

Parent Resource

1) DRUGS

How do I know if my child is involved with drugs? While you may not know for certain that your child is taking drugs, you should be concerned if you notice the following characteristics:

PHYSICAL

- pink or red eyes
- slow walk
- apathy
- excessive sweating
- smell of substance on breath or clothes
- excessive talking or very hyperactivity
- tremors or hand shakes
- impaired memory
- runny nose or hacking cough
- slovenly and disheveled
- nausea
- vomiting
- blank stare
- needle marks

BEHAVIORAL

- increase or loss of appetite, weight loss or gain
- moodiness
- lack of motivation or energy
- drop in grades, skip school
- vague excuses, chronic dishonesty
- new friends they are unwilling to introduce
- staying in room for hours
- unexplained need for money
- lethargic
- irritable
- forgetfulness
- excessively secretive
- very hyper versus very calm
- avoids family activities
- paranoia

Following is a list of some items used as DRUG PARAPHERNALIA:

- cigarette papers
- pipes
- cigars
- small containers
- burnt spoons
- incense
- small plastic bags
- bongs
- lighters / matches
- tinfoil
- syringes
- air fresheners

2) GANG INVOLVEMENT

Some reasons given for joining a gang:

- Protection
- acceptance
- material gain
- gang as a 'family'
- identity or recognition
- excitement

Some warning signs that you child may be involved in gang activities:

- obsessed with particular color of clothing
- withdrawal from family and former friends
- confrontational
- alcohol or drug use
- new nickname
- declining grades or school attendance
- habitually staying out late
- wears excessive jewelry
- uses hand signs
- uses gang slang
- unexplained goods or money
- unusual handwriting or graffiti on personal belongings

To help prevent your child from becoming involved in gang activities, teach your child:

- honest communication
- personal responsibility
- ability to give and receive unconditional love
- cooperation
- ability to make decisions
- community involvement

Ways to show your child they are loved:

- spend time alone with each child
- listen to your children and ask their opinions
- build assets
- plan family time
- set limits
- talk to your children about ways to deal with pressure from friends