comfortable for your child's friends.**

"Invite your child's friends over to the house and to family activities. Show approval of some of their choices."

"Help out your kid's friends by including them in your family time. Negative peers aren't so negative when they have somebody to talk with and look up to. You can be that somebody in their life."

"Having his friends over accomplishes several goals. A parent knows where the kid is, mom can observe the child interact with his peers and gain information on his guest's interests."

"Listen when you can, without spying. Find out how they spend their time."

"When having kids over, you don't want to be in

## PEER INFLUENCES

their face. Give them room to do their thing without interruptions."

"Give private time but know what they're doing."

"Be familiar with your child's friends. Teens don't tell their friend's parents when there's trouble for several reasons. They don't know the parent well enough, they are afraid to be a snitch, or they feel the parents won't listen."

"Home should be a comfortable place for his or her friends. Offer soft drinks and have the television available for them. Allow them to play video games and have a good time."

"Invite his friends over for a weekend lunch, family outings, or for dinner. Show sincere interest in them. Ask them how they feel about school and any extra-curricular activities they are involved in. Know what they do with their spare time."

"Try not to sound nosy. The key is to show interest in them and make them feel comfortable."

### ► **Know families, not just kids.**

"Be at baseball games to watch your kid play. Acquaint yourself with the parents of these children."

"Inform the other kids' parents when their kid is involved in some stupid or negative act. Knowing the other parents makes this task a little easier."

"Know your kid's best friends and their parents. Your kid's friends are probably using drugs if their parents are using drugs."

"Being familiar with your child's friends is an opportunity to learn about their parents. Be there when parents of the other kids are there. After meeting the parents, exchange phone numbers and keep in touch. Establish friendships with parents and their kids."

"You also get to see the kids whose parents don't show. The parents that don't show are telling their kid they are too busy to show. Those are the parents that are too busy to parent."

"When talking to these other parents, ask questions and show interest in their child. Ask them what they do for a living. Their busy lifestyle may give you hints that the parents may not be home when the child gets home after school. Ask them if their demanding job requires them to work long hours. People love to complain about their jobs. The point here is to be aware of the supervision your child has when he or she is in

someone else's home. All information is good information."

"Ask your child how his friend's parents act at home."

### ► **Teach the values of friendship.**

"Kids need to know how to tell the good friends from the bad. Trouble makers are easy to pick out. Teach them how to separate themselves from the trouble makers and avoid being caught up in their trap. They need to learn how to weigh friendships and consequences. Talk in terms of their current and past friendships."

"Just because someone gives you his name and you spend time with him doesn't make him your friend. You need to draw a line somewhere."

"Your kid must know that if he is involved with any incident with his friends, your kid is responsible and accountable for what happened. The fact he was there makes him part of it. It doesn't matter if he was just watching."

"Discuss situations your child may find himself in. By now, I'm sure he has experienced peer pressure to do something he knows is wrong. Talk about the friends he has right now."

"What does the word 'friend' mean? Kids need to place a definition on that word. They must understand true friends don't offer drugs. Make the distinction between friends and people they know. Realizing true friends don't push drugs sets a new perspective. Knowing the value of friendship empowers someone to see what is really out there. A lot of people have a good time watching others screw up their life for good."

"Convince your child that negative friends are enemies rather than true friends. One way is to establish some goals with friendships. Talk to your children about what friendships are really about. Be able to explain the difference between friendship and hensh-t. Friendship normally is, 'I like you because you provide something for me. I want you to like me and I want to like you for what we provide for each other.' In many cases, you have to look at whether that provision will have to be negative or positive. I guess what I'm saying is, help children establish true friendships rather than these jive street friendships. 'I like you because you're buying drugs off of me. I like you because you're supplying drugs.' That leads to nothing. I think parents should help to develop a better sense of friendship and recognizing what friendship is truly about."

### ► **Deal with negative peers.**

"I would go to the extent of calling the parents and telling them their kid is doing drugs. I don't want my kid hanging out with their kid."

"The way I look at it, my kid will be approached with negative ideas sometime down the road. My job is to give him the positive self esteem to deal with the rejection so he doesn't go along with the crowd. I'll step in when I see that it's not working out as it should."

"Parents tend to not be involved. Hey, this is my neighborhood. No way am I allowing some kids using drugs to run my house or my neighborhood."

"Never allow my son to spend the night with friends who are suspected of using drugs."

"Limit the contact he has with negative friends. Tell them he's not home when they come to the house. Tell them you have to use the phone when they call. They'll get the hint."

"Find out who he was skipping school with. That's who you want to avoid."

"Ask about his friend's reputation at school. Kids sometimes come to the same conclusion as parents but are unable to verbalize what they think. Some kids just get an uneasy or uncomfortable feeling."

"Be sure your intuition of Jacob being a bad influence has evidence to back it up. The last thing your kid needs is for you to be cutting off his friends without a good reason. Be justified."

"Cite specific examples why you don't want your kid spending time with one of his friends."

"Show care and concern when talking about his friends. Suggest he no longer spend time with a certain person because of the negative activities his friend is involved with."

"Kids say what parents want to hear and kids do what they want anyway. Be wise to what he's doing. It's easy to go back to old friends."

"There are kids who hate living at home. They hate their parents and can't wait to turn eighteen so they can live on their own. You'll see them spend all their time with friends and forget completely about their family. Sooner or later, they'll come running back to mom and dad when the going gets rough. Sometimes, a sudden crisis combined with a lack of financial ability to pay is enough to make them realize that friends won't

always be around when you need them. That's when they finally realize who cares and who doesn't."

### ► **Confirm information provided by his friends.**

"I'd tell my friends to lie for me. They tell my parents that I was somewhere I wasn't. My parents believed them."

"My mom would say, 'Go get him, let me talk to him on the phone.' My friends would say, 'Oh, he's sleeping.' My friend's mother would always lie to my parents. They would say they sent me to the store."

"They're not going to tell you the truth when they're using. They're not gonna say, 'Yeah Mrs. Burns, he's right here smoking a joint with us.' Don't approach his peers for information when you're suspicious about his friends' behavior."

"Contact his old friends. They know what's up. They see what you need to see. But they may be afraid to tell you. Assure their identity will remain confidential to collect the information you need. If they still don't trust you, talk to their parents. Chances are they heard something of what your child is or is not doing."

### ► **Don't limit your suspicions to any one group of kids.**

"I've seen preppies do drugs. I've seen nerds do drugs. I've seen head bangers and dead heads do drugs. I've seen them all do drugs."

### ► **Deal with the Snitch Syndrome.**

"Refusing to tell you where he buys the drugs is a very important message you don't want to miss."

He's telling you that his friends are more important than himself or you. You have a sticky situation here. Something is wrong because his friends have a higher priority than you or himself."

"The kid is stubborn about keeping his mouth shut. In such a case, keep calm. Walk over to the phone and call the police. He will either immediately concede or storm out of the house. He needs to realize that you mean business."

"Once they are caught by law enforcement, they give up all their friends in a heartbeat. They talk tough with their friends and sing like a bird when they're caught. They'll talk when you got them where you want them. Up until then, they won't drop the dime on anybody. The code of silence is probably the biggest hindrance to law enforcement. It's worse when the parents are a part of it."

## How Adolescents Promote Drug Use

### REASONS WHY ADOLESCENTS PROMOTE DRUG USE AMONG PEERS

#### ► **Include a friend in prohibited activity.**

"I got my brother high so he wouldn't tell my parents."

"When you're at work, you want to pass the time. Smoke weed. You want people that work with you to smoke. Then, they in it with you."

"You have to do what we do. You also have to help us not get caught. That way, when the cops come around asking for one of us, you got to say that you don't know nothing. Once you're smoking weed with us, you're in with us. You're caught for whatever we're caught for."

#### ► **Misery loves company.**

"People are like a pot of crabs. A crab doesn't want any other crab to escape the pot. They drag each other down. The same with drugs. They want each other to be down together. They feel protected to be in the same place. Nobody wants anybody to do better than everybody else. Call it safety in numbers."

"The peoples that were down with us grew. We had more with us. Once you get into that groove with those friends, it's hard to get out. Everyone sees you in a certain way. You just act like people know you. There is a reputation you learn to live up to."

"I make projects out of people that didn't smoke weed because I felt bad smoking in front of them. I got them to smoke with me."

"Nobody wants to get high alone, man. I want people to try it so they get high with me and we all have a good time."

"Friends involve others to feel what they feel. It's like this. You get someone to use, it's like, what you're doing isn't so bad because other people are doing it too."

#### ► **Greed.**

"They have to buy it from somewhere, right? They smoke weed and you're in business. They have to buy it from somebody. Why not me?"

"I want someone to smoke weed. They like the sh-t and want more. That's when they buy from you. You invite them to parties and introduce them to your friends. Before you know it, they're high and loving it. They listen to the same music you listen to and everything. You changed them completely without a fight. Once the friends change, everything changes. They'll sell for you. That's what you want."

#### ► **Courtesy.**

"It's like eating food in front of other people and not offering any. You don't want to be rude. Really, they don't want to share their high. They want the weed all to themselves. They offer you some so they look good and get friends into it. Hey, if they want it all to themselves, let them have it! When you turn it down, they will probably say something like, 'Great, that leaves more for me.' So what if they talk trash?"

#### ► **Share the experience.**

"I want people to know how great weed is. I sold weed to them at cost."

"Getting someone started is an honor. They awake into the real world, man. Being high is a whole other way of living. I want people to smoke weed."

"I like turning somebody on to something new. Their eyes light up like a Christmas tree when they're high. Wow man, this is great. That's what they tell me. He knows what I've been talking about the whole time. He knows where I'm coming from."

"When someone is high with you, you brought somebody in, you know? We're one big happy family. We're bigger and bigger. More people smoke weed and it's one big thing growing."

#### ► **Fun.**

"I have more fun when friends smoke with me. Everything is funny."

#### ► **No reason.**

"No big deal. I'm not forcing them. Nobody's holding a gun to their head, you know?"

"They wanted to do it. They wanted to try it on their own. They were with me and I passed it off."

"People do drugs because they want to. They come to me for it."

## HOW ADOLESCENTS PROMOTE DRUG USE

### DRUG PROMOTION STRATEGIES

#### ► **Capitalize on impulsive behavior.**

"They weren't thinking at the time. The chance grabs them and they do it."

"Find a time when they're in the mood. Just wait until they are pissed off at their parents for something."

"The trick is to catch them when they're weak. When they're having problems and hit a weak spot and when they're looking for help, you don't have to look for them. They are looking for you. They want to talk or someone to be around. That's when you offer it to them."

#### ► **Introduce your friend to people who use drugs.**

"First of all, you make a big mistake by hanging out with a drug user. That's weak minded crap to think you can hang out with someone who does drugs and not do drugs. You are just fooling yourself. Eventually, you do it no matter who you are."

"People do what their friends do. Having everybody at the same place and the same time tempts people. Friends change everything. He's gonna use it when he's around people who do it. Would you be high if you were by yourself and if you never got high before?"

#### ► **Involve the opposite sex.**

"Smoke this. You won't be shy no more. All your nervousness goes away. Easy to get laid when you're high."

"Mix it up with girls. Everyone wants to get laid. Smoke weed because you be high and girls be on you. Hey man, you try this and you be buggin' with her. You'll be hitting the skins. You know what I'm saying? He'd take the sh-t."

"Want to meet girls? Smoke weed. I wouldn't talk to them when I'm straight. Weed helps me out that way. The girls smoke it with me."

"I'd tell my friend that this girl he likes smokes weed. You have to smoke weed, bro, or she'll diss you. I'd tell the girl, 'Smoke with him. I want him to smoke weed. C'mon, let's do this.'"

"Your boys will introduce you to girls that smoke weed. They light up and pass the joint around. Weed is harder to turn down when the hoochies be looking at you."

"I'd introduce him to a couple of girls and pass the blunt around when the fly girls be around. Real

tough to turn it down when the girls are smoking weed. He'll feel like a pussy."

"I'd make him feel like sh-t. I'd embarrass him in front of everybody. I'd make sure girls knew he was a punk. If he thinks the girls will think he's a nobody, he'll do it."

#### ► **Boast improved sexual performance.**

"She's going to tell her friend's you're good in bed. She'll tell all her friends how you lasted two hours and was a great f-ck. You will always have a date."

"You tell him, 'You can have sex all night.' He's going to do it. Guys are very egotistic when it comes to sex. They want to be the best."

"Let's say there is this real bad girl you are dying to be with and you want her to fall in love with you. You want to give her the best sex she will ever have. Dope keeps you hard."

"Here, take a hit of this and you'll f-ck her for hours. She'll be back for more. I can help you out here because this stuff called dope. You do a bag in the bathroom before you screw her and you go on and on. As long as you don't do it everyday, you won't get hooked. Since good looking girls hang out together, you got it made. Now, what if you screw her for five minutes and you're done? What do think she's going to think? What is she going to tell her friends? She's going to call you names and talk behind your back. You be known as a bad f-ck. What do you have to lose? Use it only when you have sex. If you have sex everyday, well... you know, great."

#### ► **Boast about the benefits.**

"Weed calms you down. You know? I laugh a lot. Just try it. You won't get addicted trying it the first time."

"All that sh-t you're thinking is flying out the window. You don't feel nothin'."

"Your dad will be pissed off big time. Do it to piss him off."

"What's great about acid is that you'll see different things and you'll be tripping. Except, nobody will know. You forget the time, your thoughts run wild. You get a weird feeling in you."

"I over exaggerated the good things about drugs and played down the bad parts."

"I lie. I'd tell them that someone can only be

## HOW ADOLESCENTS PROMOTE DRUG USE

hooked on heroin if they shoot it instead of smoke it. I'd convince them they could handle whatever I told them."

### ► **Minimize the consequences.**

"Will it make you sick? Noooo, it won't make you sick. Just don't do it every day."

"You nervous or something? Here, do a little bit of this and you'll be good to go. You think something is gonna happen? That's bullsh-t. Try it one time. You got control of your body so don't worry. I've been using dope for a long time. Do you see me acting nuts?"

"I know people who got caught and they're still out. They didn't go into detention the first time. Besides, there are no cops coming here."

"Weed isn't a drug. It's not like coke or heroin. Weed is a herb. It's seasoning, man."

"Friends trust you because they want to. I tell them, 'Go ahead. It won't hurt you. I wouldn't give you something that I knew was going to hurt you.'"

"Parents don't know what to look for. All they do is yell at you for coming home late. Most parents aren't smacking their kid in the butt no more."

"You got control over your body? Listen, man. You're won't be hooked if you got control and if you don't do it everyday."

### ► **Promote popularity.**

"Kids smoke weed to act and look older. They want to be seen as better than everyone else and with their act together. They want people to think they are cool."

"There are guys who don't belong to a clique that would like to. Those are the guys that you want to talk to. After they smoke with you, they sell for you. They want to do and be known."

"There are cliques in school. People hang out with certain types of people. You are who you hang with. It's all about who you're seen with."

"You want them to be with you and watch your back no matter what. Drugs gives somebody something to be about. It's the image: how I act and who I am."

"Your friends give you the feeling of being part of something that your parents don't give you."

### ► **Use fear of being an outcast.**

"You see, people hang out with other people to get

some type of affection. Friends will follow you out of fear of losing a friend."

"He should think drugs are the in thing and everyone's doing it. I say stuff that makes them think they're cool if they smoke and they're nothing if they don't. You got to get high to be one of us. You got to be down with us."

"Are you going to do this? No? What's up man? You have to do our thing to hang with us. "

"I go to Pizza C's and hang out. Anybody that's with us does what we do or they leave. I tell them, 'Do it or you're a loser. You're not worth hanging out with.'"

"You want them to feel that they are nothing unless they get high. You want them to think they are a nobody."

"I'll just disrespect him and call him names. I'll make him look like a nobody in front of his friends. Put him in front of people and he'll do it."

"Kids do drugs because they're afraid they won't have any friends anymore. Doing something wrong no longer is the issue. Whether you keep your friends without getting into trouble is the thing to do."

"I'd make him feel stupid or left out. I'd say, 'What's up? What's the matter?' I smoke it in front of him and blow it in his face. 'You know what? This is for real. It's good sh-t. Try it.' I would just hand it back to him."

"He might say no to one person. He'll say yes every time to a group of friends."

### ► **Say, "Everyone is doing it."**

"Here, take a sip. Nah, don't worry about it, here. She's doing it. I'm doing it. We're having a good time."

"Weed doesn't do anything to you. Everybody else is smoking weed. Who cares if it's illegal."

"Your parents drink. Smoke weed. Same difference."

### ► **Pass a joint to someone.**

"People pass the joint off and you smoke. Then they go to another party later on and you're with some people and they get high and so do you. After a couple times, you pitch in to buy it. Then you buy for yourself."

"I was at my friend's house and we were just passing it around. Joey smoked the joint. We

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didn't have to say nothin'."

"He be drinking with us. I'd light up a joint and pass it around. The weed be coming around to him. I'll say, 'You want to try this? You be high.'"

"I would just pass the joint and let them make their own decision."

"He'll smoke it if I can get him to hold it. I'll pass the joint to him. He'll do something with it, right?"

### ► **Manipulate and lie.**

"People who tell me 'no' are the older people who know who I am. You give me fifteen minutes and I will get anyone to do heroin. No fooling."

"You got to be smooth like. I'm a smooth talker. I got people to use. It's what you say and how you say it. You got to play them. You got to say what they want to hear. Girls, sex, friends, and money, it's the same to everybody."

### ► **Take away the opportunity.**

"Don't want none? On you my man. That's more weed for me, then. I'm not going after you because I like the sh-t."

"I'd make them feel like that they are left out on something."

"It's your life if you don't. I'll have a good time without you."

"I don't want to pressure somebody into something they don't want to do. More for me."

"The 'H-ll with you. That's more for me' attitude works with people. They curious on you and want to be high with you."

"They want you to feel like you're losing out. They show off how much of a good time they're having or just horde the weed. They get real obvious about it."

"I'd be at a friend's house listening to music or watching T.V. I'd be like, 'Damn, this weed ain't no joke. I'm high as a kite. Good sh-t. Hey, why don't you try this? C'mon man, you smoke this. You'll be seeing sh-t.' If they don't want to, I'd say, 'F-ck it then. If you don't want to do it, then just don't do it.' That just clicks on them when I say that."

### ► **Persistence.**

"I take it out and light it up. I blow smoke in their

face. I drag it and hand it on to them. I keep on ragging and pestering them until they give in. You'll smoke weed just to get rid of me. As long as I keep ragging on you, I can just about get anyone to change their mind."

"C'mon man, weed doesn't hurt you. It's just one drag. You don't have to do it again."

"One of my friends hated drugs. I used to say, 'Don't lie to me. You love weed. You love it. I know you love it.' I put the idea into his head that he actually loved weed by saying and saying it. He started slipping up in sentences. He said, 'I love weed. I mean, I hate weed. I want to try it. Nah, I can't.' Finally, one day he said, 'I got to try it.'"

"You don't have to keep on using it if you don't want to. Just say it's not for you after the first time."

"You wanna smoke? Why not?', that's what I'd ask him. I'd keep asking, 'Why not?' I slipped into it when my friends asked me and asked me."

"I always thought I'd never smoke. My friends asked me so many times. I gave in so they would leave me alone. Once I smoked, I knew I was going to smoke again. My friends smoked and I was like, okay, I'll smoke because I was around and they were smoking. You know? I liked the feeling."

### ► **Slip a drug into a cigarette, drink or food.**

"I'm sneaky. I empty the cigarette and put some of the weed inside. I tighten it up and offer them the cigarette. They are like, 'Wow, man, I feel a little buzzed, a little messed up.' And you're like, 'Ohhhh, I gave you the wrong cigarette. I had a cigarette filled with weed man.' They're like, 'This is a pretty good feeling.'"

"A good way is to put marijuana in a bottle of alcohol for a couple of weeks. The weed flavors it. You offer your friends a drink. They ask me, 'What was in that? Yeah? That works.'"

"I'd make some food with weed. After they eat it, I'd tell them they ate weed. They aren't afraid of it anymore. We made hash brownies once. They were great."

"I put acid in my beer and pass it off to someone."

"You see people at Grateful Dead concerts shoot people with water guns that have acid(LSD) in with the water."

## HOW ADOLESCENTS PROMOTE DRUG USE

### ► **Compare the drug to alcohol.**

"Drinking makes you sick. Do weed when you don't want that hangover no more."

"Weed is better than drinking. You don't get sick off of weed like you do with beer."

### ► **Encourage alcohol use prior to introducing another drug.**

"You aren't going to smoke this? I hear ya. Let him keep drinking. He'll keep drinking and drinking. He'll get dizzy and happy. I'd be like, hey, smoke this. He'd say 'Nah, nah.' Give him another beer and let him drink some more. He'll pick up and smoke it. He'll get happy and buzzed off the beer enough to do the weed."

### ► **Settle a debt.**

"I would repay them in weed. They would say they didn't want it. I'd tell them this is all I got. Try it and you'll find out that it's better than money. So he tried it and liked it. He came back to me to buy."

### ► **Go to a party.**

"You wanna go to the party 'cause you want to be seen. Showing up gives you the right to brag. Where you're at says what you do. You're at a party and the girls are dancing and the music is playing and the people are there drinking, hard to say no."

"I would say, 'Hey John, we're driving over to Lee's and chill. Right guys?' I would shake my friend's hands and make it look like we are up to something. I'd hint but not tell him straight out. He'll come along to see what we're up to. Once he's with us, he'll just follow us the whole way."

"We're at my friend's house watching television getting high. Nobody was home but us. They passed it to me and I smoked. Just like that."

### ► **Cut class.**

"Chances are, if they leave with you to cut class, they smoke what you got."

"Just light one up in the bathroom. Nobody snitching on you because they don't want to be a known that way, as a punk, a nobody."

### ► **Drive somewhere and stay in the car.**

"We drive somewhere and park. We might have girls in the car, whatever. When it's your turn to suck it in, what will you do? Say no? Where are you going to go? You're with us and you're

breathing the smoke anyway. You might as well smoke it with us."

### ► **Find impressionable peers.**

"I found people that looked up to me. Usually, somebody younger."

"What I do is get somebody younger to hang with me. We be buggin' out and doing things. He be with us. He wants to be with us because we're the ones people look to. We get him to do stuff for us because he's young. We pay no mind when he gets caught. He doesn't get the same if we did it. He get less, like probation or something else. He don't get locked up like me."

## Gateways to Harder Drugs

### ► **Tobacco teaches smoking skills.**

"Look at the kids smoking cigarettes in elementary and junior high school. They will be smoking marijuana very, very soon. Cigarettes are training wheels for marijuana."

"The gateway drugs are tobacco, alcohol, marijuana and inhalants. Those four set us up for trouble."

"I never used anything until I smoked cigarettes. I made friends that smoked."

"The only difference between tobacco and marijuana is the effect. A person smokes weed the same way, inhales the same way and exhales the same way. The only difference is that you hold weed longer in the lungs."

"You'll see someone on welfare smoking a cigarette when they're hungry and homeless. Nicotine is the most addictive substance on earth. I know of crack addicts who kicked their crack habit but still smoke cigarettes. I know heroin addicts who no longer do heroin but can't stop smoking cigarettes."

"I was smoking cigarettes with my friends. Someone they knew came up to us and was smoking a joint. At school, no less. He passed the joint to my friend. My friend passed the joint to me. I went from skipping class to smoking weed in a minute. I thought it was cool. We were doing something we weren't supposed to do. It was just the group of us doing it."

"I smoke cigarettes because it makes me look older. You know, doing something that older people do."

"I find it easier to get a friend who smokes cigarettes to smoke weed. They're used to the smoke. Smoking weed and cigarettes are the same. The only difference is what's in the paper."

### ► **Inhalants are a cheap and easy way to get high.**

"There are hundreds of inhalants around the house such as gasoline, typewriter correction fluid, paint, air freshener and hair spray. The list is endless. Kids experiment with these household solvents because the products are paid for, accessible, easy to hide, and easy to find."

"Inhalants are a stepping stone to other drugs."

Unfortunately, inhalants are more dangerous than cocaine or heroin because of the toxic chemicals in these household products."

"I huff glue because my parents can't catch me doing anything. There is no piss test that picks it up. Not only that, the cops can't arrest me when they see the stuff in my pocket."

### ► **Alcohol use is encouraged.**

"Refill her drink. She'll smoke weed when she's loaded."

"Drinking and smoking weed sets people up to use coke and heroin. When your hanging out and someone's got something new, you want to try it. When you're high or drunk, you'll try anything."

"Drinking alcohol is a chance to associate with others who drink and use other drugs. This leads to the introduction and use of marijuana."

"I play the wait and see game. I'd get them drunk. They get drunk and sloppy. Here you go my man, I have something for you. Put down your drink and smoke a little of this."

"I see girls at parties. They drink a little. I turn them on to weed by getting them drunk. She's drunk and high and the party really starts."

"You go to a party where there's beer. You drink and act stupid. Once you're drunk, you do things that you wouldn't do sober. Friends will remind you of it later. You be thinking, 'I smoked weed and nothing happened to me. I'm not dead or anything, I'm not brain dead like my parents and teachers said I would be. My friends were telling me of all the stupid funny things I was doing. I guess I had a good time. I might as well do it again.'"

### ► **A friend sneaks the drug into food, cigarette, joint, or drink.**

"Put it in something he eats. I sprinkled weed on a pizza once. My friends ate the pizza and got high. They liked weed enough to smoke it."

"What I do depends on whether they can beat me up. I'll throw acid in their drink."

"One time, I put weed in his cigarette when he wasn't looking. I looked at him after 15 minutes and said, 'What's wrong with you?'  
He was tripping."

"I put acid in the weed once. He said he felt good. I told him he was tripping."

## GATEWAYS TO HARDER DRUGS

"I just put some coke in with the weed and passed the joint to my friends. After they try it, they buy weed and coke from me."

### ► **Tolerance builds and an alternative drug is explored.**

"Start looking for another drug when you need a lot of weed to be high. You know? You need more drugs to chase that high. Your body gets used to the sh-t. You look for the first high you had the first time. You look for something different."

"Smoking weed starts to wear off. You don't feel the high no more. You try to feel it but it's just not there. The high isn't the same it used to be."

### ► **The adolescent develops boredom with his drug of choice.**

"Everybody is trying to find something that makes them happy. Some people find it in weed. Everybody is looking for that high. Once you're bored, you look for something else. There's so much to try and so little time."

"I smoke every day, all day. I got bored. I started smoking cigarettes and drinking at the same time. I mixed coke with weed. I got real high. Yeah, I like this, I thought. I wanted to move up to something bigger. I move from weed to coke. Then I went from coke to dope. I smoked it all together so I could feel the high. It's like, give me something stronger. Damn, I want to get a real high. I want something else."

"I drank, then it didn't work no more. I did crack and that didn't work no more. Then, I did coke and dope. I got worse and worse."

"I do crack, and then it hits me. Yeah, yeah, I want more and more. But after it wears off on you, you want more. Once you try it, it gets you good. You get to where it does nothing for you no more. Time to move to some other drug or use more."

### ► **Drug of choice is not available upon demand.**

"What you use depends on who you know and what's available at the time."

"I can't get you no budda(marijuana). I got this instead."

### ► **The cost of the drug is too high.**

"Drugs can get cheap, too. Acid is five bucks a hit. People are looking for a cheap high when they don't have the money."

"I drink when I can't find weed or don't have money for weed."

"Acid makes me see all kinds of colors and stuff. I trip for about eight to twelve hours. It expands your mind. Acid is cheaper than weed and does more for you."

"I start looking for stuff around the house when I don't have money to get high. I'll take my mom's Xanax or huff gas."

### ► **The new drug is used for fun.**

"I used to have fun."

### ► **Detection is a concern.**

"You search and search to find something to replace it. You don't quit. Weed becomes part of your life. When you're on probation, you either smoke anyway, stop smoking or find a replacement. You're caught if you don't replace the high with something."

"I knew my probation officer was testing for marijuana. I did acid(LSD) instead. Acid is real easy to hide. I trip on acid because it's better than sitting in detention. They can't catch me for using."

"I'd rather be high on nitrous oxide than busted for doing weed."

"I'll huff some White Out before I use weed again. I don't want that sh-t to show up in my urine while on probation."

### ► **New drug using friends introduce alternative drugs.**

"They would start smoking weed with one of their friends, possibly me. He'd smoke weed with another friend who had cocaine. They start doing cocaine and whatever we got. You do what your friends do. Weed, coke or dope, same difference. It's who you can introduce them to."

"I'd tell him that no matter what, you have total control. Don't matter how much you use. You don't get sick on the stuff. You know how you get sick when you drink? You don't have that when you smoke weed."

"There's this kid that liked to smoke weed. I tell him, 'Hey man, don't you hate when you feel the munchies?' He would say, 'Yeah.' I'd tell him, 'Well, yo, if you do a little bit of this, it's called dope. Just the same as you smoke weed but you chill(relax) more.' I wouldn't tell him it was heroin. I would never say the word heroin."

## GATEWAYS TO HARDER DRUGS

"You probably heard about it, right man? Acid's really cool. All you do is put it on your tongue. You're waiting and waiting. You feel really good and you start laughing. You look at someone and you start laughing. You're in your own little world. It's like weed but it's so more fun. Everything is so amazing and lasts longer. Twelve hours worth. You go home tripping. People say that you'll go crazy. Nah, you won't go crazy. You know what's going on and stuff and there's no problem. Probation won't be able to snatch your -ss."

"They'll do weed and like it. After that, they'll try anything else you have because they trust you. They'll try acid. They'll do anything."

"Using drugs f-cks with your head. Anything you use lets you think you got it together. Like, that you fooled everybody and sh-t. You ain't fooling nobody. The only person you fooling is yourself."

"Drugs leads to more and harder drugs. You want more of everything until there's nothing left to take. That goes for life and people. Drugs gives you this idea you're in control. A big lie is all that is my man. One big lie."

► **See the Gateways to Harder Drugs flow chart on page 129.**

► **The adolescent develops a sense of overconfidence in his ability to use new drugs.**

"I smoked a lot of weed. I mean, a lot of weed. Man, I smoked so much weed I can't even begin to think how much. I thought I knew what I was doing. I was high and I tried crack. Well, that was it. I hit rock bottom in a couple of months. I used weed for three years and still kept my job. Here, I do crack a couple of months and hit the dirt. I mean, this stuff took everything I had. I was washed out. I couldn't believe the things I did for some caps(crack vials). That's the thing. Weed made me think that I was in control of the drug and I could handle other drugs. When the time came to do it, I was lost. I couldn't control myself. Weed really screwed me up because I thought that I was in control. I had no control all along."

"Guys that smoke weed for a long time, like a couple years, wreck on something else. When I tried something like coke, I was gone. I was the worst addict. I was an animal."

"When I was fourteen, I was asked if I wanted to try acid once. I was like, weed is good, you know? I'll try acid. There's no problem with that. He gave me a little piece of paper. I was like, what am I supposed to do with this? He told me to put it in my mouth and suck on it and swallow the paper. I will never do that again. I really didn't like this. I mean, I saw things that people shouldn't see. I watched a couch move across the floor without any force. I went upstairs and saw the garbage in the kitchen. I saw a face in the garbage. I saw some old, beat up, wrinkled up lady in my garbage can. I really like, spazzed out. I went driving around the neighborhood. It was real nasty. I didn't think I was ever going to come down. I started to have thoughts in my head like I was going to stay like this forever. I never tried that again."

## Drug Dealing

### THE TRUTH ABOUT DRUG DEALING

"Most drug dealers start out with the desire to make enough money to buy their own supply of drugs. Their friends know they have drugs, so they buy from that friend. They spread the word that so and so deals drugs. Pretty soon, the boy is selling some good weight."

"After I started using, I got forty people using drugs. Out of those forty, fifteen are drug dealers today. Now I know all that will come back on me sometime down the road."

"Anybody can buy drugs with money, guns, and sex. You got people breaking into houses looking for money and guns. Breaking and entering and stealing goes up. The guns are sold on the street for drugs. These kids now have your guns and carry them while they do their thing. What do you think they'll do when they get pissed off at someone? They'll start shooting. Where there is dealing there are guns and violence. What is even worse is when these kids look toward the movies and rap as examples. No wonder we have mayhem in the streets."

"Drug dealing among adolescents is the fastest growing crime in this country. Kids are showing other kids how to set up their own enterprise in communities just like yours. We're talking white, middle class, suburban neighborhoods. It's not just the Blacks and the Hispanics. Drug dealing is a big problem in every community. Don't underestimate the power of a single drug dealer. They will get their friends to use drugs and deal drugs. They, in turn, will get your kid to use and deal drugs. You have a big problem if some kid in your town wants to deal. The greed and desire for power is stronger than you can imagine."

"Teens who deal drugs have unprotected sex. They feel invulnerable. You see, some female addict who looks good will approach this young dealer with a blow job since she doesn't have the money to buy drugs. He'll take the blow job or the f-ck because he's horny and he wants something to brag about. She gives him HIV and he spreads the disease to nice little girls like your daughter when he has sex with her."

"Drug dealers are popular. They have money and they look good to the ladies. Girls have sex with these young drug dealers. When I say girls, I also mean the nice academic and cheerleader type that wants to be popular and feel protected. Parents don't understand that girls from every economic class and race are attracted to dealers because

they're known and have money. Next thing you know, there is an explosion of HIV in the school."

"A dealer develops an audience in school. Friends see him walk to school in flashy clothes and new sneakers every day. He drives to school in a fast car everyone wants to drive. This dealer will blow off the teacher and flash money in everyone's face. They show off every chance they get. He's popular and people follow him. Dealers are a cancer. They spread and spread because everyone wants the money and popularity that accompanies drug dealing."

"The problem with dealers is that they go to school. They won't leave. They want to be there to make money and recruit assistant dealers."

"Most kids think they won't get beat up. There is always somebody that is stronger and faster than you are. There is always someone with a gun or a knife. Think about it, man. Doing drugs or dealing puts you around people you don't want to be around. People feel dissed and start shooting for stupid reasons."

"When someone feels dissed, you know, disrespected and sh-t, they gonna beat you down. They'll get you for your money, your car and your clothes."

"Whether you use or deal, drugs open up a whole new world of trouble. There is so much out there that can mow you down. You'll start doing your own stash, make mistakes, get careless or get caught. You'll be caught up in gang bangin' because you are in somebody's turf. You can have a car accident and die like my brother. You could be caught for doing something stupid like me. There's too much to do that's good and you can have fun at to be wrapped up in this bullsh-t. The money ain't worth no trouble."

"Dealing brings you trouble. You meet people you shouldn't meet. Drugs and all that puts people in situations they don't want to be in. You see, if you're selling drugs, you got money on you all the time. If you got money on you, there will be people that want that money. What do you do? You buy some protection. Yeah, I may have boys watch my back. I still want some protection. So you do what I do. You go out and get a knife, a gun or anything that can protect your -ss. That sets you up for a fight with a couple of bodies on your name. Someone is going to want to take you down or take your money. Someone will short you of the money you want for the drug, sometime. That's when you fight. You might use that gun. You might hurt someone real bad or kill somebody. Then bye, bye tough guy. You go away for a long time. You got charges for drugs, selling,

## DRUG DEALING

carrying a gun and for aggravated assault or murder. Selling drugs is no good."

"We got some mad boys going to lock-up because they be certified like an adult. You know? The boys selling on the block are younger now. Nothing happen to them if they be caught. Nothing like adult time, I mean."

"I thought about getting in and making money and getting out. No, it don't work that way. Someone is going to roll up on you. Someone's going to get ya. Yeah, you. The cops are going to raid your -ss. Someone's going to beat you down for your dope. Someone could get you for your money. You always got to be looking over your shoulder even when you got nothing on you. Because they know who you are and the business you're in."

"You thinking the cops ain't gonna come after you since you small time? Wrong, my little, little man. As long you have money on you or drugs, they come looking for you. Keep your eyes looking because they coming soon."

"You thinking about clockin'(selling drugs), huh? Then you are walking away in cuffs or in a body bag. Maybe you get lucky. Just maybe they'll take you away in a police car and you'll do a little time. Go back to school and find a job. You don't got it together like you think you do. Listen to the knowledge your parents are trying to tell you and go on. Better to live free with a little money than to have mad money and be in here with me."

"Not everyone that sells drugs uses drugs. That's stupid to be high when you're dealing. You start doing stupid sh-t when you're high. I deal weed and I don't smoke the sh-t. That stuff is nasty. People who do drugs are stupid."

"Dealers who use drugs are stupid. They start doing stupid sh-t and they're snagged by 5-O(Police). The ones that stick around and do good business are those who don't use what they sell. Using drugs is no good. Selling is where it's at."

## WHY TEENS START DEALING DRUGS

### ► **Peer influence.**

"Getting someone to deal for you isn't hard. Just ask them. Put a little bit of pressure on them. Make an -ss out him in front of his friends. Anybody who uses can sell drugs."

"If I get high without hurting myself, I can sell too. That's what kids be thinking. Their friends be telling them sh-t about dealing and how great it is."

"My friends hang out with me when I do business. I don't stand out in the corner or anything. I sell as I go. Much harder to get caught that way. Much quieter too. Anyway, they hang out with me and see I'm making money for myself. They start to feel like they're missing out. They want some of this too. They want in it with me."

### ► **Friends offer an opportunity.**

"My brother's friends wanted to help me out. They wanted to help me make money. They gave me a bag of weed. I had to deliver it for them. They would give me drugs and I would have to sell it by a certain time."

"My friends asked me if I wanted work. I said, 'Yeah. I want work. I need the money. What's up?' They fronted me a bundle of dope and off I go. I sell the sh-t, give them what I owe them and the rest is mine."

"You can do nothing all day long or you can make money, you know? There's no use to sitting around like a stupid -ss. You be dealing and your friends be watching you. You know? They be watching you making money and the girls be up on you and all that. When they come down your way, you wanna get them to sell for you. You make money, they make money. That's it."

"I sell drugs to put money in my pocket. I'm fourteen. I can't get no job. My friends help me."

"I say, 'Here man. Deliver this half pound of weed to this guy and I'll give you a hundred bucks.' Sometime, I'll front him some weed to sell himself. He'll sell the weed and come back with the money. He keeps some for himself and we all make money together."

### ► **Drug dealing funds his personal drug habit.**

"I get friends to do drugs. They get their friends to do drugs. It gets around and I'm making money. Once you use, you want to chase that high. You come to me for more and see that other people want drugs too and you can get it for them."

"Dealing is a way to afford their drugs. They have their own supply and the stuff they sell."

"After they're hooked, they sell for you. There is as much pressure to sell drugs as to do drugs."

"I started selling drugs when I didn't have the money no more. I asked the man for some work. He said he'd give me something to do. At first, I ran it for him. I did what he wanted for some drugs. Then I wanted the money."

## DRUG DEALING

"Friends have a plan. They offer drugs for free the first several times until you really like the sh-t. You have to pay for it after that. After you use and use, you need to find the money. Here I am. I'm the answer to all your problems. Do what I do. Sell drugs."

"When I was dealing, I became my own best customer."

"My momma was a crack fiend. I didn't want her on the streets doing sh-t to get high. I sold for her."

### ► **Personal drug supply is sold to friends at request.**

"I had weed all the time because I smoked a lot. Friends came to me for things. I learned quick that I can make a profit. Dealing grows from there. It builds and builds because people talk and talk. The talk of the town makes your business."

"In the beginning, I sold to my close friends. After that, I sold to my not so close friends. Before I knew it, everyone knew I was dealing and came to me. Word travels fast."

"I want to make money so I can buy for myself. You sell it for more than what you buy it for. You find out that you can make money dealing to buy your own stash. Then you use the money for other things like clothes and jewelry and taking girls out and buying things for your friends. In the mean time, you spend more money on drugs and use more expensive drugs. You get used to that living and you can't stop. You can't get a job making what you need to live that way. You just keep on selling. Soon you got people coming to buy from you everyday. You have friends to do it too. That's how friends deal. Once they see what you've got, they want to be part of it."

