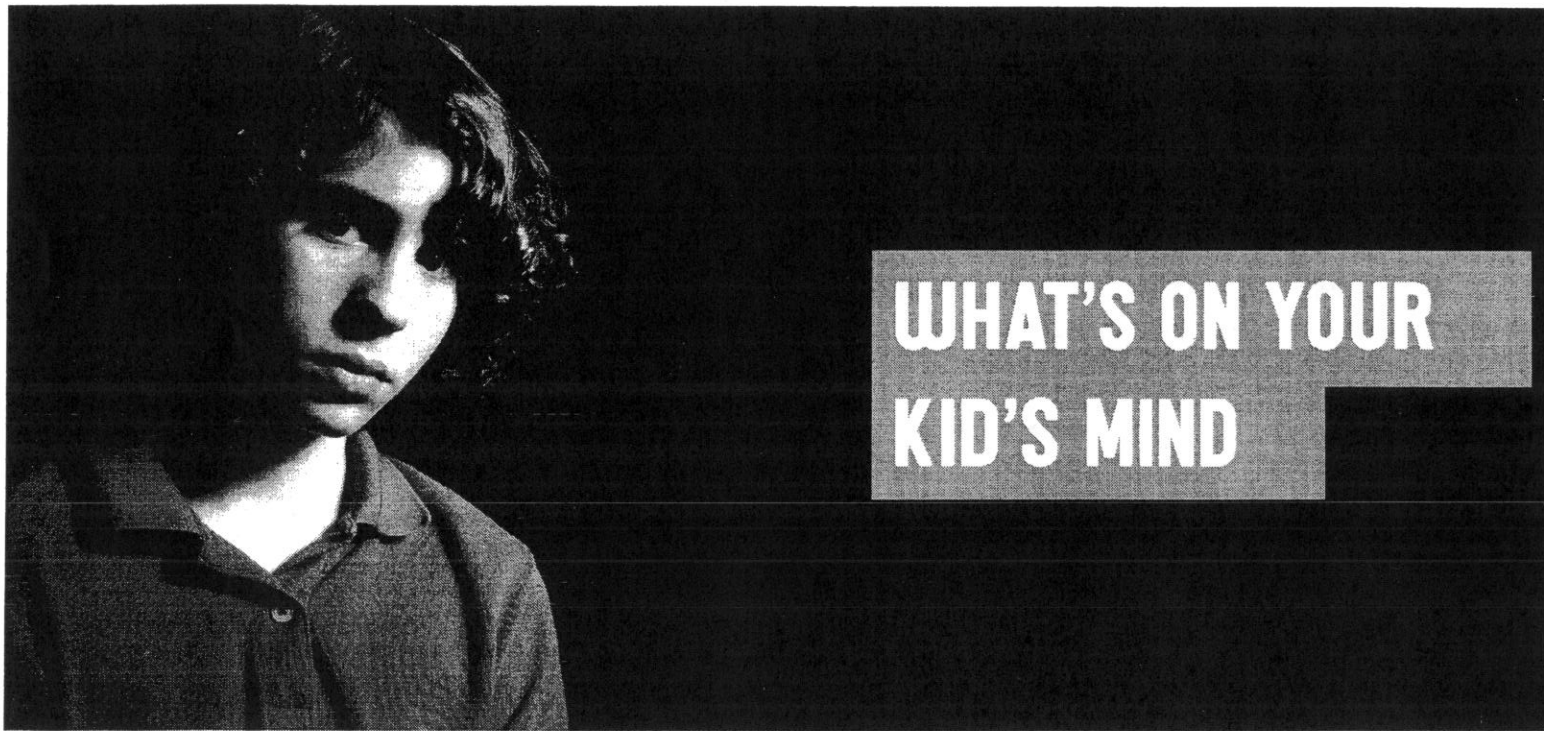


# **notMYkid<sup>®</sup>**

**INSPIRING POSITIVE LIFE CHOICES**

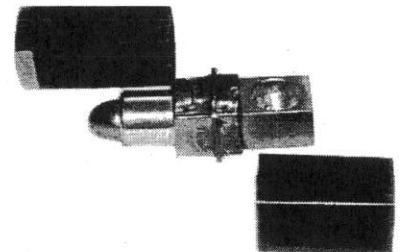
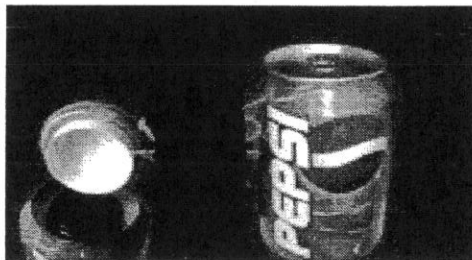
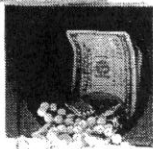
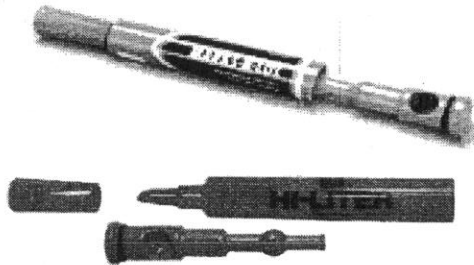
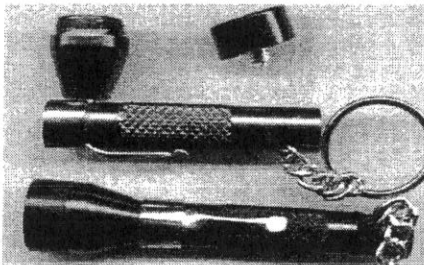


**Effective Identification of Substance Abuse  
and Strategies for Creating a Family Drug  
Prevention Plan**

## Signs of Drug Use

- A drop in grades
- Isolates from family
- Poor achievement
- Mood up and down
- Dishonest about whereabouts
- Lying
- Early cigarette smoking
- Change in peer group
- Draws pot leaves, drugs, or drug symbols
- Defiance of authority
- Uses eye drops to hide red eyes
- Late or unexplained hours
- Rejection of parental values
- Have found unexplained paraphernalia
- Disappearance of money or possessions
- Defensive about drug use
- Antisocial behavior
- Loss of interest in previous hobbies and activities

## Drug Paraphernalia and Concealment



## Additional Resources

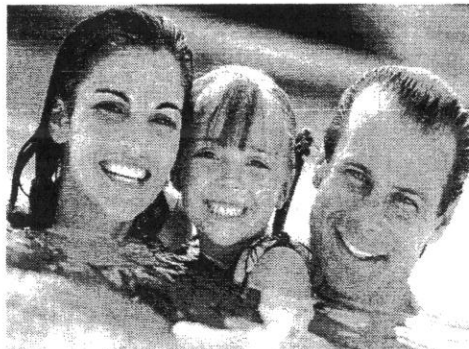
[www.notMYkid.org](http://www.notMYkid.org)  
[www.firstcheckfamily.com](http://www.firstcheckfamily.com)  
[www.ClearChoices.org](http://www.ClearChoices.org)  
[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

[www.drugfree.org](http://www.drugfree.org)  
[www.samhsa.gov](http://www.samhsa.gov)  
[www.theantidrug.org](http://www.theantidrug.org)  
[www.streetdrugs.org](http://www.streetdrugs.org)

***According to the White House Office of National Drug Control Policy,  
"Significant parental involvement" is the most important factor in deterring young people from  
using drugs.***

## Take Action! notMYkid Family Prevention Plan

- ✓ **Get educated about drugs**  
