


## INHALANTS & 12 YEAR OLDS



Inhalants are the most popular drug for children age 12 according to the most recent National Household Survey on Drug Abuse. At the age of 12, more children are using inhalants than marijuana, psychotherapeutics or hallucinogens.

Children often believe that common household substances like glue, nail polish, or gasoline are harmless. But “huffing” can cause sudden sniffing death from heart or lung failure, asphyxiation, paralysis of breathing mechanisms or accidental death from intoxication. Inhalants can also cause brain, respiratory, liver, kidney and bone marrow damage, as well as short-term memory loss and hearing impairment. It is often the first substance of experimentation and children may go on to experiment with other drugs.

There are over 1,000 products that can be misused. Some of these products include: butane, gasoline, propane, refrigerants, degreasers, typewriter correction fluid, nitrous oxide, whipping cream, spray paint, paint thinner, nail polish, computer cleaner, air freshener, and cooking spray. 

Visit [www.samhsa.gov](http://www.samhsa.gov), click on SAMHSA’S Clearinghouses and then on PREVLINe for more information on inhalant abuse.

(Source: SAMHSA News, Spring 2001)

## DARK SIDE OF ECSTASY

Ecstasy and other club drugs such as K (Ketamin), acid (LSD), and GHB (Gamma-hydroxybutyrate) are no longer confined to clubs, having found their way into schools and homes. They are being used by a growing number of teens. The availability of ecstasy has increased dramatically. Now it is sold at high schools, on the street and in malls.

Teens today have a tendency to believe club drugs are not “real” drugs, that they are non-addictive and that using them can’t get you into trouble. But doctors report that even moderate use of ecstasy lowers serotonin levels in the brain, which leads to depression. Other physical effects can result in seizures and stroke.

Manufacturers go to great lengths to make tablets with logos that appeal to the American youth, which is very effective.

Video clips from a PBS program exposing the dark side of ecstasy that aired nationwide July 28 through August 4 are available at [www.pbs.org/inthemix](http://www.pbs.org/inthemix). You can also order a copy of the PBS show at [mail@inthemix.org](mailto:mail@inthemix.org).

(Source: JTO Wire, August 3, 2001)

## ENFORCING THE RULES

The more frequently clear rules are set and enforced for youth, the less likely they are to use illicit drugs. Overall, 25% of youths reported using illicit drugs in the past year. However, youths who never had clear rules set for them by their parents reported considerably higher rates of past illicit drug use (44%) while youths who had clear rules set for them “a lot” reported lower rates (16%). Similarly, 39% of the youths who reported that they are never punished upon breaking rules reported past year illicit drug use compared to 19% of youth who reported that their parents enforced punishment when they broke the rules.

These findings from the 2000-01 PRIDE survey illustrate the important role parents play in preventing drug use by their children.

(Source: CESAR FAX, September 17, 2001)





## Parent Guidelines For Kids Who Are Home Alone

Parental supervision as a drug prevention tool is critical. However, the following helpful guidelines were printed in the Prevention Pathways "Insight - A Closer Look at Prevention" Newsletter, Summer, 2001 edition.

Children are sometimes home alone while parents are working or away for some other reason. It is generally believed, however, that children under the age of 12 should not be left home alone.

The following are some suggestions to increase the safety of your older child and ease your mind while he or she is home alone:

- .. Agree on ground rules for those times when you are not home; for example, rules for cooking, leaving the house, having friends over, etc.
- .. Assign your children tasks to accomplish while you are gone. Try to keep them busy
- .. Be sure to have telephone numbers posted where you can be reached. Also, make sure you list numbers for fire and police, neighbors, and relatives.
- .. If your children arrive home to an empty house, be sure to call and check in on them.
- .. Enroll your children in a course on safety procedures. Their safety is related to their knowledge of how to protect themselves. Check with the Girl Scouts, Boy Scouts, your local hospital, or the YMCA/ YWCA for courses.
- .. Talk to your children about their concerns when they are home alone. Make sure everyone understands each other.

Remember, with the proper guidelines, being home for limited periods of time can increase independence, responsibility and confidence in your children!

(Source: PRIDE-Omaha, June/July 2001)



## ENERGY DRINKS



Despite the labeling, the new brands of energy drinks are aimed more at marathon partiers than serious athletes.

The drinks come in flashy cans and bottles with names such as Red Bull, Adrenaline Rush, Jones Whoop-Ass Energy Drink and 180. Most people say they don't taste great, yet they are the fastest growing segment of the beverage market because they deliver a quick punch of energy. Most cost about \$2 for 8 ounces.

The energy boost comes from a combination of stimulants: caffeine, guarana, herbs and vitamins. They are generally considered "party drinks" and are often used as mixers, getting a person drunk quicker. It reportedly allows a person to get drunk and stay awake at the same time.

Fans of the beverages say the drinks help them guzzle alcohol with out passing out. But dieticians warn that fatigue is the body's way of saying it's had enough to drink. The energy mixers may fool people into thinking they aren't as drunk as they are.

Another concern is that when several stimulants are put together they can amplify each other and become more dangerous. Long ingredient lists of herbs and vitamins don't make a product healthy.

Stimulant-spiked drinks can also be tricky before exercise. There have been reports of heart attacks that caused permanent brain damage after a person drank Ripped Force and then lifted weights.

(Source: Lincoln Journal Star, 6-25-01)



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| <b>REMINDER</b>                                     | Elementary SCIP Team Leader Meeting<br>November 1, 2001<br>2:00 and 4:00 pm |
|   | Secondary SCIP Team Leader Meeting<br>November 8, 2001<br>3:30 pm           |
| Program:<br>Dr. Ally Jorgensen<br>(Herbal Products) |   |



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## INTERVENTION TEAM TRAINING

JANUARY 30-31, FEBRUARY 1, 2002