"My friends told their friends I had weed. People came to me for it. I had to carry more and more weight as more people asked for me. Once you use drugs, your friends know you have it on you. When they want some, they come to you."

### ► **Popularity.**

"You're bugging out with your boys and making money at the same time. It's perfect. I'm paid to have fun and be the man."

"You're making money to hang out. You feel like you are somebody because people are coming to you. You become popular real fast with people you hardly know."

"I go to a party and people are talking to me and wanting things from me. I'm important. I'm the

man they want to see. I'm the man they need to see. You know what I mean?"

"Young girls get manipulated by drug dealers. They have a nice car and the money. They look good. They say to the girl, 'If you do this for me, you can have this.'"

"Drug dealers are popular. No doubt about it. Kids who use drugs have plenty of people coming for them for money, drugs, sex and guns. They feel like they have the world by the tail."

"They want to be popular, have girlfriends and have money in their pocket. They want people to notice them and be successful. That's why kids want to deal drugs. The desire is developed by their friends who roll up in Bimmers."

"Girls call me. I don't be doing nothing but sell my dope."

"You want friends to see you as more important than their own family. They do what you want."

"Dealing drugs is respect. I want mines"

"Nobody disses you when you got props. People know you. You be like, 'Yeah, f-ck with me and we'll see. That's right.'"

"You get a friend to smoke with you and they start blowing off their girlfriend, their family, everything. They start hanging out with you constantly. You are where the drug is. That's where they want to be."

"Everyone knows you and asks for you. They ask for you like you are the big man in town."

Everybody comes to you for things. Everyone comes to your house to hang with you. You feel real special. You get ten to twenty people coming to your house at a time. You get power rushes from it. You get a high in your head. Just the power rush and adrenalin gets you pumping. You feel like you are the head man, someone really important. You are somebody. It's not true. You are actually a nobody. You feel in your own head that everyone likes you. The respect isn't real. They are there for what you got, not who you are. I didn't realize that until I went through rehab."

"People at the mall know your name and know about you. Everywhere you go, you know someone."

"People don't mess with me because they know I'm dealing. People that hate me stay away from me. They're afraid because I'm a gangsta."

"Drugs is about money, clothes and friends."

## DRUG DEALING

Drugs is where the status and respect is."

### ► **Immediate gratification.**

"Dealing is the quick and easy way to get what you want."

"Why should I work my ass off making burgers somewhere when I can make a weeks pay in one night? I make in one day what some people make in a month."

"You can take your college education and wipe your ass with it. It don't mean sh-t to me when I'm worth more clockin'(selling drugs) than schooling."

### ► **Greed.**

"Once they sell one bag and they have the money in their hands, they're like, 'Yeah, I want money. I got my own weed. I don't have to worry about anyone else.'"

"The motivation to deal is money, money, money."

"Hey, I got a couple of guys. I want you to supply them. Give him the first couple for free. Then, you're like, 'What do I get out of this?' So I say, 'I'll give you a free bag of dope.' I'll work out a deal with him. Then, he's like, 'No problem.' Once they start using, dealing is nothing to them. They go right out and deliver what you want. The more drugs I had, the more I had friends to sell for me. I give them a little bit of money and a little bit of weed. Usually, they wanted the weed. They'll buy weed from you anyway. A couple of my friends got the feeling of selling and money and everything. They go out or I'd hook them up with my peoples or find their own way."

"Kids who deal drugs spend money wildly. They waste money on car stereo systems, clothes, and friends. The lifestyle is high profile. Everybody sees you and knows who you are. People like that. They want a piece of the action."

"My parents buy me what I want. So what? I want to buy things when I want to and have the cash in my pocket. I want to show it off."

"When you got money, you got everything. You do what you want, go where you want, and nobody messes with you. Money is why you deal."

"I deal or steal. There's more money in dealing."

### ► **Family influence.**

"Parents sell drugs and encourage their kids to sell. The consequences for kids are less severe than for adults."

"My brother sold drugs. I saw how much money he made so I did the same."

### ► **Desire for sex.**

"You don't got money? You got to pay for the drug somehow. I don't give it away, you know? Do a little of this and a little of that."

"Sex is easy when you're dealing. Girls be up on you because you got the money and the ride. They seek you out. They want to be with you."

"I had this girl give me a blow job because she didn't have the money for dope."

"Easy sex combined with raging hormones leads to deadly problems. We're talking about AIDS."

### ► **Survival.**

"There are kids out there who sell drugs to eat and have a place to sleep. Others deal drugs so they can be safe within a gang of some sort."

"I fall back on dealing as something to do when I need something or I want something really bad."

## SIGNS OF DEALING

### ► **Unexplainable amounts of money.**

"Your kid may be dealing drugs when you find dollar bills with magic marker streaks. The streaks are from marked bills handed out by detectives when they do drug buys."

"Figure out how much money he earns on his part-time job. Where is the rest of the money coming from?"

### ► **New clothes or jewelry.**

"Look for new clothing or jewelry. You'll see something new on him you didn't buy. If it looks like it costs too much, it did."

### ► **Frequent and brief visits from friends.**

"My friends stopped by the house at around ten o'clock. They stop by, pick up what they need and leave. They stay a few minutes to look legit."

"People were coming to the house I didn't know. I knew he didn't know this many people."

### ► **Gang involvement.**

"Gangs are the most effective and quickest way to expand a drug dealing operation. They recruit members, train, relocate members to other cities and expand at will."

### ► **Possession of drugs, paraphernalia or weapons.**

"Dealers accept payment for drugs in three ways: money, guns, and sex. He could be dealing if you find guns, bullets or a sizable quantity of drugs. Look for weight scales, small plastic bags, glassine envelopes, beepers, or a wad of money."

## Refusal Skills

### FACTS ON DRUGS AND FRIENDS

► **Everyone isn't using drugs.**

"What you see depends on who you hang with."

► **Friends won't force you to use drugs.**

"I never met anyone that had a gun pulled on them and ordered to do cocaine, heroin or marijuana. It doesn't happen. If it does, ask yourself what kind of people you're hanging out with. Go find a new group of friends."

"Anybody can say no. It's whether he wants to say no."

"I never met anyone who got high by accident. The only way that will happen if someone put some stuff in his drink."

"You got the choice to use drugs or not use drugs. How successful you are in life could depend upon the decision to experiment with marijuana or any other drug. Winners don't use drugs."

"One of the hardest things to do is say no to people we know and care about. We find it hard to say no because we are worried what they will think of us. Real friends won't judge you for not going along with them. You know they're not a real friend when they put you down. Even if they put you down and laugh about it later like it was no big deal."

► **Friends are impressed when someone says no.**

"If they say no, I would be like, 'Damn, he said no.' I'd think he's a strong person. I knew he was better off because he said no. But I want him to feel like a pussy for not going along."

"You got the right to decide your own d-mn self. Don't let nobody tell you different. Just remember, whatever happens is your bag. You go down with what you do, nobody else."

"You won't lose their respect. What they say is different than the way they really are."

"They call you names and whatever. They will respect you for not doing it and they won't tell you that part. You still be cool with them if you don't smoke weed."

"People think you have to get high to be down (be

accepted). That's not true. When I wasn't using, I was down with people who got high even when I turned that away."

"What your friends tell you in front of their boys is usually opposite than what they be thinking. They will disrespect you but they know you're better off for not smoking weed. It's not cool to tell your friends they really shouldn't be smoking."

► **People don't like to hear "NO."**

"I don't really care if someone doesn't get high with me. I'll say things to embarrass him and get him to do it. I want him to feel stupid for not being one of us. I want him to use and buy drugs from me. Knowing what I know, hey, ignore anybody who's pushing drugs on you. They'll forget you in no time and go on to someone else. They'll tell you that, too. After you say no to him, he'll be up on you telling you he don't need you and things like that."

"Not everyone will respect you. There will be those knuckleheads that say things to get on you. They want to diss you. That's the way life is. You can't go through life being everyone's friend. That's not realistic. You gotta be you and some people aren't going to like that. If they don't, that's their problem. I'd find myself some other friends to be with. Means nothing to me."

"People will hate you for not getting high with them. They hate your guts because you had the guts to say no to something and they couldn't say no to. They would never admit that to you."

"They call you names and make fun of you. They don't like when you don't feed into them. They can't stand it when people don't follow them."

"What friends say and do depends on who is around. Friends want to look good in front of other friends. They say sh-t to be the man and to act big and bad. They say sh-t to get your goat."

"People take rejection personally. Thing is, when you turn them down for their weed, people think you turning them down for who they are. People who smoke weed every day and all day all that. Weed is who they are because they don't do nothing else besides drugs."

"Friends who do drugs aren't always planning to make you fall. They do want you to do the same things they do. They don't like it when you don't give in."

"Kids have a hard time saying no to their friends. This is true. Saying 'no' works when an adolescent has the self-esteem and the

## REFUSAL SKILLS

willingness to say no. Friends don't like to hear that 'no' word."

### PREPARE YOURSELF FIRST

#### ► **Don't set yourself up.**

"Don't let your friends think you're about doing drugs or thinking about it. If your friends ain't about letting you alone, go look for some new friends. Hanging out with friends who get high sets you up. Don't fool yourself."

"Once they see you doing it one time, they push it on you. They expect you to do it again.

You'll attract people who are about the same thing when you wear a t-shirt with a pot leaf or talk about drugs. You make friends according to what you look like and talk about. Don't act to be somebody you're not."

"You do whatever friends do. Little by little you follow friends. The stuff you see, like movies with shoot-outs and drugs. They be talking about what they saw. They be talking how great the movie was and all that. If you look like you're with that, they think you are with them, you know? They be thinking that you get high.

Really, if you say, 'Yeah, yeah, that's cool.' You're letting other people know you're interested. You know what I mean? It's how you act and stuff and how friends see you in a certain way."

"Don't drink when people around you are smoking weed. You will do it when you're drunk. And they be offering it to you and everything. They want you to drink so you get high with them later."

"You and your friends are talking sh-t and you talk like you know about it, well... When they're getting high and you're around, you got to do it with them. You can't talk sh-t when you're not about it. You look like a punk, a nobody."

"Walkin' the walk and talking the talk attracts other people who do it for real. They think of you that way. Like you do drugs and that kind of thing."

"Let's say you got a friend who's high. They be talking about it. You know, talking about how they be buggin' and how much they be smoking and drinking a 40(40 oz. bottle of beer). They be braggin'. You be like there and listening to what they be saying. You don't want to say nothin' stupid. You be saying, 'Yeah, yeah, ha, ha.' Thing is, you weren't there. You want to look cool. Next time they're high, you do it because you were talking sh-t like you do it. If you don't, you look stupid. They be saying, 'Why you be rappin' with us when you won't do this?' Then, you gotta

do it."

"Don't pretend to be something you're not. It places you in the company of people that do stupid sh-t."

"Never leave a soda sit. I've seen people put acid(LSD) in someone's drink when they get up to go to the bathroom. They start tripping after they come back and drink it. People do that type of thing to be funny. I don't think it's funny if they did to me. I've seen it done to other people."

"Only smoke your own cigarettes when you're at a party. People be playing games with you. They take out the tobacco and put weed in it to get you high and stuff like that. When you be bumming a cigarette off somebody, they give it to you. It's like this, you want everybody to be high. When one person isn't high and everybody is, he don't belong there. You know what I mean? You want him to be like everybody else. You might want to do that to have fun with him too."

"People mess with you while you're drunk. They'll put stuff in your drink when you're not looking."

"How are you going to feel when your friends are telling you to do something you don't want to do? Look ahead and clear out when you see yourself in a position you don't want to be in."

"Don't let anyone hand you something like a beer or a joint. What do you think you will do once you have it in your hand?"

"You got a problem when you need to say no to someone, somewhere to this drug thing. You failed to look ahead and listen to what people are saying around you. They key is not even having to say no to anybody. 'Saying no' should be your last resort. The first step was avoiding the whole situation to begin with."

#### ► **Avoid negative places and people who use drugs.**

"The stamina of peer pressure is relentless. Separate yourself from people who do drugs. Separate yourself from peer pressure to do drugs. Peer pressure is strong and persistent and usually wins over someone's self-esteem. The importance is avoiding people and situations involving drugs. Escaping its immediate influence is the best strategy of all."

"I'm not saying 'Just Say No' doesn't work. It's easy to tell a kid to 'Just Say No.' I think it's too bad that we have focused on what to do when approached with drugs. We should teach our kids to avoid the whole situation altogether. Kids

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should learn to think ahead."

"You have three defenses. The first is to avoid negative people and places. The second is to walk away without saying a word the very minute you know what's going to happen. Your third defense is confronting your friend with a 'No' in such a way that your friends believe you really mean no. The easiest of all three is the first one. The other two are much more difficult."

"Don't be dating nobody that smokes weed. Understand that your boyfriend or girlfriend will probably not make you do it. They could make you feel guilty for not smoking. You're at their house, it's hard to not do it when they are smoking and offering it to you. Tell'em straight out that you don't want to and get a ride home. You don't have to be anywhere you don't want to be."

"You got the right not to be harassed by some -sshole with a bowl of weed. Pick up and go somewhere else. Show balls of steel and move on."

"This 'Just say no' sh-t is a bunch of sh-t. It don't work, man. People aren't strong enough to say that no sh-t and mean it. It's too hard. You're good by staying away from people who are into it."

"Avoiding people who use drugs avoids the whole issue altogether. Anyone can do this by avoiding parties known to include drugs. It's pretty simple. Stay away from places and people who use drugs and life will be a lot easier."

"One time, I was at a party and saw a couple of guys smoking weed. I stayed away from that side of the room. I hung around friends who didn't use."

"Don't try to save your friends that offer you drugs. They made their own decision. Don't think for a minute you're strong enough to make them stop using. It isn't a matter of how strong you are. It's about being smart enough to make your own decision and facing the consequences of your own actions. They made their choice, now decide on your own. It's your life."

"Look around. It's time to leave when the scene turns negative. Learn to spot negative people and walk the other way."

"If you know a hang out has a reputation for having people around who do drugs, go somewhere else. Believe me, you're not missing out."

"Ask what friends have planned before you go out."

It's simple. Hey, I want to make sure I know what I'm getting into."

"Listen to what they say. That doesn't mean do what your friends do. If they talk about a party real quietly or tell you it's a secret, there may be something to that. Be aware what's happening around you. Listen real close."

"I walked over to another part of the crowd when they start smoking that crap."

"I learned from my friend's mistakes. No way. I'm not falling into that. The earlier I leave, the better."

"Leave if you find yourself in a place where there are drugs. Listen and look for hints."

"Don't go places where there are drugs. It's easier to say no to a party than to say no to drugs in front of your friends. Even if people you consider 'cool' will be there, don't go if drugs are there. Those 'cool' friends are putting themselves where there's trouble. Going where there's trouble sets you up for trouble."

"Hanging out in a place where people use drugs opens up trouble in ways you never thought of."

"Don't hang out with friends that you know do drugs. Yeah, say hello or something like that. Don't stop to talk. Taking time to hang out with them puts you in a place where you gotta blow them off. They will ask you to get high with them or go to a party or something. If you're not with them, they won't ask and you don't have to say no to nothing. I say hello and keep on walking."

### ► **Plan in advance.**

"Anybody can turn drugs down. It's whether someone wants to say no. It's a decision that everyone has to make before they're asked. Do you want to do drugs? Make up your mind now."

"Know what to do from the beginning. What are you going to say when someone tries to pass you a joint? They won't catch you off guard when you're ready for them."

### ► **Tell friends where you stand before you're asked.**

"I told my friends that I don't use. It worked because they told their friends and word got around. Nobody asked me to get high with them or to go to parties where there are drugs."

"When the subject comes up, tell them how you feel. They'll either agree with you or back off. If

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they get pushy, you know whom to stay away from."

"When friends knew that I didn't get high, they stopped asking me. Tell people what you're about. Let it be known you don't get high. They won't bother with you."

"When the conversation heads into drugs, state where you stand on the subject. That way, they know where you're at and what you'll tolerate. People won't consider asking you when they think you'll say no."

"People won't offer you drugs or invite you to parties where there are drugs when they know that you aren't into using that stuff."

### USE THE SILENT APPROACH

#### ► **Buy time.**

"Buy some time. Find a couple minutes where you can be alone and think. This is your chance to think things out. Like, go to the bathroom. Go outside for a breath of fresh air. It's easier once you remember what you want to do. You want to get away from the pressure. Hey, once you're in the bathroom, you might just want to leave or talk to someone else. They'll forget about you or get the message that you're not interested. That's it, no problem."

#### ► **Walk away.**

"Walk away and don't turn around. They will suck you right into it. Leave quick and sober. Once you try drugs, it's easy to find yourself doing it again."

"I laugh at people and walk off. They be left by themselves thinking about why I'm laughing."

"No is no. You know what I'm saying? You got more than one friend at a party. I walk away."

"Leave if you can't change the subject or get friends off your back. Hanging out gives them more time to change your mind."

"You don't need to say no. Just say, 'Excuse me' and leave. They'll get the message."

"The best bet is just to walk away. Don't say nothing to nobody. Walk away, right away."

"Tell your friends that you need to get to class or go to the bathroom. Give them an excuse why you need to leave because you really have to go. Say something like, 'Sorry guys, I've got to run. I'll see you later.'"

"Say no and get out of there. Don't hang around."

#### ► **Pretend you saw and heard nothing.**

"I pretended that I didn't hear them ask me anything. I'll turn around and talk to someone else. Yeah, he might feel dissed or something. I'm not worried about that. He can do his thing and I'll do mine."

"This guy tried to pass me a joint at a party. I told him, 'I need a soda. See you in a bit.' He left me alone. I don't care what he thinks anyway."

"My friend offered me weed. I acted as if I didn't even hear him. I played it off like he never said anything."

"Act as if you're really into watching the game. Act as if they never said anything."

"Pretend you can't hear them. Say, 'What? What did you say? I can't hear you, man. You're not talking any sense.'"

"I might as well forget about anyone who doesn't want to get high after asking them a couple of times. I just don't need the hassle."

### CONFRONT A FRIEND WITH "NO"

#### ► **Speak outloud.**

"If you come to me with drugs, get away. I want nothing to do with it. My attitude is, 'Hey, get lost.'"

"Your answer should not need guess work to figure it out. Don't say, 'I don't think I should do that. It's not good for me.' Be obvious and walk away. Say, 'No, I'm not interested.'"

"It's forced on you when you're weak."

#### ► **Look your friend in the eye.**

"I know they don't mean it when they don't look me in the eye."

"Look your friend right in the eye. Say, 'No. Not today. Not ever.'"

#### ► **Reject the drug, not the person who offers it.**

*"I like hanging out with you. But I'm not doing any drugs."*

*"Let's do something else. I'm not into that stuff."*

*"Listen, we're friends. You got to understand. I*

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don't do that stuff."

- "Please don't do it around me. Okay?"

- "Just because we're good friends doesn't mean I need to do what you do every time. Please don't ask me to get high again."

- "John, you can come to my house anytime you want. Just don't light a joint while you're here and don't ask me to get high with you."

- "We've been friends for a long time. It's nice to know you understand I don't want to smoke weed."

- "I'm so glad you're not asking me to smoke that with you. Right?"

### ► Say no and give a reason.

- "Nope. I'm not messing with my puberty." (Please note: Marijuana use can cause deficient testosterone hormone levels in adolescent boys and lead to inadequate genital development. For more information, read Drinking, Drugs and Premature Sex by Marsha Keith Schuchard, Ph.D. Contact PRIDE at 403-577-4500, or look in the resources section of this book.)

- "Not for me. I got to wake up for practice early tomorrow morning. I wouldn't do the stuff anyway."

- "No way. The first time will be my last. My dad is a nut. He'll know I'm smoking. You guys would be reading about me in the obituaries tomorrow morning."

- "No, I don't need the problems."

- "Nah. I got to see my parents today. They'll know I'm high."

- "No thanks. Football is too important to be messing with that stuff."

- "No, it's not for me."

- "No, I do my own thing."

- "No thanks. I don't follow the crowd."

- "No, that stuff makes me gag."

- "No, I don't smoke."

- "No, I don't need the trouble."

- "No, I work out."

- "No, I'll have a good time without it."

- "No, I don't mess with that stuff."

### ► Turn it around.

- "Tell ya what, go do it and let me know how it went. I'm waiting for the movie to come out."

- "You don't need me to smoke that with you, do you?"

- "Prove you can go one day without smoking that stuff."

- "Can't handle the stuff on your own, huh?"

- "Let's see if you can do it by yourself. Don't tell me how it turned out. I don't want to know."

- "If you're so great, you wouldn't need that stuff."

- "Drugs can't do one thing for me that I can't do for myself. I wish you were the same."

- "If it is really so great, why share it?"

- "You might need that stuff. I can pick up girls without it."

- "Yeah, I am a chicken. I notice feathers growing.

Can't you see them?"

- "I'm sure you feel great. I feel great without it."

- "I'm sure you're cool. I'm cool without it."

- "You're right, I am a dweeb. At least dweebs are smart enough not to do that stuff."

- "I'm a jerk, aren't I? Jerks work in public office and pass the laws that put people like you in jail."

### ► Avoid excuses that hint of future interest in drugs.

"He came up with some stupid excuse not to do it. I know to ask him again. I'll leave him alone for now and come back the next day."

#### Excuses that hint of future interest in drugs

- "Maybe later."

- "I can't get high today."

- "Not when I'm on probation."

- "I'm not sure if I'm in the mood."

- "Some other time when I'm not so busy."

- "Not right now, I got to go somewhere."

- "I don't smoke weed when I'm driving."

- "I'm not sure. We'll talk about it later, okay?"

### ► Offer an alternative.

"Think of something else to do. People use drugs because they can't think of anything else to spend their time on. Give them some ideas of your own."

"Be the first to stand up and start doing whatever you suggested. Put your coat on first and leave. Your true friends will probably follow."

"Talk about something that has nothing to do with drugs. Talk about last night's football game. Just change the subject."

#### Possible alternatives:

- "Let's play some ball."

- "Let's go to the mall."

- "That new CD came out. We should buy it."

- "Hey, that new arcade opened up. We should go see what they got."

### ► Repeat the word "No."

Friend: "Try some, you'll like it."

You: "No, I don't do drugs."

Friend: "It won't hurt you."

You: "No thanks. Not for me."

Friend: "Are you afraid or something? Are you a chicken?"

You: "Calling me names isn't going to work. I said no. Besides, that stuff smells awful."

## REFUSAL SKILLS

Friend: "Your parents ain't gonna find out."  
You: "Who cares? I'm not interested."  
Friend: "Great, there's more for me anyway."

### ► Repeat the question and express how you feel.

Friend: "Hey Bill, you wanna smoke weed?"  
You: "You want me to smoke weed? Is that what you're asking? No, I don't think so."

Friend: "Let's get high."  
You: "You want me to get high? That stuff sucks."

Friend: "You want to get high?"  
You: "You want to get high? Get real."

Friend: "You want to light up a joint?"  
You: "Light up a joint? You know I don't do that stuff."

Friend: "You wanna hit this joint?"  
You: "A joint!? No, way. I want to stay away from that stuff."

### ► Say, "What's so good about..."

Friend: "Hey man, smoke a little of this weed and you'll be high."

You: "What's so good about that?"

Friend: "Didn't you ever smoke weed?"

You: "What's so good about smoking weed?"

Friend: "It makes you high, it's great."

You: "What's so good about being high?"

Friend: "You see things that aren't there, try it."

You: "What's so good about seeing things that aren't there?"

Friend: "Forget it, I can't help you at all."

### ► Say, "Why do you always need to do that stuff?"

Friend: "Let's get high."

You: "Why do you always need to do that stuff?"

Friend: "Didn't you ever smoke weed?"

You: "Why do you always need to do that stuff?"

Friend: "It makes you high, it's great."

You: "Why do you always need to do that stuff?"

Friend: "Forget it, you're lost."

### ► Act naive.

Friend: "Here, smoke some of this."

You: "Huh?"

Friend: "C'mon, you know what I mean."

You: "What are you talking about?"

Friend: "I'm talking about getting high, man."

You: "I still don't understand what you mean."

Friend: "Man, you're really out of it."

You: "Huh? What?"

Friend: "Can't you hear what I'm saying to you?"

You: "What did you say?"

### ► Imitate your friend.

Friend: "You wanna smoke weed?"

You: "You wanna smoke weed?"

Friend: "What?"

You: "What?"

Friend: "Why are you repeating everything I say?"

You: "Why are you repeating everything I say?"

Friend: "Stop it."

You: "Stop it."

Friend: "Knock it off."

You: "Knock it off."

Friend: "That's it. I'm leaving."

You: "That's it. I'm leaving."

### ► Talk crazy.

Friend: "Let's get high."

You: "Yeah, right."

Friend: "What to do you mean, yeah right?"

You: "I gotta go and do laundry."

Friend: "What? Laundry? What are you saying?"

You: "I'd rather pick my nose."

Friend: "Pick your nose? Huh? You're crazy."

You: "I am crazy. Grrrrrrr."

### ► Be obnoxious.

"Respond in a very loud voice. Talk to them loud enough for everyone to hear. Your friend will be so embarrassed, they'll run for cover. Trust me, they won't ask you again."

## Intervening in a Friend's Drug Use

### ► **Real friends confront friends about their drug use.**

"Most people have no problem with someone smoking a little weed or snorting a little coke. Experimenting with drugs or drinking is socially acceptable among most people. Since friends have no problem when their buddies are high, they see no reason to help them. They don't see their friends as needing help. Friends are only concerned when their buddy is dropping out of school or in trouble with the law. Now that he's over his head, everyone is showing concern for the guy. Well, that's too late. The time to help him was when he was experimenting with drugs. The time to help was when he was using drugs casually. The time to help was when he was high every other weekend. So many of us reach out when our friends are addicted. We don't bother reaching out when they start using drugs."

"We wait and wait until the person is so deep into their addiction, they have to suffer to heal. We intervene when the situation is out of hand. That doesn't make sense. People have their priorities backwards. A true friend helps when the problem starts, not when the problem is out of control."

"We laugh when we see someone drunk. That was the prime opportunity to sit down with our friend and talk things out. That is, when they sober up."

"As parents, we know people in our own lives who are experimenting with marijuana, cocaine, or some other drug. Are you confronting your friends about their casual drug use? You're probably not. You're probably doing nothing. You probably don't see it as a problem. Why do you ask your children to do something you don't have the guts to do yourself? Live what you preach. Help your own friends with their drug problems. You'll have an experience to share with your children."

### ► **Isolate yourself from the risk.**

"You need to save yourself before you worry about anyone else. Ask yourself if this friend is placing you in an uncomfortable, risky, or even dangerous situation. Do friends do this to other friends?"

"You got to distance yourself before people start to believe that you are part of the drug scene."

Once your friend is in trouble, people will believe you are part of that trouble. It could be that you have nothing to do with anything. That doesn't matter. Trouble will come your way if people think you are going to 'back up' your friend."

"I look at using drugs like playing with a gun. I'm out of there real quick. I want no part of that and I want people to know it so they don't think about doing it around me again."

"You need to remove the risk to yourself before you can help your friend."

### ► **Show concern.**

"Be there to listen. Don't be around to hang out. Don't ever hang out with someone who uses drugs. They will to suck you into it."

### ► **Seek out information.**

"Talk to a teacher or a guidance counselor at your friend's school. They are very easy to talk to. Some schools have a peer counseling group. Student Assistance Programs are helpful and confidential."

"Attend an Alateen meeting in your area."

### ► **Tell your friend of the counselor or support group in the area.**

"Say positive things of the counselor you recommended."

### ► **Accompany your friend to the first counseling session.**

"Talking can only go so far. Pick up the phone with your friend and schedule an appointment. Go to counseling together for the first session."

### ► **Leave the door open.**

"Draw a line. Your friend must seek help to come back to you for advice. Let him know you are willing to help. That doesn't mean you are willing to lie for him or pay his debts."

### ► **Notify the parents and the school.**

"Once a friend refuses your help, stay away from that person until he decides to get help. Better yet, call the guy's parents. You can call the Student Assistance Program at the school. Don't give your name if you don't want to."

"I don't know of a seventeen year old who can get another seventeen year old off drugs."

## INTERVENING A FRIEND'S DRUG USE

"Drop the image of being a 'rat' and talk to someone who can intercede."

"You know that you can't do nothing to reach your friend when she isn't listening to nobody. That's when you got to call someone to do it for you. Call someone on a sneak tip."

"Anonymously contact the school or his parents. Your friend doesn't have to know it was you who blew the whistle."

"Don't worry about snitching. A real friend is more concerned over someone's health than a reputation."

"How can you not be involved? Write an anonymous letter or something. People on drugs sink fast. How can you just ignore the problem? There's too much at stake."

"Make a call to the school or write a letter to the parents. Nobody needs to know who you are."

"People who don't help are faced with the haunting questions for the rest of their lives. What if I would've said something? Would he be alive to day if I told his parents? Would she be in jail today if I would've talked to her teacher?"

"Talk to a teacher or a counselor. Forget that stuff about snitching on your friends. Helping a friend is not snitching. Besides, they don't need to know it was you. It's better to talk to someone who can help your friend than to have something real bad happen to him."

### ► **Work on the parents.**

"Parents have a difficult job facing their own addiction. They don't want to seek help and they could be in denial. Encourage them to seek help on someone else's terms. Call that parent's employer and explain his drug problem. Once the employer realizes something has to be done, they'll mandate treatment. You want to light a fire under their butt to seek help. If you don't, who will?"

"Parents are helping their own children when they impact the lives of people in their community. Most people don't want to be nosy. Most people think it's none of their business. Your child's friends and their families are your business. They are spending time with your child."

"Parents who use drugs raise kids who use drugs. Kids who use drugs will expose your kid to drugs. Fight the problem at the source. Work on the parents of these children. Contact their employer, law enforcement or a social service

agency. You don't need to give your name."

"The problem starts with parents who use drugs. The problem spreads to their kids and your kids after that. Anyone using drugs is a problem to all the children and the community."

### ► **Get in your friend's face.**

"I don't play. I'll break it down. You use drugs? Don't be hanging around me. I want nothing to do with you."

"I would be honest why I don't want to associate with you. Hey, you get high and I'm not about that. Not today, not ever. If you choose the drugs over me, well, I know where you're at."

"I'd get all my friends together and get in his face. I wouldn't want to do that by myself. Once he saw that other people felt the same way as me, he might look at it my way."

"I'd embarrass my friend. Like, I'd yell at her in front of people and stuff."

# Enabling

## ► Understand enabling.

"Enabling happens when a person prevents the drug user from experiencing the negative consequences of drug use. The user is not accountable for his actions because people don't allow him to be accountable."

"Enablers shield adolescents from the natural consequences of their actions. Enabling can be intentional and unintentional. Family members and friends are the worst enablers."

"The consequences need to be real and immediate. They must see the losses in their life to realize the results of drug use. They won't seek help when people continue to cover up and make excuses for them."

"Enabling is when someone is protected from feeling and seeing the results of their conduct. The people doing the protecting are usually parents, friends, family or an employer."

"Enablers pick up the pieces after the kid's life is shattered. They treat the symptoms rather than prevent or deal with the problem."

"Your heart tells you one thing and your brain tells you another. Yes, a mother and father must love their children. But don't let your heart override your brain. You'll be manipulated time and time again. I'm saying, have a heart. Use that love to carry through what you know is best. Understand the kid is not better off until he feels the discomfort the drugs are really causing."

"Parents who are enablers think with their heart. They are afraid to do the right thing. They fear the consequences which are too uncomfortable and inconvenient to deal with."

"Enabling starts at an early age. Some parents stop their kids before they are just about to make a mistake. Let them learn from their mistakes.

Don't be so quick to fix their problems. Kids remember lessons longer when they find out the hard way when aren't listening. Stopping enabling involves giving children room to learn the lessons of life. Don't deprive your child from learning life through experience. That's how he'll see you're telling the truth."

"Not allowing your kid to feel the discomfort of drug use promotes drug use. Take a good hard look at what kind of help you're giving him."

You're enabling him when you're protecting him."

"Doing nothing is enabling also. Not seeking help when the kid needs it is a mistake."

"I was so confused. The more I helped her, the worse she got. After doing some reading and talking to counselors, I realized I was enabling her to use drugs. I needed help to see that."

"I joined ToughLove. They helped me and my husband work through our problems with our children. Enabling was one of them."

"The drug user becomes well by realizing the consequences of his behavior. The reality of the disease will force him to seek help. Help him along by exposing him to the consequences and assuring personal accountability."

"Siblings enable their brothers and sisters by not saying a word. They are very, very quiet."

## FEELINGS THAT CAUSE ENABLING

### ► Shame and guilt.

"A major way parents enable drug use is to feel guilty or ashamed that their son is using drugs. The decision was his. He needs to feel the heat. You shouldn't suffer for his irresponsible decisions."

"Parents blame themselves. Don't allow guilt to be an obstacle."

"Shame and worry are a waste of mental and emotional energy. Guilt robs people of the will to deal with problems at home. Don't feel guilty unless to you handed drugs to the kid."

"Nobody's perfect. Kids can manipulate parents so well that mom and dad don't know which way is up. Don't feel stupid. The smartest parents can be conned just like anyone else."

"Parents blame themselves often. For example, parents feel guilty calling the football coach because Johnny could be cut from the team. Parents feel guilty calling his employer because he could lose his job. These parents place the blame upon themselves when the child experiences the harsh reality of drugs. Mom and dad need to adjust their attitude. The kid lost his job because he's drunk all the time. He got cut off the team because he's smoking marijuana everyday. The parents are in the right and must not feel guilty for taking a stand."

► **Parental overconfidence.**

"Above and beyond all else... never, and I mean never think that it can't happen to your kid."

"Parents think that an intelligent child won't use drugs. That's not the case. In fact, many highly intelligent kids use drugs to cut through the boredom and monotony of everyday life. Do intelligent adults smoke tobacco knowing that crap causes cancer? Yes, they do. Intelligence has nothing to do with the drug issue."

"Anybody's kid can get into drugs. Drugs are blind and deaf. Drugs don't see or hear."

"Wake up. The kids who use the most drugs are white, middle class and live in the suburbs. Don't buy into the story that teens who are black, poor and live in the inner city are the chief drug users of America. That's simply not true. Not by a long shot."

"Thinking there is no way your kid will do drugs is the worst assumption a parent can make. Mom and dad won't be able to detect and correct if they think their kids are beyond doing it."

"Realize that your family is someone else's family. You are somebody else to me. It's always somebody else's kid. The average kid who uses drugs looks like your kid."

► **Anger.**

"I was so angry when I found out my kid was using drugs. My first impulse was to ring his little neck. I had to cool down before I talked to him. I had someone else talk to him for me. I didn't want to say something to worsen the problem."

► **Embarrassment.**

"He already earned his reputation for doing drugs. I was the last to know."

"The neighbors and teachers will figure out what's happening on their own. Tell everyone that needs to be told. Take care of the drug issue before the drugs take care of your son."

"I felt everyone thought I was a terrible parent. I thought I failed. My friends' kids weren't using drugs. Why my kid? I wanted to keep things quiet as long as I could."

"Drug use is stigmatized in all areas of our society. We don't want others to know our kids have a drug problem. That's unfortunate because silence and harboring secrets enables drug use."

► **Pride.**

"Don't feel inadequate because you're not receiving the desired response from your kid. This is a nationwide problem requiring professional assistance. Parents don't have all the answers. Nobody has all the answers."

► **Fear.**

"My daughter threatened to tell all the neighbors and the teachers that my husband and I were abusing her. She bruised herself deliberately to make her claim look real. She threatened to run away and never come back. She even threatened to get pregnant. All this because we confronted her on her marijuana use."

"Looking back on the whole experience, I am surprised how my kid had me so confused and frustrated. I was so emotional. Wanting to help and the fear of not doing the perfect thing drove me nuts."

"A mother doesn't want to admit her kid is using drugs. No way. A nightmare come true. I felt a sword slice through my heart. I thought, how could he do this to me? I had all kinds of thoughts of him dying or being in a coma. I was even more terrified if I did something to anger him. He was so out of control. I was so afraid. I didn't want to make things worse."

"Fear more of what will happen when nothing is done."

"All the horror stories on television and in the newspaper can scare a parent to death. Don't let the headlines scare you from trying."

"My wife and I ran through all the possibilities of calling the school, the police or some treatment place. We didn't like any of them. He was doing so well. We felt, if we waited just a short time the drug use would stop. While we were talking, my kid was losing himself to drugs."

"What can happen should scare the crap out of anyone to do something instead of doing nothing."

"Most parents don't know what to do. Once their worse fear comes true, they are paralyzed. They are afraid to do nothing and afraid to do something. What results is a daze of anxiety, anger and frustration."

► **Denial.**

"The parent doesn't want to know the kid is on drugs. They crawl into a shell and pretend that they're not seeing what's in front of their face."

## ENABLING

"Acceptance of a problem is a key step in recovery."

"I didn't want to admit my son was in trouble. I hated anyone who told me otherwise."

"I saw something that looked like marijuana in his room. I didn't want to look. I wouldn't know what to do first."

"If you don't accept he's using, you're in denial. If you're in denial, your kid is in denial. If the family is in denial, you have a big problem."

"Parents don't want to say their kid is an addict. 'Addict' is a dirty word for parents. 'Addict' carries a powerful meaning. When someone says your kid is an addict, you flip. You lose it."

"If you don't know about addiction and don't want to know, that means you'll never know until it's too late. If you got this kid with an active addiction, you got a problem. For the rest of your life, you're going to try to save this kid's life."

"Parents are defensive. I've seen parents jump down someone's throat because they were told about their son's behavior. They are mortified. They are either frozen stiff or don't care. Parents in denial rather attack the messenger than face their child is using drugs."

"Parents in denial don't have the same information everyone else does. Part of the reason is parents decide not to hear the facts. Parents who lack information as to their kid's activities and whereabouts usually are in denial. The perception of their child doesn't match up with what their kid is doing. The best way to handle denial is to attain accurate information as to the child's behavior and activities."

"I wanted to believe the drugs weren't his and they belonged to someone else. I'd see something right in front of my face. He would deny and deny. Eventually, I'd believe him."

## ENABLING BEHAVIORS

### ► **Lack of awareness.**

"I didn't bother to look at the signs. My kid came home late after curfew time after time. He ate so much before going to bed. His eyes were bloodshot. I thought he was tired and hungry. I didn't think anything of it."

"I didn't realize some of the outrageous things he was pulling off until I looked. He was practically high in front of me."

"His father and I didn't bother to look. We thought our kid was beyond doing drugs. We live in a safe neighborhood with no problems. A rock had to hit us on the head to see what was happening around us."

"If I saw some kid do something stupid, I think he's on drugs. But when my kid did the same thing, I didn't think anything was wrong."

### ► **Community neglect.**

"People have the misconception that kids who use drugs are black, poor and live in the city. Hello! Is there anybody home? The kids who use the most drugs are white, middle class and live in the suburbs. Don't fool yourself to believe any different."

"Your community has a big problem when people think there isn't a drug problem. Drugs are everywhere. The sooner you admit there are drugs in your peaceful little town, the better off you'll be. The drug dealers want you to be asleep and unaware. They don't want you to see what is happening in your own backyard."

"Everybody has the idea that drugs are society's problem. You are part of this society so it's your problem too. Looking the other way and not reporting illegal activity to the authorities allows criminals to deal the drugs that end up in your own home through your kids."

"No, you're not crazy to say drugs are everywhere. You're realistic and informed when you state such a claim. Parents who are unwilling to face the problem in their own communities are hard pressed to face the drug problem within their own homes."

### ► **Hesitation to seek professional assistance.**

"Do you feel lucky? Is it worth the gamble to think that everyone will just fall into place and your teen will grow out of drugs? Teens don't grow out of drugs, they grow into drugs."

