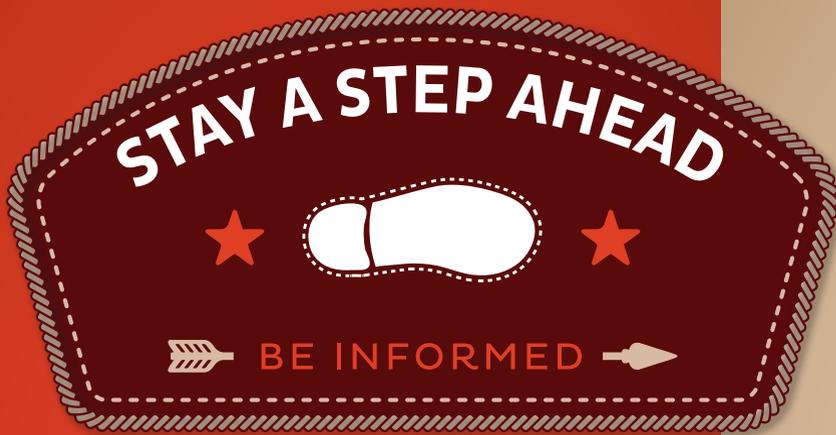




PARENTS'  
**FIELD GUIDE**  
TO RAISING  
**DRUG  
FREE  
KIDS**



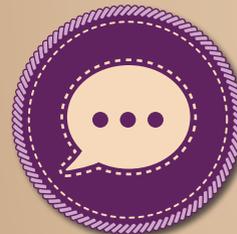


# THE 3 DOs

At Drug Free Marion County, we are dedicated to giving you up-to-date information on drug and alcohol use by teens and tweens. You might be surprised at the wide range of substances that are used today and how early and often kids are exposed to opportunities to use. This guide will help ensure that you are as informed as your kids are about drugs and alcohol – and have the tools you need to help protect your child.



Learn the patterns of youth alcohol and drug use



Open the door to frequent and effective communication



Be proactive in working with your children and community

# START TALKING NOW.

Prevention comes down to two things:

**80%** helping young people form close, healthy relationships with family, school and community

**20%** realizing they're still kids and need your supervision

The fact is that teens and tweens are not as mature as we sometimes think they are. Their brains are still developing and they are prone to act impulsively, do things to fit in with the crowd, or take risks and disregard danger.



- Let your child know that you disapprove of drug use and underage drinking and that it is dangerous, unhealthy and illegal.
- Set a good example with your own actions.
- Truly listen to your child and let them know they can always talk to you or call you for a way out of a difficult situation. Talk to them about what they see on TV and on the internet.
- Help your child develop the self-confidence they need to stand up against peer pressure. Make sure they are involved in healthy activities outside of school.
- Keep track of alcohol in your home, because that's where most kids get their supply.
- Stay in touch with your kids' friends and their families.
- It's OK to check their pockets, rooms and backpacks.

# GET THE ★ ★ ★ FACTS

## Question:

What substances are used most by young people in Marion County?

## Answer:



Marijuana, alcohol and tobacco.

Kids say these drugs are easy to get and they have many opportunities to use them.

## Question:

When should parents be concerned about substance use?

## Answer:

**Now!** Many kids report using these substances long before they are teenagers – often as early as middle school and even before that.

# OTHER SUBSTANCES BEING USED:

**Inhalants**, most often  
from household products:



**Aerosols** – spray paint, hair and deodorant sprays, whipped cream, computer keyboard cleaner



**Solvents** – paint thinners and removers, gasoline, glues, correction fluid, markers



**Gases** – nitrous lighter fluid, propane, cooling system fluids

**Medications**, both  
over-the-counter and prescription:



- Cough syrups
- Cold and Allergy Remedies
- Painkillers
- Muscle Relaxants
- Stimulants

**Synthetic Drugs**, which  
are manufactured in labs and even  
homes. They are made to mimic cocaine,  
methamphetamines and Ecstasy:



- Synthetic marijuana, commonly known as “spice” or “K2,” but also produced under many other names
- Synthetic stimulants, commonly known as “bath salts”
- Synthetic hallucinogens or “2-C drugs” (one popular form is called Smiles)

*These often are marketed as potpourri, bath salts, plant food or jewelry cleaner and are labeled “not for human consumption” in an attempt to sidestep regulation.*

**Heroin**, which has made  
a dramatic comeback:



- It's cheaper and more easily available than prescription drugs
- It's increasingly popular with teens and 20-somethings
- It's highly addictive
- Overdoses are common due to a wide range of available purity levels
- It depresses breathing, so an overdose can be fatal

ALL OF THE ABOVE ARE OFTEN EASILY  
OBTAINED FROM CABINETS IN THE HOME.