Find out what they look like, what their effects are, and what slang terms are being used in your area
- ✓ **Communicate early**  
Talking to your kids about drugs may reduce substance abuse by up to 50% (Partnership for a Drug-Free America)
- ✓ **Set rules clearly**  
Kids need rules that are clearly defined. "Do not use drugs, do not use alcohol" is better than "make good choices, do the right thing"
- ✓ **Be consistent**  
Be constant in enforcing your rules – drug-related or other house rules. Make sure both parents are sending the same message to the kids
- ✓ **Divulge your family history regarding alcohol and drug addiction.**  
If your child knows that he has the predisposition toward addiction, he may be less likely to try drugs and alcohol in the first place
- ✓ **Keep your prescription medications in a safe place**  
Lock up all medications (prescription or over the counter), alcohol and common household items that could be used as inhalants
- ✓ **Get to know your child's friends, their siblings and their parents**  
Don't assume that other families share your family's values. Know which friends have older siblings, as this is a common way kids are introduced to drugs and alcohol
- ✓ **Know your child's room and their car**  
No area is off limits. It is your job as a parent to make sure your home is drug-free. Look at these areas with a different set of eyes
- ✓ **Use home drug testing as a way to prevent, and if need be, intervene in a child's drug use**



## Talking to Teens about Drugs

Here is a list of questions that you can ask your child as an easy way of starting a conversation about drugs. They are non-accusatory and open-ended, so you are more likely to start a two-way conversation.