"You don't need to be at the end of your rope to realize that everything failed. View the problem as a cancer. The longer you wait, the worse it becomes. This is the time to seek help."

"I don't want my kid in treatment because that's really expensive. We can help him by talking things out."

"He can do it on his own."

## ► **Leniency.**

"My mom lets me do anything I want. I was allowed out real late. That's how I met kids older than me."

"My parents let me bring friends up to my room. I closed the door upstairs. We opened up the window and partied real quiet like."

## ► **Minimal concern.**

"Parents who haven't been through an addiction don't know how bad it can get. That's why they minimize the problem and pretend that it'll go away."

"T---, are you trying to tell me you made eight hundred bucks a week selling crack and not once you ever helped us pay the rent or even buy me a VCR?"

"Don't think of reasons in your head to justify drug use as a stage of youth. So many of us spend time rationalizing and justifying. We always think it's temporary. No, no. Drugs aren't like that buddy boy."

"My kid drinks. That doesn't mean he has a drinking problem."

"I thought he was using drugs because he broke up with his girlfriend. I tried to understand. I understood too much."

"Chances are, if he got caught with drugs or using drugs, it wasn't the first time. Don't let him fool you it was his first. Assume that he has done it dozens or hundreds of times."

"Getting caught once doesn't mean he did it once."

## ► **Unavailability of parents.**

"My parents were never home. They worked. I got high anytime I wanted. I got home from school at four o'clock. They got home about seven. I invited friends over and partied everyday."

"I don't feel close to my parents. They are never around. I'm kind of glad because I do what I want and nobody says nothing to me."

"I've seen relatively poor people raise great kids because they showed their love by spending time with them at home. Today, more parents are concerned with making money rather than raising their children. Parents could justify that they work so hard to live in a descent neighborhood. That is true. The goal is to find a balance between what you need and what's excessive."

"Yeah, it's great having money. Although, I kind of hate my parents for not being home. When they talk to me, it's always about something they want me to do like my homework or cutting the grass."

## ► **Excused and covered-up behavior.**

His mother and I paid his speeding tickets and his fines for disorderly conduct. He was in a bad mood that day."

"Why did you arrest my son? All the other kids were doing it."

"Yes officer, I know my son was stealing out of that car. But the door was unlocked."

"We came up with excuses for tardiness and did his homework for him a couple of times. We didn't want him to lose an opportunity for a scholarship."

"David is only fifteen years old. You can't expect him to be responsible for himself because he is just a boy."

"My son had nothing to do with it. His friend did it. My son was just along for the ride."

"My son must have gotten gonorrhea from a toilet seat."

"I'm hearing parents tell me that their kid is stealing, acting out and fighting because he or she has Attention Deficit Disorder or Attention Deficit and Hyperactivity Disorder. I'm hearing from parents, 'You have to understand that my kid has ADD.' I admit that ADD is a contributing problem. But it is not a justification for negative and incorrigible behavior. The ultimate crap that I hear is when the kid tells me that the ADD made him lift something from a store or beat up some kid. The parents are setting the kid up for failure by blaming and making excuses all on the ADD or ADHD. The kid is just sucking this in and believing everything the parents are saying because it is an easy way out. The kid is agreeing with mom and dad and saying, 'Hey, the ADD made me do it.'"

"When my son ran away from treatment, I kept him home. The police called and asked me if he was home. I lied. I told them he wasn't here. I was so glad to have him home again. In no time, he was high and drunk and leaving in the middle of the night. We were at square one again."

"If that kid wasn't with my son, there is no way he

would've done what he did."

"Simply because my son got a positive result on his urine test doesn't mean he smoked marijuana. He must have been with people who were smoking and inhaled that dirty air."

"If you're not confronting your child, not dealing with the issues and pretending there isn't a problem, you are part of the problem."

"I've seen parents cover up for their child. By the time they realize something is really wrong, the child needs serious help."

"He woke up late for school again and again. I was into a routine of waking him up and rushing him to school. I gave the school a whole bunch of alibis. I didn't know what to do. I didn't want him to be suspended or kicked off the baseball team. I know how much baseball meant to him."

"I lied for my kid. I told the school he was sick. Really, he came home about four in the morning high off his -ss. He woke up about one in the afternoon. I didn't want to tell the school what was going on. I was afraid graduating with his class was in jeopardy. What was I supposed to do? He only had a month left before he graduated. He should finish school with his friends."

► **Blame.**

"Blaming the schools and the police doesn't help. You're wasting valuable time. Blaming won't help you or any member of your family."

"You are a horrible counselor. My kid is still smoking marijuana because you are not doing enough to help him. It's all your fault."

"I blamed my husband for working so many hours. I told him he shouldn't be working so much. It's his fault our children are on drugs."

"The cops don't do their job. There are drugs everywhere. We have criminals running the streets and breaking into our homes. It wasn't like this years ago."

"Our school district is lazy. They're doing nothing about the problem. We got drugs in school lockers and who knows where else."

"Our legal system is so screwed up. We can't stop the drug problem the way things are today. The criminals have more rights than the victims. We should put away these criminals away for a long time. They can't be selling drugs to our kids behind bars."

"The reason why my son is smoking marijuana, not coming home and fighting at school is because you are a bad probation officer."

► **Unsupervised financial allowances.**

"My mom gives me money, no questions asked. I go to my dad when mom doesn't give me any."

"I'd tell my dad that I'm going somewhere. My parents hand over ten bucks. Five bucks bought a nickel bag. I got high twice off that money and the stuff my friends bought."

"Ask yourself what your teenager is doing with all that money he's spending. Kids ask for money from people who don't ask questions. They ask uncles, aunts and grandparents."

"I ask for a hundred bucks to buy sneakers. I buy forty dollar sneakers and use the rest on weed."

"My parents almost help me do drugs. When I'm sick and need drugs, I can go home and ask for money. They see it like this, it's better for me to have drugs than steal from them or from somebody else. This way, I stay out of jail and out of trouble."

"Some parents give their kid money to buy drugs so they don't have to steal. The parents are thinking they can keep their son out of jail. This keeps the kid dependent on the parents and the drugs."

"I've caught him high a couple of times. He agreed never to do it again. So, I gave him some cash. I learned he used the money to buy marijuana. What am I to do? I want him to have money and have a good time. I just don't want him to be high anymore."

► **Payment of damages, legal fees, fines, and personal debts.**

"Don't ever pay fines or any expense resulting from irresponsible or illegal behavior. Don't pay debts incurred to friends or drug dealers."

"Why help pay the rent when he spends his whole day high as a kite? Since he can afford his supply of drugs, he can afford his own rent. Why pay for school tuition if he's not showing up for class? Pay for school when the kid values school enough to do the work."

"I paid money to cover up all the holes in the walls our kid punched in. That kid punches wholes in walls whenever he's pissed off. He punched a hole

in every room of the house."

"I keep stealing and my parents bail me out.  
What a joke."

► **Substance abuse at home.**

"The best way to prevent drug use among juveniles is to rehabilitate adult users and help prevent mothers and fathers from using drugs. Most drug users are adults. The kids follow suit."

"Look, I don't have no f-cking drinking problem."

"The adults are the target in the marketing of illegal drugs. Kids imitate adults."

"We're spending so much money preventing drug use among adolescents. We should spend more effort dealing with the adults that will be raising their children."

"My daughter's behavior problems started when she was hanging out with those friends of hers. That has nothing to do with me smoking marijuana."

"Parents shouldn't use drugs. Don't give your kid something to throw back in your face. It makes a bad argument."

"I found weed in my dad's bedroom when we were looking for loose change."

"I see my family high. They're not dying or nothing."

"Whether a child's mother or father uses drugs will determine, in large part, if their children use drugs."

"Kids commonly talk about their own parents using drugs. They want to know how to help their parents. When their friends use, kids fall in. Think about this. Once your parents and your friends are using, what else is there to do?"

"My parents and grandparents were alcoholics. I saw them drink. I thought it was the thing to do, you know? They drink, I drink, we all drink. Not together at the same time. They drink with their friends and I drink with mine."

"I hate to admit it. My husband's drinking spurred my son to drink. My kids grew up seeing their father come home drunk after work.

The kids will probably smoke cigarettes if the parents smoke. If the parents smoke marijuana, the kids will probably smoke marijuana."

► **Negligence with alcoholic beverages.**

"Alcohol shouldn't be simple to grab hold of. Don't keep alcohol in the house without keeping track of how much is used."

"Parents choose to bring alcohol into the house. Therefore, parents have the responsibility to be aware of who's drinking the stuff. This is not to say if a teen takes a beer from his parents, he will end up institutionalized. Parents need to be careful. Count those beers in the refrigerator. Use a grease pencil on the liquor. Some people think that is a sign of mistrust. Could be. I do know this one thing. The parents are responsible for the alcohol brought into the house and how it's used."

► **Children prepare or serve alcoholic beverages.**

"Encourage help with the food or desserts. Don't request help with the alcohol."

"We used to drink wine at family stuff. Once, I drank two glasses of wine and felt good. I didn't know why. I used to mix drinks for people on holidays. I put a shot of vodka in my orange juice once. I liked feeling different back then. Right now, drugs are almost sexual to me."

"I'm not saying everyone who tries a drink when he's young will do drugs. Why take the risk when you don't need to?"

"Discourage family members from offering alcohol to your child. Pull uncle Joe aside and explain why you don't want your child drinking."

"We live in an age where drug use is rampant. Look at the headlines and listen to the news. It wasn't like this forty years ago. Everything changed. We need to change the way we look at alcohol and other drugs."

"Seek out a parent to assist in the awareness of the children. Do not assume that because a child is in the presence of adults, he will follow house rules. When everybody is responsible, no one person is accountable. Adults become absorbed in what they're doing."

► **Failure to confiscate drugs found in the house.**

"I looked the other way because I didn't want to admit what he was involved in. I didn't know what to do next."

"I wanted to forget the drugs were in his room. I

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didn't want to admit my baby was using drugs."

"When my mother found drugs, she gave it to my father and my father gave the sh-t back to me. You might think this is f-cked up. They know how I'm sick when I don't have my drugs. I go into a rage and my mom just tells him to give it back to me so I stop freaking out. She's afraid to go to sleep. She thought I was going to kill her."

"When your kid is a drug user, you become a prisoner in your own home. You no longer set the rules. The person on drugs sets his own rules. You either find a way to stop what he's doing or let him do what he wants. Get hurt or kick him out."

"Eliminating the drugs from the house is a basic step. Take it away from him no matter how bad he or she is in her drug use."

"My father found drugs in my room. He was going to flush it down the toilet. I told him that I had to give it back to the dealer. I told him this guy was would hurt me real bad and that the drugs were mine on borrowed time. I either had to sell, find the money or give it back. He gave me the drugs. What a dumb sh-t. My own father gave me the drugs."

### ► **Confusion between parental responsibility and friendship.**

"Parents need to make unpopular decisions."

"Be concerned with what kids need and not what they want."

### ► **Excessive trust.**

"Figure out the truth by verifying what they say. See what's real and what isn't. I'm saying doubt everything he's telling you. Check out the story on your own when you doubt something."

"Addicts are the best con men. They can talk anybody out of anything. I was good. I had a guy hand me his whole pay check to buy him something. He cashed the check, counted the money and gave it to me. Addicts can manipulate people to do anything. Because we want that drug so bad, we do what we need to."

"Parents discover a whole world of lies and half-truths once they check the kid's story. Discovering the lies raises the eyebrow enough to want to see more. Believe me. You'll see it if you look. The trail of deceit leads to the drugs."

### ► **Rewarded irresponsibility.**

"He had a paper route. One time, he came home

drunk and didn't wake up on time to put out the papers in our neighborhood. I delivered the papers myself."

"I had to leave work early many times to pick him up from school. Yes, there are buses. But he received detention after detention. He was acting up in school and causing trouble. He could've walked home. I picked him up anyway."

### ► **Failure to provide the basic necessities of life.**

"There are kids who sell drugs to put food on the table or to have clothes on their backs. Your kid shouldn't need to do such things."

## BREAKING THE ENABLING CYCLE

### ► **Identify your own enabling behaviors and stop them immediately.**

"Stopping the enabling cycle is simple yet difficult. Identify what enabling behaviors you participate in and stop right away. Stopping takes effort and heartache."

"Ceasing enabling is a painful process. They will bitch and complain. They'll pull some new stunts. Expect the kids to act out and be nasty."

"Understand what acts of enabling you are involved in and stop them one by one. Nobody is expecting miracles overnight."

"If you can't stop enabling, get some help. Seek psychological help. I say that because I know it's particularly difficult to say no in those areas where we established habits. Enabling is nothing but a comfortable habit. It's uncomfortable for the parent to tell the child what the child doesn't want to hear."

"When one parent enables and the other doesn't, get some help. The rift between the parents will widen as the drug problem worsens."

### ► **Plan money allowances.**

"Parents who give allowance money should give a certain amount every week. Work out a money plan with your spouse."

"Ask family to contact you before they give your children money. That way, you know how much they're spending."

"Ask for a receipt when giving money to purchase sneakers or other costly items."

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"Compare his spending habits with money made on part-time jobs. Follow the money trail. Pay attention to where the money is going and where it's coming from. The money trail will tell you more than what you want to know."

"Avoid keeping household money in a central location."

### ► **Replace enabling with responsibility.**

"Assure fines are paid and detention periods at school are fulfilled. The kid won't like what you're doing. He will act out when you stop enabling."

"Tell the truth instead of making excuses, throw out the beer in the house, address irresponsible behavior immediately and apply real life consequences. He'll learn when the hot seat becomes too warm to bear."

"Kids need to be involved in designing their own consequences all along."

"Tell the kid, 'You made the bed. Now, lay in it.'"

### ► **Don't respond immediately.**

"Parents are caught up with the idea they must have an answer right now for everything. You need to remember that you are in control. Relax. The world is not going to fall apart if you don't give your kid an answer right this minute."

Please read *Handling Manipulative Behavior* on page 102.

### ► **Seek help with a drug problem.**

"I strongly suggest that you attend a Narcotics Anonymous meeting. The kid won't stop using drugs until the parent stops first."

### ► **Join a support group.**

"A support group will affirm what you are doing is right and justified. They give people courage to take action and overcome fears."

"Support groups such as ToughLove, Alateen and Alanon are a great help to families in crisis."

### ► **Detach yourself.**

"One of the most difficult tasks of parenting is knowing when to let go. We learn because of the experiences we endure. Experiences such as expulsion from school, being arrested, losing a driver's license or receiving a speeding ticket mean a lot. Sometimes, people need to learn on life's terms."

"You are the bad guy when you're telling people things that they don't want to hear. Don't expect to be 'Mr. Popularity.'"

"Say to yourself, 'I know what is about to happen. The boy is not listening to me. There's nothing else I can do. He needs to learn the hard way.' That's appropriate when the consequences are not life threatening."

"As hard as it may seem, you need to stay aloof and stick to the boundaries you've set for the child. Stand fast to the limits placed on your child despite how uncomfortable he or she may appear. When they violate those boundaries, and they will, make a written note of it for future reference. Not complying with the rules of the house is a symptom of a problem. The goal here is to substantiate that there is a problem and if the child needs professional help. That documentation is helpful when the child gets so bad that treatment must be forced. Hopefully, the child won't hurt himself or someone else in the meantime."

"Be willing to watch your child learn on his own."

"The kid needs to walk in the shoes he or she makes for himself. If he wishes to make the soles out of pins and needles, so be it."

### ► **Believe that all drug use is negative and serious.**

"Drug use is like a mystery story. You don't know what's going to happen until it ends. You could end up fined, in jail or dead."

"There is no safe drug. There is nothing out there that is safe to use."

"Drugs in the sixties aren't the same as today's drugs. Marijuana is about ten times stronger than what it used to be because people figured out ways to make it stronger."

"Don't give your kid a beer to put hair on his chest. Don't encourage alcohol use by any means."

"There are many young people out there smoking marijuana. A kid who drinks might try marijuana once he is intoxicated."

"My friends drink and smoke pot. I started smoking pot when I was drinking with my friends. They passed me a joint. I thought just once couldn't do nothing. I've been smoking pot ever since."

## Lifetime Prevention Strategies

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### BACK TO BASICS

#### ► **Start at home.**

"Give your child an education on drugs and the self-esteem to walk away. Parents have the greatest influence on whether kids use drugs. Prevention is based on preparation."

Whether your child decides to use drugs or abstain will mostly depend on what happens within the four walls of your own home.

"I don't have the power to stop my children from doing anything. I can educate them, be consistent, set rules and show by example. That I can do."

#### ► **Practice positive habits.**

"Kids imitate their parents. Positive role modeling works."

"Parents need to model positive behavior. You can't tell your kid to not smoke marijuana when he sees you light up a joint."

"Kids will work out their problems in the same way as their parents."

#### ► **Take a no-use stance against drugs.**

"A parent must take a stand against drug use. Be vocal about no-tolerance. This has a powerful effect when backed up with a personal commitment to living a drug free lifestyle."

"A no-use message means nothing unless parents practice what they preach. Carry your no-tolerance message with conspicuous practice."

"Parents have difficulty talking about drugs, alcohol and cigarettes because parents use these products. They have trouble rationalizing to their kids why they shouldn't smoke when daddy smokes. And yet, you'll hear parents justify that they should have the right to smoke a cigarette or drink a beer after work. The parents value their own wants over being a positive example to their kids. They are really saying, 'Do as I say and not as I do.'"

"Look at yourself as a parent before looking at your kids and drugs."

"How can parents ask their children not to smoke cigarettes or drink alcohol when they do it? They can't. You're just telling your kid that you're full of sh-t."

"You can't tell your kid with any sense of credibility to not smoke or do drugs when you can't stop doing it yourself."

"I don't want to be drinking a beer and have my daughter say, 'Daddy can I have some?' What am I to say? 'Daddy can have some and you can't', is not an acceptable answer. If you drink, don't do it at home. If you smoke cigarettes, don't do it at home. You're better off quitting altogether."

"Parents who allow kids to drink at home are playing with fire. The parent's reasoning is that kids will drink anyway, with or without parental permission. Allowing them to drink at home is assumed permission to drink away from home."

"Don't do anything in front of her that may cause her to be curious to do something such as drink."

"I don't want my daughter to be exposed to alcohol in her early years that would tell her that I do something that she shouldn't do."

#### ► **Talk openly about feelings.**

"Don't criticize children for expressing their feelings. Don't badger them for their beliefs. That closes the door for dialogue down the road."

"Creating an environment where kids can express themselves freely is a positive step to understanding them and where they're headed."

#### ► **Show unconditional love.**

"Your child must understand she is loved unconditionally."

"Have an understanding you will do what's in his best's interests instead of what he wants. He'll learn from that with the understanding you are acting out of love and concern."

"Hug your children everyday."

#### ► **Praise children.**

"Look for something positive to say. Thank them for making an effort."

"Recognize your child in front of neighbors, family and friends. They should feel important for their accomplishments."

"Kids need to have that, 'I am somebody', feeling."

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"Our kids knew we cared. We attended the school activities and watched them play sports. We recognized and praised them when we could. They need to feel important for trying and succeeding."

"I find coming up with a uniform or specific method of preventing drug use difficult. I think you have to go back to and start with family, schools and clergy. They should do more to develop a better sense of self esteem within our youth."

"Praise effort and attempts to solve difficult problems as well as the successes. They need to hear your approval. You can bet they will seek approval from someone in the streets when they don't get it at home."

"Recognize them for catching the ball or reaching first base. Kids are very hard on themselves. They need someone to point out the small victories."

"If the child has developed the self-esteem, the discipline, I don't know if the child would have a problem saying no to drugs. It's already there."

"Self-concept is important to children. We must nurture a positive self-concept so they don't seek it out through the use of chemicals."

"Parents have the responsibility to validate their children. Kids will gravitate to a peer group that provides that validation when they don't receive it at home."

### ► **Don't depend on the school system to teach drug prevention.**

"Parents mistakenly depend on the school system to teach children about the drugs. This education must start at home. Don't rely on the teachers to do the job for you."

"The drug issue is a family issue. The school system is not responsible for your family."

"We want the teachers to prevent our kids from using drugs. But we don't want teachers to educate them about right and wrong. We don't want teachers to teach family values. We don't want teachers to discipline our children. Let me ask you something. How can we prevent drug use in our children when we place the responsibility of drug prevention on the teachers? How can teachers do their job without teaching discipline, values, and right and wrong? The parents must assume responsibility for drug prevention in their own families. The parents must assume responsibility for preventing HIV. The parents must assume responsibility for preventing

pregnancy. Don't fool yourself into believing someone else will care for your child's needs. You're not being realistic."

"The teachers are not responsible for your children living drug free or for raising your children. You are."

"Parents place the responsibility of drug prevention on the teachers. They want someone to blame when something goes wrong. The issue becomes, 'This person didn't do their job.'"

"We wait for grade time to recognize that a child is in trouble. I think it's too late for that grade period. Why not catch that right from jumpstreet?"

### ► **Delegate responsibility.**

"A great deal of responsibility is learned by doing chores. Investment is an important part of family living."

"Leave some decisions for them. Kids want to feel like they have a say in what the family eats, does and how they spend their time. Of course, there are limits. Keep it simple in the beginning. Most of all, leave them responsible for the pleasant and unpleasant results of their decisions. Allow room for mistakes, not irresponsibility."

"Teens want to feel older and grown up. Leave some of the decisions that affect them up to them. You'll find they'll become less rebellious."

### ► **Spend quality time with children.**

"Unfortunately, the parent's work schedule and other activities has a higher priority than family time. Rethink your priorities."

"Eating together as a family builds stronger bonds than outside friendships. Family meals are chances to learn what's happening in each other's lives. Meals won't happen unless you schedule them just as you schedule any other activity. Family meal times are not working out when everyone eats when he feels like it and nobody has any meaningful dialogue with one another."

"Parents must be a part of their children's education. They don't have to be teachers. Educational problems can be curtailed by the parent becoming a tutor. Parents say, 'I don't have the time because I work two jobs.' I don't think we're talking about a lot of time. I think we're talking about just showing an interest. Ask the child, 'How is your math? Can I help you? Let's see what you're doing here. Did you have a

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good day at school? You're having trouble with spelling? Hey, I had trouble with spelling too. Here's how I overcame the problematic area in spelling.' It takes a couple of minutes to show an interest and give direction. The people he spends time with are the ones he's going to imitate."

"Listen and talk to each of your children fifteen minutes a day."

"Talking usually has to deal with who needs a ride, money or household chores. When was the last time you sat down and had a heart to heart talk? Teenagers want to be heard."

"Schedule a movie night with the family. Spend time with your kids. I know kids think family isn't cool. Family time is very important. Everyone has a chance to talk and know each other all over again."

"Stay away from second shift jobs that rob you of valuable time with your children. You don't know what your kids are doing when the only time you see them is when they're asleep."

"It's convenient to have the TV serve as a babysitter. Many parents out there are very much concerned about themselves and what they want to do instead of being focused on the kids."

"Do both parents really need to work? Can one of you work part-time? Prove you mean business. Are you willing to do what is necessary to build that relationship with your child?"

"Do you really need that new car or a bigger house? Do you prefer the new car or a drug free kid? Consider working less hours and spending more time with your kids."

"Kids want to have someone there who will love them and be with them. They want to be lead. What are you there for? Your function is not just to provide a comfortable lifestyle for your kids."

"My parents are never home. F-ck it."

"Dad comes home from work stressed out. Mom is tired. They don't want to talk to me. They want to be left alone. What am I supposed to do? Sit around and do nothing?"

"Keep track of how much time you spend with the kids. I know kids complain about things. Complaining is not talking."

"Most parents just tell their kids to find a job. That's not enough. We need to teach our children how to fill out a job application and give them the support to look for the job. Parents

must empower kids to succeed. None of that happens without sharing your time and yourself."

"Rehabilitation means to put back what was once there. Some kids never had it to begin with. That's because parents aren't setting aside time to teach their kids about life."

"Set the clock on the table and say, 'We are going to have an hour of family fun whether you like it or not.' Play a kid's game because that's when they will talk with you. Kids want to play so they can beat you. Play scrabble. Listen to them call you stupid for making up some weird word. Have a good time. Show them that families are cool. Besides, playing will sharpen their skills."

"You'll hear them complain family time is stupid. After awhile, they will expect you to follow through on the designated time. Always be consistent. They will tell their friends, 'No. I can't go to the mall because my dad wants me hang out with him. Dumb.' At least you are spending time with your kid. Kids won't admit they like family time. It's not cool and not normal. They're really thinking, 'My mom is spending time with me. I know she could be doing something else.'"

"The interest and love adds to the drive chain of any child."

"When children are outside of the house for stimulation, they're not receiving it at home. Be involved in the child's life before he seeks fun in gangs and drugs."

"Do something that you both enjoy. Demonstrate you can have fun with family and without the use of drugs."

"Show them alternatives to the streets. Kids do drugs to have fun because they don't know what else is available. We are responsible to point out the possibilities and the opportunities."

"If you can't spend quality time with your kids for any length of time, locate a youth center of some sort that provides personalized attention and positive people who help."

### ► **Stop negative behavior in its tracks.**

"Always look ahead at how their behavior can lead to larger acts that are immoral or illegal."

"Letting the little things go by sets aside room to act like a knucklehead later in life. Ignoring the little things encourages them to step up to bigger and bigger acts of delinquency."

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"I hated when my mom kept an eye on me. When she didn't, that's when I got in trouble."

"Parents set their kid up with bad habits from the beginning. How many times have you seen a child kick or punch their mother at the grocery store? People think it's cute. That kid will be six foot tall someday. You are still going to be 5'6". He won't be so cute years from now. Why is he cute now?"

### ► **Build a loving marriage.**

"Almost every kid I work with had parents who were divorced or separated. When I see a kid whose parents are still married, wow. It is rare. Kids who are in trouble commonly have parents who are divorced. This doesn't mean that all divorced parents will have delinquent children. I just see there is a strong relationship between divorce and delinquency."

"I find that kids that are on probation very often have parents that are dead, divorced, separated, drunk, high, don't care or don't spend time with their kids."

"Mom works more hours at her job. I come home and there's nobody there to tell me what to do."

"The best gift you can give your child is evidence of a loving marriage."

"I don't want to be home when my parents are fighting. I want to be outside. I find something to do like hang out with my friends. I'll do whatever, as long as I don't have to be home while that sh-t is happening."

"I see parents that punish each other through their children. These parents hate each other and the kids suffer because of it."

### ► **Learn about your child's friends and activities.**

"My daughter is interested in computers. I should know enough about computers to help her in some way or at least hold an intelligent conversation."

"Be involved in what the kids are doing. This is a fast world where parents don't set aside time to talk to kids. Build strong relationships and encourage children to come to you when there is a problem."

"Know whom they are spending time with and what they are doing."

### ► **Make home a safe and comfortable place.**

"Kids who spend more time at home don't run the streets. Sure, that makes sense. Kids stay out of trouble when they're home."

"Kids who live in a home absent of physical and mental abuse have a greater chance of not turning to drugs. They don't want to leave home and find an escape. Their escape is home. Unfortunately, too many kids don't have the environment at home that's inviting and comforting. No wonder teens meet up with other teens with the same problems and cause more problems for themselves."

"He must be free from physical and emotional harm. There must not be anyone threatening the security of the family physically, emotionally or otherwise."

"The two most important factors that influence whether a kid does drugs are the family and the street environment. Pick your neighborhood carefully. You can't control your neighborhood. You have some control where you live. You definitely need to control what happens within the four walls of your house."

"Home must be where prevention starts. There must be a safe, nurturing environment where kids can play and have fun."

### ► **Build a support network.**

"A strong weapon against drug use is a network of parents that help each other and communicate with one another."

"Build relationships with neighbors and friends so everyone can help each other out. Take care of other kids when their parents are working late. That way, other parents will help you out when you're in need."

"A network of parents is invaluable in confirming your child's claims, whereabouts and activities."

### ► **Treat teenagers like adults.**

"Teenagers want to be treated like adults. Okay, we can arrange that. Once they feel the adult consequences, they'll want to go back to being a kid again."

### ► **Focus on needs, not wants.**

"Listen to your children's wants. Give them what they need instead."

"Parents must be parents, not best friends. The

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best friend part comes when the child is grown."

"Teens hate the limits that keep them out of trouble. They hate the curfew time and the household chores. That's fine by me. I can live with knowing he's safe."

"Do what's best instead of what's comfortable."

### ► **Be vigilant.**

"Know that some kids are predisposed to addiction because of the biological hand that raised them. The makeup of the family influences whether the kids will use drugs. Parents must be aware of drug use within the family increases the risk of addiction."

"We should be vigilant as to where our kids are and who they're with. This is something to stay on top of daily."

"Kids should understand they are subject to question. Be reasonable and rational about that."

"When you are not aware, something will happen because you have no control. Awareness is control. When you lose your concentration on your kids is when something will happen. Raising kids is like riding a motorcycle. Watch where you're riding or crash."

"I want to know who they are with, what they are doing and when they are coming home. I want my children to know that I trust them and they can trust me. I trust them to do what they tell me they are going to do."

"Parents should be constantly aware of the child's activities. Although this is exhausting, it is better than the alternative. You have a choice. You can be exhausted from awareness or exhausted from dealing with a kid on drugs."

"Don't have such tight control that they don't have a life. Just know what that life is. That is much easier said than done."

"Know who your kids are hanging out with. Question why they don't want to bring friends home. Coincidentally, kids who use drugs not only avoid their own parents, but also their friend's parents. They don't want to be found out."

"There are kids that talk to their friend's parents more than their own. For whatever reason, that's where they feel comfortable. Be the parent other kids talk to. Learn about your own kid through their friends."

"Teens get bold when parents are focused on other concerns unrelated to the children."

"I rolled a joint in the living room when my mother was watching T.V. She never looked."

"She'll hate you for knowing where she is. If she hates you for picking her up at the dance when the dance is over and not an hour after, so be it. You can put reins on your kid. She won't like you. She may be thirty years old before she appreciates what you've done. The reins need to be tight this day and age. If they aren't, you will lose her."

"I call to make sure she is where she tells me she's supposed to be. At least those parents know that I know my kid is there. I don't want my kid running the streets."

"Don't let your kid tell you 'I'm going out.' That is an unsatisfactory answer. 'I'll be at the pizza place or something' is not good enough either. Get specific answers."

### ► **Encourage kids to seek advice.**

"Teens want to handle their own problems. They want to do things their way. This is an issue of personal identity and independence. Parents need to learn when to step in when the going gets tough. Parents also need to learn when to back off. This doesn't mean leaving your child out in the cold for the wolves to have a midnight snack. Inform kids where help is available. Have a list of counselors, advisers, hot lines and phone numbers of friends and family they can call for advice."

"Your kid must feel he can come to you for anything at any time. Don't assume he knows that. Remind them often."

### ► **Pick your battles carefully.**

"You could correct him in the way he sits, talks, walks, what he wears and how he combs his hair. Is it really necessary to correct him on everything you see? Aren't there other things that are more important? How would you feel if someone corrected you on everything?"

"Do not consider your child wrong if you don't agree with his viewpoint. Consider him different, not wrong. That's a different story when kids have positive views about drugs. That's when it's time to do some serious talking."

### **Influence what they see and hear.**

"Wake up and look at what your kid is watching on TV and in the movies. Exercise influence over what your kid is exposed to."

"You can't control the outside factors in a their life as they grow up. You can influence them part of the time. Take advantage of what you can, when you can."

"Teach them how to think critically about persuasive messages."

"Preventing drug use is a race of time and maturity against the pressures to do drugs. The direction a teenager chooses often depends upon who got there first, peer pressure or self-esteem, knowledge or misinformation. The strength of those competing influences and the kid's stamina to resist those influences are big factors. Postpone the time they are exposed to media trash and confronted with drugs so they can build the intestinal fortitude to stand their ground."

"Influencing what kids see and hear buys time to teach family values while minimizing competition from advertisers and negative peers."

"Movies desensitize children to murder, lies, drugs and treating people like dirt. Kids think it's normal to see someone shot on television. Advertising, television and the movies desensitizes people about right and wrong."

"Your kid will respond with, 'It's just a movie. I'm not stupid.' Say to her, 'No. You're not stupid. But you are watching this kind of stuff. When the situation comes up in your life where drugs are present, it's won't mean anything to you. Drugs won't be as threatening. Once you see drugs on the movies a hundred times, the real thing is a cake walk.'"

"Kids don't realize what they see on television is real. Kids are watching movies that glorify drug use and drug related violence."

"Think how you are desensitized to the horrible news on TV. Kids are desensitized to glorified violence and drugs in the movies and television. Have a membership at a local video store that follows the rules on Parental Advisory for movies. Confront management if your local video store doesn't follow the parental advisory guidelines. Call the police if they don't."

"My daughter told me she wanted to see a movie because of this one song. I don't think so. They

want to see it because it's vulgar and it's nasty."

### **Deal with immediate gratification.**

"Adolescents are concerned with immediate gratification. Teens say, 'I didn't mean to do it. It just happened.' They're caught up in the moment and forget about the consequences that last a lifetime. Apply immediate consequences for seeking immediate gratification."

"Consequences should be fair, easy to enforce, respectful and consistent. Don't threaten or seek vengeance."

"Family must put forth more of an effort to say no to many things. They should recognize the needs of the children rather than so much the wants. A child may ask the parent, 'May I have this?' The parent should be able to give a good reason or rationale to say no in many cases. This is better than saying, 'I don't have the money now. I have money for fifty dollar sneakers. If you wait a week, Daddy will have another fifty and we'll get those hundred dollar sneakers.' It's not necessary to give in to a child."

"To develop a better sense of self-esteem within children, encourage them to make an investment for the things they want. If the child wants those hundred dollar sneakers, the parent should devise a plan. The parent could say, 'I have fifty dollars. You go out and find yourself another fifty by doing such and such and you got yourself a pair of hundred dollar sneakers.' Parents don't take time to do that anymore. The need for immediate gratification is the forerunner of why youth are involved with drugs. Kids want what they want and want it right now. Parents seldom say, 'I can't do that now. You can't do that now. Perhaps tomorrow or next week may be better.' Kids want immediate gratification. One of the things, of course, is the money from selling drugs. Not only do they use it and abuse it. Many of them are out there selling to maintain their own habit or to make money for themselves. So there, I hope you understand. I wouldn't have a set method of prevention. Self-esteem, discipline and investment are the three leading contenders I recognize that would help to curtail drug usage within our teenagers."

"If the child is at the point where he or she is out of control, it is obvious that the parents have failed to discipline the child all through the growing years. Depending upon the age, it will be difficult to bring discipline back in. If you try to do that, both mother and father must be on the same track of discipline rather than one parent pulling away from the other."

## LIFETIME PREVENTION STRATEGIES

"Children should be raised with a degree of discipline that it doesn't blow the kid's mind. The discipline tactics need to be very reasonable.

The worst thing we can do is let a kid have his own way. The worst thing we can do is say, 'I as a father never had these things when I was growing up. Now I want to supply these things for my child.' That is okay to want things for your child based upon what you didn't have. Consider when you got them, how did you get them? Were those things handed to you? No. That's why the kid must learn investment. The investment means, 'Hey, you got a room to yourself. Keep the room clean. Make your bed. I'm not asking you to be spit and polish. You slept in that bed last night. The rule in this house is that we all make beds.'

That sort of thing helps develop a sense of discipline."

### ► **Organize the community.**

"Build a neighborhood watch. Organize a manageable area."

"Look after the neighbors' children. They'll return the favor."

"Find a positive role model for your children and be one for other kids."

### ► **Keep kids busy.**

"I get into trouble when I'm bored. I do things I know is wrong. I just do stuff that isn't right."

"Help children cultivate interests. They'll have less of a chance to goof off and do something stupid when he is preoccupied with something positive."

"My kid is something else. You can give her video games, a bicycle and who knows what. She'll still be bored. After trying to get her hooked on something, I found softball. I should say she found softball."

"We need to keep kids busy and teach them how to have fun with the family, friends and by themselves."

"Expose kids to new things. See a martial arts demonstration, a play or a baseball game. They're interested when they ask questions. After that, encourage them to try out."

"Distracting attention away from drugs is a wonderful tactic in preventing drug use. Drug use distracts attention away from school and family. Reversing the process is a powerful prevention weapon."

"We owe kids to provide positive alternatives so they don't need drugs. Alternatives stimulate creativity so they aren't bored and solve that boredom with drugs."

"One of the best activities a teen can participate in is a part-time job. They earn money, learn the value of a dollar and learn responsibility."

"When children are outside of the house for stimulation and information, it means that they are not getting it at home."

"Tie up all their time throughout the day. Tire them out totally."

### ► **Don't depend on rational thinking.**

"If everyone acted on rational thinking, people wouldn't smoke cigarettes. Just because people know smoking is bad for them doesn't mean they'll stop. Rational thinking is not enough."

"People continue smoking regardless of the Surgeon General's warning on the cigarette boxes. That proves that intelligence means nothing. Adults justify, intellectualize and rationalize smoking just as kids do with drugs."

"Adults hear that smoking causes lung cancer. So? People smoke anyway. Do you think they are smoking because of an inability to think? The same goes with drugs. Kids do drugs because they have friends who use drugs and think nothing will happen. So, they use drugs too. What kids do and how they think is no different from adults."

"Kids live for today. They don't pay attention to the future. What happens years from now is not of interest to them. And they don't think it is going to happen."

"Without treatment, you will continue to use drugs until you die or face jail time. The addiction of the drug overcomes your intelligence to stop. Heroin, cocaine and nicotine is evident of this. What does this mean? Being intelligent and reasonable doesn't mean you will stop using drugs and it doesn't mean that you won't try drugs in the first place."

"Nicotine is so addictive that addicts who kicked crack and heroin cannot stop smoking cigarettes. What does that say about smoking? People continue to smoke despite clear and irrefutable evidence that the stuff does damage. Smoking has nothing to do with intelligence. Smoking has everything to do with an addiction to nicotine."

## **Divorce and Drug Prevention**

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### ► **Develop a support system.**

"Network with other divorced parents who are dealing with the same problems. Confirm the whereabouts of each other's child. Parents can do amazing things when they help each other out in the same neighborhood."

"Develop eyes and ears by asking others for help. Help others in return."

### ► **Develop consistency between households.**

"Coordinate consistent house rules between both households. Address important issues on curfew, friends, drug use and alcohol use."

"Tell your child, 'I don't think that dad's rules are as strict as they should be. I must trust you to carry our house rules with you into the weekend.' The child may or may not go along with your plan. Do what you can."

"Develop a sense cooperation between both households to stop manipulative behavior and prevent drug use."

"My parents are divorced. I work my mom against my dad. They hate each other's guts. I get what I want on the weekend from dad since my mom won't give in."

"Ask their father to talk to the children about drugs. The child should be hearing from both parents."

### ► **Find a mediator.**

"Find a mediator if inconsistent house rules are jeopardizing the welfare of the child. A therapist, clergy, or social worker is appropriate."

"When you have two divorced and rigid parents who don't want to negotiate and compromise, you have a big problem. The kid's problems will become a symptom of your problems. Come up with something that everyone can agree to. Find someone with whom both of you can work. Agree on drugs being a bad option for your kid no matter what else both of you disagree on."

"Arguing between divorced parents provides a perfect environment for the incubation of drug use. The parents are so busy arguing, they lose sight of helping their child. Waging battle doesn't

help much. The family is unable to intervene because they don't have their act together."

"Parents that are in the process of getting a divorce have a habit of using their children to punish each other. That, in itself, is promoting failure."

### ► **Report an unsafe environment.**

"Parents that use drugs should be reported to Children and Youth, Domestic Relations or some other social service agency. Always report an unsafe and unfair environment."

"A parent needs to make a judgment call. If the child were to be injured-- would someone be sober enough to drive to a hospital or take appropriate actions? Will the child be exposed to drugs? Is there a chance the child may be left unattended? If the answer is yes, only supervised visitation should be allowed. Stress to the other parent that unsupervised visitation will only be allowed if that person seeks treatment or enters a recovery program."

