

MIDDLE SCHOOL,  
HIGH SCHOOL &  
BEYOND



# THE 3 MOST DANGEROUS WORDS A PARENT CAN SAY IS "NOT MY CHILD"

How to talk to your kids about the dangers of alcohol and drugs

RIZE Prevention would like to express our thanks to Prevention Resources in the creation of the toolkit and allowing it for our use. This modified toolkit, born out of our collaboration, stands as a beacon of knowledge, empowerment, and proactive measures for parents. Its potential to bring about positive change and enhance preventive efforts in our shared mission is immeasurable.

As we embark on this tool to parents, RIZE Prevention is honored to have Prevention Resources as a partner. We eagerly anticipate the positive ripple effects that this toolkit will create in our community and throughout our state.

### **Our Vision Statement:**

Every teen lives free from drug use and addiction.

At RIZE Prevention, we have a clear purpose: to tackle the pressing issue of drug use and addiction among young teens and their families.

As a nonprofit organization, our driving force is an unwavering commitment to proactive prevention and early intervention. Every program we offer at RIZE Prevention is meticulously shaped by the latest insights from prevention science research, resulting in an evidence-informed approach to providing comprehensive drug prevention programs and resource services.

**At RIZE, we stop addiction BEFORE it starts by:**

- Inspiring and empowering students to resist drug use while encouraging healthy lifestyle choices.
- Providing unwavering support to students, ensuring they are motivated and ready to embrace the path of learning.

Please take this  
1 minute survey.



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

Kids whose parents talk to them about not using alcohol, marijuana, and other drugs are up to **50% less likely** to use than those who don't.

**It's never too early to start the discussion.**

As a parent, there are going to be times when you need help discussing issues both big and small. That's why we created this parent toolkit with facts, talking points, and helpful tips on how to talk to your kids about the dangers of alcohol and drugs.

You are the most important person in your children's lives. The more you talk to them about not using alcohol and other drugs, the more you can influence and encourage them to make healthy choices that will help them succeed in life.

Early, ongoing, honest conversations and close supervision are the best ways that parents can help to prevent their child from using drugs or alcohol or developing an addiction later in life.





# THE TOP 5 THINGS YOU NEED TO KNOW AS A PARENT

1

Alcohol is the **most commonly used substance** among young people in the U.S.



2

**99% of vapes contain nicotine**, even ones marketed as nicotine free. Nicotine is the most addictive of all drugs, which makes vaping nicotine deceptively dangerous.

3

Marijuana today is not the marijuana of years past. **THC levels have skyrocketed** resulting in dangerous physical and mental health consequences.

**50 Woodstock Joints = 1 Marijuana Dab Today**



4

**70% of teens** state that they obtain addictive prescription pills from family and friends, including from their home medicine cabinets. Safely storing medications is the best way to prevent misuse.

5

**7 out of 10** prescription pills purchased online are made with a lethal dose of fentanyl.







# FACTS ABOUT ALCOHOL

Alcohol is the most widely used substance among America's youth and can cause enormous health and safety risks.

## ALCOHOL IS STILL A DRUG

- Alcohol is a powerful drug that slows down the mind and body. It impairs coordination, slows reaction time, and impairs vision, clear thinking, and judgement.
- Beer, hard seltzers, and wine are not "safer" than hard liquor.

Anyone can develop a serious alcohol problem, even a teenager.

Research shows that people who start drinking **before the age of 15** are at a higher risk for developing Alcohol Use Disorder (AUD) later in life.<sup>2</sup>



## THE EFFECTS ON THE BRAIN

It is estimated that as many as **4,000 deaths** occur each year from alcohol poisoning.<sup>3</sup> Many of them are first-time drinkers who never had alcohol before. Even if a person does not die, alcohol overdose can lead to irreversible brain damage.

Alcohol affects a teen brain differently than a mature brain since the brain goes through a rapid development and "wiring" between 12 and 21.



15 year old  
non-drinker



15 year old  
heavy drinker

These images show that a heavy drinker doesn't activate the same brain areas as a non-drinker normally does for memory and learning.

Image from Susan Taper, PhD, University of California, San Diego

## HOSTING UNDERAGE DRINKING



If you serve an alcoholic beverage to someone who is under the age of 21, you can be liable to both the person who was served the alcohol, as well as to any other person who may be injured by the served person in an accident after they leave your premises.