- How often do you hear people talking about drugs at school?
- How many of your friends have tried marijuana?
- How easy is it for you to get beer or alcohol?
- What is the most common drug at school?
- When was the last time you saw someone drunk or stoned?

Here are some other tips on talking to your kids about drugs:

1. **Seize the moment.** Take advantage of any opportunity to talk to your kids. Maybe your child will share the story of a ninth grader who was caught with marijuana in school. Or, maybe over dinner one night your child discloses that one of her friends is “doing things” with her boyfriend. Use these moments to talk honestly and openly with your kids about these topics. Ask them open ended questions to foster further conversation, “What do you think of what your friend is doing?”, or “What do you think might happen to that ninth grader?” Kids are curious by nature; allow the conversation to flow freely between you and your child.
2. **Listen to your child.** Encourage your kids to talk to you by listening to them without overreacting when they open up to you, it will help them feel more comfortable talking to you. You may be surprised to find out how much your child already knows about drugs, alcohol and sex when you really listen to them. Be aware of your tone and the length of your responses, your child may perceive a long response as a lecture and not feel comfortable opening up to you again.
3. **Ask your child what he or she knows.** Ask questions such as, “What have you heard about drugs from your friends and teachers?” or, “I received this drug test kit at school tonight, what do you think?” Let your child answer the question without interruption and then acknowledge them for their openness. Take opportunities such as these to start a two-way discussion. Be sure to have educated yourself prior to this conversation so you can answer all of your child’s questions accurately. If you don’t know an answer, don’t guess, be honest and tell your child you will find out the answer or you risk losing their confidence.
4. **Use daily events,** such as television shows and news reports, as conversation starters. Share a news story or local incident with your child—an automobile accident resulting from someone under the influence, or a drug arrest—to start a conversation. Ask your child how they would feel if they caused an accident or were arrested because they were under the influence of drugs or alcohol. How would this affect their future? You may also want to discuss the risks and possible catastrophic consequences from poor decisions made while using drugs or alcohol.
5. **Give your child words to use** with their friends if asked to use drugs. Give your child words to have in their mind to use if situations arise where drugs are offered. It will be easier for your child to respond if they have a few planned phrases and a strategy for leaving the situation. One possible response is, “I can’t. My parents have a drug test kit at home and they might test me.”

# Conversation Starters

## Remember:

These questions are to be used as conversation starters only. Do not overreact to your child's answer.

Family dinners offer a neutral and safe place for conversation.

Use "I" statements in both your questions and your answers.

Before you begin talking, make sure you are prepared for the question, "Did you ever smoke pot?"

## Begin the conversation by:

- 1. Talking to your kids about what the drug trends were when you were in high school. Make it personal. Talk about friends or family members who used drugs.**

Tell your kids about a family member or friend you knew growing up (one who should have been successful and should be in the room with you today) and how their lives were changed or they lost it all because of drugs and alcohol. The focus is not a discussion about whether or not you have used in the past; make it clear to your kids that this is about them remaining drug free in the future.

- 2. Ask your kids to tell you about a friend or someone they know who has experimented with drugs and the consequences they faced.**

If it applies, ask your child their opinion about recent drug-related incidents in their community or school.

- 3. Tell your kid what your family's position is on alcohol and smoking pot.**

Talk to your spouse, agree on your family's position, and share with your child. Make your position very clear. These conversations need to happen on a regular basis.

- 4. Ask your child what they think is the biggest issue facing teens today. Ask how you can help them better face this issue.**

- 5. Place the drug test kit on the table and say "notMYkid gave this to me." Tell them the drug testing kit is in your home because you love them and want to give them support.**

When talking about the issue of trust, make it clear to your child that you DO trust them, and that you are continuing to build trust with them. Just like verifying curfew is met by waiting up, and verifying they are getting good grades is done by looking at their report card, you will verify no drug use by using the test.

The drug testing kit is in your home to give your kids an "out" from negative peer pressure. Tell your child that it's a REAL way to say "no."

Set up a reward system for every time your child tests clean. Let them know you understand how hard it is to say no and resist peer pressure. Reward them with extended opportunities, privileges, or even with an item they want.

