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TALK TO YOUR
KIDS ABOUT

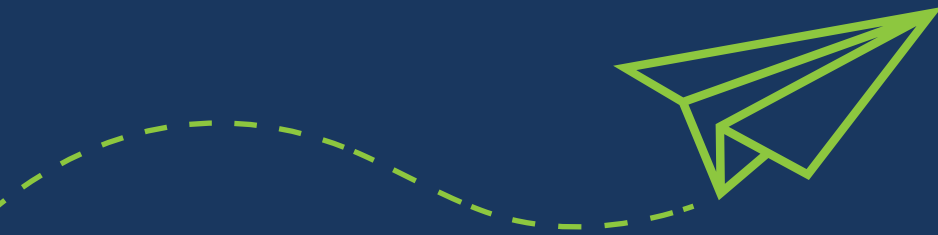


DRUGS

OVER DINNER



RESOURCE GUIDE



Preventing Youth Substance Use by Encouraging and Supporting Conversations Among Family

“Drugs Over Dinner” is a campaign started by Champions for a Drug Free Pendleton County in which the goal is to prevent substance use among youth by encouraging conversations about alcohol, nicotine and other drugs between parents and children around the dinner table.

When people think about those who play an active role in drug prevention, the people who typically come to our mind are those within the professional realm of addressing substance use (i.e. counselors, rehabilitation specialists, health educators, treatment and recovery professionals, etc.). But what if we told you that one of the biggest ways drug prevention takes place is right around your kitchen table? What if we told you that you don’t have to be a professional to make an impact in preventing the use of alcohol, tobacco and other drugs among youth?

Conversations between parents and their children play a crucial role in preventing substance use. Studies show that youth who eat dinner with their families at least 5x per week self report that they are less likely to experiment with drugs and alcohol. According to SAMHSA (Substance Abuse and Mental Health Services Administration), kids who have discussions with their parents about the dangers of alcohol and drug use are 50% less likely to use these substances compared to those who don’t have those talks.

One of the biggest challenges busy families face today is finding quality time to connect with one another. Between work, school and extracurricular activities, it can be difficult to find time to have conversations and can sometimes leave parents feeling unconnected as their kids quickly grow into themselves. Social media exposes our youth to many things that seem to cause them to have to grow up too quickly. Additionally, social media can also present many challenges to our youth with the ability to have access to information with just the tap of a finger. Many of our youth today face many challenges, and when they are unable to find a way to cope with these stressors, they are more likely to turn to drugs like vaping, alcohol and marijuana.

This is why having conversations is so important. While the title of this Resource Guide infers that these conversations should be had over dinner, the goal is to give you the resources to have multiple meaningful conversations every week, without distractions. This can mean conversations at breakfast, in the car, on the way to school, or before bedtime. Wherever you choose to have these conversations with your child, we hope that you take advantage of the resources and information available in this Resource Guide.

With the ever-changing landscape of drug trends in our community as well as nation-wide, Champions’ goal with this Resource Guide is to give you tools and resources to equip you for having conversations with your children about drugs. This Resource Guide will also serve to provide you with free books and resources with conversation starters that are available at no cost to residents of Pendleton County.

“The best inheritance a parent can give their children is a few minutes of their time each day.”
-Orlando Aloysius

PENDLETON COUNTY RESOURCE GUIDE

What You Need to Know About Adolescent Substance Use

When parents think about drugs that can harm their children and teens, they probably first think of substances such as heroin, cocaine, methamphetamine, ecstasy, etc. Unfortunately, while these drugs still pose a serious threat to the lives of our children, newer drugs are finding their way into our kids' lives, being cleverly disguised as "supplements" or "candy," in which many mind-altering substances are completely legal and accessible to our youth today.

It's important for parents to be aware of the drugs and influences of these substances that are making an impact on our youth. When certain substances become legalized (even though health authorities and professionals strongly caution otherwise) the perception of harm for these same substances decreases. Whenever the perception of harm decreases, the unfortunate reality is that the use of that substance typically increases.

For that reason, parents need to know the truth about these drugs, so that you can communicate the dangers of this to the youth in your life and to others in your community. Often times, the issue is that many people simply don't know how this is affecting our youth today. This Resource Guide is here to help break up some of the myths and clear the fog around these drugs and substances.

Although it seems scary, it's not too early to talk to your child about the dangers of alcohol and substance use—even the elementary aged child! Kids as young as nine start to view alcohol more positively, and over 3,000 kids as young as 12 try marijuana each day. The earlier you start these conversations, the better. Your child is constantly exposed to messages that make vaping, drugs and alcohol more appealing, especially on social media. It's important that YOUR voice is the one they hear the most! Teenagers cite their parents as one of the biggest influences in their decision NOT to use drugs. Your voice matters.

It is also important to understand that just because a certain substance is legalized, does not mean that it has been approved by the FDA for consumption. Often times, if the FDA warns against its use, that is something the general public should pay attention to. There are many loopholes within legislation that allow for products to be on the market that many prevention and treatment professionals strongly advocate shouldn't be.