"This is no doubt hard on both parents. The child may be angry with the parent for not letting him visit the drug using parent. But the concern and well being of our children needs to be the number one concern."

### ► **Be on the look out for drug use.**

"Many of the kids I talk to these days that use drugs have divorced parents. The kids are really open to the possibility of drug use when the parents are in the process of getting a divorce. The stress is on the children and the parents. First of all, parents are more likely to drink while getting a divorce. The kids see what is happening and copy cat the parents. The kids could also feel rejected by one or both parents and seek a peer group they feel comfortable with. At that point, that group of friends may be the most important thing in the world to them. Now they have someone they can talk to and feel safe with. Hopefully, the group they hook up with won't be using drugs."

"I didn't want to use drugs. I did it because I felt my parents were too busy to bother with me and my friends were always around."

"A parent needs to make time to communicate with their child and understand their child's needs and concerns. Many times parents are so wrapped up in their own grief, the child goes unnoticed."

"I've seen step-parents have the attitude that it's not their kid so it's not their problem."

## Setting limits

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► **Offer freedom through increased responsibility.**

"Offer freedom according to the level of responsibility your teenager is willing to accept."

"With responsibilities come choices involving personal accountability. Kids must be able to explain those consequences to you. They're ready for those new responsibilities when they have a realistic understanding of what the consequences are. Educate them about what can happen when they don't have a grasp of reality."

"Your kid's attitude and behavior will tell you how short the rope should be. Pay attention."

"Listening will inform you about their decision making skills, self-esteem and if they know where they can go for help. Give them chances to be trusted through consistent effort."

► **Establish consistency in house rules with your spouse.**

Parents should meet privately to discuss what those responsibilities and consequences should be. Never argue in front of the children.

► **Expect children to test the limits.**

"Expect kids to test the most reasonable limits. Expect them to break the rules."

"The other kids' parents aren't setting the limits in this household. Simply because Johnny across the street is allowed to stay out until midnight doesn't mean my kid is allowed to do that. My kid thought that I would tolerate that behavior."

"Kids are born to break rules. For every rule you have, be ready with an appropriate consequence they can learn from in a positive way. It's your job not to trust your kids."

"Expect your child to test what you say and the limits you place. Inspect what you expect."

► **Don't win a personality contest.**

"I was upset when my kid told me she hated me. Well, now I think that's great. She's upset because I'm not allowing her to do something that she wants to do. If she is that adamant and that angry, there is something happening here. Someone is pulling my child away from where I want her to be."

"You can't discipline them and be their buddy. You're not supposed to be your kid's friend."

"Simply because the community and times have changed doesn't mean we should lose sight of what's important. A curfew is important."

## Party planning

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► **Plan the party with your teenager.**

► **Hold your teen accountable for the conduct of his guests.**

"They are responsible for confronting friends when they start acting like a bunch of monkeys."

► **Set ground rules.**

-No drugs, alcohol or tobacco.

-All lights are on at all times.

-No guests can leave the party and return.

-Set a time limit according to local curfew laws.

-Identify off limit areas.

-No uninvited persons are allowed.

► **Discuss the importance of having a drug free party.**

"The parent is responsible for everything that happens in the home. Discuss the legal and other consequences of serving alcohol to minors."

► **Prepare the refreshments.**

"Your teen should be responsible for serving friends. Keep a low profile throughout the party. Promote a fun atmosphere. Kids should be comfortable coming into your home."

"Know who the guests are and what they're doing."

► **Plan to deal with someone who arrives after drinking alcoholic beverages.**

"Anyone who arrives at the party with alcohol or drunk should be asked to leave. Call a taxi or the teen's parents."

► **Talk when the party is over.**

"Praise how they handled difficult situations. Talk about ways of handling friends who act out inappropriately."

## Effective Listening

### BASIC LISTENING SKILLS

#### ► **Stop what you're doing.**

"My dad is always busy doing something. When I talk to him, he works on his car. I can't talk to someone who's under some stupid car."

"I hate it when my dad looks at his watch when he's talking to me. He's more worried about some appointment than me."

"My mom talks to me when she's doing the dishes. She's in a hurry most of the time. I know she works and everything. She doesn't look at me, you know? I'm in the way or something."

"Set busy work aside for a moment. Show you care by putting things down to listen. Gain as much from the conversation as you can."

#### ► **Hug your children.**

"I habitually hug my kid when I come home from work. We hug and talk a bit."

"Kids won't open up unless they feel comfortable talking. Hugs help."

#### ► **Speak less.**

"My dad doesn't let me talk. He always says something about when he was my age this, that or some other thing. He thinks he knows everything. Everything I say is wrong."

"My mom thinks she knows what I'm just about to say and tries to say it for me. Yeah, she finishes what I'm saying while I'm talking. Not like she knows what I'm feeling or nothing. Where does she get off?"

"Oh yeah, my mom is a control freak. She needs to the upper hand on everything. There's no talking to her."

"I can't get a word in edgewise. When I say something, it's not like he listens or anything."

"My dad always wants to talk. He doesn't listen when I want to say something."

#### ► **Listen consistently.**

"Listen to your kids every time in spite of how tired you are and in what mood you're in."

"As a police officer and a father, I see that parents

must communicate with their children.

Communication goes both ways. The most important thing that a parent can do for children is listen to what they have to say. That might possibly keep the child away from drugs. Kids need a way to express themselves. Listen no matter how minor it is. Don't ignore them. They won't tell you anything when the important stuff has to come out when you don't make a habit of listening to them. He won't say it because there is nobody listening.

#### ► **Pay attention.**

"When you get high, you say things you don't want other people to know. You'll say things under your breath. My mother heard me talking to myself. I said, 'Damn, I want a taste of weed. I want to go out and get high.' She said, 'What?' I said, 'Nah, nothing.' I mumble a lot."

"Pay constant attention to what your kids are doing. Stop and listen when they tell you where they're going. Listening or not listening to your child is habitual. You are not developing a relationship with your child when you're not listening. You can win or lose depending upon how much you pay attention to what they're doing and whom they're doing it with."

"Be aware of everything and watch for the unusual. You can miss it without being observant. Teenagers are slick and they know the tricks. You know what your kid is like so you can spot what shouldn't be."

"Parents must learn listening skills. The most difficult thing a parent can do is actively listen. Do you listen to what he says or blurt out the answer to what you think is the problem?"

#### ► **Stop preparing a speech when your child is talking.**

"My dad loves to talk. The problem is, he doesn't listen."

"I was trying to predict what my daughter was saying. I was hearing but not listening. Sound familiar?"

"My dad already has an answer before I finish what I want to say. He thinks he's a mind reader or something."

"My mom thinks that whatever I do, it's going to be bad. She doesn't even hear me out before she makes up her mind. I wish she would listen. They don't give you a chance to talk. After you talk and they just jump on you, you just say, 'Hell with it.' I'm sick of trying to talk when people

## EFFECTIVE LISTENING

don't let me finish what I want to say. Nobody hears what I'm saying."

"Listening is not just eye contact and waiting for him to stop talking. Don't prepare a speech while your child is talking."

"Whenever I say something to my dad, I'm ready for him to say, 'When I was your age...', this and that and who knows what else. He always does that to me. I'm not ready to hear that. I don't bother with him no more."

"We are so caught up in the fear of our kids using drugs that we forget what our kids are saying. Instead of helping them deal and sort out their problems, we amplify those problems without realizing it."

### ► **Ask questions.**

"Asking questions shows genuine interest in their predicaments and interests. Express a desire to understand their problems."

"You're learning about him while he's talking. He's giving you information you need. Why interrupt?"

### ► **Paraphrase.**

"Repeat what he says in your own words. This will show you really know what the kid is saying."

### ► **Maintain eye contact.**

"Seek out and maintain eye contact. Do this even when you're in a hurry."

"Parents are in a hurry most of the time. Setting things aside for even a moment can be difficult. Do it anyway."

### ► **Give advice when asked.**

"Allow room for mistakes that result in reasonable consequences. Kids need to learn from their mistakes. Parents are too quick to solve their problems."

"Interfere if the kid is headed for serious trouble. Otherwise, let him figure it out on his own. He wants to be independent. Give him a taste of what it's like. When the oven gets too hot, he'll be running back."

"Tell him what he needs to know and provide support. Keep an eye out when trouble comes up. Don't solve the problems right away."

"You may want to offer a solution and expect the kid to follow through on your suggestion. Your

kid may not be looking for advice. They're looking for someone that will listen and understand. Just because they talk to you about a problem doesn't mean they want you to solve it for them."

### ► **Leave the door open.**

"Remind them you are available to talk. The windows of communication are short and too important to miss."

"Don't treat your child's feelings lightly. Your child will not see you as someone to go for help if you dismiss his feelings or minimize them. Neither would you, right?"

"Give your kid a hug when you talk things out. A hug is proof that love is there. Telling kids you love them isn't enough. You got to show it."

"Show concern over their problems. Nobody talks things over with people who don't care."

## Talking About Drugs

### DRUG TALK BASICS

#### ► **Talk and listen to your children everyday.**

"Parents who talk to their teenagers are able to blend the issue of drugs into daily life. Otherwise, your child raises an eyebrow to your intentions. Establish rapport with your child. If you haven't talked to your child on a daily basis, do it now.

Open those lines of communication before introducing the issue of drugs. Work on developing trust. Many talks over a period of time builds the relationship necessary for trust to be earned and felt."

"I talked to my kids everyday. There isn't a day that goes by that I didn't see how they were doing and how they were feeling. I think that's important. I never sat down with my kids and had just one talk about drugs. I talked to them all along about anything and everything that was on their minds. When something came up, we dealt with it together because I knew what was going on and they knew I was there for them."

"The only way a parent can tell if something is bothering his child is by interacting with that child. Don't place the total responsibility on the kid for not coming to you with the problem. Remember, there has got to be a reason why the child didn't come to you in the first place. It's your job to figure that out. It's also your job to talk to the kid everyday so you can sense when those problems are occurring. Being out of touch is no excuse. Once you maintain that dialogue and trust, you will be aware of the problems. That is, if you're paying attention."

"Parents find time to exercise, change the oil in the car and do countless things. Unfortunately, talking with their children is a special event."

"The skills necessary to turn away from drugs don't come from a magical talk one evening at home."

"A child will find someone who listens.  
Be that person."

"Parents should talk to their children about serious subjects on a regular basis. That way, the kids would probably feel comfortable talking about something serious when it occurs."

"I think we should establish a comfort level from the beginning and before something happens."

"Kids talk to the people who talk to them and spend time with them. Kids listen to the people who listen. The parent isn't seen as a source for guidance unless there is an extension of time and effort."

"Parents claim they are big influences on their kid's life. How much time do you really spend with your kid?"

"If a parent spends 90% of his day without the kid, the kid spends 90% of his time without the parent. There are other influences in that kid's life. The most influential person is the person who spends the most time with the child. What do you think the kid will do when he spends more time with drug users than with mom and dad?"

"Communication with parents must be a part of a young person's daily routine."

"There are people and professionals that believe prevention is simply about informing and educating someone on drugs. People think that telling their kids about the bad things that drugs can do will prevent drug use. They wash their hands of the issue after this little talk they have.

That is not enough. Focus on family. It is important to spend time with children so they value what you say because you value them. Kids won't feel valued unless mom and dad spend time with them and show them there is love."

"The three talks parents stress out on are sex, drugs and suicide. Parents don't want to talk about these issues because they are uncomfortable. The kids will learn about them from friends or mom and dad. The fact remains, if you're talking to your kid on a regular basis, this won't be a problem."

"The more uncomfortable you feel discussing an issue, the more important it is to discuss that issue. It won't go away. Kids need someone that is there consistently to discuss these problems they hear so much about."

"There are so many conflicting stories about what can and can't happen. Someone needs to be there and clarify things."

#### ► **Show love.**

"The kid doesn't care how smart you are. He wants to know how much you care."

#### ► **Discuss drugs early in life.**

"Teach your kid about drugs when he's a young buck."

"The seeds of drug use are planted early in life."

## TALKING ABOUT DRUGS

Talking about drugs should begin before the kid reaches the age of ten. The earlier you talk about drugs, the better you can form attitudes and perceptions of what drugs can do."

"If you find a condom in your daughter's drawer, it's about time you talk to her about sex. If you find drugs, it's time to talk about drugs. Why wait for more problems?"

"Teach kids about drugs before someone else does. Their friends are going to tell them how great drugs are. Someone is giving your son a story on drugs. Be certain your kid has the true story."

"The idea is to talk about drugs before his friends offer him drugs. Too many of us close the barn door after the horse has gone."

"The kid's friends are telling their side of the story. Balance the story by telling your side."

"The danger zone is age fourteen through seventeen."

### ► **Coordinate drug education at home with education at school.**

"Know about your school's drug prevention effort in your community. Ask when the students are taught about the dangers of drugs and alcohol. Most of all, reinforce that education at home."

"Visit institutions, talk to friends of the family and anyone who can teach them something new to support what they learn at home."

"Don't rely on the school system to prevent drug use. That's the parent's responsibility."

### ► **Be prepared.**

"The information should be simple and easy to understand. He might ask some questions to see how much you really know. He might ask because he doesn't know. Whatever the case, be informed. Knowing your topic gives you confidence."

"The better educated you are, the better educated your kids can be about what is out there. Read books and keep your eyes open for examples."

"You don't need to list the negative pharmacological effects of every drug. They need to know how drugs harm, cripple and kill and to see examples. They need to understand drugs will catch up to them in time."

"There is so much free information out there to help parents learn and teach their children on the

drug issue. If the child is not informed, it's nobody's fault but the parent. The parent failed to seek out the information."

"Talking about drugs doesn't always need to be at home. Go for a drive or a walk. Think of something to do while you're talking."

"Be certain there are no important events before or after the talk. This keeps both of you focused on the topic. Avoid distractions and interruptions."

"You don't want the kid to be coming up with alibis and excuses prior to the talk. He might avoid you altogether and not be home if he has something to hide. Talk when you sense something is wrong."

"Kids sometimes approach parents with the issue. The parents may be in the middle of something. Be sure to talk later if you tell them you prefer to talk later. The issue may never be resolved if later never comes."

### ► **Focus on accountability and consequences.**

"Your teeth will turn yellow, you'll ruin your clothes, people will think you're stupid, you'll wipe out brain cells so you won't make as much money, I won't let you drive the car anymore, you'll lose your driver's license, your athletic ability will drop, you might get busted, you could sit in a wheel chair for the rest of your natural life because you were in some stupid accident, real people will lose respect for you, I'll let you sit in detention if you're caught, you'll have to pay some fines or do community service, your brothers or sisters could get involved, handcuffs are very uncomfortable and so is probation. And by the way, there is something else you should know. Smoking marijuana can interfere with puberty." (Please note: Marijuana use can cause deficient testosterone hormone levels in adolescent boys and lead to inadequate genital development. For more information, read Drinking, Drugs and Premature Sex by Marsha Keith Schuchard, Ph.D. Contact PRIDE at (770)-458-9900, or look in the resources section of this book.)

"Our goal is to arm our kids with the right information and convey our message with love so they make the right decision for themselves."

"We should enhance the positives of living a drug free lifestyle rather than just dwell on the negatives of drugs."

"Why risk losing your driver's license if you're busted with drugs? The hassle isn't not worth it. Drinking and driving could kill you or someone

## TALKING ABOUT DRUGS

else. You could also live in a wheel chair for the rest of your life."

"Imagine if your involvement with drugs encouraged your younger brother to start using the stuff. He looks up to you. How would you feel if something happened to this family because of your influence?"

"People add a lot of stuff to drugs so they feel different. I know of friends that put embalming fluid in their marijuana. Some other people put all kinds of sh-t like acid(LSD), cocaine and dust(PCP). You really don't know what you're getting sometimes. You might know the person you get the marijuana from. But do you know who they got it from and who that person got it from? When you really think about it, you don't half as much as what you thought you knew. It only takes one time to skiz you out in a really bad way."

"Parents say, 'Because, I said so' when discussing why drugs are prohibitive. 'I said so' didn't cut it back then and doesn't cut it now. Kids must know why they can't do something. They must understand the reasons. Kids will make their own decisions based upon the information you give them. They want to know and they need to know."

"Think how uncomfortable it must be to wear handcuffs or for the police be at our front door."

"Be objective when discussing the consequences. Be emotional when expressing how you feel about drugs."

"Outline what will happen the first time they're busted with drugs. Explain how you'll be disappointed, the fines that need to be paid and the hassle of no driving privileges."

"Stress choices and how those choices affect everyone. Talk about drug use as a direction that can go south at any time."

"We can address drugs and HIV. To effectively do that, we must address the immediate emotional gratification that goes along with sex and drugs."

"Children and adolescents are concerned with immediate gratification. Focus on immediate consequences of doing drugs and drinking."

"Using drugs is a total waste of money. Besides, you could get caught and have to pay some fines."

"Being on probation is a big pain in the -ss. You got to visit your probation officer(P.O.) at least once a week and you get this early curfew."

"Now that I'm smoking weed, I get tired real fast when I'm running and stuff."

"Imagine getting high and having sex. After that, you discover you caught a sexually transmitted disease. That would suck."

"You could lose your drivers license. Your mother would be happy to pick you and your date up at the movies."

"You need to be a jack-ss to be drunk. You look stupid and act like an idiot. We need to communicate that drinking and using drugs is dumb. The gangs that deal drugs do this very well. To them, selling drugs is justifiable. But they shun drug use because that behavior jeopardizes their operation. They even view their customers as stupid for buying their product."

### ► **Keep it short.**

"Kids have a short attention span. The talks should be short and sweet. Fifteen to twenty minutes is reasonable. Focus on one main point and keep it simple."

### ► **Bring the family into the picture.**

"Do you intend to expose your parents and siblings to the dangers of drugs? Will you risk having all sorts of negative people come to the house? Do you plan to have people look for you or having the police come to the front door?"

"Adolescents typically think me, me, me. Explain the risks to the family. Put the focus on someone else for a change."

"Discuss the risks faced by everyone in the family. Explain how he's more susceptible to an addiction because of the family's drug use."

"If you're high, you're not in control. Not being in control means there will be all sorts of complications and problems. If you can't control yourself, someone will be in control of you in a detention facility. How will that affect the rest of us?"

"You're too high to know what you're doing when you're using drugs. Six months later, some girl is telling you that you're the father of her child. Or you can have someone knocking at your door the next morning talking about a hit and run. Anything can happen."

"Drug users have the misconception that they're the only ones harmed by drug use. They don't think of other people. A younger sister can find the drug and overdose."

## TALKING ABOUT DRUGS

"Dealing in the drug trade sets you up for problems. People who sell drugs have their own values and ideas on how to conduct themselves.

Some of them have nothing wrong against robbing you in front of your mother. Do you want to put your family in the company of these people?

Nowadays, the game is if they have something against you, they will shoot your family. You don't live in isolation. Everyone you know and live with is at risk."

"Do you want to take your girlfriend to a club where someone may start shooting over who stepped on somebody's new shoes? If I don't wipe your shoes off immediately and apologize, you become belligerent and act like an animal. These are the type of people who deal drugs. Buying from them is associating with them. Associating with them is exposing yourself to the possibility of trouble coming your way."

"Will you accept the responsibility of getting someone in your family hurt? What kind of example are you setting for your brothers and sisters?"

### ► **Talk about AIDS.**

"If you use drugs and get laid, you might have unprotected sex. You could be exposed to HIV(the virus that leads to AIDS), herpes, genital warts, syphilis and countless other sexually transmitted diseases. People do stupid things when they're high that result in permanent consequences that are serious or deadly."

"You must deal with the sex issue and the drug issue together. People make poor decisions about sex when they use drugs."

"The reality is that people drop their inhibitions when they drink or use drugs. Since you are thinking less about what you're doing, you are more likely to have unprotected sex. Even if you do protect yourself, you might not be able to use a condom in the way it should be used. It's just one more way drugs can lead to another disaster and kill you."

"If you're a girl and you're high, watch out. You are the party. People want to get down your pants and do what they want. You can't do much about it when you're drinking or using pot."

"You gotta think. People that smoke weed and have sex are opening themselves up for trouble. All it takes is for you to get high one time and get laid once with someone who is infected."

"People who use drugs take risks in other parts of

their lives. They tend to have sex and do it without protection or do a poor job using protection. When you're high, you're not thinking."

### ► **Recognize kids for living a drug free lifestyle.**

"Recognize kids for living a drug free life. Reinforce positive habits whenever possible."

### ► **Provide a consistent no drug use message.**

"Your statement must be firm and without exception. Hold him accountable for his own actions in every instance and be clear about that."

"It must be okay to do it since my parents said nothing. After all, they would say something, wouldn't they?"

"Your kids must know where you stand on the issue. Do you tolerate drug use? Do you practice what you preach?"

"Stand firm against drugs and communicate their use unacceptable at all times. To accept any reason as a valid reason promotes seeking other loopholes in your so-called no-use stance."

"Don't leave room for interpretation. Teens have a habit of extracting their own meaning out of what parents say."

### ► **Treat adolescents like adults.**

"Ask your child, 'Are you responsible enough to deal with the consequences?'"

"Talk to kids in a manner you want to be treated. Kids see themselves as grown up. Treat them as adults with adult consequences to match."

"Since they see themselves as grown, respect that. What parents normally do is step on that and say, 'I was fifteen once and believe me, you don't know everything.' No fifteen year old wants to hear that. If he wants to be treated like an adult, adjust your expectations accordingly."

"Ask your kids to tell you when they reach adulthood. At that point, treat them like adults. We'll see how much they want to be an adults once they realize what that means."

### ► **Leave the door open.**

"Encourage them to ask questions. Seek out some of the answers together."

"Be perfectly clear he or she can approach you when there's a problem. They should feel

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comfortable enough to talk about anything.”

### MISTAKES TO AVOID

#### ► **Don't use scare tactics.**

“Explain the realistic consequences of drug use. State the facts. Forget the stories of turning into a raving maniac for just experimenting. Forget the fantasy. Kids know when parents are manufacturing horror stories.”

“Don't tell kids they'll die or turn into a vegetable the first time they use drugs. Chances are, they know people who use and aren't flipping out in mental institutions. Most of his friend's aren't dead or crazy. It'll blow your claims out of the water from the beginning. Run it down for them as to what can happen using real life examples. Don't say it will happen after so many tries.”

“When he sees friends smoke dope without any immediate negative consequences, he'll disbelieve any future information given by his parents. From then on, the parents are perceived to be ignorant and uninformed.”

“Scare tactics backfire on the parents. Instead, communicate the facts. Go to a hospital, city hall or a Narcotics Anonymous meeting. Experiencing reality and hear real life stories. Perfect strangers have a sobering effect on young people.”

“Children have many sources of information to include friends, school, media and authority figures. Giving misleading or incorrect information leads to a loss of credibility. Erroneous information will come back and bite you in the -ss.”

Stress that he'll be caught sometime instead of right away. If you say that he'll get caught right away and he doesn't, he'll think that he's smarter than you are.”

“Some drugs are more addictive than others. Some people can do drugs and function somewhat normally for awhile. It starts affecting them as they use more and more. Do you want to be one of the statistics? Do you want to lose your life slowly?”

“Your child has to understand that using marijuana doesn't give you the same effect as using crack. Not in the immediate sense. Some people are affected by drug use more than others.”

“Don't insult the child's intelligence. Most kids know a friend who did drugs and have not experienced tragic consequences. On the other hand, parents are telling them of all the horrible things drugs will do. Kids will see a popular

athlete at school who uses drugs and not see any effect on that person.”

#### ► **Don't threaten.**

“Most parents say, 'If you do drugs, I'll kill you.' That's the most popular drug talk around.”

“The worst you can do is threaten the child. He's going to laugh you off.”

“When a parent threatens the kid, the kid fears that the threat will be carried out. He might ignore you. Threats create gaps in communication and breed resentment. Love is more powerful than fear.”

“Parents who threaten do so habitually. If you didn't make good on you're threats then, he's not going to believe you now.”

#### ► **Don't discuss everything at once.**

“Don't give too much information at once. Focus on a few main points so they understand and remember.”

#### ► **Don't talk down to adolescents.**

“I don't like talking to my dad. He talks down to me. He treats me like I'm stupid or something. Like, I don't know anything.”

“Kids aren't stupid. Don't blow smoke at them. Don't dance them around.”

“It's tough. Kids think they know everything. Mom and dad are stupid, right? Talk to him like he has all the answers. See how he responds.”

“When you stop thinking clearly is when the child has control of the situation. The child will totally dismiss what you're saying. He'll be entrenched to defend his behavior. Don't make him defensive.”

“Kids don't have a problem with the information you give them. They have a problem with the way information is conveyed. The child doesn't see that you are trying to help with a problem. They see a parent who is overreacting to an issue they are already familiar with.”

“Don't act wild and belligerent with the child. Kids don't tell parents things when they think parents will flip out.”

“My parents just yelled at me. They didn't tell me anything about drugs.”

“Watch the tone of your voice. Talk calmly and without challenging the kid to break house rules about drinking or drug use.”

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"When there is a problem, they should come to you without being jumped on and belittled. Never say, 'If you do drugs, that's it.' To some parents, that's the extent of the talk on drugs. There's no dialogue. Parents say this because they don't know what to say. The parents closed the issue before the child had an opportunity to ask any questions or share what they know."

"Use every chance you get to start talking. As soon as it starts to become lecture, turn it off. They won't listen when you're lecturing. You know it's a lecture when one person does all the talking."

### **STEP I: LOOK AT YOURSELF.**

#### **Be aware of your own drug use.**

"Look at yourself. By evaluating how drugs take a part in your own life, you can begin to understand drugs through your teen's eyes. He or she will follow your example and build on it from personal experience and acquired information. Everything goes into making a decision to use drugs or to abstain. Let's look at ourselves first."

"Kids confront parents with their use of alcohol, drugs and cigarettes. It sidesteps the issue and places the focus on someone else. Kids have a good point. How can parents place limits on their teen's drinking when mom and dad don't practice what they preach?"

"A parent should apologize if he or she used drugs or neglected the child. The apology must be followed with immediate action to seek help for their substance abuse problem. People who use drugs make promises to change and don't back it up with action. Act to prove your sincerity. Someone can only apologize a certain number of times before everyone stops listening."

"There may need to be a recognition of wrong. Admitting your own mistakes is a positive step in addressing the drug issues in your family life."

"Be ready to explain why you can't live by the same rules you want your child to live by. It better be good."

"Your children are more aware of your habits and actions than you think they are."

#### **Claim a position based upon experience.**

"Parents can utilize both the, 'I used drugs', or, 'I didn't use drugs', approaches successfully."

"For the most part, teens are aware if parents are

using drugs. They learn of their parent's prior drug use from relatives or friends of the family. An environment of dishonesty and mistrust is created when parents don't confess to their own involvement. All credibility is lost. Likewise, parents should not pretend to be experienced with drugs and shouldn't make up horror stories that never happened. Be completely honest."

#### **The "I didn't use drugs" approach**

"Parents that don't have experience with drugs can talk from the, 'I practiced back then what I preach today', standpoint."

"You don't need to try drugs to communicate the dangers. Both of you can learn through the experiences of others. Pick someone that you know and talk about that person. Better yet, that person may even be willing to come to your home and talk to both of you. Ask him. You have nothing to lose."

"You don't need a drug past to discuss drugs. Find someone to talk with your child in addition to your side of the story. He needs to hear from other people. Your friend should support what you say. Do be careful who you have talking to him."

"Attend a Narcotic Anonymous meeting. You and your teenager will learn about the human cost of drug use. Just sit in the meeting and listen."

#### **The "I used drugs" approach**

"Share the whole story. Discuss why you experimented, what you learned and what the consequences were."

"Set a tone of openness and honesty from the beginning. Teens are disarmed to hear parents admit a mistake."

"Talking about personal use and referring to it regretfully takes away the ammunition to be called a hypocrite. He's ready to point out the faults of the parent and make the parent look like an idiot."

"My wife and I didn't know whether to admit we smoked marijuana in college. We were afraid our daughter would look at us as hypocrites. We didn't want her to take after us. It worked out. She appreciated our honesty. We talked about how we didn't see the dangers at that age and how near-sighted we were. I think she appreciated that."

"Whatever you do, don't look back on it with a smile or glorify the past."

► **If one or both parents currently use drugs or alcohol...**

"Parents who use drugs fear a confrontation about their own behavior. As a result, the parent procrastinates talking about the subject, rationalizes his own use, denies a problem exists and enables his own child to use drugs."

"The sober parent should lead the discussion accompanied by the drug using spouse."

"Action is evidence of concern and sincerity. Action will lead by example and prevent yourself from looking like you're full of crap. This action that I'm referring to is treatment and ceasing all drug or alcohol use to demonstrate that you really mean business."

"The major reason why parents have difficulty talking to their kids about drugs is that parents use drugs themselves. Actually, you look pretty stupid trying to tell your kids not to smoke marijuana when you smoke cigarettes. The kid is asking himself or herself, what's the difference? For one thing, teens don't give a hoot about if something is illegal. They care about making sense from what they hear and what they see."

**STEP II: LEARN ABOUT YOUR CHILD'S THOUGHTS ON THE DRUG ISSUE.**

► **Ask questions.**

"Ask, ask, ask. Learn anything and everything you can of your teen's views towards drugs and friends who use drugs."

"Don't judge or criticize. Your purpose is to seek information. Document any relevant data on their drug use. This information is helpful for future reference. You will be able to verify the truthfulness of what he or she says at a later time. Write down what was discussed and any questions you would like to ask next time."

"Encourage children to express their feelings. Give them permission to tell you they used drugs without giving permission to use drugs. Don't be afraid to ask your kid whether they ever got high. Then, thank your child for sharing that information."

"Pay attention. The long pause between the questions and nervous gestures say a lot. There must be a reason why he's nervous."

"Ask her about the school's drug problem and her friends. Listen real close when she's talking about her friends. Get her to mention what drugs are popular in the area. You'll know what signs

to look for."

"Find out how many times he's been approached with drugs and when. If it's been recent, discuss where he is hanging out."

► **Remain calm when the answers are disappointing.**

"If he admits he tried marijuana once, thank him for volunteering the information. He may have thrown that out to you as a test. He wants to test the waters and see how you respond."

"Don't overreact, don't flip out and don't interrupt! You can bet she won't tell you anything ever again. She'll think twice of telling you anything."

"Sometimes, when you ask a question, you don't get a answer immediately. Remember, he won't tell you unless he feels safe. He doesn't want to have drug use held against him for the rest of his life."

"Don't lecture. Don't be an arm of authority hovering over the kid. Kids are more receptive to people who can talk with them than at them."

"Showing anger will only stop them from expressing their true feelings. When angry, go to the bathroom and stick your head in the toilet. Don't get defensive. Your kid is learning about life and you're learning about your kid."

"I fell into the role of lecturing and criticizing. I didn't accomplish a thing."

"She said something about drugs not being a big deal. I lost it. I shouldn't have done that. Now she is probably choosy as to what she says."

"My dad asked me a couple of times if I was using drugs. I said no because he was my dad. I didn't want him to feel disappointed in me."

► **Pinpoint an area of concern.**

"The concerns you have today can be talked over tomorrow. Break it up bit by bit."

"He'll tell you what's wrong. Listen close and take notes after the talk. The areas of concern revealed during the first discussion are important for the next discussion when you run out of time."

► **Drop the subject until the next meeting.**

"Don't go over something again and again. Let it sink in. Something you said today may take a couple weeks to fully understand later."

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"Back off and take the time to prepare if you don't have the answers. You're better off prepared than looking like a fool."

"Don't be overwhelming. After your talk, leave the issue rest until the next time."

### **STEP III: RECOGNIZE THE DANGER SIGNALS.**

#### ► **Changes the subject.**

"Something's up when kids are secretive. When they don't want to talk and they're defensive, something is happening. Your antennas should be protruding through your head."

"I'm so sick of talking about drugs. My dad got into this thing where he wanted to talk about it. Leave it alone. I get enough of this at school. Now I want to talk about something else already."

#### ► **Claims everyone is using drugs.**

"Kids who hang out with other kids who use drugs think everyone else uses drugs too. They generalize and make statements like, 'Everyone is doing it.'"

"Kids that are exposed to drugs on a regular basis commonly have many friends who use drugs or hangout in areas where drugs are readily available."

"My daughter mentioned how everybody was drunk and high at this carnival. Everybody was smoking. Everybody was doing it. You know, the big 'everybody' was smoking and doing drugs. Yelling at her is a stupid thing to do. I let her talk and talk. I wanted as much information as I could get on her friends and where she goes. I wanted so much to interrupt her. I stopped myself. I asked her, 'How does it feel when people are doing drugs around you? Must you get high in order to be part of that crowd? Do you think you can find other people to hang around with?' I learned how she felt and what she knew. I knew where the trouble spots were and what I was up against."

"The answer, 'They do it just to have a good time. They don't mean anything by it.' should tell you something. That statement tells you she doesn't know what can happen or doesn't care."

"A common response is, 'Just because they do it doesn't mean that I have to do it. I just hang out with them.' The kid is underestimating the power of peer influence."

#### ► **Any statement that is pro-drug.**

"The only reason why everybody is so pissed off is because they want to keep it all to themselves. They don't want anybody to have any real fun."

"People drink. That's just as bad as doing weed. No different. I learned that alcohol is a drug. Why should alcohol be legal and not weed?"

"There is definitely something wrong when the kid is arguing that marijuana should be legalized."

#### ► **Discredits, denies or minimizes the potential hazards of drugs.**

"He's in deep when all he does is find holes in what you say. Look at his behavior and his attitude. Look back on his conduct in the last three months and see if you can spot a trend."

"Kids who use drugs have a habit of discrediting people who speak out against drugs."

"It could be that he doesn't know enough about drugs to take it seriously. If that is the case, then you know where to start."

"Drugs aren't as bad as everyone says they are. Everybody is so hyped about nothing."

"People do it to feel good. Who am I to tell someone not to? No big deal to me."

"Drugs won't make anybody die or nothing."

### **STEP IV: SHOW EXAMPLES THAT REVEAL THE TRUTH ABOUT DRUGS.**

#### ► **Show real life examples.**

"There are so many possibilities. Drugs cause family conflict, legal problems, wasted money, sexual diseases and problems at school. Only thing though, you want to give it to them in bits and pieces. One day talk about someone that lost his job because of drugs. Another day go over the drinking and driving story in the paper. Visit someone that is in a coma. Look around for examples and opportunities. They'll notice and be aware of all the bad things that can happen. They're on the right track once they connect the choices and consequences on their own. That's when you're both winning the fight."

"Seeing is believing, right? Show them instead of just talking to them. Other people can be a great help. Ask someone that is a recovering addict to talk to your child. Both of you will learn a lot if you allow yourselves to."

"Paint a realistic picture based on real life

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examples. Paint a picture of the person who uses drugs as being ignorant, uncool and stupid. It will counter the idea that drugs are cool."

"Kids paint a rosy picture of life and drugs. Kids see different examples out in the world and will believe their own examples before they believe their parents. That's why you need to show examples of your own."

"Your kid has examples of people who do drugs and function 'normally'. Show people who get high and went down the toilet. The opportunities to discuss drugs and their negative consequences are around you."

"The advantage to picking examples out of movies, the news, television and advertising is that it promotes critical thinking. Turn a negative influence into a learning opportunity."

### ► **Encourage children to comment on the news.**

"Let's say you are both watching the news and a tragic story comes on. Encourage your teen to comment on a story of someone who used drugs and was hurt. All examples are good examples. It's how you use them."

"I showed him an article out of the newspaper where someone overdosed from cocaine. I asked him a couple of questions. What do you know about cocaine? What do you know about the effects? Do you know of anybody who uses cocaine? Has anybody ever offered it to you?"

"Leave an article on the kitchen table or taped on the refrigerator door."

"The news on television and the local paper are the best possible witnesses of what drugs can do to a person. The media extends credibility to your message."

"Why do you think this happened? How could this have been prevented? What long term consequences will this person live through because this occurred? How do you think the family feels right now? Why can't this happen to you? These are the types of questions I would ask my kid."

### ► **Visit institutions.**

"I took my kid to the state hospital. Do you see that man over there? Do you see how he's walking? I don't know what's wrong with him. He's probably here because of drugs. Some people can be high for some time and be okay. Other people's lives are ruined immediately. At one point

he did one drug too many. The first time he was high or the 100th time could've been enough. That's why he'll be zoned out for the rest of his life."

"Visit a treatment center for young people. They'll see others afflicted with the consequences of drug use. Lost freedom, spent money, scattered futures and lack of girlfriends is enough to provoke thinking. Perhaps he should spend a couple days in rehab to learn first hand what it's like. Spending the night isn't going to kill him."

"Tour the local jail. Watch as your kid learns the realities of drugs and where drugs lead. How he responds to such an experience will tell you where he is at and where he is heading. Ask the local prison for a tour. The tours are safe and well guarded. Your community may have a Scared Straight program. In Scared Straight, inmates give straight talk on life behind bars. The person who thought of the idea must be a genius."

"Several communities have programs where citizens can ride with police officers on duty."

"Go to a junkyard to see what a wrecked car looks like. Son, that's what a car looks like when you drink and drive."

"The cemetery is a very quiet place to talk."

### ► **Meet people who experienced drugs first hand.**

"Visit a person crippled from a car accident because someone was drinking or using drugs. Do something for that person. Show real life situations that happen to everyday people. The younger they are, the better. Drive home the point that accidents stemming from drug use can happen to anyone."

"Why are people selling themselves on the street? Why are people selling drugs on the corner to support their habit? Drive through town."

"We saw an aged hippy when we were driving through town. He looked pretty bad. You might be like this guy walking down the street talking to himself. The hippy was a non-threatening example for her to understand."

"Every family has a substance abuser somewhere. An uncle, cousin or great grandfather can be pointed out somewhere along the line. Use them as an example of a person not to follow. Look what happened to uncle Joe. His family is scattered. He started drinking and doing drugs at a young age. Why does he act like he is still sixteen? He has no responsibility toward life."

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"There could be someone in your family that can share his own real world experience. There could be someone you know that can share his story. He doesn't need to be a drug user. The person can be a parent, a cousin or an uncle who has seen the destruction of drugs first hand."

"Locate the victim of a news story and how the drug user's family was victimized by drugs. Commit an act of kindness to someone experiencing hardship. Perhaps that person may be willing to talk to your child about the experience."

"The world has a great many negatives. Turn negatives into positives by learning through the mistakes of others. Believe me, there are plenty of chances."

### ► **Attend support group meetings.**

"Attend a Narcotics Anonymous meeting so they hear the horror stories that come from drug use."

"One of the single most effective ways to expose teens to the dangers of drug use is to attend a Narcotics Anonymous meeting. The meeting is a safe place where people gather to share how drugs impacted their life."

"Alanon is a meeting of concerned people who have a family member addicted to alcohol. They share their feelings and personal stories about the tragedies drugs caused in their lives. Alateen is a support group for teenagers."

### ► **Question advertising for alcohol and tobacco.**

"Advertisements are everywhere promoting cigarettes and alcohol. Advertisers use sex appeal, peer acceptance and youth to market their products. Awareness of the company's tactics encourages street smarts."

"Everyone sees young people having a good time smoking cigarettes on billboards across America. There is always a new fruity alcohol beverage that doesn't taste alcoholic. There is always a new sexier cigarette that will make someone look mature."

"Kids think smoking cigarettes and drinking alcohol is sexy and grown up. Is it really grown up? Smoking is unhealthy and stupid. Somehow, the advertisers has convinced young people that it's natural and cool."

"The people in the advertisements look like they got it together, as if they know something you

don't. Point out the ploys in the advertising and what the advertiser wants you to do."

### ► **Rent a movie.**

"Watch it with the kids and discuss the movie afterwards. When used effectively, violent movies are a great tool to teach the dangers of drugs and crime. Point out how teens are influenced by their peers on television. Point out how our society glorifies violence in the movies. Compare Hollywood to CNN. There are plenty of similarities and inconsistencies."