There are also criminal consequences to providing people under the age of 21 alcohol, which can result in criminal fines or jail time.



Scan to watch  
In A Split Second





# FACTS ABOUT VAPING

Nicotine is the most addictive of all drugs, which makes vaping nicotine deceptively dangerous.

## A NEW GENERATION OF SMOKERS

99%

of all vape devices contain nicotine, even ones marketed as "nicotine free".<sup>5</sup>

69% of teens are exposed to vape advertising.

Vape devices come in many shapes, sizes, colors and can even look like pens, watches or every day items.

Stay up to date on vape devices and tobacco trends by visiting our website.



## HOW BAD IS VAPING FOR YOUR BODY?

Nicotine can harm the developing brain. The brain keeps developing until about age 25.



Nicotine harms the parts of the brain that control attention, learning, mood, and impulse control.

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells.

**Nicotine changes the way synapses are formed.**

Making it harder to learn... -  
New sports plays  
-New sheet music -  
Important test questions or anything new!



## NOT "JUST WATER VAPOR"

E-liquids are **NOT** water vapor and flavoring.

They are **non-FDA regulated** flavored **aerosols**.

## WHAT'S IN A VAPE?

**Diacetyl** is the chemical associated with the disease "popcorn lung".

**Addictive Drugs** such as **Nicotine** and **THC**.  
**Formaldehyde**

**Heavy Metals** such as Lead and Nickel.



# FACTS ABOUT MARIJUANA

Today, cannabis is much stronger than in past decades making it a whole new drug with new concerns for youth.

## A NEW LEVEL OF THC

Modern cannabis plants contain higher amounts of tetrahydrocannabinol (THC), the main psychoactive compound in the plant that gives users the sensation of feeling "high".<sup>6</sup>

The higher the THC content, the stronger the effects on your brain and behavior.



### Smoking

Such as joints, blunts and bongs.

**15-20% THC**



### Edibles

Made with marijuana leaves or high potency cannabis extracts.

**50-90% THC**



### Vaping

This includes synthetic marijuana. Using vaporizing devices.

**Up to 95% THC**



### Concentrates

Products that have been extracted from the plant. Includes products such as dabs, wax & shatter.

**55-95% THC**



## EFFECTS ON THE BODY



Marijuana use has been linked with depression and anxiety, as well as suicidal thoughts among teens.<sup>7</sup>



Problems can include a chronic cough, more frequent lung illness, and a higher risk of lung infections.<sup>7</sup>



When someone uses marijuana, the heart rate may increase or even double. This increases the risk of a heart attack or stroke.<sup>7</sup>

People who begin using marijuana before the age of 18 are at increased risk of developing Marijuana Use Disorder (the inability to stop using marijuana even though it's causing health and/or social problems).<sup>7</sup>



## DELTA-8 THC - "WEED LITE"

Delta-8 tetrahydrocannabinol, also known as Delta-8 THC, is a psychoactive substance typically manufactured from hemp-derived cannabidiol (CBD). Products can include candy, food, vapes, tinctures.

Delta-8 THC can be found being sold in convenience stores, gas stations, vape shops, CBD shops and other locations. While it is illegal to purchase unless you are 21 many of these products are easily accessible to kids.

Have you seen signs like this around the community?







# FACTS ABOUT MEDICATIONS

Medicine misuse means taking a medication (either prescribed or over the counter) in a manner or dose other than directed; taking someone else's prescription, even if for a legitimate medical complaint; or taking a medication to get high.

## MEDICATION MISUSE

About 165 kids - or roughly four school busloads of children - are seen in emergency rooms for medication-related treatment **every day** in the U.S.<sup>9</sup>



**70%**

of teens state that they obtain addictive prescription pills from family and friends, including from their home medicine cabinets.<sup>10</sup>



## THE DANGERS OF OPIOIDS

### What is an opioid?

Opioids, sometimes called narcotics, are medications prescribed by doctors to treat persistent or severe pain. While they can effectively relieve pain, opioids carry some risks and can be highly addictive.

### What are commonly prescribed opioids?

- OxyContin (Oxycodone)
- Vicodin, Norco and Lortab (Hydrocodone with Acetaminophen)
- Percocet (Oxycodone with Acetaminophen)
- Tramadol
- Codeine
- Morphine

### Questions to Ask the Doctor

- Am I at risk of addiction?
- Will something else work?
- How long will I be taking them?
- Are you prescribing the lowest possible dose?
- What's the plan to taper me off?