# WHAT'S SO BAD ABOUT TEENS USING ALCOHOL AND OTHER DRUGS?

The teenage brain continues to develop until the early to mid-twenties. Alcohol and other drugs damage areas that control:

- Motor coordination—Hands, eyes and legs as well as the ability to process information are all impacted.
- Memory—Students who use alcohol and drugs do not perform as well on tests as those who have not.
- Judgment and decision making—Drinking and drug use increase the likelihood that young people will engage in high risk activities.
- Addiction—Children who start drinking and using drugs before the age of 15 are 5 times more likely to develop long-term problems than those who start after age 21.



Surveys of Marion County teens asking about alcohol usage revealed the following:

- 31.3% report getting alcohol from friends or relatives over the age of 21
- 17.7% of eighth graders have participated in binge drinking in the last two weeks
- 53.8% said teens drink at weekend parties
- 64% said more should be done to prevent underage drinking



Indiana law states that no one, **not even parents**, may serve alcohol to anyone under the age of 21.

- **Providing** minors with alcohol – Jail up to 180 days, fines up to \$1000  
*Class B Misdemeanor*
- **Purchase or possession** of alcohol by a minor – Jail up to 60 days and/or fines up to \$500 *Class C Misdemeanor*
- **Possession of other drugs** – Jail up to 3 years, fines up to \$10,000  
*(penalties vary by drug and quantity)*  
*Class D Felony*
- **Possession of marijuana** – Jail up to 3 years, fines up to \$10,000  
*Class D Felony*



**Drug Free Marion County**  
[drugfreemarioncounty.org](http://drugfreemarioncounty.org)

**The Partnership for a  
Drug Free America**  
[drugfree.org](http://drugfree.org)

**National Institute  
of Drug Abuse**  
[drugabuse.gov](http://drugabuse.gov)

**Start Talking Before  
They Start Drinking**  
[stopalcoholabuse.gov](http://stopalcoholabuse.gov)

# WE'RE HERE FOR YOU.

Drug Free Marion County works with a wide range of groups to raise awareness of youth substance abuse and to develop strategies to improve prevention efforts and reduce availability of alcohol and drugs in your community. We can provide presentations, educational displays and materials to your school, church, community group or organization and address a wide range of topics and concerns. Contact us today to learn more.

Call **317/254-2815**

or email [info@drugfreemc.org](mailto:info@drugfreemc.org)

[www.drugfreemarioncounty.org](http://www.drugfreemarioncounty.org)



## Finding Help

Connect2Help  
24-Hour Helpline  
Dial **211**

EmberWood Center  
**317/536-7100**

Fairbanks  
**317/849-8222**

Indianapolis Council  
on Alcoholism  
**317/542-7128**

Gallahue Mental  
Health Center  
**317/621-5719**

Treatment Directory  
[drugfreemarioncounty.org](http://drugfreemarioncounty.org)

Methodist Chemical  
Dependency (24 hour)  
**800/745-4838**

Treatment Locator  
**800/662-4357**

## Adolescent Treatment Facilities

Midtown Mental  
Health Center  
**317/630-7791**

Adult & Child Mental  
Health Center  
**317/882-5122**

Peyton Manning  
Children's Hospital  
**317/338-5437**

Aspire  
**317/257-3903**

Reach for Youth  
**317/920-5900**

Children's Bureau  
**317/545-5281**

Valle Vista Hospital  
*Johnson County*  
**800/447-1348**



**The Best Solution  
is a Local Solution**

Our mission...Drug Free Marion County, Inc., a not-for-profit organization, plans, promotes, implements and coordinates community efforts to prevent and reduce the abuse of alcohol, tobacco and other drugs among youth and adults.



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