The following is a list of drugs that will be covered in this Resource Guide. Throughout this guide, you will find many other resources that you can use to aid in having informed conversations with your children about drugs. Don't forget to check out the additional resources at the end!

The following section will include:

- Kratom
- Tobacco & Vaping
- Cannabis/Marijuana
- Alcohol
- Delta-8 & Delta 9
- CBD
- Fentanyl and "Pressed Pills"
- Xylazine
- Heroin, Methamphetamine, Opioids, and Benzodiazepines

Scan to see what every parent needs to know about adolescent substance use:



What You Need to Know About Alcohol

Talking openly with your kids about underage drinking can have a big impact on their choices and safety. Here's why these conversations are so important and how you can start them effectively.

The adolescent brain is still developing, and alcohol can interfere with this process, affecting memory, attention, and decision-making. Underage drinking also comes with serious health risks, like liver damage and alcohol poisoning, and increases the chance of accidents. It can also lead to poor academic performance and more school absences, and drinking early in life raises the risk of developing dependence later. According to the National Institute on Alcohol Abuse and Alcoholism, teens who drink are more likely to develop alcohol use disorders as adults.

To prevent underage drinking, start talking about alcohol risks when your child is young. Research shows kids start forming opinions about alcohol around age 8, so early conversations can make a big difference. Set clear expectations by establishing and communicating firm rules about alcohol use and the consequences for breaking them. Stay involved in your child's life by knowing their social activities and friends, and work with other parents to ensure a safe environment. Show responsible drinking habits yourself and keep alcohol out of reach by storing it in a locked cabinet.

When discussing alcohol with your child, be honest about the risks and share your concerns openly. Encourage them to express their thoughts without fear of judgment and praise them for making good choices. Use everyday moments to naturally bring up the topic, like while watching a movie or during dinner.

Here are some examples of how you can get the conversation flowing (provided by Wisconsin Department of Health Services):

Kids (Ages 5–7)

They're curious about their bodies. Focus on the way alcohol affects a person's motor skills, judgment, and behavior. Try asking:

"When do you think someone is ready to try alcohol?"

"Why do you think it's illegal for kids under the age of 21 to drink alcohol?"

Tweens (Ages 8–12)

Tweens are into their friends and unusual facts. Explain how underage drinking can put kids their age in danger, and practice how to deal with peer pressure. Spark conversation by asking:

"Have you ever seen an adult drink too much? What did you think or feel?"

"What could you say if you were offered a drink?"

Teens (Ages 13–17)

They're growing independent, so help them find good reasons to wait. Talk about the risks, their future, and making safe choices. Get them talking with:

"What happens at parties you go to?"

"Are you at all worried about becoming addicted to alcohol or drugs?"

Be aware of signs that your child may be drinking, such as changes in behavior, slipping grades, or increased secrecy. If you suspect a problem, seek help from local counseling services or substance abuse prevention programs.

Encourage your child to engage in healthy activities, such as sports or hobbies, to reduce the likelihood of them turning to alcohol. Creating a supportive home environment where they feel comfortable discussing their problems or pressures can also help them make safer choices.

By keeping the lines of communication open and providing a supportive environment, you can help your child make safe choices and steer clear of the dangers of underage drinking.

References and Additional Resources:

SAMHSA. "What You Can Do to Prevent Your Child from Drinking." SAMHSA. Available at: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/what-you-can-do-prevent-your-child-drinking>. Accessed 8/13/24. Wisconsin Department of Health Services. "Small Talks: Start Talking." Wisconsin DHS. Available at: <https://www.dhs.wisconsin.gov/small-talks/start-talking.htm>. Accessed 8/13/24. National Institute of Alcohol Abuse and Alcoholism. "Get the Facts About Underage Drinking." National Institute on Alcohol Abuse and Alcoholism (NIAAA) (nih.gov) Accessed 8/13/24

What You Need to Know About Tobacco and Vaping

What exactly is nicotine?

Nicotine is an addictive and poisonous chemical found in the tobacco plant leaves. When it enters the body it causes increased heart rate, and can induce a sense of well-being and relaxation. Teens and preteens most commonly consume tobacco through e-cigarettes/vaping.

Vaping is the act of inhaling and exhaling an aerosol (commonly called “vapor”) made from a liquid or dry material that is heated in an electronic powered device. The liquid usually contains flavoring that disguises the taste and smell of tobacco, and comes in many fruity flavors that appeal to youth.



Vaping devices come in a variety of shapes and sizes, with some resembling USB flash drives, markers, pens, or other everyday objects that are often difficult for parents and teachers to recognize.

Vaping devices come in a variety of shapes and sizes, with some resembling USB flash drives, markers, pens, or other everyday objects that are often difficult for parents and teachers to recognize. Vapes can be used to inhale marijuana and other substances. This is concerning, considering the fact that the THC levels in a concentrate can range from 40 to 80%.