**Scan to watch  
Pills to Heroin**



Nearly **68%** of the reported 107,081 drug overdose deaths in the U.S. involved opioids in 2022.<sup>11</sup>



## NON-OPIOID CHOICES



Non-opioid  
Pain Relievers



Physical  
Therapy



Acupuncture



Heat & Ice



Massage  
Therapy



Nerve  
Blocks



# FACTS ABOUT FENTANYL

The Drug Enforcement Administration (DEA) seized over 379 million deadly doses of fentanyl in 2022, enough doses of fentanyl to kill every American.<sup>12</sup>

## WHAT IS FENTANYL?

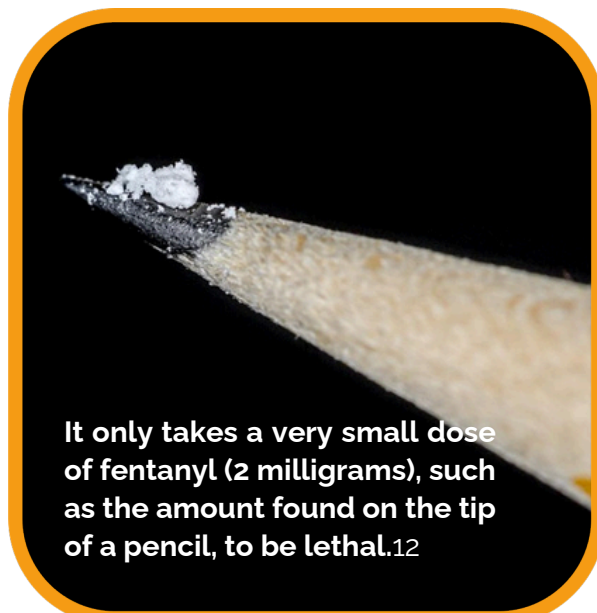
**Fentanyl is an extremely powerful synthetic opioid.**

Fentanyl is prescribed by doctors to treat pain, but not all fentanyl comes from a pharmacy. Because it is so potent, addictive, and cheap to make, illegal drug dealers often use chemicals to mix their own fentanyl.

**FENTANYL IS  
50X  
MORE POTENT  
THAN HEROIN<sup>12</sup>**

**Fentanyl is added to other drugs to make them stronger.**

Fentanyl can be found in cocaine, heroin, methamphetamines, molly/MDMA, and other drugs.



**It only takes a very small dose of fentanyl (2 milligrams), such as the amount found on the tip of a pencil, to be lethal.<sup>12</sup>**

## WHY IS THIS HAPPENING?

**Why do criminal drug networks mix fentanyl into their drugs?**

They want to make more money. Fentanyl is strong and cheap to manufacture, so they mix it into other drugs to stretch their supply. This makes every dose a gamble, because the people taking the drugs have no idea how much fentanyl they're getting.

**If fentanyl is so dangerous, why would anybody take it?**

People take drugs for all sorts of reasons. Kids may hear that a prescription pill could help them focus or relax and want to try it, even if they don't normally use drugs. If they buy the pill online, it's likely a fake made with fentanyl.

**Scan to watch  
Fentanyl Factor**



## FAKE / COUNTERFEIT PILLS

**Prescription pills purchased online are often fakes made with fentanyl.**

Illegal drug dealers use pill presses to create fake/counterfeit pills that look like real medication. People who want to experiment or self-medicate with prescription medication may buy a few pills and accidentally consume fentanyl. Fentanyl has become so common that even a pill from a trusted friend may not be safe.



Real Adderall



Fake Adderall



Real Xanax



Fake Xanax



Real Oxycodone



Fake Oxycodone



# SOCIAL MEDIA & DRUGS

Drug traffickers have turned smartphones into a one-stop shop to market, sell, buy, and deliver deadly, fake prescription pills and other dangerous drugs.

## ONE STOP SHOPPING

Agents at the DEA have warned that drug traffickers are using social media to advertise drugs and conduct sales. If you have a smartphone and a social media account, then a drug trafficker can find you. This also means they are finding your kids who have social media accounts.<sup>12</sup>



Advertise

Drug traffickers advertise on social media platforms like Facebook, Instagram, Snapchat, TikTok, and YouTube.



Posts and stories are often accompanied by known code words and emojis that are used to market and sell illicit and deadly drugs on social media.