"Theaters and video rental stores have plenty of movies with drugs and violence. Turn the movies into a learning experience they are interested in. They'll watch the movie on their own anyway. Use the movie industry to your advantage. Watching a movie shares information on a level your teenager can relate to. The objective here is to turn negative media influences into a positive learning opportunities that reminds kids about the dangers of drug use."

"See *Kids*, *Boyz n the Hood*, *Blood in/Blood out*, *Carlito's Way*, *Menace II Society* or *Sugar Hill*. *Less than Zero* is especially good. Some of these movies show graphic drug use and violence. They address issues regarding drug use, family tragedy, peer influence, helping someone in trouble, and enabling."

"Parents should see a movie called *Kids* and watch it all by themselves. The *Breakfast Club* is a good movie for parents but it has nothing to do with drugs."

"Don't ask him, 'What do you think about the movie?' They'll comment on how good the movie was or whether they liked it. Instead, focus on individual scenes within the movie. You know. Ask your child what they thought about so and so and what they did in the movie and how that affected everyone else."

"Ask questions to learn what they think and where they stand. What did you think when he got arrested? Where do you think he is going in life? How could've he avoided the whole situation? How could he handle that situation better? How do you think his younger brother will be affected by this?"

"Practice discussing drug related influences in television, movies, advertising and in the news.

Learn how to 'talk on the fly' when the opportunity presents itself. Negative messages are everywhere. You'll have plenty of chances."

## Discussing Real Life Situations

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Discuss possible scenarios with your teenagers that provoke thinking.

Role play with your kids. I know it sounds awkward. Actually, it could be fun. It also exposes the deficiencies in the kid's plan. It'll make him think a bit.

### **EXERCISE no. 1**

"You're at a party with friends. Jason calls you over. He's with two good looking girls. You say hello and notice they're passing a joint between them. The cute girl to your right passes the joint to you. What will you say? How do you feel? How did you set yourself up? Jason insists that you smoke the marijuana. He's embarrassing you in front of everyone. How can you reverse the scene on Jason?"

### **EXERCISE no. 2**

"You walk over to a friend's house expecting to see a movie. All of a sudden, there's a change of plans. Tony is excited about a party on the other side of town. He mentions something about beer and drops a few names of people who are popular at school. Tony assures you will return home in time and no one will ever know. How can the party turn into trouble? Reluctantly, you decide to go. At the party, Tony is drinking and smoking marijuana. What if Tony wants to drive and doesn't hand over the keys to the car? What if both of you were drinking at the party? How can this incident influence the trust you have built with your parents?"

### **EXERCISE no. 3**

"Friends are driving you home from a football game. You're seven miles away from home. Someone in the car shows off a small bag of marijuana and laughs. Is there a way out? Almost everyone agrees to stop the car and smoke marijuana. You don't say a thing. How will these friends think about your silence? A friend lights a joint and passes it to you. What will you say?"

### **EXERCISE no. 4**

"You're at the movies with friends. Joanne offers you some of her soda. You discover she mixed rum with the soda. Everyone is giggling and making noise in the theater. What should you do? What should you expect from the rest of the evening? What if someone complains and the manager of the theater confronts your friends? The manager might smell the alcohol and call the

police. What are the consequences of underage drinking? How could this affect your driving privileges? How does hanging out with friends and drinking alcohol set you up for trouble?"

### **EXERCISE no. 5**

"You're watching television with friends. A friend next to you has a reputation for selling drugs. He takes out a joint and lights it up. Why does he want you to try it? You try to turn it down. He is stubborn and persistent about you smoking the marijuana. He's blowing the smoke in your face. He's laughing and your other friends are laughing with him. Where could you go at this moment? How can you say no and look good? They start to call you names. They claim you are not part of the gang if you don't smoke the marijuana. What does this experience tell you of these people you call friends?"

### **EXERCISE no. 6**

"You are angry with mom and dad. You're also disappointed about the upcoming report card. A friend offers you a way to feel better for a little while. He offers you some LSD. How will drugs influence your relationship with your parents? How will using LSD affect your problems? How will your reputation change? What kind of new friends will you meet in the future once people know you use LSD?"

### **EXERCISE no. 7**

"You're out with friends and you see someone you like. A friend suggests that you should drink before approaching her to get rid of the shyness. What do you think about this idea? Does drinking make someone more attractive? What do think of people who need to drink to make new friends?"

### **EXERCISE no. 8**

"You're at the mall hanging out. A buddy invites you over to hang out with his friends. These guys have a reputation for trouble. People think they're cool. What will people think when they see you with them? What kind of people will you be introduced to? Someone in the group shoplifts cologne from one of the stores at the mall. Everybody is detained for shoplifting. The manager of the store calls your parents and the cops. How will this affect the trust built with your parents? What if you're arrested?"

## DRUG INTERVENTION

"Tough love, concern and support are necessary to assist an adolescent in the recovery process. The family is a major determining factor in returning to a functional and productive lifestyle."

"Explain to your other children what is happening and why. Kids learn fast after observing the reality of drug use through the experiences of their siblings. Encourage them to share tough love for their sibling in trouble and teach them to stop enabling."

"Siblings of drug users either do drugs or take the sides of the parents in a stand against drugs."

"Kids keep their distance from their brothers or sisters to prevent falling into the same trap. Consequently, the user feels isolated from family and develops stronger bonds with drug using friends."

"Talk with your other children about drugs. Educate them of the dangers of getting wrapped up in the same scene."

"Chemical abuse is a family problem. It's evident when the parents and children are arguing, fighting, yelling and screaming. People just don't connect that the drug problem is causing all these other issues. As they say, 'It's like being up to your waist in alligators and forgetting to drain the swamp.'"

"The family should be involved. Don't hide what's happening to avoid gossip. Gossip is not the problem. Drugs are the problem."

"I strongly suggest participating in the treatment process with your son or daughter."

### ► **Meet your own needs.**

"I went through the heartache of trying to stop my kid from using drugs. I didn't eat or sleep. I was a wreck. I arrived at work late and felt awful."

"Keep your strength up when living through these times. Not being good to yourself can lead to trouble."

"A parent can't help when she's too tired to make judgment calls and not strong enough to act. Maybe a neighbor can take care of the kids for a few hours as you sleep."

"I find that parents are burned out emotionally when dealing with a drug problem. Parents must meet their own physical and emotional needs to deal with their problems at home."

Once parents learn what addiction is all about,

they become depressed and discouraged. This is the time to join a support group and seek help."

### ► **Meet the family's needs.**

"My mom forgot all about us when Dan was into drugs. I wanted attention too. I did stuff to make mom pay attention to me. Real stupid stuff. I spilled things and acted bad."

"Don't assume everyone understands why you're spending so much time on the problem."

"All I ever heard was Jay this and Jay that. Enough already. Life doesn't revolve around him, you know?"

### ► **Look at yourself.**

"I strongly suggest you do something about your own drug use, drinking or smoking. Do this before you go off on your anti-drug crusade. The kid will laugh in your face if you're using drugs."

"First, figure out what is happening between you and your spouse. Your kid's drug use might just be the symptom of your marital problems. There are no secrets in any family. There are people who pretend those secrets don't exist and that is a form of denial."

"I come across kids that tell me, 'It's my fault my dad drinks.' The kid blames himself or herself for the domestic violence, drug use and abuse in the household. In fact, the parents sometimes blame the family's problems on that child. The problem is even worse when the parents want the treatment facility to 'fix' their kid when the parents aren't willing to look at what they're doing to cause the drug problem."

"Be open and understanding with your kids. Offer support and be there when they need you."

"Have an 'I'll help you work through this' and 'We're in this together' attitude."

"Don't pretend to have all the answers. Find out and learn together using local support groups."

### ► **Confront drug use.**

Read *Confronting Drug Use* on page 84.

### ► **Sign a contract.**

Read *Contracts* on page 91.

### ► **Contact the Student Assistance Program at school.**

Read *Student Assistance Programs* on page 92.

## DRUG INTERVENTION

### ► **Apply a consequence the first time drug use is detected.**

"My parents just told me not to do it again. I got off easy. I tried to get away with everything because I knew nothing would happen to me."

"Parents wait for the second or third time before doing anything. Big mistake."

"Teenagers will use more drugs when they believe you won't enforce consequences. They will use your lack of action as a rationalization to use drugs again."

"Remember what you claimed to do the first time the kid used drugs? Do it now. Not enforcing consequences contradicts what you say."

"Kids are usually deeper into drug use than you think. Getting caught once has nothing to do with doing it once."

"Parents commonly underestimate the extent their kids are into drugs."

### ► **Slow down drug use.**

*\*Keep track of friends who call or visit the house.*

*\*Require friends to identify themselves when they call.*

*\*Prohibit communication with suspected drug using friends.*

*\*Cancel car, phone, or telephone privileges.*

*\*Monitor telephone conversations.*

*\*Restrict time out of the house to school time only.*

*\*Verify school attendance daily.*

*\*The child must be in the presence of an adult at all times.*

*\*Confiscate all drugs and money.*

*\*Contact teachers, guidance counselors, and coaches at school.*

*\*Contact the parents of your child's friends.*

*\*Remove or lock-up household substances such as alcohol, inhalants, and medication.*

*\*The bedroom door must be open or unlocked.*

*\*Account for every minute of the day.*

### ► **Join a support group.**

"Join ToughLove. Attend Narcotics Anonymous or Alcoholic Anonymous meetings. Educate yourself on drug use and the irrefutable results."

"Alanon meetings are for people who have family members addicted to alcohol."

"Joining a support group such as ToughLove gives parents an opportunity to express feelings and recognize other parents are in the same situation."

"Support groups are a safe place to express ideas without condemnation or criticism. Parents receive an education through the experiences of others affected by addiction."

"There is a code of secrecy within a support group. You don't tell anybody who else is in the group. Nobody is going to say anything to anybody about you attending a meeting. Don't sweat it."

"People share their own stories and what they did to deal with their problems. The purpose is to share and offer emotional support."

"Parents are afraid to say the wrong things to their kid. It's as if they're walking on pins and needles. Other families spend their day screaming and yelling. That's why they need to join a support group. Support groups are a great learning opportunity for the parents and the family. They also provide reassurance that what the parents are doing is right and justified."

"The family as a whole should seek counseling. Often, siblings say that they are not the one with the drug problem. It's not that simple. Brothers and sisters are often involved one way or another."

"Support groups such as Alateen and Alanon educate and support family members of an addict. Siblings learn how they could be enabling their brother or sister to use drugs by covering up and lying. The family as a whole becomes willing to confront and stop the problem because they realize what's happening. The addict might also seek treatment when the family is in treatment."

"The family needs to realize that there is a crisis. Failure to make that realization is harmful. A support group can help you do the things you need to do."

### ► **Attend Narcotics Anonymous (N.A.) or Alcoholics Anonymous (A.A.) with your teenager.**

"Narcotics Anonymous has a twelve step to recovery that is unbeatable."

"NA helps people find a higher power than themselves to deal with their addiction."

### ► **Find a buddy.**

"Every teenager needs somebody he can ask for advice without the fear of being belittled."

"The juvenile delinquents that made it later in life are the ones that had someone show an interest in them and didn't give up. They need someone to look after them and believe in them. They view

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that person as their last hope. This is not about government or programs. It's about people who care enough to get involved and make a difference."

"Parents aren't around all the time. A buddy fills the gap when parents aren't available. This person should live a drug-free lifestyle and be a good influence on the child. Look for people at your church, within the family or neighbors."

"Teenagers pick apart information and tear it to shreds. They habitually find excuses why this person or that person doesn't know anything. Find someone your teen can identify with and talk to."

"I thought that my parents didn't know anything because they were old. Man, they're over forty. After talking to someone my age, I felt better. This person knew what I was going through."

"The only time I listened was when I talked with my uncle. He still drinks and smokes weed. So, I really didn't care what he said."

### ► **Ask for help.**

"There is nothing to be ashamed of when the situation is out of control. Parents hate to admit they don't have all the answers."

"Parents who exercise tough love and call the police when the child is out of hand are doing a service for their child."

"There are many resources in your community to deal with a drug problem. Open up the phone book or call the school."

"Consult a Certified Addictions Counselor or Psychologist. Ask for a recommendation from your physician, school or local rehabilitation center."

### ► **Identify negative influences and remove them.**

"Help your children see how friends have affected their life. People, places and things will do you in every time. The people you are with, the places you spend time at and the things you do when using drugs are triggers to use. You are conditioned to get high when you hear certain music or go out with certain people. When friends you get high with offer you drugs, it's really hard to turn that away. Even when you really, really want to... you can't do it. Your best bet is to stop spending time with these people. The parents pretty much understand this. But they should do more to prevent their kids from

spending time with negative friends that can influence them in a bad way. The best way to do that is to involve your child in positive activities where positive people hang out and have fun."

"Expect your child to be resistant to a change in friends. He's not going to be happy or cooperative about it."

"Your own family can pose a serious threat to your child. Uncles, cousins and siblings who use drugs can be bad role models and enable your child to use drugs even further. Confront these people and tell them in a serious way to stay away."

"Stop dating anybody who is a negative influence on your children."

"Look in your child's room and remove anything that hints at drug use. That includes music, posters, clothing, jewelry, books and magazines. It's time you read what your kid is reading. You might be surprised."

### ► **Return to healthy living.**

"Eat a healthy and balanced diet. Kids who use drugs eat very little or binge on junk food. Their bodies are starving for good food."

"Design an exercise program. Run them in the afternoon and in the evening. They should be outside and moving. That's how bodies recover. Exercise stimulates the brain to balance the body."

"Sufficient sleep is necessary in repairing the body and the mind."

"Drugs replace people and activities. Drugs are a replacer of things. To stop using drugs, you need to do a reversal. Replace drugs with something else."

## INTENSIVE INTERVENTION STRATEGIES

### ► **Temporarily remove the child from the home.**

"His brothers and sisters could start using if he continues to live at home."

"You are not rejecting her. You are rejecting what she is doing. At any moment, those doors must be open to let her back into your house. The conditions are that she seek treatment and she stop using drugs. Let her visit, too. Because, if she can't visit the family, she will think that she can't ever come back."

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"The kid must stop using drugs or be removed from the family. It's a matter of time before he's busted or does something real stupid to hurt himself."

"There are disadvantages to kicking him out of the house. You'll know less of what he's doing. He's no longer beyond your immediate reach. He might rely on criminal behavior to support himself."

"Affirm your responsibility to protect the entire family. He must participate in counseling or leave."

"My mom told me to straighten up. I say, 'I don't give a f-ck, I'll leave.' I'll be back later that night with a hug and a kiss and tell her I love her."

"Create a list of people who will take the kid in for a short time. We're talking about a few days to a few weeks. Give the kid your list and tell him this is where he can stay for now. If he leaves and doesn't contact anyone you listed, call the cops. He can't come back until he agrees to live under your rules and respect your rights. This approach is used by the ToughLove people."

"One option is to wash your hands of any legal obligation for the child. This is called emancipation. This means the child is legally responsible for himself. Now that's a wake up call."

"A ToughLove technique is to call the Children and Youth agency and ask how to find your kid ungovernable or dependent. A dependent child is someone who is habitually absent from school, doesn't follow parental direction, and needs treatment and supervision. There are other requirements. The agency could place the child in protective supervision such as shelter care or some other arrangement. Children and Youth will probably risk assess the child and place him or her on the back burner. Other kids facing serious abuse issues have priority. And since there are so many ungovernable children, Children and Youth doesn't have the resources to deal with them all. The parent, in this case, should have recourse. But the agencies are overburdened and understaffed. Realistically, having your child declared dependent requires a lot of time and effort."

### **Commit the child to a drug and alcohol rehabilitation program.**

"Strongly consider placing your teenager in a different environment that requires alternative living arrangements. Adequate placement could be sought in a drug and alcohol program."

"Watch him real close. He'll binge on drugs once he knows that he's headed for inpatient rehabilitation. His thinking will be, 'Since I'm headed for placement, I might as well do it right and get real high.' This is a dangerous time. He could overdose and hurt himself real bad. He might also avoid detection by switching to other drugs like acid(LSD). LSD is hard to test for."

"Probation is a harsher option to parents with the intent on making them or allowing them to seek treatment. An example of this is the probation client who tests positive for drugs during routine drug testing at the probation appointment. The probation officer may suggest to both parent and the juvenile that they seek treatment or the case will be scheduled for Juvenile Court for probation violations. The Judge may place the child in an institution. This is how kids 'elect' to enter inpatient treatment."

"Put him in a rehab(rehabilitation center) right off the bat. I know what I've been through. I quit once on my own. Once I started again, I couldn't quit again. Now it's like, I would definitely send my kid to a rehab. I would definitely let him know that I was there for him and visit him. Talk to him and encourage him. He needs to know mom and dad are there and want him to quit drugs. He must know that if he doesn't help himself, he won't see his mom for a long time. Find a way to motivate somebody to change. With me, it's taking me away from my mom."

### **Don't give up.**

"Intervention and rehabilitation is hard work. Parents severely underestimate the costs involved in time and money. Your schedule for work, family or free time will be severely interrupted."

"Intervention is an unpredictable process full of frustration and disappointment. Their response to intervention will inform you of the severity of their addiction."

"Don't abandon the child because he caused the family a great deal of embarrassment and pain. Drugs have a powerful grip on the user. Don't give up the fight."

"Being a parent is scary. I don't regret having children but I didn't know it was going to be like this."

"There are parents who say, 'He doesn't listen. I tell him once and that's it.' These parents are barely hanging in there by saying what's right and wrong. They aren't dealing what's acceptable and what isn't. They stop the process of giving sanctions and consequences for negative

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behavior. They give up on their child because they are exhausted and puzzled. They don't know what to do and too tired to find out. Some parents give up."

### ► **Call the police.**

"Police intervention is necessary when parents fear physical abuse, revenge or behavior that will endanger the safety of the family."

"When you've tried everything, your child is out of control, you've exhausted the health insurance coverage for treatment and nobody's listening, I can tell you it's time to call the police. Your child has not acknowledged the seriousness of his condition and his problem."

"Press charges so he's on probation. That's real leverage. The courts can now mandate rehabilitation."

"Hopefully, he will come to understand why I called the police. Having him arrested is better than putting my kid six feet underground."

"Turn him in. He'll be angry for awhile. Someday, he'll understand."

"Hey, I told my kid, 'If I find out that you or any of your friends use chemicals, I will personally see that it comes to a halt. Any opposition will be met with a prompt telephone call to the cops.'"

"In an out of control situation, no amount of talking will persuade the child. Call the cops."

"If you find drugs and call the police, the police department will not want to prosecute the child. They will probe into where the drugs came from and keep an eye on him. The police department prefers to help the parent and the kid rather than prosecute. If you want the police to prosecute, let that be known loud and clear."

"The parents drive home the message there is a serious problem when contacting the authorities. The juvenile is also aware that the police know what he's up to."

"The police will know who he is and what he's doing. The whole scene changes when he's in the spotlight. He may watch his step knowing the cops are watching. He won't care at all if the drug problem is really serious."

"He won't trust you after that. Did you really have trust before he was sneaking around and doing all the drugs? What do you have to lose?"

"Call the cops when the family's safety is

jeopardized. Parents have the responsibility to protect their own family from the teenager who uses drugs."

"Safety and control is more important than trust. Much better to have a kid in cuffs than have a kid in the hospital, or worse."

"Recognize your limitations and realize the situation is beyond your control. Be willing to seek help from the police."

"You are over your head when outrageous conduct is repeated and you can't control the child. Let the authorities handle an out of control situation."

"The time is do or die when he loses respect for you and he isn't listening. Serious action will wake his -ss up."

"Kids count on getting caught and spending time on probation before they stop whatever they're doing. By calling the police, you tighten up the slack. Have the kid arrested to get him on probation."

"Someone else will call the cops on your kid sooner or later. Better now than over a serious crime down the road."

"I hated my mom for turning me in. I didn't realize she was helping me until I was moving up in rehab four months later."

"I would like to think a parent that comes across drugs will call the police. I think that's positive. Parents who exercise tough love and call the police when the child is out of hand are doing a service for their child."

"I've had parents tell me they have tried for years to treat their child and failed. I'm told the best thing that ever happened to them was when they were into trouble with the law."

"Do not call 911 if you find drugs. 911 is for emergencies only."

"Call the police department and ask for the juvenile division. Explain your situation and ask for them to recommend an officer to talk to your teen."

"Turn the drugs over to police. Ask the police to conduct an investigation."

"Names of juveniles are not released to the papers or radio. All records are confidential."

# Confronting Drug Use

## STEP I: BUILD SUPPORT.

### ► **Don't intervene alone.**

"The number of people who should confront the child depends upon the severity of the drug use.

The confrontation should be limited to the immediate family for the first time. Pull out the big guns the second time around."

"If the parent has reasons to believe the child has started to use drugs, ask. Do that immediately. Sometimes, children put a lot of weight on truth. I recognize that's seldom. Take the risk and ask. You have to be careful in asking that you're not asking for an answer you want to hear. You're asking for the truth. If you feel you have a truthful and trusting relationship with your child, then it seems to me that you would be able to trust that child. Seek help if that relationship doesn't exist and you've tried to talk to your child and nothing has worked. It's time to get others involved because the problem is too big to handle by yourself."

"A drug problem involves everyone to include immediate and extended family. Everyone should be involved to help and to realize what's happening to this child."

"I would confront my child one on one. If that doesn't work, I'll get everyone involved.

Apparently, the first time didn't do enough for him. Something must be wrong if he can't stop or doesn't care to stop using drugs. People need to be involved and send a message home to this kid.

If I couldn't reach him the first time by myself, what makes me think that a second talk will do me any good?"

"Don't be outnumbered. The more people on your side, the better. His friends are pulling him toward drugs. A group of caring people need to pull back."

"The best way to deal with a negative crowd is to intervene with a positive crowd."

"Involve everyone important in his life. That goes for parents, clergy, siblings, uncles, aunts, grandparents, teachers, girlfriends, coaches, counselors, neighbors and friends of the family."

"Family, friends and neighbors must unite against drug use. The fake world of deceit needs to be ruptured by family and friends as a group. To think that one person will have one magical talk

with the child is nonsense. Magic talks don't happen."

### ► **Remember everyone who informed you of prior drug use.**

"Listen to people who hinted your child is using drugs. Don't criticize or attack them. Ask questions about how they found out and the reasons why they feel that way. Go back and apologize in cases where you chewed them out for telling you the truth. Thank them for their concern. You want to stay close to people who care enough to help you."

"Apologize to the people your kid has wronged. You will need them soon enough. Better yet, have the kid apologize on his own. And if he doesn't care about himself, he won't do it."

### ► **List people that are important to your child.** **Complete the Family & Friends Who Help worksheet on page 124.**

"Everyone involved should have a different influence on the adolescent. Confronting him from every part of his life is effective in lowering his level of denial."

"Consider people who are important to the adolescent and those who can apply some type of consequence for negative behavior. These people must have credibility and really care."

"The kid should have some level of respect for those trying to help him. The kid is losing his grip when he blows everyone off."

"Include someone from each part of his life. This would include his social life, family, sports, academics and work."

"Choose family first. Contact teachers, team mates, employers, clergy, neighbors, coaches, and close friends who don't do drugs. Include his psychiatrist or his probation officer."

"Talk to the friends who were around before the kid started using drugs. Be careful about asking his current friends. They may be using the same drugs."

"The people who help are the ones who love your kid enough to inconvenience themselves."

### ► **Understand some family and friends won't or shouldn't help.**

"There are friends who won't help. Sometimes,

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they have the same problems and don't want to admit it to you or anyone else. You're better off without their help."

"The last thing you need is a hypocrite at a confrontation session. Hypocrites screw up the whole scenario. Everyone must be drug free or recovering."

"Confronting drug use requires commitment and effort. Anyone not up to the challenge can bow out gracefully."

"This is the time to find out who is there for you and who isn't."

"Don't include siblings if they are experiencing drug problems themselves."

### ► **Contact people immediately and ask to meet.**

"Call them on the phone. There's no time to waste."

"Have a date in mind to meet and talk with everyone at once. To be safe, schedule the meeting at least three days in advance. Impress upon them that this is a serious issue and ask for their assistance. Explain your concerns over your child's recent behavior and ask to meet."

"Your only goal at this point is to have them attend the meeting."

### ► **Seek the assistance of a certified therapist experienced in drug and alcohol counseling.**

"Look in the phone book."

"People who attend support group meetings have a good feel for who is competent in the area."

"Ask your local juvenile probation office for a referral."

## **STEP II: GATHER INFORMATION.**

### ► **Meet and discuss your child's conduct.**

"Ask friends and family if they noticed any changes in the child's behavior. If no one else expresses the idea drugs are involved, mention it yourself."

"Comparing notes empowers everyone to see the complete picture of his condition. Everyone has an opportunity to put together the pieces of the puzzle and come up with their own conclusions."

"All information must come from first hand knowledge. Leave out references to rumors circulating throughout the neighborhood or the school."

### ► **Take notes.**

"Document everything covered at the meeting. Write down people's names, what they said and their ideas."

### ► **List events and behavior that point toward drug use.**

**Complete the *Incidents & Evidence* worksheet on page 125.**

"The family and anyone else involved should put their heads together and come up with a list of incidents that point toward a problem with drugs or alcohol. This accomplishes two things. First, the incidents list will convince everyone of the severity of the child's problem. Second, the list is great evidence to confront the child that there is a problem. It serves to break the denial of the child when faced with positive proof of their drug use."

"Gather information about the kid's behavior and drug use. Record dates, people involved and related events that point toward drug use."

### ► **Decide whether to confront your child.**

"Based upon the information you've gathered on your child, decide if there is sufficient reason to think he or she is using drugs."

### ► **Be prepared for an emergency. Complete the *Help Source* worksheet on page 126.**

"Anything can happen when a teenager is using drugs. Be prepared for anything and everything."

## **STEP III: PREPARE YOURSELF.**

### ► **Designate someone to be available 24 hours a day.**

"Someone should be around to help on a moment's notice. They should only be a phone call away. The kid should know who to call if the parents are out of the picture or if the parental relationship is lacking. Things happen. And some of those events could be too uncomfortable to share with mom and dad for whatever reason."

"Designate a friend of the family as a source for advice and assistance when life becomes too complicated to handle. An emergency will arise sometime. Know who is available when the chips

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are down."

### ► **Set an intervention goal.**

"Set one or more goals as to what you want the kid to do. For example, he can either start outpatient counseling, inpatient treatment, or participate in a drug and alcohol evaluation."

"Offer alternatives. Teens respond better to choices than ultimatums."

#### Examples of intervention goals:

- Sign a contract.
- Participate in a drug and alcohol evaluation.
- Start outpatient counseling.
- Enter an inpatient drug and alcohol treatment facility.

### ► **Plan the consequences in case he doesn't comply with the intervention goal.**

#### **Complete the *Consequences worksheet* on page 127.**

"Plan the consequences for not participating with the intervention goal. For instance, if he doesn't agree to the drug and alcohol evaluation, each person at the confrontation should commit to action. Everyone should be ready to apply a realistic consequence."

"Expect the kid to test you. You see, drug users don't care about what parents say. They care about what parents do."

"A drug user will call your bluff. A user will challenge you."

"The consequence must be simple, enforceable, related to the violation and each person in the group must be willing to carry it through."

"There will be people who want to be involved but can't meet on the confrontation date. Include them if you think they can help. Write down their name on the consequence sheet and what they intend to do."

### ► **Consider a behavior contract.**

Read *Contracts* on page 91.

### ► **Schedule the confrontation together.**

"Schedule two dates convenient for everyone. If he isn't available for whatever reason on the first date, the other date is already set."

"The chosen location must be free of interruptions

and distractions. Eliminate easy exits such as bedrooms or bathrooms. You can do this by holding the confrontation at someone else's home."

"Coordinate with the Student Assistance Program at your school. Perhaps the confrontation can be held after class."

"Do you really think he's going to show at a meeting where people are gathered to confront his behavior? No, no, no."

"Hide your list. Remember, if he's snooping around for money, he might peek your plan. He shouldn't know what you're up to until you pounce."

"Kids who use drugs think parents are very dumb and very naive. Use that to your advantage."

### ► **Practice.**

"Role playing identifies holes in your plan."

### ► **Schedule the drug and alcohol evaluation or treatment immediately.**

"Arrange for an evaluation if that is what you have planned. Don't go into the confrontation without the date, place and time."

"The parents must have an appointment scheduled for a drug and alcohol evaluation by a competent therapist or arrangements to enter treatment. Not following through on this step is unwise."

"Parents have high hopes of treating the kid and lose steam when it comes down to locating help. Use support groups and social services if money is tight."

"All details regarding insurance and payment for services must be worked out from the beginning. Don't wait to deal with the money issue at the last minute. Counseling may never come."

## **STEP IV: EXPECT THE WORSE.**

### ► **Expect an inconvenient and uncomfortable experience.**

"Wait out the storm. He will scream, complain and attempt to intimidate everyone there. He'll play the role of the victim. Whatever the case, plan on an uncomfortable experience. The first ten minutes can be emotional and outrageous. Your teenager might pull every manipulative trick in the book."

## CONFRONTING DRUG USE

"Don't be scared off by stomping and yelling. Stick to your plan."

"He didn't say a thing. He wouldn't talk to us at all. He just sat there and stared at the wall."

"Expecting too much is a set up for disappointment."

"Seek compliance and cooperation. Don't expect an adolescent to follow your plans with a happy face. He'll be compliant at best."

### ► **Expect a challenge.**

"Parents should seek help if they are experiencing problems with drugs or alcohol. The kid won't do diddly squat when the parents don't practice what they preach. And he will call you on that."

"Kids will challenge your patience and your resolve to stay in control."

### ► **Expect lies, stories and excuses.**

"The kid will tell you that he tried marijuana only once, he was only with friends who did it, it was someone else's idea, he never used drugs at all, that you're plotting against him, you're making this up, you don't love him anymore, you're looking for a reason to get him in trouble, that you're crazy or imagining things. Expect lies, lies, lies."

"Expect the kid to play on emotion by crying, guilt trips, anger or trying to shock you. By all means, don't believe everything you hear. Go out of your way to confirm anything the kid tells you."

"Everybody claims they used only once. Assume the worst no matter what kids tell you."

"The greater the involvement with drugs, the greater the effort by the adolescent to sidetrack the issue."

"If the kid is not using drugs, you don't have any worry and the kid doesn't have any worry. In the event the kid comes out with a lie, then it'll show in the future in greater ways. It's a matter of timing. If you discover your kid told you a lie, you've got to go back with your proof. Tell the child, 'Here's the proof that you lied to me. It's time to do something together here.'"

### ► **Expect resistance.**

"Don't underestimate the extent to which the child will resist your efforts. The issue is not that he or she is fighting against what's good for him. It's really about the child seeing you as a hassle

and obstacle to what he wants. He wants to get high. He'll hate everyone who is in the way of that, even the parents."

"I told my dad no way was I doing what he wanted me to do. F-ck that. I let him know."

"I said what I said to get my parents off my case. It's like this, I don't want the trouble. They be hearing what I tell them. I just do my own thing, you know, what I want to do. This time I won't get caught. They be looking at me now. I've got to play smooth like."

## **STEP V: CONFRONT YOUR CHILD**

### ► **Start with love.**

"Everyone should hug before the intention of the meeting is revealed. Be obvious about your love for the child."

### ► **State the purpose of the meeting.**

"I would be exact, concrete, and definite in my message. First off, I would tell her that I love her and that she means the world to me. I would remind her that nobody's perfect and people make mistakes. It's time to see what life is like on the other side of the coin without drugs."

#### Examples of opening statements

-*"We are here to talk about the recent events in your life. Later on we will offer some choices that are in your best interest."*

-*"Everyone here is concerned over your health and future. We are here to talk about your problems and to offer some help."*

-*"There is a problem our family is dealing with and we need your help since everybody is involved."*

### ► **Offer an opportunity for your child to volunteer information.**

"Ask the kid what's been happening in his life lately. If everything was fine, these problems wouldn't be happening."

"Give the kid a chance to tell you before you confront him with drugs. Say something like, 'Hey, we've noticed a couple events in your life that aren't normal. We're concerned. We decided to get together and to show that we're here for you. Would you like to tell us how we can help?'"

"We're here out of love and concern for you. Please share what's troubling you."

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### ► **Confront specific drug related behavior. Read the *Incidents & Evidence* worksheet outloud.**

"Present the information gathered at the preliminary meeting regarding the child's behavior and drug use. Possess documentation to include grades, fines and speeding tickets. Written proof is a strong tool in confronting behavior and denial. Ask your child to communicate the meaning of the recent events in his life."

"Cite dates, the people involved and the drug related incidents. Make the connection between irresponsible behavior and consequences."

"Rattle off the dates and legal violations. Most likely, the teenager has forgotten those violations."

"Use the evidence attained from searching the room as a last resort in showing evidence of use. He may go crazy when he finds out mom and dad were in his room."

"I would go nose to nose with him and confront him face to face. Say it straight out in his face."

"Confronting drug use in a joint effort allows everyone to use his own personal style in dealing with the juvenile."

"Stay away from general statements. You won't do any good by saying, 'You're high all the time.'"

### ► **Focus on behavior.**

"Don't disapprove of children. Disapprove of their conduct. Communicate exactly how you feel. Don't be demeaning or overbearing."

"Don't allow kids to sidetrack the focus of the discussion. Focus on their behavior."

"Parents become angry with their child's behavior and condemn them. That's a mistake. We fail to address the behavior because we are too busy condemning the person who committed the act. That brings us to the issue of unconditional love. We need to say, 'I love you', even when holding our kids accountable for their actions."

### ► **Deliver a no tolerance message.**

"Everyone should confront drug use and claim their own no-use stance against drugs. Be clear you won't tolerate it."

"Everyone should be consistent with the group and say what they feel in their own words."

"I don't tolerate drugs in my family and don't hang

out with people who use drugs."

"I don't tolerate drugs on the basketball team or in my social life."

"I don't allow my children to spend time with people who use drugs."

### ► **Explain the intervention goal(s).**

"Give a kid a choice between two options. That is better and easier than choosing between yes or no. Instead, they choose between which alternatives you laid out for him."

### ► **Explain the consequences of not complying with the intervention goal. Read the *Consequences* worksheet outloud.**

"Give him a copy of the *Consequences* worksheet. Everyone in the intervention team should explain what consequences they will apply if cooperation is lacking."

"The adolescent must know what will happen when the intervention goal isn't met."

### ► **Explain and sign the contract.**

"Read the contract outloud and encourage the kid to sign it."

"Give him a pat on the back when he signs the contract. All of the participants in the confrontation should at least initial the agreement."

"Read the consequence sheet again if he has a problem with signing the contract."

### ► **Place the *Family & Friends Who Help, Incidents & Evidence, Contract, Consequences* worksheets together in an easy-to-find location.**

"Explain the meaning of each worksheet and where it will be. Post the worksheets on a wall in his or her room."

"Have extra copies because he might tear them to shreds out of anger."

### ► **Leave the door open for questions and discussion.**

"Provide a clear message everyone is available for advice at any time."

## CONFRONTING DRUG USE

### ► **End with love.**

"Praise any cooperation with the goal. The meeting should end with a mountain of hugs and a ton of love. The support must be obvious and irrefutable."

### ► **Document everything.**

"Document everything that was discussed after you confront your kid with using drugs. Write what was said instead of how you interpreted the incident. This is valuable information for your child's therapist to have. Do this even if he doesn't have a therapist."

## STEP VI: DON'T COMMIT THESE COMMON MISTAKES:

### ► **Don't be caught unprepared.**

"You'll look like an idiot if you don't know what you're talking about, you're late, you don't have specific information or you don't have the drug and alcohol evaluation scheduled."

### ► **Don't condemn.**

"Teens fight back with anger and resentment when condemned by friends and family. They get defensive. Don't irritate the situation by condemning anybody."

"Do not show anger or frustration. Don't fly off the handle. Don't criticize or degrade your teen. If you bitch, they'll want to use drugs. He will accuse you of bitching regardless of what you say."

"The goal of the confrontation is to shorten the gap of understanding with love, concern and action. Condemning doesn't help in any way."

#### Condemning statements to avoid:

- "Do you want to be a druggie and follow the Grateful Dead until you're forty?"*
- "You're going to end up a pothead with no job and no future."*
- "You'll be a hippy thumbing it everywhere because you're irresponsible and aren't accountable for anything you do."*
- "I can't believe my son is doing drugs."*
- "You embarrassed me and this family."*
- "What are the neighbors going to think?"*
- "What kind of daughter are you?"*
- "Is this how you show your love for us?"*
- "How could you do this to us?"*
- "I'm ashamed to have you as a son."*

### ► **Don't play the victim.**

"Crying hysterically and laying on guilt trips

worsens everything."

### ► **Don't flip out.**

"Remain calm. The person who is calm is in control."

"Yelling at someone usually solicits the same response. Be loving, not ballistic."

### ► **Don't negotiate.**

"Don't entertain the possibility that drugs are okay under certain circumstances or places. Giving him an exception to get high is giving him a license to use drugs. He'll use that exception to blow the whole thing out of proportion and fit his every whim."

"Don't offer rewards such as money or use of the car."

### ► **Don't assume anything.**

"Don't assume because he signed the contract that he will abide by the agreement. Expect the child to challenge what the contract says and the limits placed on his behavior. Therefore, expect to follow through on the consequence sheet."

"It's a game to him. He wants to know if you mean it. He'll find out according to the actions you're willing to follow through on."

### ► **Don't give up.**

"Schedule another meeting if he runs away. Sunday morning is a good time. Imagine waking up in the morning to a group of friends and family expecting personal change."

"Seek professional help immediately."

## MORE IDEAS

### ► **Confront on normal terms.**

"Everyone could confront him when they see him on normal terms. This is ideal when certain people can't attend the joint confrontation. This only works when everyone confronts him consistently within a short period of time."

"He could avoid anyone he perceives may confront him with drug use. This may drive him further into the hands of his drug using friends."

### ► **Confront by mail or phone.**

"When participants that cannot assist because of unusual circumstances, they can confront by phone."

## Documentation

### ► **Document everything.**

"Documentation is a resource for therapists who may someday work with your child."

"If a parent brings notes into court... well, that's great stuff. The best part of using notes is when the kid denies something ever happened. You'll be able to back it up with proof."

"Being able to recall what happened months ago can be difficult. Writing it down helps."

"If the parent is arguing for more intensive treatment and the kid says he doesn't need it, and the staff isn't sure, and if the log supports the need... I can tell you the log can make a difference. The information will help us decide how to deal with the kid in the home and in treatment."

"Kids will nitpick everything you say. They will challenge you to prove your claims or provide the details. Document everything as it happens. When the day comes to confront his behavior, you're ready for bear."

"Documentation assists the caseworker to assess the child's needs and come up with the appropriate recommendation."

### ► **Describe your child's behavior.**

"Write about talks covering drug abuse, confronting negative behavior, violation of house rules, verbal and physical abuse and appointments with therapists. Everything is important."

"Parents need to be accurate reporters of the child's activities. Record changes in appearance, conduct, family relationships and choice of friends. Ask yourself how, when, where, why and who."

"Record facts only. Don't allow anger or resentment to influence what you write."

### ► **Describe how you handled the situation.**

"Don't sugar coat the incident. If you made a mistake, you made a mistake. Nobody expects a perfect parent."

"Don't omit things you might have said that were inappropriate. Everyone says things out of anger. Writing down the incident allows the parents to look at themselves and how they can improve in

handling their kids."

### ► **Date and sign the entry.**

### ► **Examples of Documentation:**

**5/5/95** Josh came home an hour after curfew. He smelled of marijuana smoke and his eyes were bloodshot. We plan to escort him to the family doctor for a urine test tomorrow morning as part of a physical. We did not confront him since he appeared high.

