

!!! THINGS TO **WATCH OUT** FOR !!!

Getting High on Dramamine



Teens are increasingly turning to prescription and over-the-counter drugs to get a buzz. High doses of dimenhydrinate, the active ingredient in Dramamine, can have hallucinogenic effects.

Last year, a teenager in Oregon drowned after taking the drug mixed with alcohol, and five high school freshmen from Virginia landed in the hospital in 2004 after overdosing on Dramamine.

(Source: jointogether.org; 2-1-06)

BLOGGING

Blogs are an Internet phenomenon that can tell parents much about their child.

A blog, or weblog, is a personal Internet journal or diary. Bloggers set up web pages and record their activities. They can talk about their personal observations and innermost secrets. Bloggers can provide links to other sites.

Blogs offer parents a unique opportunity to discover what their children are really doing and thinking. Most parents do not know that their child is baring his/her soul to friends through this method. Most adolescents don't realize that they are publishing this information for the entire world to see.

Blogs are sometimes buried fairly deeply in the Internet. However, parents have several ways to search to see if their child is blogging. The easiest method is to conduct a "Google" search of your child, or your child's friends. Simply go to www.google.com. Type in the child's name or nickname and hit the Google "Search" button.

Popular websites used by many youth include: www.myspace.com; www.livejournal.com; www.xanga.com; and www.facebook.com. Many parents have been shocked to learn of drug use, sexual activity and partying reported on the blogs.

(Source: PRIDE-Omaha, Inc. Newsletter, 1st Quarter 2006)



Dangerous Practice

More teenagers are mixing stimulants like Ritalin with inhalants like correction fluid and room deodorizers.

Health officials at the Drug and Poison Information Center at Cincinnati Children's Hospital in Ohio have noted a rise in the number of teens and children as young as age 10 who have died from the drug combination.

The combination of Ritalin, which has an adrenalin-like effect, and huffing disturbs heart rhythm, enhancing the possibility of Sudden Sniffing Death in the individual.



(Source: jointogether.org; 2-16-06)

Doctors Testing For Drug Use

Parents are often calling on doctors to test children for drug use, but many physicians are not qualified to do so, according to the New York Times.

Researchers of Harvard Medical School surveyed 359 doctors who regularly treat adolescents and found that many lacked basic knowledge about drug testing, including how to ensure accuracy and the limitations of the tests. Only 23% properly collected urine samples, and just 7% checked the samples for tampering. Many doctors were unaware that some foods could cause false positive results, and did not realize that common drug tests don't yield results for drugs like Ecstasy, Oxycontin, and the inhalant nitrous oxide.

The lead researcher said, "I think that a lot of physicians really see the drug testing as a fairly simple lab test when, in fact, it is not at all. Physicians and parents may be falsely reassured that their child is not using a particular drug when the child never underwent proper testing for it."

(Source: Archives of Pediatrics and Adolescent Medicine, February 2006)

