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(Tobacco, Alcohol & Drugs)

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What Adults Can Do



Keeping Watch Over Your Child: The Basics of Monitoring

Monitoring is an effective way you can help your tween or teen stay drug-free, and an important thing to do — even if you don't suspect your teen is using drugs.

The idea of "monitoring" your tween or teen may sound sinister, but it's actually a very simple idea that leads to great things: You know where your child is at all times (especially after school), you know his friends, and you know his plans and activities. By staying in-the-know about your child's daily schedule, you're taking an important step in keeping your child drug-free. Kids who are not regularly monitored are four times more likely to use drugs, than kids who are regularly monitored.

We won't mince words here: Monitoring is one of the best ways to keep your kids off drugs, but it isn't always easy. "If a child readily talks about what's going on, then monitoring happens naturally during the course of events," says Anthony Biglan, Ph.D., a senior scientist at the Oregon Research Institute. "If it doesn't happen naturally, parents need to make some rules to facilitate monitoring."

Strike a Balance

Because monitoring conflicts with your child's desire to be independent, he is likely to resist your attempts to find out the details of his daily whereabouts. Don't let this deter you from your goal. He may accept the idea more easily if you present it as a means of ensuring safety or interest in who he is and what he likes to do, rather than as a means of control.

The most important time of day to monitor is after school from 3 p.m. to 6 p.m. Kids are at the greatest risk for abusing drugs during these hours. Call your child's school to find out about adult-supervised activities he can take part in during these hours. Encourage him to get involved with youth groups, art or music programs, organized sports, community service or academic clubs. Follow up with your child to make sure he is actually going to the program he has chosen.

Monitoring becomes critically important when kids reach middle school, Biglan says. Because kids go from class to class during middle school or junior high, they don't always develop the close relationships they had with other kids during their earlier school years. Also, kids at this age are extremely sensitive to the beliefs of their classmates, so peer pressure becomes a major contributing factor in their behaviors. Of course, monitoring doesn't mean you have to go through your child's dresser drawers. "Kids need an increasing amount of privacy as they get older and that's OK," says Biglan. But the balance between monitoring and privacy can shift if signs of drug use show up. "Remember", says Biglan, "when it's time to intervene, kids' privacy issues take a backseat."

Four Core Rules of Monitoring

1. Know where your child or teen is at all times. Make sure he/she knows you're asking out of love, not because of a lack of trust.
2. Get to know all of your teen's friends personally. Know their faces and their voices. Interact with them whenever possible -- without actually forcing them to "hang out" with you.
3. Find out how your teen plans to spend her day. Looking for something to discuss during dinner? This is a great one. "So...what're you up to tomorrow?" Easy. Right?

Limit the time your child spends without adult supervision. The after-school hours of 3 to 6 are the most dangerous time for tweens or teens to be on their own. Greater peer pressure or boredom can lead to an after-school alcohol or drug use. If you or another adult you trust can't be home for your teen, find out about after-school programs she can get involved with.

The Importance of Rules: Setting Limits for Teens

Rules don't alienate kids. Rules about what's acceptable — from obeying curfews to calling in to tell you where they are — make children feel loved and secure. Rules are also a key ingredient in substance abuse prevention. But rule setting isn't always easy.

Need help setting limits with your teen? Keep these four tips in mind:

1. When kids break rules, parents often overreact with harsh, disproportionate and unenforceable punishment, which undermines the effectiveness of setting limits. Instead, when you first tell your child about a new rule, discuss what the punishment will be and how it will be carried out. Consequences must go hand in hand with limits so that your child understands the cost of breaking the rules. Punishments should be reasonable and related to the violation. For example, if you catch your son and his friends smoking, you might ground him by restricting his social activities for two weeks.

2. Punishments should only involve penalties you discussed before the rule was broken. Also, never issue empty threats. Since we're all more inclined to say things we don't mean when we're upset, it's best to cool off before discussing consequences.
3. Insist that your teen be in adult-supervised situations after school. Encourage her to get involved with youth groups, arts, music, sports, community service and academic clubs. Research shows that adult supervision of adolescents after school is a key factor in substance abuse prevention. An example of an appropriate consequence for violating the after-school adult-supervision rule is loss of an activity of “freedom,” like a parent-free trip to the movies or mall.
4. Make it clear that you do not ever want your child to use marijuana. By emphasizing your no-tolerance rule for drug use, you reduce the chances for substance abuse now or later in life. Also, if your teen knows she can always blame you, she will have an excuse to fall back on when tempted or urged by friends to make bad decisions.