**"TEENS WHO HAVE INFREQUENT FAMILY DINNERS ARE LIKELIER TO USE DRUGS IN THE FUTURE."**

**"MORE THAN 70 PERCENT OF TEENS THINK THAT EATING FREQUENT FAMILY DINNERS IS IMPORTANT."**

- The National Center on Addiction and Substance Abuse at Columbia University

**notMYkid**  
INSPIRING POSITIVE LIFE CHOICES

# Taking Action

## notMYkid Family Prevention Strategies

### Be Consistent:

- Discuss boundaries with spouse/partner in regard to drug and alcohol use and come to an agreement.
- Make sure that both parents/partners are sharing the same message on drug and alcohol use.
- Create consistent boundaries and consequences around drugs, alcohol, and peer groups. Trust is built by setting boundaries and verifying they are met. Extend privileges as they are earned over time.
- Model behaviors that you want to see in your child.
- Engage in positive activities such as: exercise, athletics, faith, and constructive hobbies.

### Communicate:

- Create opportunities for two-way conversations around drug and alcohol use.
- Share real life examples of drug and alcohol use and their consequences.
- Listen more than you speak.
- Role play situations and give your child words to say "no" and remove themselves from peer pressure.
- Teach your child strategies to handle stress in a positive manner.
- Eat a meal as a family consistently five days per week.
- Communicate regularly. This is not a one time conversation.

### Educate Yourself:

- Identify current drugs and paraphernalia associated with drug use.
- Be able to recognize the signs and symptoms of drug/alcohol use.
- Know the effects of drug use and what your child is likely to look like on drugs.
- Learn terminology/slang used for drugs in your area.
- Become a knowledgeable and credible resource to your child through education.

### Be Honest:

- Answer your child's questions with honesty and at an age appropriate level.
- Share personal/family use with honesty, but without reliving or glamorizing past drug / alcohol use.
- Share family genetics around drug and alcohol addiction as another reason not to use.
- Use local news, friends, and family events as opportunities to discuss choices and consequences.

### Deter:

- Properly dispose of unused prescription pills.
- Lock and monitor home alcohol.
- Be aware of household items that could be used to get high.
- Create a home atmosphere where kids feel comfortable, but not a place to get high.

### Monitor:

- Know your child's friend's siblings, and families, particularly know if there are older children at home.
- Be aware of internet use and what kids are posting and sharing online.
- Check your child's room and car on a regular basis.
- Discuss boundaries around drugs/alcohol with parents your teens interact with.

### Educate Your Community:

- Educate friends and family members of the dangers of teen substance and alcohol abuse.
- Elicit the support of family, friends, coaches, etc; to help support and uphold family values.
- Encourage members of your community to create a drug and alcohol prevention plan too.

### Verify:

- Utilize home drug test kits as a way to prevent, and if need be, intervene in a child's substance abuse.
- Make sure that your child adheres to curfew, grades and other household rules / boundaries.

# Our Family Drug Prevention Plan

Add any additional strategies that will work for your family. Agree, share, and post your prevention plan for all to see

