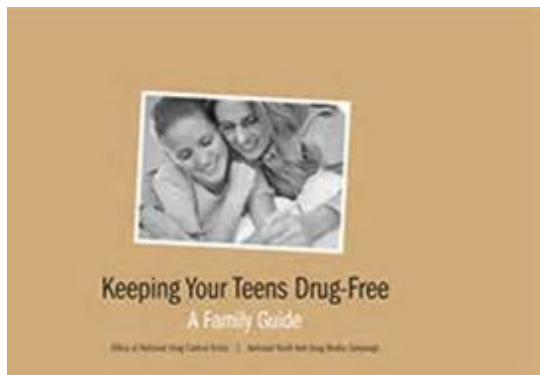


Drug and Alcohol Abuse

A Guide for Parents

FACTS AND STATISTICS

- Alcohol is still the most widely used substance among Texas secondary school 2010 reports show that 62% of students reporting that they had used alcohol at some point in their lives.
- Marijuana remains the most commonly used illicit drug with an increase in reported usage from 2008 to 2010. 26.2% of students reported themselves to be “lifetime users.”
- Inhalant use was reported in 2010 to be 17.2% with the most frequently used inhalants being whiteout/correction fluid and markers.
 - Prescription and over the counter medicine have increased in usage due to easy access.
- In a 2010 survey 12.3% of students reported using codeine cough syrup for non-medical reasons.



RESOURCES

[http://www.lisd.net/apps/pages/index.jsp?
uREC_ID=129253&type=d](http://www.lisd.net/apps/pages/index.jsp?uREC_ID=129253&type=d)

<http://www.drugfree.org/>

[http://www.drugabuse.gov/parents-
educators](http://www.drugabuse.gov/parents-educators)

[http://www.parentstheantidrug.org/resour
ces.html](http://www.parentstheantidrug.org/resources.html)

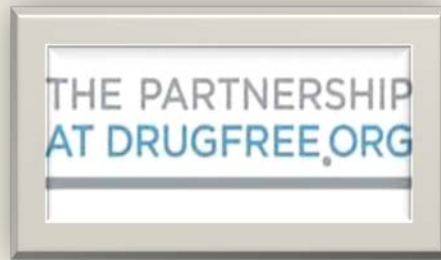
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Warning Signs

- Sudden mood swings, lack of interest in preferred activities, Irresponsible behavior
- Repeated health problems, fatigue, frequent headaches, red and glazed eyes
- Changes in friends, changes in style of dress, less attention to personal appearance
- Run-ins with the law, taking money and valuables from home or school
- Drop in grades, discipline problems, truancy, loss of interest in school activities
- Withdrawing deliberately from family and friends, violent outbursts, starting arguments, breaking curfew, breaking family rules



Prevention

- Stay involved! The average age for kids to try drugs for the first time is age 13.
- Teach them about the risks of drugs and alcohol abuse.
- Talk to them about their choices of friends.
- Talk about how to handle a situation where they are approached to try drugs.
- Speak specifically about different kinds of drugs and the harm that can come from using them.
- Get your teen involved in the community.

For more information visit the Guidance and Counseling page at:

<http://www.lisd.net>

Personal Wellness. Empowered Students. Promising Futures.