**-Karen D.**

**5/6/95** Josh refused to provide a urine sample. He cooperated once Karen and I insisted. The test was positive for marijuana. We said nothing to Josh about the test results. We plan to ask our daughters what they know about Josh's drug use tomorrow. In the meantime, we scheduled a drug and alcohol evaluation for 5/9/95. We searched his room and found nothing.

**-Joe D.**

**5/7/95** Josh was at his uncle Dave's house so we could ask our daughters if they knew anything of Josh's recent behavior. His two sisters reported that Josh admitted using marijuana twice. They didn't want to say anything because they didn't want Josh in trouble.

**-Karen D.**

**5/8/95** Joe and myself, our daughters, Josh, and uncle Dave had a family meeting. Dave asked Josh if there was anything wrong. Josh said he didn't want to talk. We confronted him with the positive urine for marijuana. He claimed the test was inaccurate. We mentioned his previous admission of smoking marijuana to his sister. He yelled at his sister for snitching on him. Uncle Dave asked him to calm down. Josh admitted trying it once with some kids at school. He started screaming profanity at me and his father. He called us terrible parents. Joe stated how drugs will not be tolerated in or outside the house. Joe informed Josh that his driving privileges and allowance are temporarily canceled. Joe asked Josh to see a therapist for a drug and alcohol evaluation. Josh ran to his room and locked the door. He raised the volume on his stereo to a very loud level. He remained in his room for the rest of the evening.

**-Karen D.**

**5/9/95** Josh refused to attend the drug and alcohol evaluation. We contacted the Student Assistance Program at his school and scheduled an appointment with a therapist for advice.

**-Karen D.**

## Contracts

### ► **Set the ground rules using a contract.**

"A contract is a positive step when the child is starting to go off in the wrong direction. Everyone in the family knows what to do and what to expect. Contracts remove excuses and eliminate convenient amnesia."

"A contract outlines the rules of the house and the consequences when those rules aren't followed."

"The rules must be clear, easy to understand and readily available."

"Don't include everything under the sun. Keep it short."

"Cover schoolwork, curfew, bed time, friends, drug use, cooperation with probation, responsibilities around the house and everything else you think is necessary."

"Include a requirement for a drug and alcohol evaluation, counseling, or some sort of treatment when he's using drugs."

### ► **Evaluate the need for a contract every month.**

"Give the teenager an opportunity to work out of the contract through cooperation. Trust is valued only when it's earned."

### ► **Deal with contract violations.**

"The consequences should be listed in the contract. As the rules are broken, the parent needs to become more restrictive."

"A true consequence will affect a privilege they value. Focus on privileges concerning allowance, free time, access to the family car and social activities."

### ► **Post the contract in an easy-to-find but discreet place.**

"Tape the contract on the inside of a cabinet door. The child shouldn't be embarrassed by the contract when visitors enter the house. The contract should remain between the parents and the child only."

### ► **Seek help to assure compliance.**

"Have as many people sign the contract as possible. That way, others can assist in assuring compliance. Do this only when the first contract did not work. Obviously, he didn't get the message the first time around. More people must be involved than just the parents."

### ► **Keep all contracts as documentation.**

"Keep the old contract. Document how, what and when rules were broken."

"Consistent rule violations confirm that a problem exists. The contract is evidence that you set the rules and attempted to intervene that young person's behavior. In the future, therapists will look back on that and decide accurately what is best for the child."

### ► **See an example of a contract on page 128.**

## Student Assistance Programs (S.A.P.)

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### ► **The SAP team helps students deal with problems.**

"SAP helps identify problems and refer kids to professionals who can help. We are a resource of information and offer support to teens who are unaware of their options."

"SAP determines students who may be using drugs, refer services and intervene drug use."

"The SAP team is made up of faculty members, guidance counselors, mental health professionals, addiction counselors and administrators at school. The State Department of Education backs the program."

"The SAP team assists kids in attaining the same services as adults through a confidential referral process at their school. Parents can refer their own children or someone else's child."

"SAP teams are information gathering sources. They collect information from people who are associated with the student. This would include teachers, the school nurse and guidance counselors."

"The SAP team doesn't provide treatment. Instead, the team identifies the problem and provides the child and the family a direction to solve it. SAP helps teens with drug problems and those who have friends involved with drugs."

"The SAP team is not disciplinary. Contacting the SAP team is not calling the police. We're here to help the child pull through his or her difficult time. We make appropriate services available and recommend they be used."

### ► **Confidentiality is top priority.**

"The SAP team is successful in maintaining confidentiality. Even members of the SAP team don't know who made the referral. Teachers aren't informed as to what is happening with the student."

"All records are destroyed from year to year. If the child was referred to the SAP team in grade eight and he is currently in grade nine, all of last year's records were destroyed."

"The student starts with a clean slate each year. His involvement with the SAP never shows up on

the transcript. Nothing is held back. Everything is destroyed."

"Teachers don't ask questions about what's happening with a student. We're not allowed to discuss the information. Confidentiality is the big push."

"As an intervention counselor, I don't keep any paperwork on a student. In fact, I hand over the written assessment to the parent."

### ► **The student is referred by peers, parents, or teachers.**

"Any parent can refer his child or someone else's child. Nobody will ever know who called. The student may also come forward himself with the problem."

"Do you have a student handbook? The handbook has a listing of all the members of the SAP team. Information is provided as to who to contact and phone numbers of all participating agencies. Call the school and request one for your family. Know your school's policy on substance abuse."

"Contact a guidance counselor, teacher or administrator who is a member of the SAP team. Call into the office or stop in. Fill out a form and slip it in a box. It's that easy."

"Someone must initiate the process. Hopefully, the parent observes the child in more situations at home than any one teacher at school. Parents should be tuned in as to what's normal for the child and whether he's doing normal things. Only then can a parent be aware enough to notice problems and report them to us."

## WORK WITH THE SAP TEAM

### ► **Don't blame the teacher.**

"The teacher does not contact the parent if there is a drug problem. Most teachers are concerned the parent will become defensive and accuse the teacher of having an attitude problem."

"Parents often attack the person providing notification of their child's drug use. The parent's first reaction is not to believe the teacher. They tend to be in a state of denial and don't want to admit their kid may have a drug problem. Parents can also be obscene at times."

"Parents should realize that teachers are trained to spot such problems. Just because mom and dad didn't notice Susie is smoking marijuana doesn't mean they're bad parents."

## STUDENT ASSISTANCE PROGRAMS

"As a teacher, all I want to do is help the child. The parents practically insult me if I make reference to drug use."

### ► **Participate in the intervention process.**

"Parents need to participate in the program. We can't do anything without parental support. We need the parent's permission to have the student interviewed by an outside professional."

"Parents must give the school permission in order to continue. They are kept abreast of all the developments."

"Occasionally, we don't receive permission. Some parents don't want their kid interviewed by an outside agency. Then, we're at a stand still. Some parents are too afraid to know the truth."

"We can't do a thing without the parent's cooperation. The parent must give permission to do the evaluation."

"Parents act as enablers. They either don't want us to help because they are in denial or they believe they don't need outside help. The best parents are open minded to the possibility their kid is using drugs and open minded to options."

"The SAP team is dealing with denial of the user and denial of the family. The parent perceives the drug use as a failure on their part. Put that feeling aside for a moment. Your child's welfare is more important right now than your ego."

"We may have a situation where the SAP is falling on deaf ears. The child and the parents are in denial. The referral to the SAP is not wasted because information is presented and the participants receive an education on drugs. Parents return when they remember what we said. They become willing to work with us after their own efforts did not produce favorable results. They say, 'Oh yeah. Now I know what you meant by this.'"

"Follow through on the SAP recommendations. Don't just say thank you and walk out the door. The teachers are involved for a reason. Contact the recommended organizations and counselors. Make an appointment and show up. There's no reason why the SAP team should be spinning their wheels unless parents act on their recommendations."

### ► **Take notes.**

"Expect a resurfacing of issues surrounding drug use in the future. A drug problem is seldom solved

the first time around."

"Parents will not be denied paperwork on the SAP intervention. All they have to do is ask."

"Take notes as to what was done, the teachers involved and the intervention steps."

### ► **Use the guidance office as a resource for information and intervention.**

"Our guidance counselors are utilized constantly to deal with academic and other concerns. Parents should know the guidance counselors are available."

"Most parents don't take advantage of all the available opportunities to help the child. Contact the guidance office at school and ask what services are available to parents. Guidance counselors can provide weekly reports from the teachers of the child. Information regarding his conduct and academic performance can be discussed on the phone or mailed."

## DISCIPLINE IN SCHOOL

### ► **View detention and suspension seriously.**

"Some parents think being in detention and having to stay after school is not a big deal. Please understand that there are kids with negative attitudes and behavior problems in detention. Some of those kids use drugs."

"Don't attempt to exclude your child from participating in a detention session. Instead, include additional consequences for your child when he comes home. Remove the novelty from the act."

"Teachers are frustrated seeing parents encourage misconduct by justifying and rationalizing their kid's actions. Don't make a bad situation worse by excusing disrespectful conduct."

### ► **Express a positive attitude toward learning.**

"Parent attitudes toward school shows through. Kids pick it up quickly. Parents who hated school when they were young and show that attitude will pass it down to their children."

"Some parents may need to be more pro-education at home than what they are. A parent's attitude towards teachers and school will affect their child's attitude."

## The Drug & Alcohol Evaluation

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► **Find a referral agency in your area.**

"Look in the phone book or call your local juvenile probation office."

"Call the school and ask who can refer your child to an appropriate rehabilitation center or counselor."

"Ask your family doctor."

► **Schedule the drug and alcohol evaluation.**

"Expect intervening drug use to be uncomfortable and inconvenient. You may need to change your work schedule to accommodate the appointment."

► **Prepare for the evaluation.**

"Gather information in all areas of the child's life to include family relationships, academics, employment, social activities, legal problems, spirituality, and health. Present this information to the counselor conducting the evaluation. Do not ask your son or daughter for this information. Find out as much as possible on your own."

"Collect documentation to include medical records, psychiatric evaluations, school records, previous drug and alcohol treatment, report cards, and legal charges. Provide photocopies only."

**Drug Use**

"What drugs did you find in the house? How long did you suspect drug use?"

**Family relationships**

"How and when did your child's attitude change toward the family?"

"Describe the child's home environment. What conflict exists within the family? Are the parents divorced? Why? When? Does anyone in the family use drugs? Who? What drugs do they use?"

"Has the child experienced any physical, mental, emotional, or sexual abuse of any kind?"

**Academics**

"Describe his performance in school to include grades, participation in extra-curricular activities, relationships with teachers, and his attitude

towards the future."

"Are there any disciplinary problems in school such as truancy, detentions, or suspensions?"

**Employment**

"List his employment history, reasons for leaving, and attitude toward work."

**Social Life**

"What are your child's activities during a routine day?"

"What activities are you particularly concerned about?"

**Spirituality**

"What is your child's attitude toward spirituality?"

**Legal History**

"List any arrests, charges, or fines. Did he ever do community service? Is he cooperative with juvenile probation?"

**Medical/Mental History**

"Offer documentation regarding psychiatric or emotional problems, prescriptions, physicians, therapists, and treatment facilities. Has he ever been hospitalized? Cite attempts he's made to hurt others."

"Describe difficulties with reading, paying attention, hyperactivity, memory, or following the rules."

**Sexuality**

"Do you know whether your child is sexually active? Is there any documented sexual abuse, as the abuser or the victim?"

## Room Searches

### ► **Decide whether to search.**

"Searching a teenager's room is a violation of privacy. Is searching worth preventing death, commitment to an institution or jail? Is the safety of the entire family more important than the child's right to privacy? If your kid was smoking poison, would you look for it and throw it out?"

"Searching the kid's room is appropriate when you asked the child what's going on and the child lied. You'd better start finding out things for yourself. If he's living under my roof, I recognize he has some privacy and I recognize that I'm obligated to check on things. If that means a room search, I wouldn't feel the least hesitant of doing that. Particularly when the child had lied to me. I think when a child lies to parents, they have violated as far as they possibly could in a home setting. Inevitably, after the lies will come theft. It's obvious when a child gets to this point. He's not thinking what's best for him nor what's best for his parents."

"I respect my kids' privacy. When I feel that privilege is endangering him individually or the family as a whole, it is my responsibility to search for the source of that turmoil. That includes searching or drug testing."

"Curiosity doesn't warrant searching. Don't ransack the house because you're curious."

"What teens are trying to say is, 'Respect me and let me do what I want. Even if it means walking all over you.' No, no, no. Not in my house."

"The parents want the child to say, 'Yeah dad, I'm doing drugs. I'm real sorry. Here's the stuff I've been using. I won't do it again.' That usually doesn't happen. Kids don't want to disappoint mom and dad."

"My child doesn't need to know I was in his room. That may sound deceptive, but I don't think you can always play by the rules. Especially when the other party isn't playing by your rules."

"My child has to know that I will do whatever is necessary to protect all my children. The entire house is my domain. You respect their absolute privacy when they have an address of their own."

"Teenagers have authority issues. Teens want to separate themselves from parents and develop

their own identity. Searching the child's room threatens that independence. Be justified."

"Searching his room is not a very smart thing to do. Unless you have reason to believe that he's using, stay out. Searching the room without reason instigates a negative situation. All trust is destroyed."

"Don't search the kid unless you have a strong gut feeling he's high. Apologize when you don't find anything. You've got to tell your kid that you're sorry. I'd explain it to him, 'I just had a feeling. I hope you understand.' Explain why you did it. Don't confront or accuse him in a nasty way. Once you do, he's going to turn the situation around on you."

### ► **Realize that kids don't like room searches.**

"My parents found paraphernalia. I said I was holding it for someone and laughed it off."

"I was mad at my mom for going through my room even though I had weed in the house."

"This is your house but it's my room. My room is like my little house."

"I feel like they don't trust me. Like they don't give me enough respect. I feel like, d-mn, you know, I lost my trust. My mother found drugs in my room. I was like, d-mn. Yeah, I can see why she did it. I was still angry. I didn't want her to do that."

"I don't like people going through my stuff. Drugs have nothing to do with it. My room is my room and you stay out of it. I don't care who you are. Stay out of my room."

"Searching my room is disrespectful. I gave my mom a guilt trip after finding nothing."

"When you know that your parents are looking through stuff and you got that street mentality, you get real creative to hide the sh-t."

"I hated my father for searching my room. For real. I hate him yo. I cursed at him and sh-t. I don't talk to him no more."

### ► **Consider inviting your child to the search.**

"Inviting the child to the search minimizes resentment. The child shouldn't have prior notification and must not interfere until the search is completed."

"Look in places when he tries to distract your

## ROOM SEARCHES

attention from that area."

"If you looked in front of him, he can't accuse you of anything."

"We asked our daughter about everything including looking through her room to reading her diary. She said yes to some things and no to others. We let her know that if we saw some changes that were upsetting, we intended to look at stuff without her permission."

### THE SEARCH

#### ► **Clean the house first.**

"Cleaning the house is an excuse to look in places you normally wouldn't look. Rearrange the furniture, clean the closets, clear out the garage or do the wash(comb through pockets). Teens that use drugs have messy rooms. Be nice and clean their room."

"Search the house in one day. The kids should be out of the house and preoccupied."

#### ► **Look for drugs & paraphernalia.**

*Burning incense / Use of deodorizers / Strips of aluminum foil / Small bottles / Unaccounted use of alcoholic beverages / Small bags containing seeds or dried leaf-like substance / Cotton balls / Pills / Solutions / Plants with five or seven leaves / White or beige powder / Tablets / Capsules / Rolling papers / Mouthwash / Eye drops / Frequent use of cologne / Breath sprays / Decongestant bottles / Razor blades / Butts, seeds or leaves in pockets or ashtrays / Bottle tops or spoons with blackened bottoms / Fake ID / A pipe of any kind / Bongs / Small round metal screens / Butane torches / Syringes(needles) / Small glass vials / Small gold or silver spoons / Strange plants / Small weight scales / Rubbing alcohol / Deformed paper clips / Drug related magazines / Collection of beer cans / Prescription medicine missing / Burn spots on furniture / Cans with false bottoms / Empty cigarette boxes / Persistent cigarette smoke in room / Pipe cleaners / Alligator clips(roach clips)*

"Visit a head shop. They have every possible item used to do any drug. You can also go to one of those twenty four hour adult places. They carry the stuff you want to see."

#### ► **Look everywhere.**

"Most teens won't go through the trouble of hiding drugs when they're not suspected. Kids believe they are too smart to get caught. They'll put it somewhere. They don't think that mom and dad know anything so they don't put much effort into finding a good hiding spot."

"Kids become creative when they know mom and dad are on to them."

"Look in areas that are seldom cleaned and least traveled."

"The drug is usually hidden right after arriving home."

"I put it anywhere people didn't look or had no business looking. I had it in a tennis ball and bounced the ball as I walked."

"He could be hiding the drugs as he walks from room to room. Be aware of items they carry with them constantly. Sometimes they won't leave that special item go, even when they go to the bathroom."

"One time, I had weed in my underwear. My mom searched my pockets, you know. When she saw that there was nothing there, I jumped in her face and told her off."

#### **Carrying on their person**

*Inside the cloth fold of a baseball cap, a jacket, waist pouch, pockets, or a small slit in sneakers / Under a shirt collar / Inside a small slit in clothing or sneakers / Inside seams, shirt cuffs, or a cigarette pack / Behind a belt buckle / Under a watch*

#### **Room locations**

*Inside the bed, curtains, refrigerator, freezer, flower pots, pillows, speakers, a hole in the wall, a vase, pill bottles, personal box, or in a dresser drawer / Behind picture frames or posters / Underneath wood chips or stones / Inside the garage, sibling's bedroom, parent's bedroom / Around neglected or recently cleaned areas / Above drop ceilings / Under the sink / Top of the shower / Inside the battery holder of sound producing equipment / Trash can*

"I kept it under the rubber tongue of the mounted raccoon over my father's bed."

"Check him out if he walks toward a certain spot before he comes in the house. He might be hiding it outside."

#### ► **Keep your eyes open.**

"Be careful not to discard your initial suspicions because your first search came up empty. Parents are too quick to believe their child isn't using drugs."

"How he acts will tell you when to look. Wait until he comes in the house high off his rear end."

## ROOM SEARCHES

### ► **Search regularly.**

"Could be that he or she hasn't reached the point of needing to bring drugs home. The kid may also possess drugs or paraphernalia occasionally."

"Intercepting drugs requires intuition and persistence. Look at different times of the day and on different days."

"Search the room an hour after he's in bed."

"You'll know they have a serious drug problem when they leave the drugs out in the open. The sloppier they are in concealing drugs, the worse the problem is. They don't care or they were high when they came in the house."

### ► **Test for drugs.**

"We'll go to the hospital to take a little test if you come home looking strange. They know I'm not beyond doing that."

"Drug testing is an issue that should be talked about in advance."

"John, I'm concerned with how you're acting and the trouble your friends are involved in. I'm telling you now. If I think you're high, I won't think twice about giving you a drug test. And if you refuse one, I'll assume you have something to hide."

"Don't test the kid unless you see a definite change in behavior."

"Anyone can get his kid tested with a doctor's permission. Think about taking him to a 'physical' that also requires a urine test. Done. Explain to the doctor what recent behavior changes the child has been going through in private."

"At least you know what you're up against when they come up positive. If the kid is clean, express how glad you feel. Tell him you hated to test for drugs. Explain why the test was done and the suspicions you had."

"Trust is a two way street. You should be able to figure out when the kid needs to be tested. All bets are off if they're using drugs or if they're lying."

"Kids are smart. Kids can tell you a thousand ways to beat a drug test. However, they can only beat it when they know it's coming. Test when they least expect it."

## DRUGS ARE FOUND

### ► **Keep calm.**

"Don't panic. Right away, parents paint a horrible picture. None of that is conducive to resolving the problem positively."

"Do not wake him up after finding the drugs. Take the stuff and wait. See how much energy he spends in locating the drugs when he awakes."

"Finding drugs is a tip that something is definitely wrong. That doesn't mean you should be bouncing off the wall like a rabid dog. Chill out and think of what to do next rather than act on emotion."

### ► **Identify the drug.**

"Seek the advice of a friend, the hospital, police, family or a counselor to identify the drug. Have concrete evidence before you confront your child with any substance."

### ► **Secure the drug.**

"Possessing a controlled substance is illegal and dangerous. Small children can be harmed if they ingest the substance. Take a picture of the drug and throw it away."

"Never give the substance back to the user. He'll feed you a story about the drug belonging to someone else. That's bullsh-t. Don't give him money to pay off an imaginary drug dealer or a friend. Chances are, he's lying about owing somebody money. Besides, the owner can pick it up at the police station if it's so important to him."

### ► **Seek professional help.**

"Kids have a remarkable ability to bluff their parents. They will tell you that they found it in school or they were holding the drug for a friend. It goes on and on. You need the professional help to cope with the natural feelings of denial. You know, 'Not my kid.' That kind of thing."

### ► **Confront drug use.**

"This is the time to confront his drug use and his negative behavior."

Read *Confronting Drug Use* on page 84.

## Manipulative Tactics

### ► **Manipulative behavior and criminal thinking are common in addiction.**

"You got to do what you got to do to make what you gotta make to get what you gotta get."

"I rob people for money. We call a cab driver and tell him to be somewhere. We tell him to knock on the door. When he go up to the door, we knock him down. We go in the car and take everything he's got."

"Don't ever underestimate what a user will do for drugs."

"My mother gave me money to buy a birthday present for my brother. She gave it to me like a sucker."

"A drug user has a nose for money. He will find that money. He will look in closets and under the carpet. You can't hide money from an addict. An addict will find a way to rob you every time."

"We steal, we lie, we beat people down, we do anything for money and drugs. We don't care. The more we use, the less we care. We don't care about nobody. For real, this is how it is."

"I do what I do to keep on using or to get out of something I don't like."

"The thinking of an addict is warped and manipulative. It's not normal. We can be very manipulative about everything we do. We choose to be that way."

"Addicts know all the games. They will do anything and everything they need to have that drug. It's crazy."

"Addicts are great manipulators. They are the best con artists."

"I thought I was the master of manipulating my parents. I thought I was the man. I would sleep at my girls house and be back by morning. Her parents and my parents never knew. I wasn't caught until the cops came to my house and asked my dad where I was. He went upstairs and I wasn't there."

"I'd see how far I could go before they find out something was up. They didn't check up on me or nothing."

"Not all manipulative behavior is negative. Children are learning to control their environment to attain what they want. Parents may not agree with what they do or say. The problem surfaces when that manipulative conduct serves the purpose of controlling people to continue using drugs. That's when it becomes downright deceptive and sinister."

"Understand how teens manipulate people so you can be aware of their ploys. Awareness is a positive step to prevention."

### **MANIPULATION TECHNIQUES USED BY ADOLESCENTS**

#### ► **Plays parent against parent.**

"Whenever I wanted to do something, I ask my mom. When she says no, I ask my dad. They would have to fight about it between themselves."

#### ► **Threatens others.**

*"I won't love you anymore."*

*"Someone's going to get hurt if someone calls the cops."*

*"I'll tell everyone you abused me."*

*"Fine, I'll leave home. Let's see how you'll be once I'm out of here."*

*"I'll get pregnant and embarrass the whole family."*

#### ► **Threatens self-harm.**

"I told my parents I'd kill myself if they turned me in. They believed me."

"Keep on my case and you bet that I'll get hurt doing something. Then you'll really be sorry."

"A kid threatening to harm himself may do it just to prove he was serious. All threats are serious threats. Seek professional help immediately."

#### ► **Curses out.**

"My mom and dad came to me about drugs. I swore at them and flipped out. My dad went off on his respect speech. Anyway, my swearing got him off the subject of drugs."

#### ► **Expresses rage.**

"I went off when my father accused me of doing drugs. I screamed at the top of my lungs. I told him to go f-ck off and to eat sh-t. It was great. The neighbors were outside looking at the house. The cops came too. I punched a couple holes in the wall. Chaos rules, man. My parents are now scared of bringing up the subject again."

## MANIPULATIVE TACTICS

### ► **Intimidates parents or siblings.**

"Who the hell does my father think he is telling me what I can and can't do. I told him to go f-ck himself. I was so pissed. I let him know it too. I got right in his face."

"I went off when my mom talked to me about the weed in my room. I let her know that she had no control of me."

"I pushed my brother around. He was scared to tell my dad I was using."

### ► **Places the attention on someone else.**

"I'd listen to them for a minute or make it look that way. I would just talk about something else."

"So what? Did you know Jeff snuck out of the house last Friday to see his girlfriend?"

"He will attempt to take the attention off of him and unto someone else."

"You don't love me or trust me."

"Yeah, I was speeding. You do it."

"You had no right to go in my room. Why should I listen to anything you say when you don't respect my privacy?"

### ► **Attacks parents' credibility.**

"You can't talk to me. You can't tell me anything about me because you don't know what I've done. You have all that stuff in that book here. That book don't know what I'm doing and how I'm feeling. Did you ever smoke a joint? No. How the hell do you know what I'm feeling?"

### ► **Assumes the role of the victim.**

"I wouldn't be doing drugs if everyone wasn't on my case."

"Why did you single me out? Everyone else is doing it."

"I took the good battery out of my watch and put a bad one in. I came home real late late. My mom argued how late it was. I told her I'm twenty minutes early. I showed her the watch. I went off how she's always trying to catch me doing stuff that I'm not doing."

"I might as well go out and do it since you're accusing me."

### ► **Walks away.**

"I just walk off. I don't want to hear it. My dad is just on my -ss every day, all day."

"Whenever I wanted to irk my parents, I would disappear for a couple of days. I hung out at my friend's house. I laughed when my mom called my friends to find out where I was."

"When my parents say something I don't like, I walk away. They scream and yell for me to come back. I pay them no mind. I figure, I don't give them a chance to say what they want. I can do whatever I want because they never told me different."

### ► **Cries or apologizes.**

"I won't do it again' is a bunch of crap. He's lying to you. Mothers want to believe their kids."

"I smoked marijuana once. I won't do it anymore. I promise.' That's bullsh-t! H-ll yes he's planning to use the first moment you turn your back."

"Don't buy into the, 'Pout-pout, I'm sorry daddy I won't do it again', bull caca."

"I cried in front of my parents. I told them how sorry I was to smoke weed. You know, 'I'll never do it again, boo hoo hoo.' My girlfriend told me it'll work. She was right. They felt bad for me and didn't do anything to me."

"I'd cry as if they really hurt my feelings."

### ► **Presses buttons.**

"I called my dad an -sshole. He couldn't believe it. He went crazy. He was screaming at me and I laughed at his face. Heh heh heh. Wow, it was crazy. Real crazy."

"Hey Mom, Dad might have stayed home if you would've given him more -ss."

"The only reason why you don't want me to play with the band is because you want me to be a loser like you."

"When my mom saw my tricks, I'd pick a big fight. I'd move in with my dad for a couple of weeks. After some time, she'd forget all about what I was doing. I'd move back in with my mom and she'd start giving me money again."

### ► **Attempts to make others feel guilty.**

"I turned everything on my mom when she asked me to empty my pockets and there was nothing

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there. I had drugs in my sneaker. She didn't bother to check. So I made her feel real bad. I threw the whole thing right in her face."

"You're saying this because you don't want me to go to the game this weekend. You have it out for me. You want to do me in, don't you?"

"If you were a better parent, I wouldn't be doing drugs."

### ► **Interrupts while parents are talking.**

"Whenever they would say something I didn't want to hear, I just butt in. They're pissed off and frustrated so they don't talk to me. I sit back and watch the excitement."

### ► **Nit-picks at statements regarding drug use.**

"I pick apart everything my parents say. I point something out they did or didn't say a week ago. I tell them they can't make up their mind about what they say or do. You can find a loop hole in everything. My dad says one thing and my mom says another. I'm in the clear when they aren't together on stuff."

"Kids on drugs will nitpick everything you say and turn it around on you."

### ► **Denies responsibility.**

"Yeah, right. That never happened."

"Can you prove it? Do you have any witnesses?"

"You're making all this up big time."

### ► **Minimizes drug use.**

"I'm in control. You're buying all that weed scare sh-t from the school, aren't ya?"

### ► **Blames family and friends for negative consequences.**

"It's all my brother's fault. He got me into it."

"I'm high because I hate school. I don't want to deal with the teachers. School is such a hassle."

### ► **Camouflages activities.**

"I slept overnight at John's house. Nothing happened. You can't prove anything anyway."

### ► **Ignores parents.**

"I'll sit there with my arms crossed and pretend I'm the only one in the room. I won't look at

anybody. I won't listen to anybody."

"I'll ignore my parents. I pay them no mind."

### ► **Experiences convenient amnesia.**

"Oh, that's right, I can't go out on school nights. I forgot. Thanks for reminding me."

"I sold my mom's music tapes. She asked where they were. I told her I didn't know anything about her tapes. After sometime, she asked me again. I told her I didn't know anything about her one tape. She told me there was more than one missing. I told her I didn't know that either."

"A common back-up plan is amnesia. Don't buy into it."

### ► **Acts confused.**

"What do you mean, was I really at Chris's Saturday night? I don't understand what you're asking."

### ► **Evades people and issues.**

"I could dance around anything. No answer out of me. No way. I don't have to tell them nothing."

"The first thing I do when I get home is go to my room. Nobody sees me or nothing."

"I acted real tired when I got home. I'd tell my mom that I was working on cars or that I was playing football. She'd leave me alone. I'd stay up in my room for the rest of the night."

### ► **Questions the obvious.**

"My mom asked me to do something for her. I told her I'd do it and ask for some money. She left the money on the table before she went to work. I did what she asked me and took the money. After she came home, I told her that the money wasn't there."

"I went upstairs and took a few dollars out of my mother's purse. I asked her for money after that. She went through her purse and noticed money was missing. She blamed it on me. I told her there was no reason for me to steal it since I'm asking for it."

### ► **Telephone antics.**

"I'd call from a pay phone and tell my mom that I was somewhere I really wasn't. She never bothered asking for the number to call me back."

"I'd call from where I'm supposed to be and go somewhere else."

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"My mom told me not to hang out with certain people. I left the house and went to my friend's house. You know, the people that I'm not supposed to see. After a few minutes, my friend called the house. Since I'm not at the house and my friend calls for me, she thinks that I'm not with my friend. Got it?"

### ► **Commits self-mutilation.**

"Whenever I was in real trouble, I'd cut my arms up. When my parents were screaming at me, I'd show them my cut up arms. They pitied me and forgot what I did wrong. It changed the subject real quick."

"My dad was angry I got all these tattoos."

### ► **Acts mentally disturbed.**

"When I was in trouble, I'd act real weird so they thought I was crazy. They thought I was sick instead of doing things wrong. I wrote on the walls in blood and did stuff I saw in the movies. My parents thought I was losing it. I saw a whole bunch of psychiatrists and stuff."

"Tony and me used to scream in the middle of the night in detention. We did some wild stuff. We hit our heads against the walls. People thought I was nuts. Everybody left me alone."

"I said I wanted to eat people's blood."

### ► **Deceives by omission.**

"My father asked me if I was drinking last night. I told him no. I didn't lie. After all, I didn't touch a drink. I did smoke weed. He should have asked me if I was smoking herb. I'd lie anyway. I just didn't lie this time."

### ► **Lies.**

"My dad asked me where I was. I tell him that I was playing basketball. He doesn't need to know that I was over at Mike's drinking beer."

"I'd tell my mom that I found the weed when I fell off my bike. I'd skin my knees or my leg for proof."

"She gave me the money to buy clothes. I spent the money she gave me on weed. I had to get clothes from somewhere. I borrowed the clothes from my friends."

### ► **Conceals activities, money and identity of friends.**

"I'd take the money my mother gave me for trash and keep half of it. I'd give the other half to the

trash man. I'd take the trash and put it in my neighbor's yard."

"I'd bring a girl home. My mom told me that she had to go home at a certain time. I told my mom I called a cab. After my mom fell asleep, I'd get laid and call a friend to take her home."

"I don't tell my parents nothing about my friends or anything else. She don't need to know nothing about nothing."

"I don't want my parents to know how much money I got so I don't need to answer stupid questions about this and that. You know, where did the money go and what did you do. Stuff like that. F-ck that."

"I know my parents. They be all over me once they figure out who I'm hanging with. I'm not telling them. I don't need no hassle."

## Handling Manipulative Behavior

### ► **Recognize your limitations.**

"Parents control how they respond to their kid's behavior. What the kid does is out of his or her own choice."

"Parents normally scream, yell, hit, cry or play the role of the victim. Parents repeatedly fall into these roles and have one set way to deal with the child. Likewise, the child learns skills to maneuver around the parent. The parents are left perplexed why they aren't heard nor obeyed."

### ► **Look for trends in manipulative behavior.**

"Old behaviors are easy to fall into. You feel that rising pressure inside of you dying to choke the crap out of him. Step back and think of what he wants. You'll find clear trends in his behavior."

"Negative kids teach their friends how to manipulate their parents. He'll try the same scams at home."

"Understand your own responses to his tricks and schemes. Look at what he wants out of the situation. Look at what he does and how you respond to what he does."

"Understand how you react to his ploys and games. You are not effective when you are spending all your time putting out fires and reacting to your child. You must think ahead. Take a couple steps back and think about what is happening and what your child wants."

### ► **Be unpredictable.**

"Remember, the kid has plans. In order to deal with his scheming, a mother should have a plan of her own. Predictable people are easily handled."

"Respond to manipulative kids unpredictably. However, the consequences should be predictable."

"Once I had a kid on my caseload that kept stealing bicycles. He had his own but he kept stealing everybody else's. I coordinated with the parents and the police to steal his bicycle. Well, he had a fit. Someone took his bicycle. Someone stole his property. I asked him, 'What happened to your bicycle?' He said, 'Someone stole it.' 'Well, how do you feel about having something

stolen?' We went to the trunk of my car and there was his bicycle. He never stole another bicycle because he knew how it felt to be violated. Bizarre things work with kids. That was bizarre and it worked."

"Dealing with manipulative teenagers is like playing chess. Be a few steps ahead of the game and know what they're after."

### ► **Focus on behavior.**

"Kids tend to change the subject when confronted with their acts of defiance. They are very good at manipulating others and pointing the finger at everyone other than themselves. Stay focused on the issue."

### ► **Be persistent.**

"He stomped all over the house all day long. He frowned, made sly comments, cursed, ignored people and turned on the guilt trips. We hung in there. He tried everything he could think of before he finally complied. I no longer allow him to dictate how he acts. Forget it. Never again."

### ► **Follow through with a consequence after the apology.**

"Accept the apology and stick to the consequence."

"My kid continued to commit the same act and apologize. I learned an apology wasn't enough."

### ► **Walk away.**

"Give him a taste of his own medicine. Occasionally, throw back the same behaviors. Walk away when he screams at you."

### ► **Apply consequences consistently.**

"Don't threaten him with a consequence you can't confirm or follow through on."

"What's good for his brother is good for him."

### ► **Confirm everything.**

"Check out what you're told. Don't rely on his testimony alone. Parents find a series of half-truths and whole lies whenever they check their kid's story."

"Check when he should be at school. Check when he's supposed to be at his friends. Check everything out that he tells you."

"A good idea is to check on your kids in the middle of the night. They could be sneaking out."

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"People remember the truth. They don't remember lies. If he tells you something you can't confirm and you feel he's lying, ask him the same question one week later. See if his story is consistent and how much time he needs to come up with an answer."

"Assume the kid is lying to you. At least, check things out every so often."

"You want to follow up on your kid without the kid knowing you're following up."

### ► **Don't allow evasion.**

"Dancing around the subject and evading the question is not allowed. Stalling time to mold an answer should raise red flags."

"Don't accept, 'I'm going out' as an acceptable answer."

### ► **Don't negotiate on core issues.**

"Don't appear wishy-washy on major values concerning family, drugs and school. Kids look for loopholes."

"Kids like to ask 'What if' questions. What if I tried it once and never smoked again? You get the picture. He's going to feel for what the limits are. There can't be room for question."

"Don't let the kid limit your choices for you. He'll say something like, 'I can do this or do that.' He'll set the terms and the parents mistakenly accepts those terms. Don't be a part of his game. You set the terms. He can live by them or get out. When you make demands such as this one, know that what you're asking for is important and not trivial. Return the crisis. Put the choice back on his lap."

"Do not barter or negotiate issues with money or privileges. Compliance is unconditional and non-negotiable."

### ► **Eliminate excuses.**

"Excuses, excuses. Kids come up with a lot of them. Be sure there's plenty of gas if he's expected to mow the lawn. See he has a ride to outpatient counseling. Compliance is increased in the face of necessity and the absence of excuses."

"Reminding them of the house rules every once in a while reduces the likelihood of convenient amnesia."

### ► **Give kids what they need, not what they want.**

"Parenting is not a popularity contest. Think twice about what you're doing when you're popular with the kids."

"A statement such as, 'Mom you don't love me anymore because you're throwing me away into this detox(detoxification) center', is fine with me. Better for him to be angry than dead."

### ► **Speak less and take action.**

"Take consistent, persistent and planned action."

"What parents say means nothing to someone who's on drugs. Kids blow it off. Kids pay attention to action."

### ► **Don't give in to anger.**

"Blowing up doesn't help. The issue becomes personal."

"We've all said and done things out of anger. Stay in control. If you have to, walk away and deal with the child when you're in a better frame of mind."

"The person who is relaxed is in control. The best position for the child to be manipulative is when the parent is angry, frustrated and confused."

"The key is not to let yourself subject to his manipulation. Use the 'uh-huh, sure, so, yep, really, well' approach. Whenever he says something intended to make you angry, blow it off. Say, 'Uh-huh', or, 'Yeah right.' This technique disconnects you from the grip of manipulation and responding emotionally to his every move."

"When I know he's up to his games, I smile. He becomes frustrated with his efforts and gives up."

### ► **Don't allow adolescents to discredit you.**

"Kids will use the fact you never used drugs against you. They'll say, 'How can you tell me how I'm feeling when you never felt like this before and done the things that I've done?' Know this is a ploy to make you feel ignorant and uninformed. He's trying to throw you off again."

"Hey kid, my life when I was a teenager is not the issue here. We are discussing your disrespectful behavior and your drug use. That is the issue."

"Drug users create this secret society. They have this attitude nobody can tell them anything unless they're recovering. Yes, the kid needs to

## HANDLING MANIPULATIVE BEHAVIOR

talk to someone who's been through it. Now, if he discounts the insight of someone who used drugs, there's something else to what he's saying.

He's really telling you he's not interested in listening to anybody. The issue has nothing to do with personal experience."

"A teenager is less apt to use drugs when he knows his parents know what to look for."

### ► **Recruit people to help you.**

"Tell people what's going on. People will be aware of your child when you ask them to."

"My kid asked me if he can stay out after curfew. I reminded him of the agreement we had with his probation officer. I told him, 'If you're going to play, you gotta pay. I'll call the probation officer tomorrow morning.'"

"Talk to neighbors and teachers. They called me from time to time with valuable information about his whereabouts and activities. They only called because I asked them to."

"Develop a community of parents who care about the neighborhood and the children in it."

### ► **Stop tolerating negative behavior.**

"Kids meet their bottom line when parents meet their bottom line. Joining a self-help group such as ToughLove helps. The ToughLove organization helps parents find 'bottom-lines' and make changes immediately. At some point, there is a straw that breaks the camel's back. Parents need to decide what that point is ahead of time."

### ► **Keep the adolescent busy with goals and structured activity.**

"A parent with no game plan and no direction is putty in the hands of a manipulative teen with nothing to do. A teen with a strong negative direction is more influential than a parent frozen by fear."

"A kid busy with sports and other activities has less time to scheme and plan devious things."

### ► **Communicate with your spouse.**

"One parent may be aware of what is happening with the child and the other is not. A lack of communication between parents provides the perfect opportunity for a teen to be manipulative. When the left hand doesn't know what the right hand is doing, trouble is brewing."

