

**SAFE** kids **HEALTHY** kids  
**HAPPY** kids

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Parent Help Line  




## Talking to Your Kids About Drugs

Recent studies show that kids have learned from anti-drug ads on TV. They know the risks. Fewer teens are choosing to use drugs.

However, one statistic still concerns researchers. **Only 1 in 3 teens learns about the risks of drugs at home.** Studies show that teens listen to their parents. Parents are not taking opportunities to talk to their kids about the harmful effects of drugs.

Talk to your kids every day. Know their moods. Keep track of where they go and who is with them. Use teachable moments. Note drug use in a movie. Talk about your views on drugs at this time. You can be a powerful influence on your teen. Make it a **positive** influence.

### Facts About Methamphetamines

Methamphetamine (Meth) is a drug that produces euphoria. Because it is a stimulant, some use it to decrease their appetite so they can lose weight. Kids can swallow it, inject it or smoke it.

Methamphetamine is addicting and can be deadly. Other names for this drug include:

- ✓ Crystal meth
- ✓ Crank
- ✓ Bathtub crank
- ✓ Glass
- ✓ Pep pills
- ✓ Stove top
- ✓ White cross
- ✓ Speed ball
- ✓ Go fast
- ✓ Shabu sketch

Meth is readily available from rural or neighborhood “drug labs.” It is cheap, which also makes it attractive.

What to look for if your teen is using Meth:

- ✓ Euphoria - “high”
- ✓ Paranoia
- ✓ Decreased appetite/weight loss
- ✓ Increased physical activity
- ✓ Lots of talking
- ✓ Dilated pupils
- ✓ Mood swings
- ✓ Irritability
- ✓ Aggressive/violent behavior
- ✓ Depression/withdrawal.

Call the Parent Help Line. We listen. We can find you help.  
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.