The key to preventing substance abuse is setting limits for teens when it comes to drugs and alcohol. If they clearly see the consequences for using these substances, and view them as fair, they are more apt to follow the rules that you have created for them.

Your Child: Grades K - 3

5-to-8-year olds are still tied to family and eager to please but they're also beginning to explore their individuality. In addition, your grade-schooler begins to spend more time at school and with peers and to collect information (including messages about drugs and alcohol) from lots of new places like the media and popular culture. It's very important that you continue talking to your child about a healthy drug-free lifestyle and stress that of all the voices your child hears, yours should be the guiding force.

Here are 9 tips to help you help your child live a healthy, drug-free life:

1. **Keep your discussions about tobacco, alcohol, and other drugs factual and focused on the present.** Long-term consequences are too distant to have any meaning. Let your child know that people who drink too much alcohol get sick and throw up, or that smoking makes clothes stink and causes bad breath.
2. **Talk to your kids about the drug-related messages they receive through advertisements, the news media, and entertainment sources.** Some TV shows or movies may even glamorize drug use. Remember to ask your kids how they feel about the things they've heard — you'll learn a great deal about what they're thinking.
3. **Consider the following topics when discussing drugs with your child: what alcohol, tobacco and other drugs are like; why drugs are illegal; what harm drugs can do to users.** You should also consider talking about the differences between the medicinal uses and illegal uses of drugs, and how drugs can impact the families and friends of users.

4. **Set clear rules and behave the way you want your kids to behave.** Tell them the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your children.
5. **Help your child explore new ways to express their feelings.** Kids who feel shy in one-on-one conversation might open up through painting, writing, or emailing a friend or relative.
6. **Work on problem solving by focusing on the types of problems kids come across.** Help them find long-lasting solutions to homework trouble, a fight with a friend, or in dealing with a bully. Be sure to point out that quick fixes are not long-term solutions.
7. **Give your kids the power to escape from situations that make them feel bad.** Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also let them know that they don't need to stick with friends who don't support them.
8. **Get to know your child's friends — and their friends' parents.** Check in by phone or a visit once in a while to make sure they are giving their children the same kinds of messages you give your children.
9. **Sign your kids up with community groups or programs that emphasize the positive impact of a healthy lifestyle.** Your drug-free messages will be reinforced — and your kids will have fun, stay active and develop healthy friendships.

Substances in your K-3 child's world can include:

Tobacco, Alcohol, Ritalin.

Your Child: Grades 4-6

Preteens: They're on a quest to figure out their place in the world. When it comes to the way they view that world, they tend to give their friends' opinions a great deal of power while, at the same time, they're starting to question their parents' views and messages. Your advice may be challenged — but it will be heard and will stay with your child much more than he or she will ever admit.

Here are 8 tips to help you help your preteen live a healthy, drug-free life:

1. **Make sure your child knows your rules — and that you'll enforce the consequences if rules are broken.** This applies to no-use rules about tobacco, alcohol, and other drugs — as well as bedtimes and homework. Research shows that kids are less likely to use tobacco, alcohol, and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules.
2. **Act out scenes with your child where people offer her drugs.** Kids who don't know what to say or how to get away are more likely to give in to peer pressure. Let her know that she can always use you as an excuse and say: "No, my mom [or dad, aunt, etc.] will kill me if I smoke a cigarette." Explain why she shouldn't continue friendships with kids who have offered her cigarettes, alcohol or pills.

3. **Tell your child what makes him so special.** Puberty can upend a child's self-esteem. Feelings of insecurity, doubt and pressure may creep in. Offset those feelings with a lot of positive comments about his life and who he is as an individual — and not just when he brings home an A.
4. **Give your children the power to make decisions that go against their peers.** You can reinforce this message through small things such as encouraging your child to pick out the sneakers he likes rather than the pair his four friends have.
5. **Base drug and alcohol messages on facts, not fear.** Kids can't argue with facts but their new need for independence may allow them to get around their fears. Also, kids love to learn facts — both run-of-the-mill and truly odd. For drug and alcohol facts, visit our Drug Guide.
6. **Preteens aren't concerned with future problems that might result from experimentation with tobacco, alcohol or other drugs, but they are concerned about their appearance — sometimes to the point of obsession.** Tell them about the smelly hair and ashtray breath caused by cigarettes. Make sure they know that it would be hard to perform in the school play while high on marijuana.
7. **Get to know your child's friends — and their friends' parents.** Check in by phone or a visit once in a while to make sure they are giving their children the same kinds of messages you give your children about alcohol, tobacco and other drugs.
8. **Help children separate reality from fantasy.** Watch TV and movies with them and ask lots of questions to reinforce the distinction between the two. Remember to include advertising in your discussions, as those messages are especially powerful.

