

## 11 Keys To Protecting Your Kids

- **Substance abuse is a preventable problem**
- **Get and stay closely involved**
- **Begin the dialogue when your kids are young**
- **Monitor your kids**
- **Be the parent, not just the pal**
- **Addiction is a health problem**
- **There is hope, help, and healing**
- **Don't wait—know the warnings signs and act early**
- **Help is not just “rehab”**
- **Addiction runs in families**
- **You are not alone**

### Why do kids do Drugs?

- **Relieve boredom**
- **Feel good**
- **Forget their troubles and relax**
- **Have fun**
- **Satisfy curiosity**
- **Take risks**
- **Ease their pain**
- **Feel grown up**
- **Show their independence**
- **Belong to a specific group**
- **Look cool**
- **Get attention**
- **Impress others**
- **Put family on alert**

## Community Resource Guide

### 211 - Human Services Information Community Action Center 407-836-8476

Neighborhood Centers for Families (NCF)	Phone Numbers
Apopka NCF	407-889-9966
Bithlo/Christmas NCF	407-568-7607
Eatonville NCF	407-629-5655
Englewood NCF	407-736-1040
Ivey Lane NCF	407-523-3004
Lake Weston NCF	407-522-2165
Oak Ridge NCF	407-850-5109
Pine Hills NCF	407-294-3519
Taft NCF	407-850-9700
Tangelo Park NCF	407-226-1714
Union Park NCF	407-207-1684
West Orange NCF	407-905-2075
Winter Park NCF	407-622-2911

Activity Programs	Phone Numbers
Orange County CLUB ( <a href="http://www.theocclub.net">www.theocclub.net</a> )	407-836-9790
Boys & Girls Club	407-841-6855
Y.M.C.A.	407-896-9220
Boy Scouts of America	407-889-4403
Girl Scouts Citrus Council	407-896-4475
Friends & Family United Inc.	407-206-0570

Substance Abuse Resources	Phone Numbers
Alcoholics Anonymous	407-260-5408
Bridges of America	407-328-2990
Center for Drug Free Living	407-245-0014
Orlando Metro Treatment Center	407-275-8939
Devereux	407-296-5300
Florida Dept. of Children & Families	407-254-0420
Grove Counseling Center	407-327-1765
Human Services Associates, Inc.	407-836-8884
Informed Families	321-231-0587
Mental Health & Homeless Issues	407-836-7608
Narcotics Anonymous	407-425-5157
Quest Counseling	407-331-7199
S.T.E.P.S., Inc.	407-522-2144
The Turning Point	407-740-5655
We Care Crisis Center, Inc.	407-425-2624

### 311 - Orange County Information

To learn more about the Orange County Office for a Drug Free Community and the services and resources we provide, please contact 407-836-7335 or visit our website at [www.drugfreecoalition.org](http://www.drugfreecoalition.org)



Drugs and kids



What Every Parent Needs To Know

Orange County Coalition  
for a  
**DRUG FREE**  
Community  
[www.drugfreecoalition.org](http://www.drugfreecoalition.org)