**Be Consistent:**

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**Communicate:**

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**Educate Yourself:**

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**Be Honest:**

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**Deter:**

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**Monitor:**

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**Educate Your Community:**

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**Verify:**

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# Common Drugs of Abuse

| Misc Names                    | What To Look For                                                          | Detection                                                                                                                                                                  | Usage            |                                 |
|-------------------------------|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------|
| <b>PRESCRIPTION</b>           |                                                                           |                                                                                                                                                                            |                  |                                 |
| <b>Opiates</b>                |                                                                           |                                                                                                                                                                            |                  |                                 |
| Morphine                      | Morphine®, Roxanol®, Roxanol-SR®                                          | Constricted pupils, drowsiness, sedation, weakness, dizziness, nausea, vomiting, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation | 2-4 days         | Oral, smoked, injected          |
| Codeine                       | Tylenol w/ Codeine®, Carisoprodol® (Soma Compound)                        |                                                                                                                                                                            | 2-4 days         | Oral, injected                  |
| Hydro-morphone                | Dilaudid®, Dust, Juice, Smack                                             |                                                                                                                                                                            | 2-4 days         | Oral, injected                  |
| Meperidine                    | Demerol®, Mepergan®, Pethidine®, Isonipecaine®                            |                                                                                                                                                                            | 2-4 days         | Oral, injected                  |
| Methadone                     | Dolophine®, Methadose®, Fizzies                                           |                                                                                                                                                                            | 6-12 days        | Oral, injected                  |
| Hydrocodone                   | Vicodin®, Lorcet®, Lortab®                                                |                                                                                                                                                                            | 1-6 days         | Oral                            |
| Oxycodone                     | Percodan®, Percocet®, Tylox®, Oxycotin®                                   |                                                                                                                                                                            | 3-5 days         | Oral, sniffed, injected         |
| Fentanyl                      | Sublimaze®, Duragesic®, Actiq®                                            |                                                                                                                                                                            | 8-24 hours       | Sniffed, smoked, injected       |
| <b>Depressants</b>            |                                                                           |                                                                                                                                                                            |                  |                                 |
| Barbiturates                  | Amytal®, Fiorinal®, Nembutal®, Seconal®, Phenobarbital®                   | Dilated pupils, slurred speech, relaxed muscles, intoxication, loss of motor coordination, poor concentration, confusion, dizziness, fatigue                               | 2-10 days        | Oral, injected                  |
| Benzodiazepines               | Xanax®, Valium®, Ativan®, Diazepam®, Klonopin®, Librium®, Downers         |                                                                                                                                                                            | 1-6 weeks        | Oral, injected                  |
| Methaqualone                  | Quaalude®                                                                 |                                                                                                                                                                            | 2 weeks          | Oral, injected                  |
| Glutethimide                  | Doriden®                                                                  |                                                                                                                                                                            | 2-10 days        | Oral                            |
| <b>Stimulants</b>             |                                                                           |                                                                                                                                                                            |                  |                                 |
| Amphetamines                  | Adderall®, Biphedamine®, Dexedrine®, Speed, Uppers                        | Rapid breathing, dilated pupils, irritability, anxiousness, insomnia, seizures, reduced appetite, weight loss                                                              | 1-2 days         | Oral, sniffed, injected         |
| Methylphenidate               | Ritalin®, Concerta®                                                       |                                                                                                                                                                            | 1-2 days         | Oral, sniffed, injected         |
| <b>ILLICIT &amp; NARCOTIC</b> |                                                                           |                                                                                                                                                                            |                  |                                 |
| Opium                         | Dover's Powder, Paregoric®                                                | Pinpoint pupils, lethargy, drowsiness, slurred speech, sweating, vomiting                                                                                                  | 2-4 days         | Oral, smoked                    |
| Heroin                        | Diacetylmorphine, Smack,                                                  |                                                                                                                                                                            | 2-4 days         | Sniffed, smoked, injected       |
| Cocaine                       | Coke, Flake, Snow, Crack                                                  | Dilated pupils, dry mouth, rapid speech, irritability, depression, insomnia, weight loss, violent, paranoia                                                                | 2-5 days         | Sniffed, smoked, injected       |
| Methamphetamine               | Meth, Crank, Crystal, Ice, Glass                                          |                                                                                                                                                                            | 2-5 days         | Oral, sniffed, smoked, injected |
| Ecstasy                       | MDMA, E, X, Rolls                                                         | Dilated pupils, intense euphoria, acceptances, energy, increased senses, sociability                                                                                       | 2-5 days         | Oral, injected                  |
| PCP                           | Angel Dust, Hog, Phencyclidine                                            | Eye fluttering, drooling, numbness, hallucinations, confusion, agitation, unresponsiveness                                                                                 | 2-4 days         | Oral, smoked, injected          |
| Hallucinogens                 | LSD, DMT, DET, Bufotenine, Ibogaine, Psilocybin, Psilocin, PCE, PCPy, TCP | Dilated pupils, sweating, dry mouth, abnormal laughter, distracted persona, rapid reflexes                                                                                 | 2-5 days         | Oral, sniffed, smoked, injected |
| <b>Cannabinoids</b>           |                                                                           |                                                                                                                                                                            |                  |                                 |
| Marijuana                     | Pot, Grass, Refer, Mary Jane                                              | Dilated pupils, blood shot eyes, sleepiness, hallucinations, loss of coordination                                                                                          | 2 days-11 weeks  | Oral, smoked                    |
| Tetrahydro-cannabinol         | THC, Marinol                                                              |                                                                                                                                                                            | 2 days-11 weeks  | Oral, smoked                    |
| Hash                          | Hashish, Hashish Oil                                                      |                                                                                                                                                                            | 2 days-11 weeks  | Oral, smoked                    |
| <b>DESIGNER DRUGS</b>         |                                                                           |                                                                                                                                                                            |                  |                                 |
| Salvia                        | Maria Pastora, Sally-D                                                    | Rapid heart rate, hallucinations, vomiting, seizures, paranoia                                                                                                             | 2 days- 11 weeks | Oral, smoked                    |
| Spice                         | K2, Fake Pot, Skunk                                                       |                                                                                                                                                                            | 2 days-11 weeks  | Oral, smoked                    |
| Bath Salts                    | Ivory wave, Purple Wave, Red Dove, Vanilla Sky                            |                                                                                                                                                                            | Unknown          | Oral, sniffed, injected         |

\*Information obtained by: NIDA (National Institute on Drug Abuse), [www.theantidrug.com](http://www.theantidrug.com), [www.drugabuse.gov](http://www.drugabuse.gov), [www.anesthesia-analgesia.org](http://www.anesthesia-analgesia.org), Streetdrugs 2012

\*Drug slang changes depending on location, generation, and culture.