Substances in your fourth to sixth grader's world can include:

Tobacco, Alcohol, Ritalin, Adderall, Inhalants, Marijuana.

Transitions: The First Year of Middle School

You've been anticipating this for the past few years — your child's transition from elementary school to middle school. Be warned, this is a critical time and calls for extra vigilance on your part. Your son or daughter may still seem young, but their new surroundings can put them in some mature and tempting situations.

- The likelihood that kids will try drugs increases dramatically during this year. Your child is going to meet lots of new kids, seek acceptance, and start to make more — and bigger — choices. For the first time, your kids will be exposed to older kids who use alcohol, tobacco or other drugs. New middle- or junior high-schoolers often think these older students are cool and may be tempted to try drugs to fit in.
- One type of drug in particular to watch out for is inhalants, since they tend to be abused at a very young age. Inhalants are ordinary household products that are inhaled or sniffed by children to get high — but can cause serious brain damage, among other side effects.

- A 2007 study shows that 20 percent of 6th graders have tried inhalants. Another disturbing fact is that from 1998 to 2007, the percent of middle-school students agreeing strongly that sniffing or huffing things to get high can kill you significantly decreased from 61 percent to 54 percent. This is a potential signal of concern because the more risky an adolescent thinks a substance is, the less likely he / she is to abuse it. (Partnership Attitude Tracking Study). Therefore, it's important to be aware of these harmful chemicals and be sure to educate your children on their effects as well.
- To many middle-school kids, peer approval means everything and your child may make you feel unwelcome. He is going through a time where he feels as though he should be able to make his own decisions and may start to challenge your values. While your child may physically and emotionally pull away from you to establish his own identity — and may even seem embarrassed by you at times — he actually needs you to be involved in his life more than ever before.
- Also, be aware that your child is going through some major physical and hormonal changes. Her moods may vary as she tries to come to terms with her ever-changing body and the onset of puberty. Keep yourself educated on what to expect — if you reassure her that nothing is out of the ordinary, your child can relax knowing that what she's going through is normal.

To help your child make good choices during this critical time, you should:

- Make it very clear that you do not want her to use alcohol, tobacco, marijuana or other drugs.
- Find out if he really understands the consequences of alcohol, tobacco and other drug use.
- Get to know her friends by taking them to and from after-school activities, games, the library, and movies (while being sensitive to her need to feel independent). Check in with her friends' parents often to make sure you share the same anti-drug stance.
- Be sure you know his online friends – as well as his other online activities such as websites he visits, with whom he emails, chats and instant messages, his MySpace or Facebook page, and who he text messages.
- Volunteer for activities where you can observe him at school.
- Hold a weekly family meeting to check in with each other and address problems or concerns.
- Get your kids involved with adult-supervised after-school activities.
- Give kids who are unsupervised after school a schedule of activities, limits on their behavior, household chores to accomplish, and a strict phone-in-to-you policy (along with easily accessible snacks).
- Make it easy for your child to leave a situation where alcohol, tobacco, or other drugs are being used.
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- Call kids' parents if their home is to be used for a party; get assurance that no alcoholic beverages or illegal substances will be at the party.
- Set curfews and enforce them.
- Encourage open dialogue with your children about their experiences.

Your Child: Preventing Drug Use Among Teens in Grades 7-9

For parents, this is a pivotal time in helping kids make positive choices when faced with drugs and alcohol. The average age kids try drugs for the first time is 13. If your child is 13, says Amelia Arria, senior scientist with Treatment Research Institute, you should assume that he or she has been offered drugs or alcohol. But you can help your teen stay healthy and drug-free — and beat the negative statistics about drug use among teens. Kids who learn about the risks of drugs from their parents are up to 50 percent less likely to use (2007 Partnership Attitude Tracking Study). So, most importantly, stay involved. Young teens may say they don't need your guidance, but they're much more open to it than they'll ever let on. Make sure you talk to them about their choices of friends — drug use in teens starts as a social behavior.