### ► **Hold your child accountable for the possession of all drugs and paraphernalia.**

"Ask him where the drugs came from. He'll say, 'I don't know. It's not mine. So and so was here last night. I think it belongs to him.' I want to know who you bought the drugs from. It's yours since it doesn't belong to anyone else."

"He claims ownership of the drug when he refuses to reveal the owner's identity."

"Whether the drugs are his or not, he set himself up. He decided to hang out with people who do drugs. Invite his imaginary 'friend' over to talk about it. If the friend doesn't show up when invited, it demonstrates the friend is no friend at all. His commitment to protect friends who use drugs will tell you about his priorities and where you stand in the picture."

"Find out who made the drug available to him. The more isolated he is to you, the more advanced he is in drug use. Don't let him slide on this. No way."

"The street code is to never snitch on a friend. Where is his mind at, the streets or home? His mind is on the streets when he doesn't give up the information you want to hear."

### ► **Deal with threats immediately.**

"No parent should withstand being threatened by some punk with an attitude. He either needs to respect his parents or he's out of here. Consider looking into alternative living arrangements that don't have as many comforts as home life."

"Don't let up on the consequences. In most cases, a teenager won't kill himself if he can't drive the car for a couple of weeks or has to enter outpatient treatment."

"Cover for him through professional supervision. All suicide threats are serious. Just don't let up on the discipline side."

## After the Arrest

### ► **The arrest is the first step into the juvenile justice system.**

"Cops don't counsel kids. They refer the alleged delinquent acts to the courts."

"The police will do what's appropriate in that situation. It may or may not be what mom thinks is appropriate. The juvenile could be detained because he's a danger to himself or to someone else."

"The arrest is the last alternative for the police."

### ► **The juvenile justice system is geared to rehabilitate teens.**

"The juvenile justice system is looking for cooperation. The system is not out to punish the kid. We're out to rehabilitate him. We're here to change his behavior so he stops doing or selling drugs, breaking into houses and everything else."

"Don't expect us to do the parenting for you. The parents must take responsibility for their part and help us deal with the juvenile. Please don't dump him on us to solve your problems."

"The system's purpose is to rehabilitate delinquent juveniles. We are overwhelmed with our job. We have so many kids coming in and out of the courts, it's ridiculous. The parents must help us in order to reach out to the kids and find a solution."

## HOW TO RESPOND TO AN ARREST

### ► **Don't lighten the experience.**

"Don't bail the kid out right away. Allow him to experience everything that goes along with getting arrested. Experience is a good teacher."

"When at the police station, don't take him home if he's acting tough or appears to be uncontrollable."

"We'll keep him here when the parents feel he's acting stupid or refuse to take him home. We will definitely keep him when the parents tell us they can't control him and they won't take him home."

"He's lying when he says he will never do it again. You can't let your kid manipulate you like that."

Consider leaving him there to learn he can't squirm his way out of everything he gets himself into. Let him sit around and chill out for awhile.

It'll do him some good."

### ► **Don't jump to conclusions.**

"Don't assume the kid didn't do anything wrong. Look at what the kid did to get him in here in the first place. It's very, very rare he's there by accident. Put the kid under a microscope."

"We have parents who come in and defend their children regardless of the facts. Defending the kid regardless of proof is counterproductive."

"The attitude of the parent is a major factor when the juvenile is arrested. The 'How dare you accuse my child of anything' attitude is the worse thing a parent can have. The parent is either part of the solution or part of the problem. The kid will assume the parent's attitude."

"Parents blame the police for arresting their kid. Oh, we should have arrested someone else's kid."

They don't stop and think that their kid was involved in an illegal act. The parents fall into the same justification crap as their kid. They ask us, 'Why arrest my kid?' Because he was breaking the law Mrs. Jones, that's why."

"Don't blame the police for the arrest. Look at your child for the problem."

"Once arrested, most parents say, 'My kid couldn't have done that, whatever it may be.' Stop and think. Ask your child, 'Did you really do that what you're charged with? If so, why?'"

"Once the child is arrested, the parent must understand the child is now in the juvenile justice system. The parents don't have as much influence as they used to. It may not be in the best interest of the parents to decide what must be done next. The system may very well decide for them what will be done, because you're talking about an arrest."

### ► **Stay calm and get the facts.**

"At the police station, don't argue or accuse anybody. Find out what happened first. Talk to the police. After you get the story from the police, talk to your son or daughter."

"Parents are easily excited when they find out their kid is in police custody. Stay calm. Yelling or accusing anybody won't help to deal with the problem."

"Don't be in such a rush to drive to the police station. Wait half an hour before going anywhere. Collect your thoughts and calm down. Believe me, the kid isn't running off anytime soon."

## AFTER THE ARREST

"Parents think an arrest is a catastrophe. The whole juvenile criminal system is run so that isn't the case. An arrest is not the end of the world. He's not placed in detention unless the violation is really serious. He becomes part of juvenile justice system at that point. The juvenile probation office will intervene on behalf of the court and the police department. Parents usually come in here expecting much worse than what happens."

### ► **Make sure that his first arrest is his last.**

"The critical, critical time is the kid's first experience with the system. When a juvenile is arrested for the first time, that's make it or break it time. If the parents kind of blow it off, we'll see him again. You're looking at least a 50/50 chance he will come back with something more serious. He has a 75/25 chance of returning after the second time, 99% after the third time."

They keep coming in until they're adults. Then we just put them in jail. He didn't get the message the first time around that, 'What you're doing doesn't fly. You need to change.'"

"I want my kid to admit what he did. There is no way I'm going to help him get out of this. He must be held accountable for his conduct. Besides, what good is a parent who defends his kid when the kid did something wrong? The kid won't learn a thing because he thinks he beat the system again. Next time, instead of possession of alcohol, it might be drinking and driving or worse."

"Don't be lenient when your kid gets busted. An apology doesn't suffice. An arrest is not the worst that can happen. It's still a big deal. He should feel the heat a little bit."

"If the parents kind of blow it off and don't deal with the kid, the police will see him again."

"Keep him out of here. Don't have him come back. Some parents see the opportunity and others don't. The opportunity lies in the first time police are involved. Police involvement is obvious evidence a problem exists."

"I've seen parents complain how inconvenient it is to be at the police station. The police station is an uncomfortable place. Instead of complaining, do something to address his behavior."

### ► **Cooperate from the start.**

"The cooperation we receive from parents and the child determines what we do. We come across the

parents who claim we're harassing the kid and that he didn't do anything wrong. That's a problem. We're looking to make a decision of what to do with the child. We also get the other parents who really look at the child and his problems. That approach is more therapeutic. We usually get two extremes, full or no cooperation."

"When a teen is arrested for possession or intent to deliver a controlled substance, the case will be referred to juvenile probation. You either have a misdemeanor or a felony charge. The parent must come in and cooperate with juvenile probation to act in the best interest of the child. If they don't come in, juvenile probation will take the child out of the parents' hands. He may be placed in detention immediately if there is no parental support."

"The parents must support us in our efforts in order for our intervention to be effective. The level of cooperation from the parents is a crucial factor in the decision-making process of the courts and juvenile probation. Zero cooperation means the system has to deal with the teenager all by itself."

## Court

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### ► **Be part of the solution.**

"A couple can be held accountable in my court if they have been uncaring, uninvolved and lousy parents. It's not all the fault of the child in many of the cases that I see. Often, there is a combination of irresponsibility. I ask parents whether they have drug and alcohol issues they are dealing with. Hopefully, they will agree to a drug and alcohol evaluation for themselves. If they need services, I request they participate in treatment. And if they say that they will seek treatment, I expect them to perform and do that."

"The worst thing parents can do is rant and rave how they've been screwed by the system. Accusing the judge and the probation officer of wrong doing doesn't help your child. It prevents him from facing his own actions as he should."

### ► **Show up for court.**

"I may issue a bench warrant for an arrest to assure the parents show for court. Normally, the father doesn't show up. I don't accept the excuse that they never had any involvement with their children. They obviously had the biological involvement that produced the child in the first place."

"A hearing should take priority over a day of work and parents must make their attendance a priority."

"The child and the courts must know the parents are there to help. Family is all he's got."

### ► **Be prepared to share testimony.**

"Bring in copies of fines and other violations that substantiate he has a drug problem. The judge should have all the necessary information to make a decision in the best interest of the child."

"The probation department and the judge probably won't know about an offense that was handled by a District Justice. The judge needs to know everything from the past."

"Prepare both positive and negative things to say. Support this by a report card, a note from his teacher or a letter from an employer."

"Any negative information could be documented by parents keeping their own record of the child's conduct."

"Notification concerning the hearing is received well in advance. Some careful thought should be given to what the parent plans to say."

"I want to hear from the parents and I want them to be honest with me(the judge). There is no such thing as an unimportant fact. They can expect me to turn to them and ask for information."

Parents must tell me what level of control they have over the child and what's going on at home. I want to know if the kid is driving the parents up the wall. I need to know everything so I can make a decision about the future and what his needs are."

"Parents conceal information to protect their child. They are not protecting their child. They are really making the job difficult the judge to come up with a creative solution."

"Court can be filled with conflicting information. The parents and the probation officer might ask for treatment. On the other hand, the child claims he doesn't need it. Possessing notes substantiating a need for treatment can make a difference. Written documentation is priceless and will help us decide in the best interest of the child."

"The judge needs to hear of the negative or illegal acts the child has not been caught for. Only then can the judge make the best decision in the child's interest. Keep in mind, however, that it might not be the most comfortable decision."

"If the kid won't follow the house rules at home, say so at court."

"List negative friends your child shouldn't associate with and bring that list to court. Tell the judge. He'll make a court order that your son can't associate with them."

"Ask the judge what will happen if the child does not follow the rules of the house. Ask for him to stipulate the consequences of negative behavior."

### ► **Prepare yourself mentally and emotionally.**

"Parents should be fully aware of the charges by reading the petition. If they have questions, they should jot them down and ask the probation officer or the child's attorney sometime prior to the hearing. Probation officers are not lawyers and should not give legal advice! However, they are experienced in these matters and able to explain what the options are based on the seriousness of the offenses."

"Court proceedings and having your kid in

## COURT

detention will age you. Parents must find a way to help themselves."

"There are no surprises about court or probation."

### ► **Prepare your child for court.**

"Some kids are intimidated by the system and find it difficult to communicate. Kids panic. They don't open up."

"I engage in active listening and try to encourage kids to answer questions. I repeat the recommended disposition and ask, 'Do you understand?' He'll say, 'Oh, yes.' Kids always claim to understand. I ask them to repeat what I just said. Usually, they have no idea what I'm saying. They have trouble remembering because they are under pressure. I explain it to assure he understands. We go back step-by-step and draw information out of him. That's the frequent mistake: when kids don't share information."

"Encourage your child to talk in court when asked to do so. Remind your child to be respectful."

"I shouldn't have told the judge to go play with himself. It was fun at the time because it irked my parents. I'm paying for it now. Although I had something to brag about, I wouldn't do it again. I'd tell him that in my head but not in his face."

"I was scared sh-tless. I didn't want to admit what my parents said was true. I hated them for being right."

### ► **Arrange for twenty-four hours of supervision prior to court.**

"I went to court high. I was dozing off. The judge asked me if I was under the influence of drugs or alcohol. I said, 'Yeah, I'm high judge.' Right away, he sent me to detention. I was sent to a rehab."

"You don't want the kid to show up for court high as a kite. He should be in the presence of an adult every minute of the day within twenty four hours of the court date."

"You don't want the kid high off his -ss when he's in court."

## Juvenile Probation

### ► Approach Juvenile Probation as a learning opportunity.

"As harsh as we can be, we are also there to rehabilitate kids. This can be a learning experience for everyone. We really are here to help you."

"The juvenile probation department is a great resource for parents. It is a chance to attain support from professionals who are well trained on adolescent drug use. They can strongly encourage treatment even when the child is unwilling and uncooperative."

"Fortunately, he was arrested below the age of eighteen. This is our chance to solve his problems if he's willing to work with us. We're not here to punish him. We are there to make sure he receives the help he needs."

"The probation office will tie up the juvenile's free time with the objective of preventing trouble. This could involve community service, outpatient counseling, part-time employment and schooling."

"Inform the whole family throughout each step of the court and probation process. Having a sibling observe events as they unfold validates everything you say about the consequences for illegal behavior."

"Probation officers educate the parents and the adolescent on chemical dependency. Ask questions when unsure about anything."

### ► Learn about your child while he's on probation.

"After I was placed on probation, my friends came up to me and said, 'Yeah, I heard you were caught robbing this house.' This and that. I got people's attention. People came up to me and wanted to get high with me. People hear of the things I do and give me respect."

"Consider this point. Imagine if you were involved with the courts, on probation, required to submit urine samples for testing and the next step is to be sent to a rehabilitation center away from home. Smoking pot must be pretty d-mn important to you to risk your freedom. If you can't stop smoking pot while on probation, you got a problem. Why minimize that? Why pretend it will go away? It's not the probation officer's fault you're on drugs. It's not the judge's fault you're addicted or on probation. You have a

problem and it's evident that the problem exists because you won't stop smoking this marijuana trash when you need to."

"How the adolescent responds to probation informs us of his state of mind and what he's thinking. You know drugs are important to him when he uses drugs knowing we intend to test his urine. Being willing to sacrifice personal freedom, time and money for drugs simply means that drugs are more important than anything else. That's addiction."

"Early intervention works. But it doesn't work with some juveniles. Probation can be a powerful experience for some and no big deal for others."

"How an adolescent responds to probation will be a strong indicator of his stage of drug use. Continuing drug use knowing he may be placed in an institution tells us he's a serious drug user."

"He will reveal the seriousness of his situation by the degree of disobedience to probationary rules."

"The ones who value themselves will stop doing negative things. Others will continue their drug use and get caught. This is the time when you can figure out how bad your kid's drug problem really is."

### ► Be pro-active.

"The parents have a great effect as to what will happen to the child while on probation. The degree to which parents cooperate and show interest in the child determines the alternatives for the child. The juvenile will most likely cooperate with the probation office when the parents cooperate."

"Too many parents are indicating fear of their children. Other parents worry about making unpopular decisions concerning friends, curfews, activities and so on. We need to know if mom or dad is having trouble controlling their children or they don't know what to do. We have parenting classes or know of an organization that offers them. The point is that we can help once you tell us what your needs are."

"The probation officer will review the rules of probation with the juvenile and the parents. They are required to sign the rules of probation and acknowledge a mutual understanding. In general, parents need to cooperate and simply be honest with probation staff about their child."

"Post the probation rules in an obvious place so the parent and child can see them."

## JUVENILE PROBATION

"Parents should maintain consistent contact with the probation officer. Parents should do the same with their children's teachers if attendance or achievement is problematic."

"Some parents are impossible to talk to because they are intimidated by probation. Parents can be emotional people. My approach is that if you treat someone with respect, they should respond positively. Unfortunately, not everyone abides by that philosophy. Some parents can be downright nasty to us when we're trying to help."

"What type and how long a child will be on probation will depend on how much support we get from the parents. Uncooperative parents pass on the attitude to their kids."

"Parents should be supportive of what we are trying to do at the probation department. Cooperate with probation efforts and encourage your child to do the same."

"You have to understand that juvenile probation officers often have big caseloads because there are many kids out there in trouble. Probation officers decide on their own where their efforts will do the most good. He or she is not going to fight against the parents. Consequently, the kids that get the most attention are the ones with parents that are truly interested in helping their child. That includes cooperating with the officer and sharing information, even when the information isn't positive."

### **Report accurate information.**

"Adolescents must be held accountable for their behavior. Have complete and open communication with your teenager and probation officer."

"Tell, tell, tell all. Leave behind the habit of being enablers. He should know that you're giving us information. Don't play the secret agent game. Parents tell me, 'I am telling you this but I don't want him to know that I told you.' That's a mistake. The child needs to see and hear the parents support the system and each other."

"The great parents are the ones that tell us what their kid did and came up with a consequence for their child. At least the parents have a grasp of the process."

"Many parents over-report or under-report their child's negative behavior when they are on probation. Some parents unload years of baggage about their problems or complaints they have with their child. An example of over-reporting is telling the probation officer their child won't make

their bed, take out the trash or feed the family pet. They never really controlled the child and are now noticeably relieved that a person "in authority" will assist in these matters. These type of parents often treat the situation like a radio repair shop. Fix my child, he's broken."

"If your child is arrested or cited, you want your child to contact the probation officer before the he receives the police report at the office. If your child won't place the call, the parent should call. The last thing a probation officer wants to hear is about a new charge that the parents and the kid knew about, but kept silent. Don't ever look like you are trying to hide something."

"Call the probation officer with good or bad news and do that about once a week. Call right away when it's bad news."

"Under-reporting is when the parents never shares anything with the probation officer during regular contacts with our office. Ironically, these parents tend to unload at the time of the first crisis once the child is on probation. This crisis might come in form of a failing report card, another arrest, or running away."

"Kids assume control. The best way to convince the kid he doesn't have you in his pocket is to talk to his probation officer."

"Don't cover for him. Parents don't call us until the kid is out of control. They call us when he runs away and he's been gone for a week. At that point, we are expected to remedy the situation. We can't help parents unless they work with us. Parents are our eyes and ears."

"The family must work with probation in order for probation to work for them. This is a partnership between the probation officer and the parent."

"The probation officer will conduct urine tests for drugs on a regular basis. If your child has a drug problem, we need to find evidence to present to the court. We can only ask for the court to place him in treatment if we have positive urine test results for drugs. Probation officers need a hint when is the best time to take a urine sample. Contact probation so they know when to run the test."

"Giving kids permission to screw up some of the time is giving them permission to screw up all the time. Once the kid has the message that mom and dad won't say anything to probation, he'll do what he wants."

"We have two types of parents. The parent that doesn't involve us and the parent that calls us when his kid didn't do his laundry. We are there

## JUVENILE PROBATION

to aid guidance and to intervene when there is trouble. We don't replace the parent."

"My mother found weed in my room and she gave it to my probation officer. I couldn't believe it. I never expected her to do that."

"Kids are committing crimes against parents. Contact juvenile probation immediately if he or she strikes a family member, keeps the parent hostage in the home, steals, takes the parent's car without permission or drives without a license. Report everything."

### ► **Be consistent and persistent.**

"Teens can be determined to manipulate their way out of sticky situations. They are skilled at conning parents so they don't call probation. Reporting your kid is helping your kid regardless of how your child responds."

"My mom was just about to pick up the phone and call my P.O. (probation officer). I told her that I was only half an hour late and I will never do it again. I begged her not to call. She didn't. The next night, I came home two hours late. She didn't call then, too. I did whatever I wanted."

"Parents need to be consistent with probation and the child. Consistency is crucial to rectifying his behavior. Use probation as a tool to enforce limits at home such as curfew."

### ► **Don't expect problems to go away immediately.**

"Adolescents have growing issues. They go through a perpetual struggle to deal with problems that come up again and again."

"Probation is not a cure for behavior problems. Probation is a support system and a resource for intervention."

"Having realistic expectations of probation services minimizes difficulties. Probation wants to support and reinforce parents, not replace them."

### ► **Be aware of strategies to avoid the detection of drug use.**

"Kids who don't want to be caught don't do their drug of choice. They drink or do acid(LSD). Drinking leaves your system real quick and acid is expensive to test for."

"I pissed and pissed. I drank water and took Golden Seal. That's the best way to clean my system after I'm high. I'm clean after a few days. I put a shot of bleach in a half gallon of milk and drink it. The bleach tears up the drug and it

doesn't show up on the test."

"I put clean piss in a Visine bottle and squirt it into the cup. No problem."

"I put bleach in a Visine bottle and squirt it in the cup after I piss. The test won't pick up the weed."

"I huff gas or glue or drink Robitussin. It's like this. The piss test doesn't pick up that sh-t. I still get the high I want and my probation officer can't do sh-t."

"I know it takes weed 30 days to clear from my system. I'll smoke for another week, maybe more before I quit. If my P.O. knows I was using, I'll play it out as long as I can."

"I drink vinegar. That cleans my piss so the weed doesn't show up on the test."

"People try different things to clean their urine from drugs so they don't get busted for using. Some of their methods are crazy and don't work. Just trying to avoid detection is telling you that the juvenile is more concerned with continuing his drug use than protecting his health."

### ► **Request an increased level of supervision if your child is not cooperating with probation rules.**

"The probation officer will eventually step up the intensity of the probation supervision if the juvenile is not following the rules of probation. The parent should inform the probation officer of the violations and her concerns of trying to control the juvenile. A lack of cooperation on the juvenile's behalf is a clear signal that more intense intervention is necessary."

### ► **Develop relationships with social service providers.**

"You want to develop a close relationship with anyone who is handling your child's case. This is not to say that you or your child will receive any special treatment of any kind. The purpose is simply to know who you are dealing with and get to know that person and let that person get to know you. When you call, that person is who you talk to and leave a message for. Don't talk to anyone else because they don't know your child and your family. Once you establish that relationship, don't deal with anyone else unless you have to."

## Juvenile Detention

### ► **Detention is a secured facility.**

"We don't run the kids to the park or McDonald's. Detention is a secure facility. We can't allow escapes. These kids are a threat to themselves or to someone else. That's why they are here."

"We are not here to rehabilitate kids. We hold kids until they are transported to a rehabilitative setting. The time spent in detention does not count toward placement."

### ► **The facility contacts the parents and briefs them on the rules and regulations.**

"We contact the parents and fill out a parental notification form. We talk about policies regarding visitation and telephone privileges."

### ► **Counseling is available.**

"Individual and group counseling are available most of the time and at most of the facilities."

### ► **Kids are safe in a detention facility.**

"Contact staff if the kid has a habit of being picked on by bigger kids. Our staff is very keen to that type of thing."

"Nothing can happen to him while he's here. The juveniles are supervised twenty-four hours a day."

### ► **Privileges are based on conduct.**

"Kids receive writing and phone privileges throughout the week depending on their behavior. Those who follow the rules receive the appropriate privileges."

## **GUIDELINES TO FOLLOW**

### ► **Don't expect the staff to tolerate inexcusable and outrageous behavior.**

"The staff's job is to provide a safe and stable environment for everyone at the facility. Passive restraint may be used to subdue someone out of control. Kids who hit others are restrained safely and without physical harm."

"Expect the facility to confront negative behavior."

"Misbehavior leads to consequences faced at the

facility. For example, kids do push-ups or lose a privilege. They are placed in isolation for four hours when they attempt to strike a staff member."

"The common misconception parents have about detention centers is that we beat kids, we're nasty and we don't feed them. That's furthest from the truth. We are watched by the Department of Health. We do everything by the book."

### ► **Collect information.**

"Expect to answer questions about allergies, medical conditions, medication, mental history and previous suicide attempts."

### ► **Follow the facility's rules and regulations.**

*-Visit during specified visitation hours.*

*-Bring photo identification.*

*-Don't attempt to sneak in girlfriends or boyfriends as a brother or sister.*

*-Don't bring food or money.*

*-Don't attempt to sneak candy or any other substance into the facility.*

### ► **Bring the necessities for the detention experience.**

"The kid needs respectable clothing for the court hearing, stamps, envelopes, paper and a pen. That's it."

### ► **Contact the parent liaison for information on the child's conduct.**

"Every facility has someone in charge to work with the parents. Find who that is and keep in regular contact with that person regarding your child's behavior and welfare."

### ► **Demand change in behavior.**

"Be straight forward and show your child exactly how you feel. Point out his actions and where he's at today. Don't blame the probation officer, the detention center or the judge. They had nothing to do with your kid breaking the law."

"Parents blame everyone but the kid because he's in detention. The kid is here because he committed a crime. Please remember that."

"He's got nowhere to go, he's safe and he's sober. This is a golden opportunity to talk."

"Give emotional support without removing personal accountability for his actions. Communicate an expectation for him to change."

## JUVENILE DETENTION

Be firm and take a stand."

"You want him to start thinking about treatment. How you think about drug and alcohol treatment will show in your attitude. Trust me, he will absorb that same attitude. When the parents don't feel treatment is necessary, you can bet that the juvenile won't think it's necessary. The juvenile will use the parents as an excuse not to take treatment seriously."

"Communicate an expectation that he will seek treatment and that the family will be involved. He or she must know that the only way to get back into the house and be part of the family again is to honestly recover from a drug addiction."

### ▶ **Monitor his attitude carefully.**

"Some kids claim to have a good time in detention. He should stay in the facility until the novelty wears off."

"Kids brag about being locked up. Supposedly, this enhances their reputation among peers. They brag about how tough they were on the inside of those walls. 'Surviving' detention is an accomplishment among delinquent teens. They gain respect from their delinquent friends."

"When they let me go from detention, my friends were like, 'Hey man, you be buggin' in detention. You one of us now. You down with us.'"

"Being institutionalized adds to the reputation of a bad -ss. The negative reputation attracts more drug users and criminals toward them. Now they have something in common."

"Kids with behavior problems and kids who abused drugs are at the youth center also. While he's in there, he's learning how to beat the rap or he's learning where his behavior has led him up to this point. Detention can be a positive or negative experience."

"When I was in detention, I told my parents what they wanted to hear. I was fronting. You put up a front and show them what they want to see. You know, 'Yeah, yeah, yeah mom. I'll change.'"

"You'll hear him say something like, 'Look, I just want to do what I got to do to get out of here.' He's really telling you that he will do whatever you tell him. But doing may not mean believing in what he's doing. You need to understand that once you are in that place, you will say anything and do anything people want to get out. Once you're out, you don't care anymore because you're free again. You go back to doing the same old thing that got you there to begin with. And if you

or anybody else gets in the way of leaving that place, you better watch out. Sparks will fly. He will resent you for keeping him there. What he fails to realize is that he may need to be there so he doesn't hurt himself or another person. Believe me, detention is no summer camp. But it's a lot better than another charge or being in the hospital or living in a wheelchair for the rest of your life."

### ▶ **Stay in contact with the Juvenile Probation Officer.**

"Call the probation officer and ask what options are available for your child. If you are willing to accept your child back into the house, discuss what conditions must be met in order to make that happen. Talk about the possibility of drug and alcohol treatment and where he might be going. Juvenile probation officers are well acquainted with the local treatment programs and should know which one is best. That is another reason why communicating with juvenile probation is so important. The probation officer will consider the child's needs when selecting a facility that best fits his needs."

"When juvenile probation refers a juvenile to a treatment facility, an interview is scheduled to assess whether the child is appropriate for that particular program. Offer to be part of that interview. Since your child may be going there for treatment, you want to know more about what they do and their treatment philosophy. Ask questions and be open with the interviewer. In fact, any documentation on your part such as behavioral contracts or family interventions can be helpful."

"Some programs specialize in dealing with different types of youths such as drug dealers, dual diagnosis, fire setters, sexual offenders, and violence. These are specialized programs for juveniles with special needs. You want to tell the juvenile probation officer if your child has any other problems that they don't know about."

## Rehabilitation

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### ► **Get your act together while your child is in treatment.**

"Parents go through heartache while having their kids on drugs. Dealing with a teen in crisis is a horrifying experience. Give yourself time to recover from all the exhaustion that comes from worrying. Your child is safe now."

"The major players of that child's life need to part of the treatment process. If some of those people need to look at their own drug issues, then follow through on that."

"The problem is 'we', not 'he'."

"The family should plug into support groups. They are a great resource for support, information and ideas. Alanon is great for adults and Alateen for kids. ToughLove is also a great group to be in."

"I see that the parent who doesn't show up for the family counseling sessions is usually the real problem. That person is too ashamed of their own drug use and their past. They don't want to talk about what they've done or admit it to themselves. You must convince that person to participate in treatment. Not doing so is avoiding the problem."

"Parents must be in recovery if they have a drug problem. This is an opportunity to straighten out your life in preparation for when your child comes home. The parent needs to set an example for the child."

"Your teen may not be able to face the family sober. He could relapse trying to tolerate a bad home life. Participate in all available family counseling sessions. Family involvement in therapy will put his rear in gear."

"Seek marriage counseling if there is turmoil in the relationship. A strong marriage is a powerful weapon against drugs and delinquency."

### ► **Don't expect miracles.**

"If he goes from placement to placement, don't think that the counselors weren't competent. They taught him what he allowed them to teach him. Counselors can only reach a kid so far."

"Rehabilitation is not a once and done thing. Recovery from drugs is a process, not a goal. Don't expect overnight miracles."

"He might be clean when he leaves treatment."

Who knows? He's going to learn what he's willing to learn. He's going to change when he's willing to change."

"There are teens that con their way through treatment. These kids learn how to manipulate, lie and steal better. They are the ones that need several experiences to turn themselves around."

"Parents are unaware of the seriousness of the problem until they talk with the child while he's sober. That's when all the bad feelings just come out. He no longer has access to the drug and this forces him to face reality. His manipulation will reach an all time high. His only goal right now is to find an easy way out. Everything he does and says centers around what he wants for the moment. After he can't find a way out, he'll be angry with everyone and himself. Finally, he might accept his situation and begin to change. All this takes time."

"After being forced to be drug free in a rehabilitation center, the disrespectful behavior remains. The need for immediate gratification becomes his motivation."

"Kids who used drugs and were entrenched in the drug environment for a long time experience more problems in treatment. A great deal of patience is needed to resolve issues because there are so many of them."

"They forget the benefits of a drug free lifestyle when they've used drugs for a few years. They need a drug free environment to remind them of what a clean life offers."

"Kids have a problem of being 'Ned Nasty'. The kid has a great deal of difficulty just being compliant. We're dealing with a drug problem and a behavior problem."

"His conduct and attitude will look like a roller coaster. Kids in treatment tend to tire easily of the program and not see the light at the end of the tunnel. The family must remain persistent in their demand for change."

### ► **Visit the facility.**

"Ask about the facility's aftercare program. Continued support after treatment will mean a lot when he's having a tough time."

"Familiarize yourself with the primary counselor. That's the person who will be working with him one on one."

"Expect your child to say, 'This place doesn't help you. They don't help you deal with your problems.'"

## REHABILITATION

'They don't understand.' He's going to tell you horror stories of the place. Know the program well to recognize when he's stretching the truth."

"Visit the child to show the family is there for support."

"Start and end the visit with a big hug. Reinforce your stance against drugs and a commitment to the program. Express an expectation to comply with program rules and regulations."

"Visit the facility early in his treatment. Call in advance and cooperate with the facility's regulations regarding visitation. Ask the counselor to exclude certain people from visiting who are negative influences."

"I feel bad when I see everyone else get a visit and my parents don't come. I feel like giving up."

### ► **Write often.**

"Kids don't want to communicate with parents when they're doing poorly in treatment. They either don't want to admit what's going on or don't feel like writing. What makes matters worse, the kid is concerned about his friends in the streets rather than focusing on his problems."

"Send the first letter. Show love and express concern over his progress. Communicate an expectation for him to write. Don't tolerate a one-sided deal where he receives mail but doesn't write. The counselor should also know what efforts you're making and if he's returning your letters."

"Friends won't pay attention to him because he can't get drugs or sell for them. They have no use for him. They forget about him. That's the time for the parents to be there. Writing shows him who loves him for real."

"Back up his recovery with love. Kids realize who cares when letters come from family instead of the friends in the street."

"Family support should be earned through cooperation and compliance. The family and reentry into the household has to be the carrot he works for."

"My whole family is there for me. They write me all the time. The letters keep me going. I know my family cares. I feel good about myself. I want to work and get out. Some of the other guys who don't get mail don't work as hard. I don't hear their counselor say, 'Hey, your mom wrote today.'"

"Kids tend to write parents and tell them how

'well' they're doing. Match their stories with the primary counselor's progress report. Demonstrate you are aware of the truth regarding his behavior and his attitude. Deception is evidence that serious problems exist."

"The worst thing you can do is not call, not show up for visits and not write. Ideas go through your head that normally wouldn't be there. I contemplated suicide a couple of times."

"When I was home, I was like, 'Oh yeah, whatever. I'm going to do what I want to do.' But now I'm sober and locked up. I got an open mind. I listen now. Once you get locked up, you be missing your family."

"Then you find out what you were really like and how low you are. You're pissed at everybody because you're pissed at yourself. You're so pissed, you want to blame it on someone. I didn't want to write my parents because I didn't want to confess to what I did. I was all too nasty and I didn't want to deal with the whole scene."

### ► **Support the counselor and the facility.**

"Some parents have contempt for the counselor because mom and dad are no longer in control. Any perceived animosity from the parents makes matters worse. The child invents excuses not to cooperate and resists change."

"Allow the staff to deal with the child in the best way they know how. Don't interfere."

"I had so much anger the first time my kid was sent away. I didn't realize that I was hurting my son by defending him. He used me as an excuse to not participate in counseling."

"I supported the program despite my disapproval with some of their methods. Everything worked out for the best in the long run."

"After gaining all the information you can, tell your child what you know of the place. Announce your support for the counselors and everything they're doing."

"Assist the counselor every chance you get."

"Once he's in a rehab, he'll earn privileges by complying and working the program. If he loses privileges because of something he did, understand that it's a consequence he brought upon himself. Don't interfere with the learning process. When he complains about the incident, ask him what he did to deserve his consequence. Bring the discussion back on him every time."

## REHABILITATION

"Don't give him the message you are anti-placement. The kid will think, 'My parents don't want me here so, f-ck it. I'm out of here.' Talk to your probation officer if you're experiencing a problem with the rehabilitation facility. The child doesn't take the program seriously until the parents consider the program seriously. The child needs to know his parents support the program and he can't skate through his responsibilities."

"Adolescents look for a chink in the armor. A parent and a counselor at odds with each other is the perfect situation for a manipulative juvenile. The parent and the counselor must be perceived as a team. His attitude towards treatment will reflect the parent's attitude toward the facility. Compromising the program is compromising recovery and his future."

"The child needs to see consistency among the police, probation office, parents and the treatment facility. He's looking for a way out. Inconsistency among people gives him a window of opportunity to squirm out of consequences."

"Big obstacles to rehabilitation are parents who do not accept their kid has a problem, parents who side with the kid when there is a problem and parents who use drugs. Those three types of parents pose serious problems for adolescents in recovery."

"Before you question anything, remember that the rehabilitative setting provides a platform for change. The rest is up to the addict. Discuss any disagreements with staff privately and in your child's absence."

### ► **Cooperate with the level/status system.**

"A status system provides consistency in responsibility and earned privileges."

"The status system is designed for residents to work their way up and out of the program. The rules and regulations are clearly spelled out. The program provides the structure adolescents need.

Encourage your child to follow the program. Attaining a higher status is the key to receiving privileges and earning responsibility."

"Don't interfere with the program. You're not helping him one bit if he doesn't have to follow the program like everyone else."

"There will be times where he will make a mistake and it may cost him a home pass or some other privilege. Understand that he did it to himself. The fault doesn't lie with the counselor, the

program or anything else he blames it on."

### ► **Communicate with his primary counselor and his caseworker.**

Problems with adolescents are many times dealt with in a cookie cutter fashion with little individuality to each resident's needs. Yes, it's commonplace for facilities to boast the individualized treatment plan. The truth is that demand for services outstrips funding. Big social agencies are struggling with small budgets to deal with a large numbers of adolescents. This problem varies from county to county and within facilities.

To deal with an organization that is overburdened, ask for a copy of the treatment plan and a progress report. This does not mean you must question and argue about the facility's methods. Simply call once or twice weekly to inquire how your child is doing. Offer information when it's relevant and be helpful to the therapist. Therapists take an additional interest in your child knowing that you are interested in your child's progress."

"Contact the probation officer or caseworker regularly. That's the person who made the referral for your child to receive treatment. That is, if a social service agency is involved."

"Everyone should be informed of your child's progress and see that you're concerned."

### ► **Be wary of a program smart teen.**

"Teens who are institutionalized learn the workings of the system. They learn how to fly through the program in the record time so they can get out and use drugs again."

"Adolescents can snow you with treatment talk. Pay attention to statements regarding his peers and hangouts. No change in what he wears, friends and hang outs means no change."

"Being program smart means he's wise to the workings of the system and knows how to act rehabilitated. He knows how to fool parents, counselors and probation officers remarkably well. Kids attain this ability through coaching by peers and by personal experience."

"Kids become accustomed to waking up at a certain time, following a routine, receiving certain privileges and following rules under strict supervision. Their attitude is focused on doing time and not accomplishing anything. They do the minimum necessary to slide by with their desired privileges. Just because they're cooperative doesn't mean they intend to change. They walk

## REHABILITATION

the program walk and talk the talk. We call it 'Faking the funk' or 'fronting'. You know when he's faking the funk when he's not doing what he says he'd do."

"I haven't met a teenager who prefers to be told what to do and how to do it. Expect him to be uncomfortable. When 'doing what I got to do to get out' is more important than 'learning what I got to learn to live', you know he's not doing anything. He's going through the motions to appease his parents and his probation officer."

"Teens think they know more than the therapists in the facility. He wouldn't be there if he knew so much."

"He will begin to change once he's tired of playing games."

"There hasn't been a holiday that I've been with my family in a long time. I'm sixteen years old. I keep on getting out of programs real quick. I just go back in because I do the same things that got me here. I want to change because I don't like what happens to me. I don't want to change because I like what I'm doing."

"Don't give up. He wants to win the waiting game. Be persistent and wear him down. Eventually, he'll tire when he's sick of the place."

### ► **Commit to finishing treatment.**

"Persist with treatment after all the obvious negative behaviors subside. Don't give up midstream because the family is financially uncomfortable and some of the problems appear solved. A financial sacrifice is tempting to pull him out. Consider the human cost when treatment is left incomplete. Remember, we are dealing with the future possibility of death, institutions or jail. Is it worth the risk of pulling him out?"

"Sometimes facilities need to habilitate a teen instead of rehabilitate. Discipline and self-worth must be developed because it was never there from the beginning. To rehabilitate someone means to put back what was once there. Some kids never had discipline and self-esteem to begin with. Programs have the incredible job of playing catch up in six to fourteen months for what was missing in the past sixteen years. Understand that treating a sixteen year old is a big job. Teens can be defiant, uncooperative and even threatening when confronted with issues. Dealing with the drug problem and nasty behavior requires time. Parents should be patient and understand how difficult the job is. The fast food 'drive thru' approach to rehabilitation doesn't

work. Parents want it done, quick and now. No, no. It took time to get him into drugs. He'll need time to find his way out."

"He'll claim his problems are solved and that the rehab is not dealing with his problems. He really wants to leave because of his impatience and lack of commitment."

"A financial commitment affects the parents' overall commitment toward long term drug and alcohol rehabilitation. The parents may want the financial burden off their backs without considering the consequences of pulling their child from treatment."

"The immediate gratification of the child to go home and the shortsightedness of the parent to bring the kid home sabotages treatment. The importance is on recovery, not when he comes home."

"The longer the child is in treatment, the greater chance the child will recover from his addiction. Teens need practice living clean in order to stay clean."

"Parents usually have a goal for him to be home for his birthday or a holiday. Holidays shouldn't cause you to lose focus on recovery. Stress recovery and not holidays. There will always be another holiday."

"Don't negotiate for special favors when he's in treatment. Understand you might not be able to see him on his birthday. Sacrifice your wishes for him to feel the full impact of drugs on his life."

### ► **Recognize positive behavior.**

"I want my mom to have my back and be there for me. I want her to keep pushing me to do good."

"Recognize and encourage him every chance you get. Communicate his progress with family and ask them to praise his efforts."

### ► **Place the responsibility for change on your child.**

"Once you start doing this weed, you're like, I like this life. Nobody's going to change you unless you change yourself. You started yourself. You have to stop yourself."

"Mom and dad must expect the child to change his behavior. If not, the child will view the treatment experience as serving time rather than participating in therapy. In short, the child's participation in treatment is influenced by the parents' attitude toward the program."

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"The kid probably doesn't want to be in rehab and doesn't want to change. He might want a drug free lifestyle once he stays there long enough."

"When people push me, I do the opposite. I mean, you need help and everything. You gotta decide for yourself."

