



# My kid wouldn't do drugs

## You sure? Ask.

### Talk about it.

Start talking to kids at a young age about making healthy choices.

Kids may be exposed to alcohol, tobacco and other drugs at any age and even become addicted. They may feel like it's ok to do drugs because everyone else is doing it. It's important for them to realize that's not true — most kids are choosing not to do drugs. Starting the conversation can feel awkward, so here are a few tips:

- 1 Be honest about the risks of using alcohol, tobacco and other drugs.
- 2 Try to use a calm, nonjudgemental tone and avoid accusing them of substance use.
- 3 Establish rules, expectations and consequences at an early age.

### Look for the signs.

#### PHYSICAL CHANGES

Abrupt weight gain or loss

Bloodshot or glazed eyes

Pupils dilated or constricted

Shaking/tremors

Sleeping too much or trouble sleeping

Slurred speech

#### BEHAVIORAL CHANGES

Agitated or irritable

Fearful or paranoid

Mood swings, social changes, isolating

Unexplained absences or changes in grades

Unmotivated or distracted

Unusual need for money

#### DRUG-RELATED OBJECTS

Foil, spoons, cotton balls

Glass/metal pipe and lighter

Razor blades

Rubber cords and syringes

Small mirror

Straws/rolled-up dollar bills/paper

Blackened/burned foil, cans, glass

### We're here for you.

Help is available regardless of your ability to pay.

#### Crawford County Drug and Alcohol

1-814-724-4100

#### Erie County Office of Drug and Alcohol

1-814-451-6877

#### Venango County Substance Use Program

1-814-432-9111

#### SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

Free, confidential, 24/7 treatment referral and information service.

1-800-662-HELP (4357)

### Learn more.

Addiction is a treatable medical condition. Visit [community.recoveryisnwpa.org](https://community.recoveryisnwpa.org) to learn more.

Drug use increases risk of overdose death. You can obtain free naloxone, the opioid overdose reversal drug. Contact your county drug and alcohol office, visit your local pharmacy, visit our website to contact us, or go to [nextdistro.org](https://nextdistro.org).

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