Here are 5 tips to help you help your teen live a healthy, drug-free life:

1. **Make sure your teen knows your rules and the consequences for breaking those rules -- and, most importantly, that you really will enforce those consequences if the rules are broken.** This applies to no-use rules about tobacco, alcohol and other drugs, as well as curfews and homework. Research shows that kids are less likely to use tobacco, alcohol and other drugs if their parents have established a pattern of setting clear rules and consequences for breaking those rules. [Guo, Hawkins, Hill, and Abbott (2001)] And kids who are not regularly monitored by their parents are four times more likely to use drugs (Metzler, Rusby & Biglan, 1999).
2. **Let your teen in on all the things you find wonderful about him.** He needs to hear a lot of positive comments about his life and who he is as an individual — and not just when he makes the basketball team. Positive reinforcement can go a long way in preventing drug use among teens.
3. **Show interest — and discuss — your child's daily ups and downs.** You'll earn your child's trust, learn how to talk to each other, and won't take your child by surprise when you voice a strong point of view about drugs.
4. **Tell your teen about the negative effect alcohol, tobacco, and other drugs have on physical appearance.** Teens are extremely concerned with their physical appearance. Tell them about a time you saw a friend or acquaintance get sick from alcohol — reinforce how completely disgusting it was.
5. **Don't just leave your child's anti-drug education up to her school.** Ask your teen what she's learned about drugs in school and then continue with that topic or introduce new topics. A few to consider: the long-term effects that tobacco, alcohol, and other drugs have on the human body; how and why chemical dependence occurs — including the unpredictable nature of

6. Dependency and how it varies from person to person; the impact of drug use on society — societal costs of impaired health and loss of productivity; maintaining a healthy lifestyle; positive approaches to stress reduction; or setting realistic short- and long-term goals.

Substances in your seventh to ninth grader's world can include:

Tobacco, Alcohol, prescription drugs such as Ritalin or Adderall, Inhalants, and illicit drugs such as Marijuana, Ecstasy, Herbal Ecstasy, Cocaine/Crack, GHB, Heroin, Rohypnol, Ketamine, LSD, Mushrooms

Your Child: Grades 10-12

When it comes to drugs, teens are a savvy bunch. Drugs and messages about living drug-free have been part of their lives for years. They can make distinctions not only among different drugs and their effects, but also among trial, occasional use and addiction. They've witnessed many of their peers using drugs — some without obvious or immediate consequences, others whose drug use gets out of control. By the teen years, kids have also had to make plenty of choices of their own about drug use: whether they should give in to peer pressure and experiment with drugs, or go against some of their peers and stay clean.

Here are 6 tips to help you help your teen continue to live a healthy, drug-free life:

1. **Don't speak generally about drug- and alcohol-use— your older teen needs to hear detailed and reality-driven messages.** Topics worth talking about with your teen: using a drug just once can have serious permanent consequences; can put you in risky and dangerous situations; anybody can become a chronic user or addict; combining drugs can have deadly consequences.
2. **Emphasize what drug use can do to your teen's future.** Discuss how drug use can ruin your teen's chance of getting into the college she's been dreaming about or landing the perfect job.
3. **Challenge your child to be a peer leader among his friends and to take personal responsibility for his actions and show others how to do the same**
4. **Encourage your teen to volunteer somewhere that he can see the impact of drugs on your community.** Teenagers tend to be idealistic and enjoy hearing about ways they can help make the world a better place. Help your teen research volunteer opportunities at local homeless shelters, hospitals or victim services centers.
5. **Use news reports as discussion openers.** If you see a news story about an alcohol-related car accident, talk to your teen about all the victims that an accident leaves in its wake. If the story is about drugs in your community, talk about the ways your community has changed as drug use has grown.
6. **Compliment your teen for the all the things he does well and for the positive choices he makes.** Let him know that he is seen and appreciated. And let him know how you appreciate what a good role model he is for his younger siblings and other kids in the community. Teens still care what their parents think. Let him know how deeply disappointed you would be if he started using drugs.