Connect & Pay

Prospective buyers contact drug traffickers on social media apps in response to their advertisements – either using direct messaging (DM) or by commenting on a post.

Once contact is made, drug traffickers and potential buyers often move to an encrypted communications app like WhatsApp, Signal, and Telegram.

After a deal is made, drug traffickers request payment using one-click apps like Venmo, Zelle, Cash App, and Remitly.







# MENTAL HEALTH

Substance use and mental health disorders commonly co-occur.

## CO-OCCURRING DISORDER

Substance use disorders often occur simultaneously in individuals with mental illness, usually to cope with overwhelming symptoms. The combination of these two illnesses has its own term: dual diagnosis, or co-occurring disorders.

Either disorder (substance use or mental illness) can develop first.

**46%** of young adults 18-25 had either a substance use disorder or a mental illness in 2022.13

## WHAT TO LOOK FOR

### Signs to look for in young children

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

### Signs to look for in teens and adults

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite

## Questions to ask the Doctor

- What type of mental health problem might my child have?
- How do you treat this type of problem?
- Will counseling or psychotherapy help?
- Are there medicines that could help?
- How long will treatment take?
- What can I do at home to help them?



## HEALTHY COPING SKILLS



Physical Activity



Therapy



Meditate



Spend time with friends



Eat well

# HOW TO TALK TO YOUR MIDDLE SCHOOL AGED KIDS



It's important to have conversations about drugs and alcohol at a young age. This will make it easier to have bigger conversations about substances later on. Here are age appropriate talking points for children ages 11-13.

## ALCOHOL TALKING POINTS

- ✓ Begin setting expectations that drugs and alcohol are not allowed.
- ✓ Talk about refusal skills and the many ways they can say no to alcohol.
- ✓ Underage drinking can change the way the brain develops and functions.

## VAPING TALKING POINTS

- ✓ E-cigarettes (vapes) contain nicotine just like regular cigarettes, which is why they are highly addictive.
- ✓ Nicotine harms your brain. It can affect memory and concentration. It also trains your brain to be more easily addicted to other drugs.

## MARIJUANA TALKING POINTS

- ✓ Many kids think because marijuana is a plant, it's safe. Just because it's natural, it still doesn't mean it's safe for you to use. Your brain won't stop developing until you're in your mid-20s so using before will cause harm.
- ✓ You can't tell the difference between a vape with marijuana in it or nicotine in it.
- ✓ Marijuana products may look like candy or baked goods.

## MEDICINE TALKING POINTS

- ✓ Never share medicine with friends, only trusted adults can give out medicine.
- ✓ Some pills look like medicine, but are not real.

## HELPFUL TIPS

- ✓ Talking to your kids about drugs and alcohol helps keep them safe. It doesn't make them more likely to try them.
- ✓ Be open, honest, and empathetic. Tell your kids what you found surprising or scary about drugs and alcohol.
- ✓ Instead of waiting for the "right" moment, bring up the topic of drugs & alcohol anytime. Keep the conversation going. Instead of trying to say everything at once, have multiple short talks.
- ✓ Find a comfortable environment to talk in (such as talking in the car or while doing another activity). This allows for a more relaxed conversation, instead of a formal meeting.
- ✓ Create a safe word or safe emoji with your child so they can get out of any uncomfortable situations.

South Carolina's Good Samaritan law involving drug overdose liability (**S.C. Code Ann. 44-53-1920**) offers limited immunity to people who seek emergency assistance for a drug or alcohol overdose victim. The law is in response to an increase in overdoses throughout the state. There are specific qualifications that must be met to apply the drug overdose Good Samaritan law.

**The person seeking help for the victim must:**

Act in good faith, have a reasonable belief that they are the first to report the overdose, provide their legal name to the 911 dispatcher or police, remain with the victim until help arrives, fully cooperate with medical personnel and law enforcement.

# HOW TO TALK TO YOUR HIGH SCHOOL KIDS



Be honest about family history of substance use disorder/ mental illness so your kids know they may have greater risk of addiction.

## ALCOHOL TALKING POINTS

- ✓ Underage drinking goes hand-in-hand with higher rates of depression, anxiety, and suicide.
- ✓ Correct any misconceptions your teen might have (i.e. "It's just a seltzer, everyone is doing it.").
- ✓ Research shows that waiting to start drinking alcohol is one of the most effective ways to prevent substance use disorder later in life.