"Support your kid and help him. Don't try to do it for him."

"Don't lose focus of his conduct and attitude. He will blame the facility for his problems. He'll point the finger at everyone except himself. Be prepared to deal with that. Point the finger back at the behavior that put him where he is today."

"He has an increased chance of staying drug free when he spends more time in treatment."

### ► **Monitor behavior during home passes.**

"Supervise the child's every move during home passes. Give the counselor a report of his conduct during the pass. Describe his attitude toward family, friends visiting the house and adherence to house rules."

"Expect your child to test the limits. Announce your intention to report his conduct at home."

"He should attend Narcotics Anonymous meetings on home passes. Those meetings will be there for ever and ever. Look at NA as outpatient counseling. He may try to avoid them or tell you that he was at a meeting when he wasn't. Go to the meeting with him. That way, you are assuring his attendance and you have a chance to learn something new."

"The people that got me to use on my home pass were my friends and cousins. They all came out to see me when I got home. The biggest mistake was hanging around my old using friends.  
That's no good."

"Don't give him a hint he doesn't have to go back to the facility and don't help him if he doesn't return to placement. That is enabling at it's worst. Call the police or his probation officer."

"I was like, I don't want to go back to placement. I wanted to use drugs again. I was having cravings and dreamed about using. I couldn't stop myself. My friends got me high. I went back to the program. They didn't test me. So, I went on another home pass. I was smoking and drinking all weekend. My mom came to pick me up and take me back. She said that she knew I was high."

I said, "Yeah, yeah". When I got back to the program, one of the staff asked me if I smoked a blunt on my pass. I said, 'Yeah, yeah.' Then I said, 'No, no, no.' They gave me a test. The test was hot. I had to start the whole program over again. All I had was two weeks. I got tired of this.  
So, I ran."

"My friends wanted me to smoke weed when I came home on a pass. They laughed when I got in trouble for it. Next time, I'm not listening to nobody negative."

## Relapse Prevention

### ► Focus on avoiding negative people, places, and things.

"He goes back to hanging out with the same old friends and in the same places. It's a set up."

"My friends found out I was home. They called the house and stopped by. They wanted to see me. I forgot they didn't call when I was in rehab. I forgot they didn't write. I wanted to be with them anyway. You know, I didn't want to diss(disrespect) them."

"I got so bummed about everything. I lost all my positive friends because of drugs and had to make up classes for school. I saw so many of my old friends go on to other things. I felt down. I wanted to feel good for just a little while. I picked up again."

"Immediate gratification is a major reason why teens use drugs after treatment."

"Catching up to all my friends in school is hard. I mean, they are so far ahead of me. I felt really bad. Like, I'm stupid or something. Not only that, I know friends who do drugs that are in the same class I'm in now. It's real hard to not hang out with them after school. They be asking me and everything to do this and that. I want to hang out with them but I know I shouldn't."

"Teens who used drugs for some time have difficulty with impulse control. They will impulsively do something they know is not in their best interest. The thrill of the moment combined with a momentary disregard for consequences is enough to cause relapse. Throw in peer influence to boot and you have one troubled kid trying to stay away from drugs. It's hard."

"I be with my girlfriend or any girl. You know, I want to get busy(have sex). Yeah. Anyway, she be smoking some weed. I be like, I want some of that too, you know?"

"I think about using whenever I think about sex."

"It's like, I got high with my friends listening to music, you know? When I hear the music, I want to get high."

"I think about getting high when I go to the same places I used to go. It's saying, 'C'mon, c'mon. C'mon on over. Be here and do this.'"

"The hardest thing that a kid can do is change people, places and things. It's much harder for kids than it is for adults. Kids go to the same school and face the same friends. They go back to the same hang out where their friends are at."

"You are what you look like. People hang with you because you look and play the part. Wearing a tour shirt brings people around who listen to the same music. Right? Well, well, well. You can understand looking a certain way will bring around people who do the same things. Everything you wear says something about you. No change in the way you look and no change with who you hang out with means no change."

"Watch out when you keep secrets! Hey, a drug addiction is secrets, secrets, secrets. Be careful man. Don't start hiding things from the people who love you. Show yourself. They'll still be with you. They won't leave you behind."

"Everyone told me what not to do. They all said not to do drugs. I can live with that. I just don't know what to do. How am I going to spend my time?"

"You can't take the gorilla out of the jungle, not give him bananas and put him back in the jungle. Sooner or later, he is going to walk across another banana tree and eat more bananas. The other gorillas are going to hand him a banana sometime. The same thing goes for drugs. You can't take a drug user and put him in a place where people hang out and do drugs and not expect him to do drugs. He needs to be somewhere positive and be with positive people."

"I came out of rehab and my family was all f-cked up. It was the same thing all over again. My dad drinks. He comes home and yells at my mom. I try to stop him and he beats on me. Man, it's the same old thing. F-ck it. I'll just go out and smoke weed. I'll forget about everything going on in this f-cked up place."

### ► Avoid institutional risks.

"Believe it or not, a major relapse trigger is school. Through the treatment process, we are telling the juvenile not to associate with peers that use drugs. After they complete treatment, the schools sometimes place the juvenile in an alternative education class or program. This is an opportunity for the student to 'prove' himself or herself to the school and the teachers that he really wants to learn. This happens when the student was frequently suspended or even expelled prior to seeking treatment."

## RELAPSE PREVENTION

"There is a catch to alternative education. The other kids that recently completed treatment are there also. Some of those kids really don't want to be there or even want to learn. Learning in that environment is tough because you have a handful of knuckleheads in the classroom that cause trouble."

"Schools are dealing with an overwhelming number of kids with great many problems. To teach a class when several students don't want to learn and their only goal is to cause problems is next to impossible. The teacher spends eighty percent of her time trying to control ten percent of the class. After that, there is no time to teach. Therefore, you can't really blame the school for trying to isolate the trouble makers from the rest of the student body. And face it, your kid may be one of those trouble makers. Another factor is that these programs don't teach as much material as the regular classes. The curriculum is typically slower. This means that your child will fall behind the other students in the regular classes. Once your kid is in this type of program, it's tough to get out and into the mainstream classes because there are more negative peers than in the regular school setting. In other words, there is more of a temptation to goof off because there is less work to do and there are more people around you that aren't interested in learning. The expectations are lower. There are a couple things you can do to deal with this problem. You could ask the school to place your child in the mainstream classes. You may need to be aggressive because they will ask you to go with the flow of the other students coming back from treatment. You could arrange private tutoring for your child so he excels in the alternative education program and quickly proves to the teachers that he doesn't belong there. You could pick up your child immediately after school so he doesn't have an opportunity to socialize with the other kids in the program. You could explain to your child why he is there and the importance of staying out of trouble because trouble will keep him there for sure. You could stay in close contact with the teachers and demonstrate that you are there for your child. Remember, most of the other kids have parents that really don't care or don't spend the time to show they care. You could ask that your child be placed in the mainstream classes on a probationary basis. I think the key is communication, cooperation and a general concern over the education of your child. Since your child will be spending so much time at the school, it is a major influence whether he or she recovers from their drug addiction."

"Pick up your child at the outpatient counseling center immediately after the session has ended. Don't allow him the time to make friends after the

group disperses. One thing you need to understand, they will get to know each other in group counseling. But that is under the direction and supervision of the therapist. Once they are out of the group and on their own, who knows what kind of trouble they can get into. You want to minimize the chances he has to associate and socialize with other kids trying to recover. That especially holds true when the majority of the group isn't serious about recovery. They are probably just going along with what juvenile probation wants them to do. Once there isn't any supervision present and you have a couple kids who just completed treatment and one of them wants to get high, anything can happen. That also applies to arriving early. Many of these kids wait outside until the session starts and get to know each other. You may want to wait in the car with your child and see him walk inside at the very time the session starts. And once he is there, stick around for a couple minutes. He might be signing in and walking out after you drop him off."

"A major way kids get into trouble after treatment is to hang out with other kids who just completed treatment. That goes for probation, too. The last thing you want is for your at-risk kid to be with another at-risk kid. They give each other ideas and encourage one another. Before you know it, you're at the police station because so and so told him to do such and such. Please understand that when your kid completed treatment and on probation, next time he goes into treatment will be for a longer time period. Apparently, the first time around didn't do enough for him. Maybe there needs to be a placement experience number two to wake him up. This time, however, treatment will be longer and more intensive. The judge won't order the same treatment twice. Whenever you relapse or violate probation after treatment, you are looking for a longer and more intense program."

### ► **Follow the aftercare plan.**

"An aftercare plan outlines the daily activities such as school, extra-curricular interests, recreation, support group meetings, counseling and employment. Meetings with the probation officer are planned in advance to monitor the teen's behavior. Parents should have a copy and assure he fulfills his responsibilities."

"Most teens forget the aftercare plan a week after treatment. The overconfidence of the child and neglect of aftercare gives rise to relapse."

"Work with the counselor and your kid to write the aftercare plan."

"The entire aftercare plan and probationary rules

## RELAPSE PREVENTION

must be followed to its entirety. Never give a mixed message that only part of the plan must be followed. Kids don't always get the true meaning of what parents say. They often times mold the parent's meaning to their own wants and desires. They will find an excuse to neglect what they're supposed to do. Stay on top of the kid every step of the way."

"Teens have a short memory after treatment. They forget everything and assume everything is going to be A-okay."

"Teens think on two tracks, drug free all the way and no drugs whatsoever. There is no middle ground. A solid zero-tolerance toward drugs is necessary for preventing relapse. Don't leave areas open for misinterpretation."

"Support the plan by making sure he has transportation to counseling sessions."

"Stick to the plan even after six months. I see kids do great for some time and abandon all sense of control when they gain unlimited driving privileges, the parents become complacent or the kid forgets he was ever in rehab."

"An effective way to deal with a juvenile that doesn't want to participate in outpatient counseling after treatment is to remind him or her of their options. I suggest that the parents, the probation officer and the outpatient therapist meet to remind that young person what consequences could come about if he decides to deviate from the plan."

### ► **Prepare your family.**

"Parents should remove alcohol from their home and secure any medications that may be tempting to abuse. I'm talking about tranquilizers, psychoactive medication and Ritalin. Talk to your family doctor or therapist about that."

"Parents need to change their habits and schedules for their recovering child. Addiction problems with one family member usually affects the entire household so the entire family should want to be part of the treatment. Unfortunately, I've heard parents say, 'I'm not the problem, he's the problem', referring to the recovering adolescent. This serves to isolate the child within the family more than promote healthy living."

### ► **Discuss house rules.**

"Find time together as a family to discuss house rules once a month. Write them down and have them easily accessible because convenient amnesia happens."

### ► **Expect your child to test the limits.**

"I tested my parents when I came home from rehab. I wanted to know if they meant business. You know, I got away with all this stuff before. I wanted to know if they were the way they said they would be. You know, that they weren't going to put up with the stuff I used to do."

"When I came home, I wanted to know how far I could push them."

### ► **Expect relapse.**

"Relapse is when someone uses drugs after treatment."

"Relapse is part of the recovery process. It doesn't mean he didn't do well in rehab."

"Prepare yourself for its occurrence and act immediately. Set limits and confront his use."

"Remain calm. Involve his probation officer, counselor and his Narcotics Anonymous sponsor."

"Parents blame the kid and come down real hard. They even become abusive because of all the frustration the whole family has been through. Relapse is not the worst that can happen. Don't become hysterical and don't give up. At the same time, don't minimize it. Start again on the recovery process."

"Relapse is an opportunity to learn. Treatment hasn't ended yet."

"Don't quit! There is no reason for the teen to pick up the pieces if mom and dad have given up. Don't view relapse as a stab in the back. Relapse is not personal."

"Relapse starts before the drug is used. It is a direction, not an event. Relapse started with the secretiveness, deception, isolation, disrespect after treatment. It started long before he used the drug again."

"He may get confronted with drugs and pass it up, great. Talk about that. Talk about the successes. Your kid is afraid of how you'll react. Give your kid permission to talk about the subject, not to do it. He won't tell you the truth when he feels threatened."

"Have him thinking of the turning point when he started to feel good about himself."

"Place the teen in an environment where he must be sober. At least on a temporary basis."

## RELAPSE PREVENTION

"Look back to assess what went wrong and remedy any deficiencies in the aftercare plan. Look at obstacles to recovery such as family influence to use drugs and negative peer influence."

"Don't make the kid feel like a failure. To do so denies him reentry into recovery. He will act out the part. Look at recovery as a process and not as a goal."

"Turn a negative experience into a positive learning opportunity. Together, look back at what happened and what triggered relapse. Understand what happened so it doesn't happen again."

"Parents need to be conscious of all signs and dangers of relapse. Just because he's back home from treatment does not mean he's safe or the drug problem is over."

"When an adolescent relapses, he resumes drug use as if he was taking drugs all along and never entered treatment."

### ► **Be prepared to take action.**

"Do whatever you say and say whatever you will do. Don't bluff. Parents think that they can fake out their kid. Back it up or shut up."

## SIGNS OF RELAPSE

### ► **The aftercare plan is neglected.**

"One of the first steps of relapse is when an addict stops attending outpatient counseling or stops attending the Narcotics Anonymous meetings."

"Quitting his job or skipping school is bad news. He has more time on his hands than he needs."

"The worst thing he can do is hang out at the same places and with the same friends that are known for drug use."

"He doesn't show up for work and doesn't do what he said he would do."

### ► **Isolation from family.**

"Look for the same attitudes and mood changes that existed when he used drugs prior to treatment."

### ► **Overconfidence.**

"I was always trying to show off to people that I changed. I told everyone I would never use again. I was cocky about recovery."

Those that are serious about recovery are afraid of relapse."

### ► **Apathy.**

"I don't care about nothing no more. It's like, see ya."

### ► **Trust is demanded and not earned.**

"Look, I did what you wanted me to do. I went to rehab and got clean. Isn't that enough? Your problem is that you don't trust me for nothing. Just get off my back and leave me alone."

### ► **Narcotics Anonymous / Alcoholics Anonymous meetings are missed.**

"I just stopped attending the meetings. I lied to everyone that I was going."

### ► **Criticism is dominant.**

"Your problem is that you talk too much. No wonder you got no friends."

"Get off my case. You're the one with the attitude problem."

### ► **Cooperation drops.**

"He doesn't follow any rules. He thinks he owns the house. It's not working out. We worked out everything prior to his release. Now he's home and doing nothing we agreed to."

### ► **Doesn't accept confrontation.**

"Just leave me alone. I don't care about the stupid curfew. I was only in an hour late. I didn't commit some major crime or something."

### ► **Irritable and explosive temper.**

### ► **Drug use.**

"Probation departments test for alcohol, cocaine, marijuana, and heroin. Thing is, alcohol is easy to purge from the system in a day or two. Inhalants such as nitrous oxide aren't detectable in urine tests. LSD is also very expensive to test for. Kids use alcohol and LSD when on probation and are confident of avoiding detection."

"I just said, 'F-ck it.' and smoked a joint. I figure, my other friends are on probation after rehab and they're not locked up again."

# CONFRONTATION CHECKLIST

## STEP I: BUILD SUPPORT.

- List people that are important to your child. Complete the *Family & Friends Who Help* worksheet.
- Contact people immediately.

## STEP II: GATHER INFORMATION.

- Meet and discuss your child's conduct.
- Take notes.
- List events and behavior that point toward drug use. Complete the *Incidents & Evidence* worksheet on page 125.
- Decide whether to confront your child.
- Be prepared for an emergency. Complete the *Help Source* worksheet on page 126.

## STEP III and IV: PREPARE FOR THE CONFRONTATION.

- Designate someone to be available 24 hours a day.
- Set an intervention goal, (Examples: Sign a contract, participate in a drug & alcohol evaluation, start outpatient counseling or enter an inpatient drug & alcohol facility).
- Plan the consequences in case he doesn't comply with the intervention goal. Complete the *Consequences* worksheet on page 127.
- Schedule the confrontation together.
- Schedule the drug & alcohol evaluation or treatment immediately.

## STEP V: CONFRONT YOUR CHILD.

- Start with love.
- State the purpose of the meeting.
- Offer an opportunity for your child to volunteer information.
- Confront specific drug related behavior. Read the prepared *Incidents & Evidence* worksheet outloud.
- Deliver a no tolerance message.
- Explain the intervention goal (treatment, D&A evaluation, outpatient counseling, etc.)
- Explain the consequences of not complying with the intervention goal. Read the *Consequences* worksheet outloud.
- Explain and sign the contract (If a contract is part of the plan).
- Place the *Family & Friends Who Help*, *Incidents & Evidence*, *Contract*, and *Consequences* worksheets together in an easy to find location.
- Leave the door open.
- End with love.
- Document everything.

# FAMILY & FRIENDS WHO HELP WORKSHEET

[illegible]

# INCIDENTS & EVIDENCE WORKSHEET

List physical evidence, symptoms, incidents & consequences related to drug use. Include dates, places & names.

1.

2.

3.

4.

5.

6.

7.

8.

# HELP SOURCE WORKSHEET

## Organization/Person to Contact

## Phone Numbers

### **Emergency Numbers**

Police

Hospital/Ambulance

Hotlines

Crisis Intervention

Poison Control

### **Local Support Groups & Professional Services**

Narcotics Anonymous

Alcoholics Anonymous

Al-Anon

Alateen

Crime and delinquency

Drug and Alcohol Department

Drug Abuse Information

ToughLove

Drug and Alcohol Treatment Center

Drug and Alcohol Counseling

Family Services

Information & Referral

### **Other help and Information:**

# CONSEQUENCES WORKSHEET

Our goal is to...

Expected completion date:

The consequences for not cooperating with our goal:

1.

2.

3.

4.

5.

6.

7.

8.

## Contract No.

I, \_\_\_\_\_, will do the following:

1. Meet all personal responsibilities to include household chores and homework.
2. Refuse to possess, use, or sell drugs at all times.
3. Not commit any crime or traffic violation.
4. Be respectful to parents, siblings and teachers.
5. Abide by all house and school rules.
6. Be home before \_\_\_\_ p.m. on weeknights and \_\_\_\_ p.m. on weekends.

7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

If I violate these rules, I understand my parents have the right to do the following:

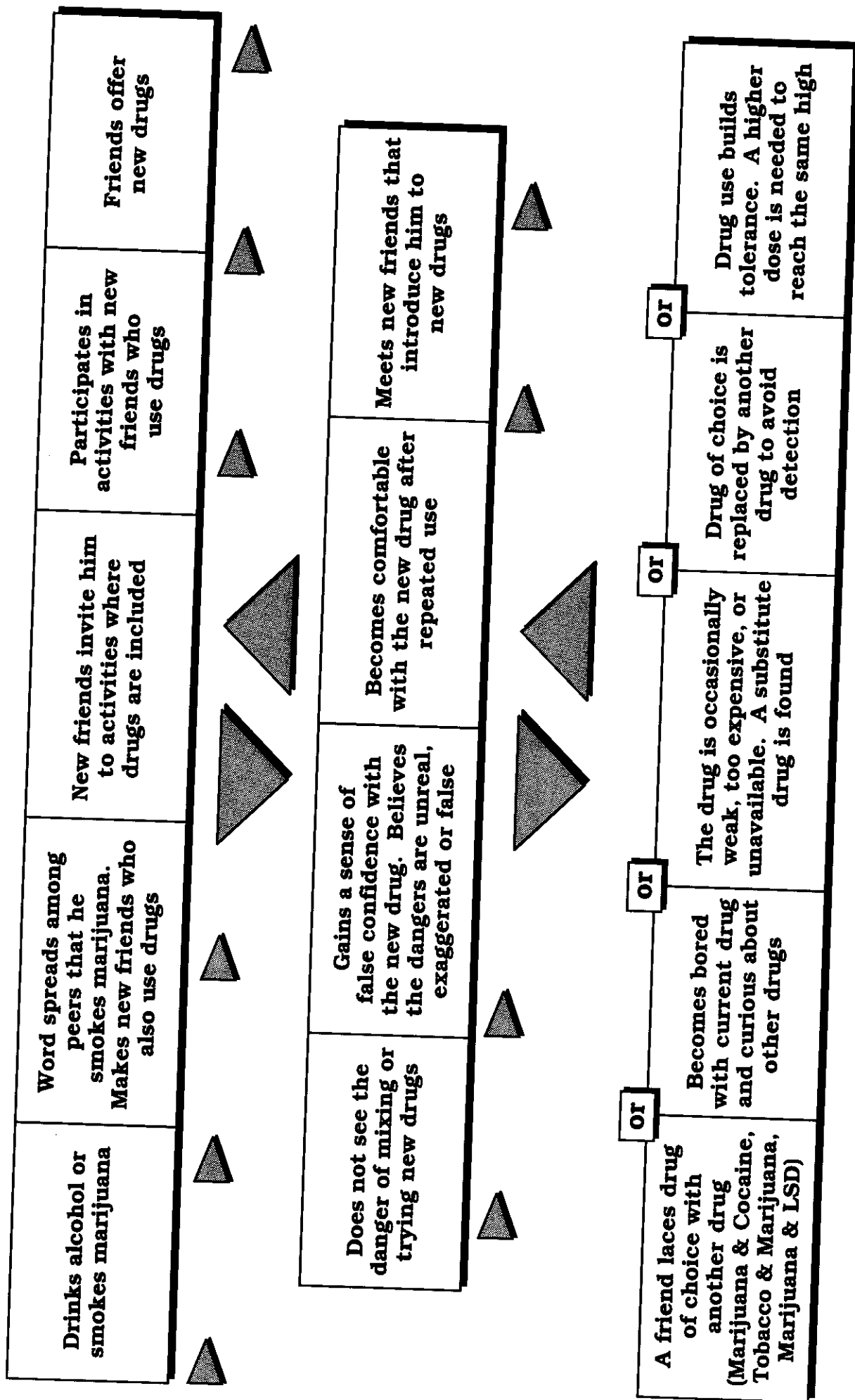
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

There are no excuses for breaking the rules of this agreement. This contract will be reviewed on \_\_\_\_/\_\_\_\_/\_\_\_\_.

\_\_\_\_\_  
Young adult

\_\_\_\_\_  
Parent or Witness

# GATEWAYS TO HARDER DRUGS

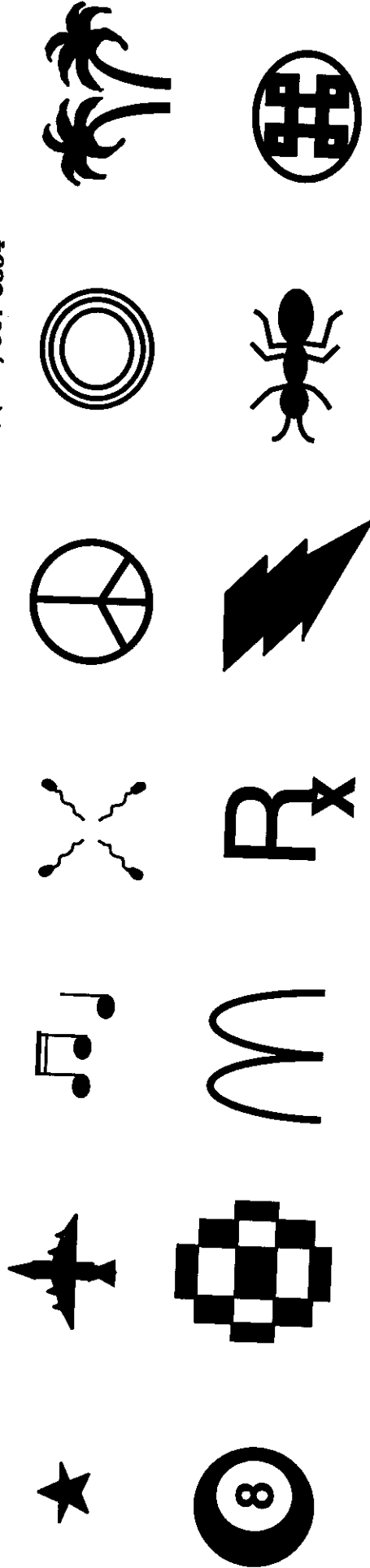


| Drug  | Used  | Signs & Effects   |
|---|---|---|
| <b>Amphetamine</b><br>Benzedrine, Dexedrine, Tenuate, Didrex, Desoxyn, Ritalin, Pondimin, Ionamin, Plegine, Mezanor, Tepanil, Melfiat, Sanorex, Adipex<br><u><b>Street names:</b></u><br>Crystal, meth, pep pills, speed, uppers, ups, dex, crank, go fast, ice | Swallowed,<br>Smoked,<br>Taken<br>Intravenously                             | Increased blood pressure, increased heart rate, heart palpitations, increased respiratory rate, raised body temperature, dry mouth, dilated pupils, loss of appetite, weight loss, vomiting, sensitivity to light, blurred vision, wears sunglasses, increased tolerance for pain, sweating, body odor, headaches, needle marks and infections, feeling of impending doom, restlessness, curiosity, fidgety, anxiety, repulsive movements, talkativeness, rambling speech, agitation, trembling, restless, feelings of confidence, compulsiveness, confusion, irritation, violence, self-mutilation, hallucinations, delusions, paranoia, suspiciousness, feeling of mastery, abdominal pain, alertness, decreased fatigue, increased energy                                |
| <b>Barbiturates</b><br>Nembutal, phenobarbital, amytal, seconal, tuinal, doriden<br><u><b>Street Names:</b></u><br>Goofballs, downers, blues, yellow jackets, sleepers, idiot pills, reds, T's, 714's, downs, tootsies, goofers                                 | Swallowed   | Weight gain, increased amount of required sleep, fast moving and roaming eyes, unstable emotional state, drowsiness, drunk or immature behavior, lack of balance, ornery, irritability, clumsiness, fatigue, depression, paranoia, lack of interest in personal hygiene, slurred speech, vomiting, lack of control over emotions, feelings of being insulted during a normal conversation, lack of coordination, shallow breathing, disorientation.   |
| <b>Powder Cocaine</b><br>Cocaine Hydrochloride<br><u><b>Street Names:</b></u><br>Coke, blow, flake, uptown, nose candy, mantiquilla, snow, perico<br><b>Crack Cocaine</b><br><u><b>Street Names:</b></u><br>Crack, ready rock, rock, ready                      | Smoked,<br>Taken<br>intravenously,<br>Snorted,<br>Swallowed,<br>Skin popped | Increased tolerance for pain, vomiting, lack of fatigue, decreased weight, dehydration, increased respiratory rate, raised blood pressure, high body temperature, dilated pupil size, headaches, sinus problems, paranoia, euphoria, feeling of mastery, hallucinations, scattered thoughts, anxiety, decreased ability to concentrate, irritability, lack of interest in food/water/sex/sleep, hyperactivity, suspiciousness, restlessness, grinding teeth, tics, sweating, sniffing, body odor, alertness. Similar symptoms as caused by amphetamines.  |
| <b>Phencyclidine</b><br>PCP<br><u><b>Street Names:</b></u><br>Juice, sherns, oil, dust, black dust, The Cure, wet, M.F., Wack, Sherman, Hog   | Swallowed,<br>Smoked  | Effects have a great range of possibilities depending upon mood, amount taken, mental history and personality.<br><br>Increased tolerance for pain, stiff muscles, increased body temperature, vomiting, frequent urination, thirst, involuntary eye movements, reduced gag reflex, confusion, hallucinations, hypnotic state, sleepiness, sense of unreality, difficulty concentrating, restlessness, obsessiveness with insignificant items, confusion in ability to see and hear, difficulty thinking, paranoia, irritability, incoherent speech, panic, disorganized thoughts, staring, lack of coordination, unpredictable or violent behavior, tunnel vision, distant, numb, frozen posture, blackouts with accompanying violence, feeling of control, wandering mind |

| <u>Drug</u>   | <u>Used</u>          | <u>Signs &amp; Effects</u>  |
|---|----------------------|---|
| <b>Marijuana</b><br><u>Street Names</u><br>Weed, joint, pot, smoke, reefer, grass, dope, blunt, Phillies blunt, ganj, red hair, skunk, sinsemilla, pato, budda<br><b>Hash, Hash oil</b> | Smoked,<br>Swallowed | Dilated pupils, redness in the eyes, increased heart rate, short-term memory loss, mild hallucinations, sore throat pain, persistent coughing, bronchitis, pneumonia, decreased ability to fight infection, slowed mental and physical maturity, psychological dependence, increased appetite, aroused interest in sweet foods, happiness, paranoia, loneliness, lack of coordination, lethargic, lack of balance, inability to focus, apathy, laziness, inability to relax or sleep without use, loss of interest in school and work, isolation, fear, anxiety   |
| <b>DMT,</b><br><b>Mushrooms (Shrooms),</b><br><b>LSD</b><br><u>Street Names:</u><br>Microdot, acid, white fluff   | Swallowed            | Feeling of separation from reality, undefined boundary between self and reality, belief in ability to fly or walk through objects, ability to "see sounds", "hear colors" or "smell feelings", disturbed perception of movement and object shapes and color, willingness to discuss abstract ideas, variable periods of happiness and anger, seeing non-existent objects, confusion between reality with dreaming, lights and colors are bright, time distortion, highly active or inactive, headaches, dazed appearance, muscle weakness, distorted vision, deeper and faster breathing, fever, chills, vomiting, lack of appetite, dilated pupils, dizziness, recurring memories, flinching, shakes, feeling of insects crawling on the skin, trouble concentrating |

### Examples of LSD Blotter Paper Designs:

LSD can be impregnated in sugar cubes, beverages, microdots(very small pills) and eye drops. Below are designs that are printed on blotter paper laced with LSD. The paper is placed on the tongue, sucked and eaten. Other designs not shown below are Working Pigs, Beavis & Butthead, Rain Clouds & Stars, Recycle Logo, 3-Monkeys in a Barrel, Fairy Princess, Tropical Island, Telephone Handset, Dancing Bear, Lotus Blossom, Abstract Art, Abstract Circles, Lip Print, Globe, Heart, Critters, Album Covers, Strawberry, Superman. For further information on these and other designs contact **The Drug Enforcement Administration, Chemical Operations Section (ODC), Washington, DC 20537, (202) 307-8354**



## Drug Signs & Effects

| Drug  | Used  | Signs & Effects  |
|---|---|--|
| <b>Heroin</b><br><b>Street Names:</b><br>Manteca, dope, China white, smack, black tar, junk, horse, Big H | Smoked,<br>Taken<br>intravenously,<br>Snorted,<br>Swallowed,<br>Skin popped | Lowered blood pressure, slowed heart beat, slowed respiratory rate, glazed eyes, constipation, frequent urination, runny nose, needle marks, drowsiness, nausea, vomiting, sweating, clammy skin, lowered body temperature, slurred speech, sluggish reflexes, drowsiness, small pupils, hostility, anger, indifference to personal hygiene, lack of interest in sex or food, scratch marks on skin, difficulty concentrating. |

## Drug Signs & Effects

|  |   |
|--|---|
| <b>Inhalants (Used for huffing/inhaling/sniffing)</b><br>Glue, Glade Air Freshener, gasoline, typewriter correction fluid, oven cleaner, nitrous oxide gas, any product with butane or propane gas, nail polish remover, paint, sleeping pills, magic markers, lighter fluid, hair spray, turpentine, cigarettes sprayed with Windex, cigarettes with toothpaste, gas from refrigerators or freezers, Amyl Nitrate/Butyl Nitrate known as "Rush", any product with the label "Fumes are harmful if inhaled."<br><b>Eight methods adolescents inhale(huff) chemicals, solvents or gas:</b><br>-Two Gallon Zip Lock Bags: The chemical is placed in a bag and huffed from the opening.<br>-A chemical is applied to a towel or cloth and placed over the face.<br>-Tissue paper is saturated with a chemical and placed inside one end of an empty toilet paper roll. The vapors are inhaled from the other end.<br>-The chemical is placed on sweatbands and sniffed from the wrist.<br>-A hole is poked on the side or bottom of a soda can. The chemical is applied to the inside and huffed from the mouth opening.<br>-A sheet of notebook paper is folded several times to produce a pocket that fits the contour of the face. The chemical is applied to the inside of the pocket and inhaled from the opening.<br>-The chemical/gas is placed inside a balloon and huffed from the opening of the balloon.<br>-Chemicals placed under fingernails<br>-The chemical is stored inside a Vicks nasal inhaler. | Drunk behavior, blank stare, laughter, lack of coordination, dizziness, irritated mouth or nose, chemical residue on personal items, empty containers |
|--|---|

## Over the Counter Drugs

Medicine/aids marketed in convenience stores for asthma, diet control, hypertension, cold/flu relief, and for increased energy.

**Active ingredients:** caffeine, ephedrine hydrochloride, phenylpropanolamine(PPA), ephedrine hydrochloride, pseudoephedrine

**Products:** Mega Trim, Mega Slim, Comtrex, Mini Slims, BC Cold Powders, Vicks NyQuil, Vicks DayQuil, Actifed, Triaminic, Triaminic, Vivarin, NoDoz, Robitussin, Alka Seltzer Plus Cold Medicine, Drixoral, Primatene, Contac, Dimetapp, Uptime, Mini Thins, Heads up, Fast Ones, Fast Break, MaxAlert, Power Pops, Mega Start, Mega Blast, Turbo Tabs, Ministims, Dexatrim, Robofire, Buzz Chewing Gum.

**For more information on these products, contact Creagh & Associates, Inc. at (404) 981-9113**

## SOURCES OF INFORMATION

### Resources for Parents

Alateen  
P.O. Box 862  
Midtown Station  
New York, NY 10018-0862  
(212) 302-7240

Alanon  
P.O. Box 862  
Midtown Station  
New York, NY 10018-0862  
(212) 302-7240

Alcoholics Anonymous (AA)  
Box 459  
Grand Central Station  
New York, NY 10163  
(212) 870-3400

Adult Children of Alcoholics World Service  
Organization  
P.O. Box 3216  
Torrence, CA 90510  
(310) 534-1815

American Council for Drug Education  
204 Monroe Street  
Suite 110  
Rockville, MD 20850  
212 758-8060

The Challenge  
Department of Education  
Office of Alcohol and Drug Education  
400 Maryland Avenue, S.W.  
Washington, DC 20202

Childhelp USA- National Child Abuse Hotline  
**1-800-422-4453**

Children of Alcoholics Foundation (COAF)  
P.O. Box 4185  
Grand Central Station  
New York, NY 10163  
(212) 754-0656  
**1-800-359-COAF**

The Clearinghouse for Substance Abuse  
Prevention  
**1-800-729-6686**

Cocaine Anonymous  
World Services, Inc.  
P.O. Box 2000  
Los Angeles, CA 90049-8000  
(310) 559-5833  
Referral Services:

**1-800-347-8998**

Cocaine Helpline  
**1-800-COCAINE**

Creagh & Associates  
P.O. Box 830126  
Stone Mountain, GA 30083  
(404) 981-9113

Families in Action  
2296 Henderson Mill Road, Suite 300  
Atlanta, GA 30345  
(404) 934-6364

Families in Action National Drug Information  
Center  
2296 Henderson Mill Road  
Suite 300  
Atlanta, GA 30345  
(770) 934-6364

Families Anonymous, Inc.  
P.O. Box 3475  
Culver City, CA 90231-3475  
**1-800-736-9805**

FEDERAL DRUG, ALCOHOL & CRIME  
CLEARINGHOUSE NETWORK  
-National Clearinghouse for Alcohol and Drug  
Information  
-Drugs & Crime Data Center & Clearinghouse  
-Drug Abuse Information and Treatment Referral  
Line  
-Drug Free Workplace Helpline  
-Drug Information & Strategy Clearinghouse  
-CDC National AIDS Clearinghouse  
-National Criminal Justice Reference Service  
**1-800-788-2800**

Focus on the Family  
Colorado Springs, CO 80995-0351  
**1-800-232-6459**

Hazelden Foundation  
Pleasant Valley Road, Box 176  
Center City, MN 55012-0176  
**1-800-328-9000**

Johnson Institute  
7205 Ohms Lane  
Minneapolis, MN 55439  
**1-800-231-5165**

Just Say No International  
2101 Webster, Suite 1300  
Oakland, CA 94612  
**1-800-258-2766**

## SOURCES OF INFORMATION

Nar-Anon Family Group Headquarters  
World Service Office  
P.O. Box 2562  
Palos Verdes Peninsula, CA 90274  
(310) 547-5800

Narcotics Anonymous  
P.O. Box 9999  
Van Nuys, CA 91409  
(818) 773-9999

National Association for Children of Alcoholics  
(NACoA)  
11426 Rockville Pike,  
Suite 100  
Rockville, MD 20852  
(301) 468-0985

National Clearinghouse for Alcohol and Drug  
Information (NCADI)  
P.O. Box 2345  
Rockville, MD 20847-2345  
(301) 468-2600  
**1-800-729-6686**

National Organization for Single Mothers  
P.O. Box 68  
Midland, NC 28107-0068

National Congress of Parents and Teachers  
330 North Walbash Ave  
Suite 2100  
Chicago, IL 60611-3690  
(312) 670-6782

National Council on Alcoholism and Drug  
Dependence  
12 West 21st Street  
New York, NY 10010  
(212) 206-6770  
Referral Services:  
**1-800-NCA-CALL**

National Crime Prevention Council  
1700 K. Street, N.W.  
2nd Floor  
Washington, DC 20006-3817  
(202) 466-NCPC

National Federation of Parents for Drug Free  
Youth  
Suite 200  
8730 Georgia Avenue  
Silver Spring, MD 20910  
**1-800-554-KIDS**

National Institute on Drug Abuse  
5600 Fishers Lane  
Rockville, MD 20857  
**1-800-662-HELP**

The National PTA  
330 Wabash Avenue  
Suite 2100  
Chicago, IL 60611-3690  
(312) 670-6782

The National Self-Help Clearinghouse  
25 West 43rd Street  
Room 620  
New York, NY 10036  
(212) 642-2944

National Parents' Resource Institute for Drug  
Education, Inc. (PRIDE)  
3610 DeKalb Technology Parkway  
Suite 105  
Atlanta, GA 30340  
770-458-9900

Pilot Publishing  
Single Parenting In The Nineties Newsletter  
6910 W. Brown Deer Road, Suite 269  
Milwaukee, WI 53223-2104

Resource Center on Substance Abuse Prevention  
and Disabilities  
1819 L. Street  
Suite 300  
NW Washington, DC 20036

Students Against Drunk Driving  
P.O. Box 800  
277 Main Street  
Marlboro, MA 01752  
**1-800-521-SADD**

ToughLove  
P.O. Box 1069  
Doylestown, PA 18901  
**1-800-333-1069**  
(215) 348-7090

U.S. Department of Education  
Schools Without Drugs  
**1-800-624-0100**

# IF YOU WON'T EDUCATE YOUR CHILDREN ABOUT DRUGS, WHO WILL?

Answer: Drug Dealers & Friends

Know inside information on drug prevention from people who deal with the problem every day. Adolescents, drug dealers, parents, teachers, counselors, juvenile probation officers, police officers, and a juvenile court judge give practical advice for all parents.

## TEACH YOUR CHILDREN WHAT THEY NEED TO KNOW!

### ***STREET-WISE DRUG PREVENTION* Reveals How to:**

- Stop enabling drug use
- Teach a better way to avoid drugs than "Just Say No"
- Warn your children of the strategies teens use to promote drug use
- Inform your kids about the gateways to harder drugs
- Avoid common pitfalls experienced by divorced parents
- Talk to your kids about drugs with impact and love
- Utilize the school system as a resource for prevention & intervention
- Handle manipulative behavior calmly and effectively at home
- Confront drug use with confidence and a plan
- Know what to look for when searching your child's room
- Identify the signs of drug dealing
- Know the street names of drugs and their effects
- Recognize the signs of drug use as early as possible
- Initiate and maintain healthy communication with your children
- Educate your kids about friendship, peer influence, and accountability
- Prevent relapse after treatment
- Utilize police, juvenile probation, juvenile detention, court, and local treatment centers to your advantage

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