



Dear Parents,

With summer here, the high school students of Drug Abuse Is Life Abuse's Next Step Program would like to ask you, the parents, this question: **"What will your child really be up to this summer?"** With so many new drug trends it can be hard to stay well-informed, but we are here to help. You're already a good parent, and this information will help you be an even better parent. From high school students to you, here is what you need to know:

- **Alcohol**

- It's been around for thousands of years, and it's not going anywhere, any time soon
- Just how easy is it to obtain?
  - Think about where you keep your alcohol at home. Is it locked up? Is it easily accessible to your child, or their friends?
- How can you tell if your child is sneaking alcohol without you knowing?
  - Mark your bottles
    - Use a marker to see if fluid levels are the same as you left it last time
    - Beware, it is easy to add water to give the appearance of no loss of fluid
  - Count your bottles
    - Do you know many beers are in the garage fridge?
- New alcohol trend:
  - Inhaling Alcohol
    - A container is pressurized or heated causing the alcohol to be extracted out of the liquid in gas form. It is then inhaled rather than consumed orally. This is a dangerous method for several reasons:
      - First, it is easier to consume much larger quantities in a shorter amount of time when compared to drinking alcohol
      - Instead of going through the digestive tract and being released at a slower rate, it goes into the lungs and is absorbed into the bloodstream immediately
      - This method bypasses the body's self-defense impulse to vomit when too much alcohol is consumed, leading to a higher risk of alcohol poisoning

- **Electronic Cigarettes, or “e-cigs”**
  - Here are the “ABC’s” of e-cigs
    - **A**tomizer – Heats the liquid solution to create a vapor
    - **B**attery – Powers the atomizer, rechargeable
    - **C**artridge – Contains a liquid glycol solution which contains nicotine
      - \*Some producers of e-cigs have come under fire from the FDA because the cartridges labeled as having no nicotine still contained nicotine
      - Come in a variety of flavors from tobacco to chocolate
  - E-cigs produce an odorless water vapor instead of smoke
    - Easily concealed and can be smoked inside
    - Often smoked inside of classrooms when the teacher’s back is turned
  - E-cigs are largely considered harmless by teens, when in fact the FDA has conducted a lab analysis that shows them to contain carcinogens and other toxic chemicals
  
- **Marijuana Concentrates and “Vape” Pens**
  - Often referred to as BHO (butane honey oil), this concentrated form of marijuana is typically made through a method using butane lighter fluid to strip THC, the active chemical in marijuana, off of the plant’s leaves and stems. The result is a product with 50%-90% THC content, compared to the typical 15%-25% found in a regular marijuana joint
    - Common terms:
      - Budder, shatter, wax, earwax, dab, hash oil
  - Personal Vaporizers or “Vape Pens”
    - Brands such as G-pen, O-pen, Cloud, etc.
    - Pocket sized vaporizers similar to e-cigs, but use marijuana concentrates to vaporize and inhale to get high
    - Has less smoke and smell than a normal marijuana joint
    - Just like e-cigs, these are often smoked in class. The smoke can be inhaled and held in the lungs for a long time, resulting in an almost non-existent smoke when exhaled. Or, the smoke can be exhaled into a shirt.
    - These personal vaporizers can be hard to recognize because they come in many different shapes and sizes

So what can you do to make sure that your child can stay away from these potentially life-altering trends?

**GET INVOLVED!** It comes down to three basic principles:

1. **Be Aware:**
  - a. There is more out there than you think, and it is easy to obtain. Having a basic knowledge of current trends is half the battle.
2. **Be Involved:**
  - a. Ask who, what, when, and where. Don’t accept “I don’t know” as an answer.
3. **Be Parents**
  - a. We are students ourselves, and the truth is, if we get mad when you try to implement a change or discipline us, we’ll get over it! In the end, we truly don’t want you to be a friend; we want you to be a parent.