## VAPING TALKING POINTS

- ✓ Vaping nicotine is highly addictive. It trains your brain to be more easily addicted to other drugs.
- ✓ Vapes can contain nicotine or THC, so if you are offered one in the bathroom or at a party, you don't know what is in it.

## MARIJUANA TALKING POINTS

- ✓ Marijuana affects teen brain development and behavior.
- ✓ Marijuana use may also affect motivation to pursue educational and professional goals. Usage before age 18 may increase risk of poor academic and job performance, dropping out, and unemployment.
- ✓ Marijuana impairs driving ability and increases likelihood of an accident.

## OPIOID AND FENTANYL TALKING POINTS

- ✓ Explain the difference between prescription medicine and illegal drugs.
- ✓ Fake/counterfeit pills look just like the real prescription pills.
- ✓ Only take medicine if it has been bought from a licensed pharmacy.
- ✓ Encourage them to get Naloxone trained.
- ✓ Remind them to always call 911 in the case of an overdose.

### Signs of an Overdose

- Unresponsiveness or unconsciousness.
- Slowed or stopped breathing.
- Snoring or gurgling sounds.
- Cold or clammy skin.
- Discolored lips or fingernails.

South Carolina's Good Samaritan law ([S.C. Code Ann. 44-53-1920](#)) does not apply to situations where the police are executing an arrest warrant, search warrant, or lawful search.

If all the above requirements are met, then the individual who called for help "may not be prosecuted" for: Drug possession, dispensing or delivering a controlled substance, drug paraphernalia, selling drugs to the person who overdosed. Illegally possessing, consuming, buying, or attempting to buy alcohol while under 21, providing alcohol to someone under 21.



# HOW TO TALK TO YOUR YOUNG ADULTS

Be honest about family history of substance use disorder/ mental illness so your kids know they may have greater risk of addiction.



## ALCOHOL TALKING POINTS

- ✓ Drinking too much and too quickly can lead to significant impairments in motor coordination, decision-making, impulse control, and other functions, increasing the risk of harm. Continuing to drink despite clear signs of significant impairments can result in an alcohol overdose/alcohol poisoning.
- ✓ As blood alcohol concentration (BAC) increases, so does the effect of alcohol—as well as the risk of harm. Even small increases in BAC can decrease motor coordination, make a person feel sick, and cloud judgment. This can increase an individual's risk of being injured from falls or car crashes, experiencing acts of violence, and engaging in unprotected or unintended sex.
- ✓ It takes at least 1 hour to metabolize an alcohol drink. The only thing that will make a person sober is time.

## VAPING TALKING POINTS

- ✓ Using e-cigarettes often leads to smoking cigarettes.
- ✓ Quitting nicotine is very difficult. Nicotine is highly addictive – reportedly as addictive as cocaine or heroin.

## MARIJUANA TALKING POINTS

- ✓ Regular marijuana use has been linked to an increase in mental health issues including anxiety, depression, and suicide, and is associated with schizophrenia, especially for those with a family history of mental illness. This is especially true the higher the potency.
- ✓ When high, the ability to make good decisions becomes impaired, which may lead to risky behavior, harmful situations, and experimenting with other drugs and alcohol.

## OPIOID AND FENTANYL TALKING POINTS

- ✓ Fake/counterfeit pills look just like the real prescription pills.
- ✓ Fentanyl can be mixed into any drug including heroin, meth, and cocaine.
- ✓ Only take medicine if it has been bought from a licensed pharmacy.
- ✓ Encourage them to get Naloxone trained.
- ✓ Call 911 in the case of an overdose.

### Signs of an Overdose

- Unresponsiveness or unconsciousness.
- Slowed or stopped breathing.
- Snoring or gurgling sounds.
- Cold or clammy skin.
- Discolored lips or fingernails.



# SAFE STORAGE: LOCK IT UP

Keeping your alcohol and other drugs stored safely prevents them from getting in the hands of children, guests, and anyone else who may enter your home.

## LET'S PROTECT OUR KIDS



There are many types of locks that can be installed to reduce access to alcohol and other drugs. A cabinet or pantry lock can be screwed into a door. A refrigerator can be secured with a Marine lock. A bottle lock is an option for wine or liquor bottles.



Tamper tape can be applied to bottles of alcohol or containers of cannabis to deter youth from opening and misusing the substance. The tape will break and indicate if the container has been opened.



