



Parents need to keep their prescription pain killers, cough syrup, and other over-the-counter drugs locked away out of their children's reach.

Parents should also do the following:

- ✓ Examine their credit card and bank statements for drug purchases, and text messages for indications of drug use.
- ✓ Search their rooms for drug paraphernalia, including tinfoil, hollowed-out pens, lighters, hose clamps, and syringes
- ✓ Monitor their children's use of the Internet for visits to illegal online pharmacies and use of social media outlets to make connections and set up drug deals.



Communicate with your kids

It is estimated that children who learn about the risks of drugs from their parents are up to **50 percent** less likely to use drugs than those who do not.

So when talking to teens about legal and illegal drugs let them know the risks. Give them some web sites where they can read on their own these risks.

Give them choices but ask them what would be the result to their lives of having these risks become their realities.

SDPD DIVISIONS

For general information please contact your local police substation.

DIVISION	PHONE
Central	(619) 744-9500
Eastern	(858) 495-7900
Mid-City	(619) 516-3000
Northeastern	(858) 538-8000
Northern	(858) 552-1700
Northwestern	(858) 523-7000
Southeastern	(619) 527-3500
Southern	(619) 424-0400
Western	(619) 692-4800

For more information, online visit:

www.sandiego.gov/police/

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The City of
SAN DIEGO



SAN DIEGO POLICE DEPARTMENT

Drugs and Minors

This brochure contains information regarding parental responsibility and tips on what to look for in your home and in the behavior of your children.

Topics in this brochure

- Drugs
- Parental Information
- Inhalants
- Communicate with your kids

Drugs

Parents can provide the best protection children have against drug abuse. However, peer pressures and other outside influences can often undermine your best parenting efforts. Indications that your child may be involved with drugs include the following:

- ✓ Loss of interest in activities, don't-care attitude
- ✓ Uncommon use of incense, room deodorant, perfume, mouthwash, or breath mints
- ✓ Change in friends and clothing choices, new associations
- ✓ Drug paraphernalia
- ✓ Bottles of eye drops
- ✓ Missing prescription drugs, especially narcotics and mood stabilizers
- ✓ Personality or sudden mood changes, erratic behavior, rages, bouts of anger, temper flare-ups, more combative

- ✓ Anxiety or paranoia
- ✓ Increased forgetfulness
- ✓ Withdrawal from the family, frequent absences from home
- ✓ Lack of sleep, insomnia
- ✓ Hyperactivity, excessive energy
- ✓ Resistance to discipline
- ✓ Poor school work, truancy
- ✓ Lack of stamina, listless, hung over, fatigued
- ✓ Isolation, increased secretiveness
- ✓ Poor personal appearance and hygiene, e.g., watery and sunken eyes, poor complexion, weight loss, bad breath, etc.
- ✓ Need of money or unexplained affluence
- ✓ Missing items in home

Parental Information

Parents can get a great deal of information on drug prevention, abuse, intervention, treatment, and recovery from the Partnership for Drug-Free Kids website at <https://drugfree.org/landing-page/learn/>.

It has drug prevention tips for:

- ✓ Preschoolers (ages 2-4)
- ✓ Early elementary school kids (ages 5-8)
- ✓ Preteens (ages 9-12), teens (ages 13-18)
- ✓ Young adults (ages 19-25).

With 90 percent of all addictions beginning in the teen years, this site provides information so you can play a more active role in prevention.

For information on specific prescription and non-prescription drugs as well as both legal and illegal drugs the following web site gives you a complete description and facts about most all drugs.

<https://drugfree.org/drug-guide/>



Inhalants

Many children are now using inhalants and prescription drugs instead of illegal ones.

Another fad is inhaling Cinnamon. This can seriously damage lungs sometimes permanently and on rare occasions can cause death.

Additional information on inhalants can be found at:

<https://www.drugabuse.gov/publications/drugfacts/inhalants>