

Mental Health &  
Recovery Services  
Board of Allen,  
Auglaize, and  
Hardin Counties

## November 2021 School Newsletter

### Signs of Drugs Use in Teens

Drug use can have long-term negative effects on the teenage brain. Teens who use drugs may also have a greater risk of developing an addiction as adults. There is a difference between drug use and addiction, but early drug use is not to be dismissed. Preventing and reducing drug use will benefit mental and physical health long-term.

#### Common Warning Signs of Teenage Drug Use

- Decreased school performance
- Loss of interest in activities and hobbies
- Changing friends or social circles
- Poor hygiene and/or bloodshot eyes
- Slurred or rapid-fire speech
- Laughing for no reason
- Unusual tiredness
- More signs of teen drug use - [drugabuse.com/blog/teen-drug-abuse-signs](https://www.drugabuse.com/blog/teen-drug-abuse-signs)

Signs of drug use in teens change with social behavior. Teens are turning to modern-day communication to speak in “code” using emojis to acquire drugs. Some emoji symbols make sense and are consistently used. Others vary and change quickly.

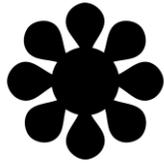
#### Consistent Emoji Meanings for Drug Use

- Electric Plug = dealer or someone who can “hook you up”
- Car = request for or promise of home delivery
- Capsule Pill = Heroin
- Snowflake = Cocaine
- Any leaf or tree = Marijuana

Although transparency between parents and their kids regarding their cell phone and online accounts is encouraged, Nationwide Children’s Hospital cautions against being overly confrontational or spying on phones or in bedrooms. Those actions can damage the line of communication and trust needed to prevent substance use. Instead, try setting a time every other week to go through your child’s phone together with them. Ask for social media passwords and go through those together. Ask them questions about anything you don’t understand. Explain why you are doing all this, to protect them and not to take away their privacy.

This is a crucial time to build trust and have honest conversations with your teens. Studies show talking to kids about drug use decreases the risk of using drugs by 50%. **Learn how to talk with your kids about substances like drugs and alcohol at [www.letstalk.care](https://www.letstalk.care).**

Discovering your teen’s drug use is difficult and distressing. Talking to your teens can help them decide not to use in the first place or to stop using if they already are. If you or someone you love is in crisis, call our 24/7 Hopeline at 1-800-567-HOPE. For emergencies, call 911.



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**Hopeline:** 1-800-567-4673

Free and anonymous screenings for mental health and substance use are available at <https://www.wecarepeople.org/screening>

You can also register your child for the I Mind program if you have concerns about substance use like vaping. I Mind is a voluntary one-day weekend program that gives adolescents tools to avoid substance use. Learn more and register at [wecarepeople.org/imindprogram](https://www.wecarepeople.org/imindprogram).