A medicine lock box can be installed in a cabinet or drawer. Lockable medical bags are fire, smell, and rip-proof, and offer protection for medications or cannabis.



Safe Rx Locking Prescription Vials (LPVs®) are locked with a 4-digit code, ensuring only your patient or client can access their medications. Through the Power Collective, RIZE Prevention distributes Safe Rx Locking Prescription Vials. Contact us to get yours today: [rizeteam@rizeprevention.org](mailto:rizeteam@rizeprevention.org)

## PROPERLY DISPOSE

Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and misuse.

Unused prescription medications thrown in the trash can be retrieved and misused or illegally sold. Unused medications that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.

You can bring any unused or expired medications to a local Rx Drop Box. Scan this QR code to access all DEA Drop Box locations

Safe Rx Locking Prescription Vials (LPVs®) are locked with a 4-digit code, ensuring only your patient or client can access their medications. Check them out at <https://safe-rx.com/>



<https://www.powercollectivegvl.com/>





# MAKING RESOURCES ACCESSIBLE

If you are concerned about your child's mental health or substance use, here are some local resources.



<http://linktr.ee/rizeparent>

## The RIZE Community Connector for Families in Crisis

Scan this QR code to access the main page of RIZE link tree Resources. There are several resources to help parents communicate and talk to their children about substance abuse.

## CCFC Parent/Student Intake Form

Scroll to the bottom of the page to access the intake form. This form can be used by parents who are concerned that their child is either using or is at risk of using drugs.

For additional questions feel free to contact us anytime:



[rizeteam@rizeprevention.org](mailto:rizeteam@rizeprevention.org)



864.757.1010



<https://988lifeline.org/>

## 988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



# GLOSSARY

**Addiction** - A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. It often entails the inability to stop something that may be harmful and the need or craving to continue to do that activity or use the substance.

**Cannabis:** another name for marijuana, the word "cannabis" refers to all products derived from the plant *Cannabis sativa*. In NJ, cannabis are the THC products that are legally sold and used in the state. These products are for legal use by people 21 and older and are sold in state approved dispensaries.

**Dabs:** are a type of marijuana concentrate which has extremely high THC potency and are produced using Butane Hash Oil (BHO) to concentrate the active ingredients in cannabis. They can contain levels of THC up to 80%.

**E-liquids:** also known as e-juice or vape juice, are the fluids used in e-cigarettes to create a flavored vapor. These liquids contain dangerous chemicals in a vape product.

**Marijuana:** can also be called cannabis, weed, pot, or dope, refers to the dried flowers, leaves, stems, and seeds of the cannabis plant. It contains compounds including tetrahydrocannabinol (THC) which are known to cause psychoactive (mind-altering) effects. In NJ, Marijuana is the term used to define any THC related products that are illegal under the 2020 legislation. This includes products used by anyone under the legal age of 21, and any products from non-approved state dispensaries.

**Naloxone/Narcan:** medication approved by the Food and Drug Administration (FDA) designed to rapidly reverse opioid overdose. It is an opioid antagonist—meaning that it binds to opioid receptors and can reverse and block the effects of other opioids, such as heroin, morphine, and oxycodone. Narcan is a brand of Naloxone.

**Nerve blocks:** Using X-ray imaging, pain medicine physicians can inject numbing medication that blocks or dampens pain and might even stop chronic pain from developing.

**Nicotine:** is a highly addictive chemical compound present in a tobacco plant. All tobacco products contain nicotine, such as cigarettes, cigars, smokeless tobacco, hookah tobacco, and most e-cigarettes.

**Non-opioid pain relievers:** alternative medications used to reduce pain. Examples include ibuprofen (Motrin), acetaminophen (Tylenol) and aspirin.

**Over the counter medication (OTC):** Medication available without a prescription at drug stores, chain stores and supermarkets. It is up to the user (adult) to determine appropriate dosage and timing based on reading instructions.

**Prescription medication (Rx):** Medicine prescribed by a licensed physician to a patient that is filled at a licensed pharmacy. The medication, dosage, and usage are all determined by a doctor based on the patient and their illness, allergies, medical history, etc.

**Shatter:** A dab that is a glassy, solid concentrate with an amber or honey color, as the name implies, it looks like amber glass, is brittle, and shatters easily.

**THC:** delta-9-tetrahydrocannabinol is the main psychoactive (mind-altering) chemical in marijuana, responsible for most of the intoxicating effects that result from using cannabis or marijuana.