## Home Drug Testing as Prevention

### Frequently Asked Questions (FAQ's)

- 1. At what age should I start drug testing my child?** NotMYkid recommends in-home drug testing NO LATER than the age 12 (remember, 13 is the average age kids begin experimentation).
- 2. How often should I test my child?** The amount of time between tests varies, but as a general practice, approximately once a month. However, you need to follow your instincts, and if you have any concern at all, then test (remember, the average kid uses for 2 years before being discovered by a responsible adult).
- 3. How many tests are in each box?** Each box is a single use test.
- 4. Do these kits test for alcohol?** No, this test screens for seven illicit drugs and five prescription drugs, which are all listed on the side of the box.
- 5. Are there kits that just test for marijuana?** Yes, and those are less expensive and can be found at the same places these tests are sold.
- 6. If I have more than one child, can I have them all supply urine for a single test?** It is not recommended to mix urine; therefore...One child per test kit.
- 7. Will my child feel less trusted if I implement this strategy?** Your child is facing conversations about drug use and has likely seen drug use or someone impaired. We recommend approaching this strategy in the form of a partnership; specifically, by preventatively testing them, you are providing them with an 'out' when they are offered drugs.
- 8. Are there ways to 'beat' or 'pass' a drug test even if my kid has been using?** Yes. There are several ways to 'defeat' a drug test, including the use of synthetic urine and other diluting agents, the use of someone else's urine, and the fact different drugs stay in the system for different amounts of time. This illustrates the importance of testing proactively, while your child is still of the mindset that drug use is a bad decision, rather than waiting until they are indoctrinated into the drug culture.
- 9. When should I start talking to my child(ren) about drug use?** We recommend having conversations with your child at an early age, using age-appropriate language when speaking with younger children. We recommend introducing the concept of proactive drug testing by the age 10 by using daily events as conversation starters.
- 10. What if the test comes up 'positive' (or 'dirty') for drugs and my child says s/he DID NOT use?** These tests are over 99% accurate, with results in five minutes. Each test kit comes with the materials to ship the urine sample into the lab for more detailed confirmatory analysis. You pay the shipping of the sample, but there is no extra fee for the lab testing.
- 11. What if the test comes up 'positive' (or 'dirty') for drugs and my child says s/he "...only used once...?"** You have the option to send the kit into the lab, at no additional cost, to test the level of a drug in his or her system. These 'levels' will likely give you an indication as to the amount/frequency of use. Regardless, if the test is 'positive', we recommend a more stringent regimen of random testing.
- 12. If the test is 'positive', what steps should we take?** A positive test can be indicative of many things; primarily, it is indicative that your child has an illegal or prescription medication in his/her system. It does not indicate where, why or how often, and those are very important issues. A positive test moves you from the 'preventative testing' stage to the 'intervention' stage, and there are numerous places and organizations willing to help you. Our website is a great place to start your search for assistance with the intervention process.
- 13. What if my child simply refuses to take the test?** If you have approached it in the recommended manner, as a partnership to help him/her steer clear of drugs but they refuse, we recommend treating that as a 'positive' test.
- 14. Is there a phone number or website for more answers?** NotMYkid can be reached at [www.notmykid.org](http://www.notmykid.org) or at 602-652-0163; First Check's website is [www.firstcheckfamily.com](http://www.firstcheckfamily.com) and their phone number is toll free: 1-888-788-5716.

not **MY** kid  
n a t i o n a l  
Inspiring Positive Life Choices



Parents frequently ask where additional kits can be purchased. The following is a list of the retail stores and internet websites where First Check drug testing products can be obtained.

Retail Stores:



Online:

amazon.com

CVS.com



drugstore the uncommon drugstore

5230 E. Shea Blvd Suite #100  
Scottsdale, AZ 85254

Phone: (602) 652-016  
Fax: (602) 795-8154

[www.notMYkid.org](http://www.notMYkid.org)