



Commonly Used Drugs Informational Fact Sheet

Drug	Street Name	Ingestion	Symptoms	Health Hazards
Alcohol	Beer, wine, liquor	Oral	Loss of coordination, slurring of speech, impaired judgment, slow reaction time	Liver damage, "wet brain," can cause death
Benzodiazepines	Roofies, tranks, valium, Xanax, Ativan, librium	Oral	Decreased motivation, slow breathing, weakness, sleepiness	Coma, damage to brain and liver
Cocaine & Crack	Coke, snow, free base, 151 rock, flake	Sniffed, snorted, smoked or injected	High energy, talkative, alert, sensitivity to sight, sound and touch	Highly addictive, nose membrane destruction, erratic heartbeat, seizures, sudden death
Club Drugs	Ecstasy, XTC, MDMA, Adam, roofies, date rape	Oral, mixed with carbonated drinks	Tired, confused, amnesia, sense of heightened-well being	Ecstasy in high doses can be fatal, convulsions, coma, increased body temperature
Marijuana	Blunt, grass, herb, pot, reefer, weed, smoke, hash	Oral, smoked	Sleepiness or dizziness, red bloodshot eyes, impaired judgment	Reduced attention span, memory imbalance, physical withdrawal, genetic changes
Methamphetamine	Speed, crank, crystal, meth, and chalk	Gel capsule, snorted or injected	Hyperactive, talkative, pupils constricted	Upsets brain chemistry, movement disorder, resembling Parkinson's Disease
Nicotine	Cigarettes, cigars, smokeless tobacco, snuff, Nicorette gum, Nicotrol spray, Habitrol patch	Smoked, sniffed, oral	Short term stimulant	Brain, heart and lung damage, cell damage in retina, cancer
Opiates/Morphine (includes Heroin)	Tootsie roll, smack, Tylenol with codeine, horse, Dover's Powder, Empirin with codeine, Fiorinal with codeine, vicodin	Injected, oral, smoked, analgesic	Sense of euphoria, lack of judgment, constricted pupils, digestive problems, panic attacks, anxiety, respiratory slow-down, withdrawal from family	"Brain melt down," digestive problems, liver disease, HIV/AIDS, heart and lung damage, suicidal



Good Parenting Mantras For Keeping Your Teen Drug-Free

I Will Talk to My Teen About Drugs: Only a third of parents talk to their teens about the risks of using drugs and alcohol, despite research showing that kids are less likely to use if parents have these conversations.

I Will Set Clear “No-Drug” Rules: Telling your teen that drugs and alcohol are not allowed—and outlining the consequences for breaking rules—are important steps to keeping your child drug-free.

I Will Be More Involved: Teens whose parents are involved in their lives are less likely to use illicit drugs or alcohol, or to be involved in other risky behaviors. Talk to other parents about their rules and level of involvement, too.

I Will Ask the Right Questions: Know what your children are doing when they are away from you, where they go and how their friends are. Know what they do on and offline. And monitor digital activities, too, such as Internet usage, text messaging and social networking sites.

I Will Stay on Top of Emerging Drug Threats: Keep up with what new drug trends teens might be into, such as using prescription drugs to get high. Track quantities of medications in your own home; dispose of old pills safely and properly, and ask others, such as family members, to do the same.