**Vaping:** is the inhaling of a vapor created by an electronic cigarette (e-cigarette, vape, etc).

**Wax:** A yellowish, semi-solid substance (dab) with the consistency of wax, some users consider this "real dabs" as the wax is "dabbed" onto the user's equipment. Wax is usually stored in a shallow jar or a small container with a wide lid.



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# About PREVENTION RESOURCES

Prevention Resources, Inc. is a 501c3 not for profit agency with a 50-year history as a critical community resource, headquartered in Hunterdon County, NJ, with service to Hunterdon, Somerset, Mercer, and Monmouth Counties.

Prevention Resources, Inc. is committed to integrating and aligning services across the regions we serve. Prevention Resources' "best practices" and "thinking out of the box" is based on the adherence to all policies and practices recommended by the Center for Non-Profits, as well as adherence to the Strategic Prevention Framework (SPF) and New Jersey Standards for Prevention (NJSP), which is strength-based.

The agency is broken into 2 departments; Prevention Services and Support Services. The Prevention Services department is made up of the Partnership for Health Drug-Free Task Force (DFTF), Positive YOUTH and Safe Communities Coalition as well as Prevention Education.

## About RIZE Prevention

### **Building a Drug-Free Generation: RIZE Prevention**

At RIZE, we understand that the key to ending teen drug use and addiction is a combination of effective drug prevention, unwavering support, and relationship-building. We equip teens with the knowledge, skills, and resilience they need to grow up drug-free, ensuring a brighter, healthier future. Our staff is certified in a variety of substance use and mental health support and intervention services.

### **Tackling the Problem**

In a world where our teens are facing unprecedented challenges, it is crucial to recognize the issues that often go unnoticed. Our young generation, full of potential and promise, is struggling. They are struggling with feelings of hopelessness, anxiety, and stress. But let's be clear: the problem does not lie in a drug epidemic; it is deeper than that. We are not fighting substance abuse alone; We are facing a problem of heart and hope. That is why we choose to change the conversation, focusing on turning destructive self-medication into constructive self-regulation.

### **Why is it a problem?**

The statistics are alarming. Teens are turning to self-medication not because they are inherently addicted, but because they are seeking balance, purpose, and relief. Destructive self-medication is not just a temporary solution; it is poisoning developing minds and compromising their potential for healthy maturity. Our teens deserve better, and so does their future.

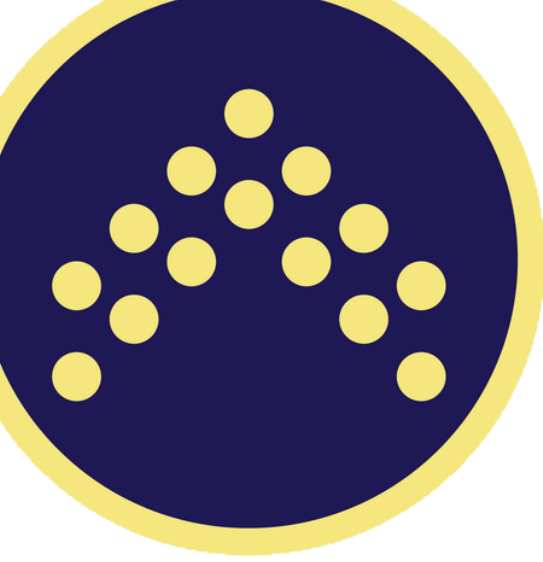
### **The Solution We Offer**

At RIZE Prevention, we firmly believe that prevention is the most powerful weapon against this crisis. We offer comprehensive early prevention programs that are based on awareness, education, and timely intervention. Our approach is grounded in the belief that a strong support system, especially parents, can be the shield that protects our teens. We are not just saving lives; We are also saving money by preventing future crises before they even begin.

### **How can you help?**

You have the power to be a part of this transformation. By supporting RIZE Prevention, you become a Guardian of Hope. Your support directly fuels our mission to reshape the conversation and safeguard the future of our teens. Join us in changing the dialogue and ensuring brighter days for generations to come:

[www.RIZEPrevention.org/donate](http://www.RIZEPrevention.org/donate)



# YOU CAN STOP ADDICTION BEFORE IT STARTS!



864.757.1010



[rizeprevention.org](http://rizeprevention.org)



3104 Grandview Drive, Suite B  
Simpsonville, SC 29680



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