NAME	OTHER NAMES*	HOW CONSUMED	EFFECTS	NAME	OTHER NAMES*	HOW CONSUMED	EFFECTS
<b>Alcohol</b> 	Beer, wine, liquor, cooler, malt liquor, booze	Orally	Addiction (alcoholism), dizziness, slurred speech, disturbed sleep, nausea, vomiting, hangovers, impaired motor skills, violent behavior, impaired learning, fetal alcohol syndrome, respiratory depression and death (high doses).	<b>OxyContin</b> (Oxy-codone hydro-chloride) 	Oxy, OC, killer, oxycotton (Note: OxyContin, a legally prescribed medication for moderate to severe long-lasting pain, is sometimes sold and abused as a street drug)	Orally as tablet, or chewed, snorted or injected	OxyContin has effects that are similar to heroin, addiction, nausea vomiting, cold clammy skin, confusion, convulsions, severe dizziness, drowsiness, coma, low blood pressure, nervousness restlessness, pinpoint pupils of eyes, death.
<b>Amphetamines</b> 	Speed, uppers, up hearts, black beauties, pep pills, copilots, bumble bees, benzedrine, dexedrine, footballs, biphettamine	Orally, injected, snorted or smoked	Addiction, irritability, anxiety, increased blood pressure, paranoia or psychosis, depression, aggression, convulsions, dilated pupils and blurred vision, dizziness, sleeplessness, loss of appetite resulting in malnutrition, increased body temperature, increased risk of exposure to HIV hepatitis and other infectious diseases if injected.	<b>Rohypnol</b> (flunitrazepam) 	Roach, roofies, the forget pill, rope, rophies, ruffies, R2, roofenol, la roche, rib	Orally in pill form, dissolved in a drink or snorted	Addiction, blackouts with a complete loss of memory, a sense of fearlessness and aggression, nausea, dizziness and disorientation, difficulty with motor movements and speaking.
<b>Methamphetamine</b> 	Speed, meth, crank, crystal, ice, fire, croak, crypto, white cross, glass	Orally, injected, snorted or smoked 	Addiction, irritability, anxiety, increased blood pressure, paranoia or psychosis, aggression, nervousness, hypothermia, compulsive behavior, stroke, depression, convulsions, heart and blood vessel toxicity, insomnia, hallucinations, loss of appetite resulting in malnutrition, formication (the sensation of insects creeping on or under the skin), arrhythmia, increased risk of exposure to HIV hepatitis and other infectious diseases if injected.	<b>"Special K"</b> (Ketamine Hydrochloride) 	Vitamin K, new ecstasy, psychedelic heroin, Ketalar, Ketaject, Super-K, breakfast cereal	Snorted or smoked	Delirium, amnesia, impaired motor function, potentially fatal respiratory problems.
<b>Ecstasy</b> (methylenedioxy amphetamine) 	XTC, Adam, MDMA	Orally	Psychiatric disturbances including panic, anxiety, depression and paranoia, muscle tension, nausea, blurred vision, sweating, increased heart rate and blood pressure, tremors, hallucinations, reduced appetite, sleep problems, fainting, chills.	<b>LSD</b> (Lysergic Acid Diethylamide) 	Acid, microdot, tabs, doses, trips, hits, sugar cubes	Tabs taken orally or gelatin or liquid put in the eyes	Elevated body temperature and blood pressure, suppressed appetite, sleeplessness, tremors, chronic recurring hallucinations.
<b>Ritalin</b> 	Speed, West Coast (Note: Ritalin, a legally prescribed medication for treating attention deficit disorder and hyperactivity is sometimes sold and abused as a street drug.)	Tablet is crushed and the powder is snorted or injected. Some children buy or steal the drug from their classmates.	Loss of appetite, fevers convulsions and severe headaches, increased risk of exposure to HIV hepatitis and other infectious diseases if injected, irregular heart-beat and respiration, paranoia, hallucinations, delusions, excessive repetition of movements and meaningless tasks, tremors and muscle twitching.	<b>Mushrooms</b> (Psilocybin) 	Shrooms, caps, magic mushrooms	Eaten or brewed and drunk in tea	Increased blood pressure, sweating, nausea, hallucinations.
<b>GHB</b> (gamma hydroxybutyric acid) 	Liquid ecstasy, somatomax, scoop, grievous bodily harm, liquid x, Georgia home boy, goop	Snorted, orally in liquid form, smoked or mixed into drinks	Liver failure, vomiting, tremors, seizures, comas, fatal respiratory problems.	<b>Inhalants</b> 	Nitrous oxide, laughing gas, whippets, aerosol sprays, cleaning fluids, solvents		Headache; muscle weakness; abdominal pain; severe mood swings and violent behavior; numbness and tingling of hands and feet; decrease or loss of sense of smell; nausea; nosebleeds; liver, lung and kidney damage; dangerous chemical imbalances in the body; fatigue; lack of coordination; loss of appetite; decreases in heart and respiratory rates; hepatitis or peripheral neuropathy from long-term use.
<b>Cocaine</b> 	Coke, snow, nose candy, flake, blow, big C, lady, white, snowbirds	Snorted or dissolved in water and injected 	Addiction, pupil dilation, elevated blood pressure and heart rate, increased respiratory rate, paranoia, seizures, heart attack, increased risk of exposure to HIV hepatitis and other infectious diseases if injected, respiratory failure, constricted peripheral blood vessels, loss of appetite, restlessness, irritability, anxiety, tactile hallucinations, insomnia, increased body temperature, death from overdose.	<b>Marijuana, Hash</b> 	Weed, pot, reefer, grass, dope, ganja, Mary Jane, sin-semilla, herb, Aunt Mary, skunk, boom, kif, gangster, chronic, 420	Smoked or eaten 	Bloodshot eyes; dry mouth and throat; impaired or reduced comprehension; altered sense of time; paranoia; intense anxiety or panic attacks; reduced ability to perform tasks requiring concentration and coordination such as driving a car; altered cognition; making acquisition of new information difficult; impairments in learning, memory, perception and judgment, difficulty speaking; listening effectively, thinking, retaining knowledge, problem solving and forming concepts.
<b>Crack</b> 	Rock, freebase	Heated and smoked in a pipe 	Same as cocaine	<b>Steroids</b> 	Rhoids, juice	Orally or injected into muscle 	Liver cancer; sterility, masculine traits in women and feminine traits in men, aggression, depression, acne, mood swings.
<b>Heroin</b> 	Smack, horse, mud, brown sugar, junk, black tar, big H, dope	Injected, smoked or snorted 	Addiction; slowed and slurred speech, slow gait; constricted pupils; droopy eyelids; impaired night vision; vomiting after first use and at very high doses; decreased sexual pleasure; indifference to sex; reduced appetite; constipation; nodding off (at high doses); respiratory depression or failure; increased risk of exposure to HIV, hepatitis and other infectious diseases if injected; dry, itching skin and skin infections; death from overdose.	<b>Tobacco</b> 	Smoke, bone, butt, coffin nail, cancer stick	Cigarettes, cigars, pipes, smokeless tobacco (chew, dip, snuff)	Addiction, heart and cardiovascular disease; cancer of the lung, larynx, esophagus, bladder, pancreas, kidney and mouth; emphysema and chronic bronchitis; spontaneous abortion, pre-term delivery and low birth weight.