

PARENTS – DRUG AWARENESS QUICK QUIZ

1. **Question:** Smoking one marijuana joint is as harmful as smoking how many cigarettes?

Answer: *Smoking one marijuana joint is as harmful as smoking five cigarettes. Smoking four joints is like smoking an entire pack.*

2. **Question:** Which of the following items do some kids use to conceal marijuana?
a. apples b. soda cans c. toilet-paper rolls

Answer: *All of the above. Kids are inventive with the ways they conceal that they are getting high. Adults who relate to youth will need to be just as inventive in finding out the truth.*

3. **Question:** What common, legal substances are many youth inhaling to get high?

Answer: *The results of “huffing” or sniffing inhalants can be deadly. Inhalants are ordinary household products that youth inhale to get high. Examples include model airplane glue, nail polish remover, cleaning fluids, hair spray, gasoline, the propellant in aerosol whipped cream, spray paint, fabric protector, air conditioner fluid (Freon), cooking spray, and correction fluid. Be aware of the chemicals, solvents, and household cleaners that kids can abuse. Keep them in one specific place in your home, possibly under lock and key.*

4. **Question:** What does the drug Ecstasy look like?

Answer: *It is usually a tablet or capsule, often with a symbol printed on it. Occasionally, it comes as a powder.*

5. **Question:** Ecstasy is especially popular at raves (all-night parties). Why?

Answer: *Users believe it lowers inhibitions and enhances feelings of love and affection, and the stimulant in it enables the user to dance for extended periods.*

6. **Question:** Some adults don't make a “NO DRUGS” rule because they think kids are naturally rebellious and will do them anyway. What do you think about that?

Answer: *Kids need to feel independent, but they don't need 100 percent independence. Reasonable and clear rules are necessary and, in reality, youth need and appreciate having some boundaries set for them, whether or not they admit it or follow the advice all the time.*

7. **Question:** Which substance kills the most people in the United States each year – tobacco, alcohol, or cocaine?

Answer: *Tobacco kills more people annually than alcohol and cocaine combined.*

- 8. Question:** When asked why they chose not to do drugs, what reason do you think most kids give?
- a. Peer influence
 - b. Religious beliefs
 - c. Didn't want to disappoint parents
 - d. Fear of negative consequences

Answer: *Didn't want to disappoint parents. Adults, take this to heart! Youth do care what you think and how you feel about them. They need to know you are there for them. Don't give up when they say, "Leave me alone." Give them the space they crave as much as possible, but pick your battles. The anti-drug battle is one worth fighting.*

- 9. Question:** Most parents don't talk to their kids about drugs. Why do you think that's the case?

Answer: *There are many possible answers, including the fact that they don't know how to start, or what to say once they get started, or they don't think it will make a difference. Encourage discussion.*

- 10. Question:** True or False: A can of beer has the same amount of pure alcohol as a shot of hard liquor.

Answer: *True.*

- 11. Question:** What is marijuana stuffed into a cigar called?

Answer: *A Blunt.*

- 12. Question:** "Educating kids about drugs too early gives them knowledge that may lead them to want to experiment with the drugs." How do you feel about this statement?

Answer: *Most kids will learn about drugs one way or another. They need to hear about drugs from you. By sharing your knowledge, concern and your willingness to talk with them, they will be more likely to ask questions and share with you. It is better for you to be the source of their information than their peers.*

- 13. Question:** Name several resources where you can go for more information on strategies and tips to raise healthy, drug-free children.

Answer: *There are many. Start here: www.TheAntiDrug.com, <http://ncadi.samhsa.gov>, and www.DrugFreeAmerica.com. For kids: www.FreeVibe.com.*