### Drug Guide for Parents: Learn the Facts to Keep Your Kids Safe

**Commonly Abused Substances:***

- **Alcohol:** Excess use can cause hangovers, impaired judgment, and serious health risks to teens.
- **Cannabis:** Regular use can lead to decreased academic performance, memory issues, and more serious problems like schizophrenia.
- **Nicotine:** Smokers are at risk of heart disease, stroke, and lung cancer.

**Commonly Abused Prescription Drugs:**

- **Pain Relievers:** Overuse can lead to addiction, depression, and even death.
- **Sedatives:** Abuse can cause memory loss, speech problems, and respiratory depression.

**Street Drugs:**

- **Opioids:** Use can cause respiratory depression, overdose, and death.
- **Stimulants:** Abuse can lead to hypertension, paranoia, and heart failure.

**Club Drugs:**

- **MDMA (Ecstasy):** Can cause addiction, hyperthermia, and hallucinations.

**Other Substances:**

- **Inhalants:** Use can lead to hypoxia, cyanosis, and respiratory arrest.

**Important to Know:**

- **Consequences:** Teens who abuse drugs often face serious health risks, legal issues, and social problems.

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**Comprehensive Drug Guide:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Common Names // Street Names</th>
<th>Looks Like</th>
<th>Use</th>
<th>What Teens May Have Heard</th>
<th>Health Risks // Dangerous Because</th>
<th>Signs of Use</th>
<th>Important to Know</th>
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</thead>
<tbody>
<tr>
<td>Commonly Abused Substances</td>
<td>Alcohol</td>
<td>Vodka, grains, beer, wine, adhesives</td>
<td>Liquid</td>
<td>Sniffed</td>
<td>Alcohol is a powerful drug. It can cause an array of serious health problems.</td>
<td>Slurred speech, lack of coordination, nausea, vomiting.</td>
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<td></td>
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<tr>
<td>Commonly Abused Prescription Drugs</td>
<td>Pain Relief</td>
<td>Codeine, Fentanyl, Vicodin, Naproxen</td>
<td>Tablets, capsules, pills</td>
<td>Inhaled, injected, snorted</td>
<td>Pain relief is a powerful drug. It can cause an array of serious health problems.</td>
<td>Hypoxia, cyanosis, respiratory arrest.</td>
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<td></td>
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<tr>
<td>Street Drugs - Opioids</td>
<td>Heroin</td>
<td>Beans, Shady 80s, Apache, China girl, China white, Morphine</td>
<td>White powder, patch, green, pink</td>
<td>Injected, snorted, smoked</td>
<td>Heroin is a powerful drug. It can cause an array of serious health problems.</td>
<td>Overdose, respiratory failure, death.</td>
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<td></td>
</tr>
<tr>
<td>Street Drugs - Stimulants</td>
<td>Adderall</td>
<td>Fags, Snuffs, Dip, Fags, Smokes, E-cigs, Candy, Charlie, coke, crack, flake</td>
<td>Capsules, pills, patch</td>
<td>Snorted, smoked</td>
<td>Adderall is a powerful drug. It can cause an array of serious health problems.</td>
<td>Euphoria, drowsiness, respiratory depression.</td>
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<td></td>
</tr>
<tr>
<td>Club Drugs</td>
<td>Ecstasy</td>
<td>Actiq, Duragesic, Sublimaze</td>
<td>Capsules</td>
<td>Keep stored in a safe place</td>
<td>Ecstasy is a powerful drug. It can cause an array of serious health problems.</td>
<td>Delusions, hallucinations, paranoia, depression.</td>
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<td>Other Substances</td>
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**Drug Free Kids Canada**

Where families come for help