Drugs in your teen's world can include:

Tobacco, Alcohol, prescription drugs such as Ritalin, Oxycontin, Vicodin, Valium and Xanax, Inhalants, Marijuana, Ecstasy, Herbal Ecstasy, Cocaine/Crack, GHB, Heroin, Rohypnol, Ketamine, LSD, Mushrooms.

Should You Snoop?

To snoop or not to snoop? It's a controversial topic. When questioned, a wide variety of prevention and intervention experts all agree: if you suspect your child is drinking or using drugs, snooping can help keep your children safe.

The biggest hurdle in putting snooping to work to find signs of drug use might just be the use of the word snooping. It sounds so negative. So, as you move ahead in helping your child, try to shift your mindset. Instead of *snooping*, think of it as *searching* or *fact-finding*. But whatever you decide to call it, know that you are helping your child – and that's not always an easy thing to do.

The big issue for many experts is whether or not you should tell your children you're searching their room, school bag, cell phone, computers, and other technology to find signs of drug use. The answer really depends on your relationship with your child, if your child has been deceptive or lying, and your comfort level. Do what feels right for your family. Just remember: it is your home and your child. You set the rules. And, though you want to respect your child's independence and privacy, it should never be at the price of his or her health or safety.

Why Consider Searching?

Searching your child's room should be a decision you are able to defend. If you notice any change in your child's behavior, unusual odors wafting into the hallway from their room (like pot and cigarette smoke), smells to mask other smells such as incense or Lysol spray, or other warning signs you need to find out what's going on behind that "KEEP OUT" sign. Your child needs to understand that the limits you set with them do not stop at their bedroom door.

If you have decided not to tell your child about the search, be prepared to explain your reasons to them if she catches you mid-search. Let your child know that you are doing it out of concern for his or her health and safety. If you discover that your kid is not drinking or doing drugs, this could be a good time to find out if there's something else that may be on her mind.

Where to Look

Kids come up with some crafty places to conceal alcohol, drugs, and drug paraphernalia. Here's a short list of some possible hiding spots:

- Dresser drawers beneath or between clothes
- Desk drawers
- CD/DVD/Tape/Video cases
- Small boxes – jewelry, pencil, etc.
- Backpacks/duffle bags
- Under a bed

- In a plant, buried in the dirt
- In between books on a bookshelf
- Inside books with pages cut out
- Makeup cases – inside fake lipstick tubes or compacts
- Under a loose plank in floor boards
- Inside over-the-counter medicine containers (Tylenol, Advil, etc)
- Inside empty candy bags such as M&Ms or Skittles
- Behind Mirrors, Posters, Pictures
- Battery Compartment of Radio/Clock/PS2
- Rolled up in Socks
- Watch Pocket of Pants
- Back of Closet in Shoe Boxes
- Insoles or Shoes/Look for Broken Heel of Shoes
- In Their Car
- Tank of Toilet
- Look at Candles, Cans and Other Objects for False Bottoms
- Taped on Ceiling Fans
- Toilet Paper Roll (Inside)



Also, search your teen's cell phone speed dial list or instant message buddy lists on the computer for names you haven't heard of before. Ask your teen about any names you don't recognize.

If You Find Alcohol, Drugs or Drug Paraphernalia

Don't dance around the topic. Ask your child about the items you found.

He might try to fight back by saying your search was unfair and that you found things the wrong way by invading his privacy. Stand by your decision to search his room and ignore the argument. Your rule is NO drugs. Period.

If You Think They're Using: Drug Abuse in Teens 13-17

If you're at all concerned that your teenager is using drugs or alcohol, take action right now to help your child get back on track to a healthy life.

- Look for the warning signs of drug or alcohol use or addiction. Keep in mind: Most of these symptoms tend to be gradual so you need to watch for them over time. Don't jump to conclusions, but do investigate any suspicions you have as fully as possible. Trust your intuition. Please note: Many of the warning signs for teen drug abuse are the same as those for depression or for the ups and downs of being a teenager. There's also the possibility it's a physical or emotional problem.
- Talk to your teen about drug abuse without going on the attack. Also, don't try to talk with your child if he or she seems under the influence. Wait for a calm moment and then explain the behavior you're worried about. Don't do all the talking; give your child the chance to explain his behavior.
- Ask a doctor, mental health professional, or a professional substance abuse counselor for help if your teen seems evasive or if his or her explanations are not convincing. This step will help you rule out physical or mental illness. If your child is using, a health professional skilled in diagnosing adolescents with alcohol or drug problems will help you figure out the best addiction intervention program for your teen's needs. Programs for teen drug abuse come in many types including self-help, outpatient, in-patient, and 24-hour hospitalization programs. To find treatment programs in your area, call your family doctor, local hospital, county mental health society, or school counselor for a referral. You can also call 800-662-HELP (800-662-4357) or do a search on the Substance Abuse Treatment Facility Locator.
- Get your family the help it needs. Consider personal or family counseling. Live or online support groups will help you move forward and teach you how to help your teen through recovery and into the future. Also, Al-Anon and Alateen are support groups that help families and friends of people with alcohol problems recover from the effects of living with a problem drinker — whether the person is still drinking or not. More than likely, someone at an Al-Anon meeting knows of a counselor who specializes in substance use disorders.

Digital Technology 101

This crash course in the most popular communication tools used by teens today offers guidance and advice to help parents monitor their teen's activities on these devices.

Digital Technology 101 offers guidance and advice on how to monitor some of the most popular communication tools used by teens today. You may have heard about them on television news or relented to your teen's wishes to buy the latest and greatest gadgets. But have you had an opportunity to learn exactly what your teen already knows about digital technologies?

<http://www.theantidrug.com/teens-technology/tutorial-home.asp>

TGIF, RSVP or even ASAP may sound familiar; however as computers have transformed communications a new dialect has emerged: Internet lingo. Acronyms or character symbols called Emoticons (mixing symbols to express emotions or moods) enable teens to communicate with others in a few keystrokes. While often just a convenient and quick means of communication, many teens use these acronyms and symbols to warn their friends when parents might be present and even to discuss drug use in a code that parents can't decipher.

Instant messages, blog entries and text messages often look like Sanskrit to parents, but decoding this lingo used in digital communications is an important monitoring skill that should not be overlooked. Here is a quick guide to help you translate what teens are saying online and in their cell phone text messages. Keep in mind that, as with street names for drugs, these symbols and acronyms are subject to frequent change, particularly when those who use them suspect that others have figured out what they mean.

Lingo to Warn of Parental Monitoring⁽¹⁾

POS Parent Over Shoulder
PIR Parent In Room
P911 Parent Alert
PAW Parents Are Watching
PAL Parents Are Listening
KPC Keeping Parents Clueless

Internet Lingo of Social or Sexual Nature⁽²⁾

WYCM Will You Call Me?
ASL Age/Sex/Location
MorF Male or Female
KFY Kiss For You
MOOS Member(s) Of the Opposite Sex
ADR Address
LMIRL Let's Meet In Real Life
HAK Hugs And Kisses
ILU or ILY I Love You

KOTL Kiss On The Lips

SMIM Send Me an Instant Message

SMEM Send Me an E-Mail

WUF Where Are You From?

WYRN What's Your Real Name?

Emoticons⁽³⁾

;) Winking

:*(Crying

#-) Wiped out, partied all night

%*} Inebriated

%\ Hangover

8-# Death

:-d~ Heavy smoker

:->< Puckered up to kiss

:/i No smoking

To view the entire list, [visit here](#). ➡

Drug Lingo

Similar to Internet lingo, drug nomenclature can be cryptic. Parents can monitor for drug use by learning popular drug lingo and asking questions. A few examples of popular drug lingo are listed below; a database containing more than 2,300 street terms is also available.

Marijuana Lingo

Pot Marijuana

Weed Marijuana

Bud Marijuana

Kind Bud An expensive and potent strain of marijuana

Mary Jane Marijuana

Ganja Marijuana

Blunt Marijuana rolled into a Philly Blunt or similar type of cigar

Bong A large water filtered pipe for smoking marijuana

See the Street Terms for more drugs [here](#).⇒

Prescription Drug

Pharming Raiding medical cabinets to trade and consume prescription drugs to get high

Robotripping Drinking cough medicine to get high (comes from the brand name Robitussin)

Lean Drinking prescription cough syrup mixed with painkillers and soda

O Oxycontin

Tweaking High on amphetamines

Blue Boogers Snorting Adderall or Ritalin

<http://www.netlingo.com/>

References

www.drugfree.org

<http://www.theantidrug.com/>