Research has found the following toxic chemicals in addition to nicotine in e-cigarettes/vapes:

- Chemicals used in antifreeze
- Acetone (a common chemical found in nail polish remover)
- Heavy metals like nickel, lead, and tin
- Cancer-causing chemicals
- Benzene (also found in gasoline)
- Toluene (commonly used in paint thinner)
- Acrolein (a herbicide to control weeds and algae)
- Formaldehyde (used to preserve dead bodies and can lead to serious digestive system damage)
- Diacetyl (a chemical linked to lung disease called bronchiolitis obliterans, aka “popcorn lung”)

Many of these chemicals, combined with nicotine, can cause irreversible lung damage. Because vapes have not been around as long as traditional cigarettes, we still do not know the long-term effects of vaping on the lungs, brain and body. In 2019, the CDC reported there were now 1,299 known cases of lung disease associated with the use of e-cigarette products.

According to the FDA, 1 in 4 current youth e-cig users use them daily (FDA, 2022) and according to the American Lung Association, the most common reasons kids vape is due to curiosity, availability of flavors, or because they are used by a friend or family member.

The most commonly used device types that teens use are disposables. Teens like them because they taste like, and last longer, than the once popular JUUL. They come in a variety of sizes and are measured by the amount of “puffs.” The most popular brands of disposables are Puff Bar, VUSE, Hyde, and Smok.

It’s never too late to talk to your child about the dangers of vaping. It is important to teach them what it is, what vapes do to the body, and why they should not use them. Remember—the more often you have conversations with your child about substance use, the less likely they are to try them or use them.

Here are some tips and healthy conversations starters from the American Lung Association:

1. Choose a time when your kid won’t feel rushed and a place where they feel relaxed, like when you’re riding in the car or sitting at the dinner table. By choosing a place you both feel comfortable, you’ll both be more inclined to open up.
2. Instead of asking yes or no questions, ask open-ended questions that encourage participation. If you’re genuinely curious, your child will be less likely to get defensive. Your child makes smart decisions every day. Resisting the temptation to vape can be one of them. Compliment their good judgement. Remind them that they are an independent thinker who doesn’t have to be influenced by peer pressure. Tell them you’re proud of their courage and bravery.
3. Remember, don’t blow up if they share things you didn’t expect to hear. Listen to their answers, ask more questions and keep the lines of communication open.
 - a. Are a lot of kids vaping at your school? Are your friends vaping? Be sure you don’t react, just listen.
 - b. What do you think about vaping? You may hear him say, “It’s harmless – it’s just flavored water vapor,” but it’s not and you’ll share more about that next.
 - c. Do you know how vaping can damage your health? Tell them why that matters. Vaping is smoking – one JUUL pod can contain as much nicotine as a pack of cigarettes. Once you start vaping, nicotine addiction follows – and quitting is really hard. (At this point, if you’re a smoker or former smoker, you may want to share your own experience with nicotine addiction). Our lungs will suffer the effects of nicotine – maybe not today, but eventually. There are multiple cases in the news of kids having seizures from e-cigarette nicotine poisoning, experiencing vaping-related lung injuries, and even death.
 - d. “Do you know the other ways vaping affects your life?” Tell them why they should care. Over time, the chemicals in e-cigarettes will affect your attention span, memory and lungs. Once you’re addicted, vaping will be the boss of you. Even when you don’t want to do it, you’ll have to do it. And that’s only good for the tobacco companies. You’re smarter about health than previous generations were. Vaping goes against all the other healthy choices you’re already making.

Consider this an ongoing conversation. When you first bring up the subject, your kid might be caught off guard and reluctant to engage. But once you open the door to the topic, they’ll be more inclined to talk to you about it later.

Source:

<https://www.lung.org/getmedia/302f26c0-d4b1-451f-a05a-092a93183b6c/vape-conversation-guide.pdf>

What You Need to Know About Cannabis/Marijuana

Marijuana is a mind-altering drug produced from the Cannabis Sativa or Cannabis Indica plant. THC (tetrahydrocannabinol) is believed to be the main chemical that produces the mind-altering effect.

Children and adolescents are one of the most vulnerable groups to the harms of marijuana. Marijuana directly affects brain development, especially the parts of the brain that control decision-making, reward-seeking, and impulse control.

Additionally, the potency of THC has been steadily increasing since the 1960s and has nearly quadrupled. Higher potency marijuana is linked to a greater likelihood of adolescents developing psychosis and anxiety disorders.

Short-Term Effects

Some of the most common effects are:

- Altered senses, including sense of time
- Changes in mood
- Impaired body movement
- Difficulty thinking and problem-solving
- Impaired memory
- Poor judgement
- Paranoia, hallucinations, and delusions
- Panic attacks

Long-Term Effects

- Impaired thinking, learning, and memory functions which can affect school performance
- May increase the risk of chronic cough, bronchitis, and worsening symptoms of asthma
- May increase the risk of schizophrenia or other psychoses

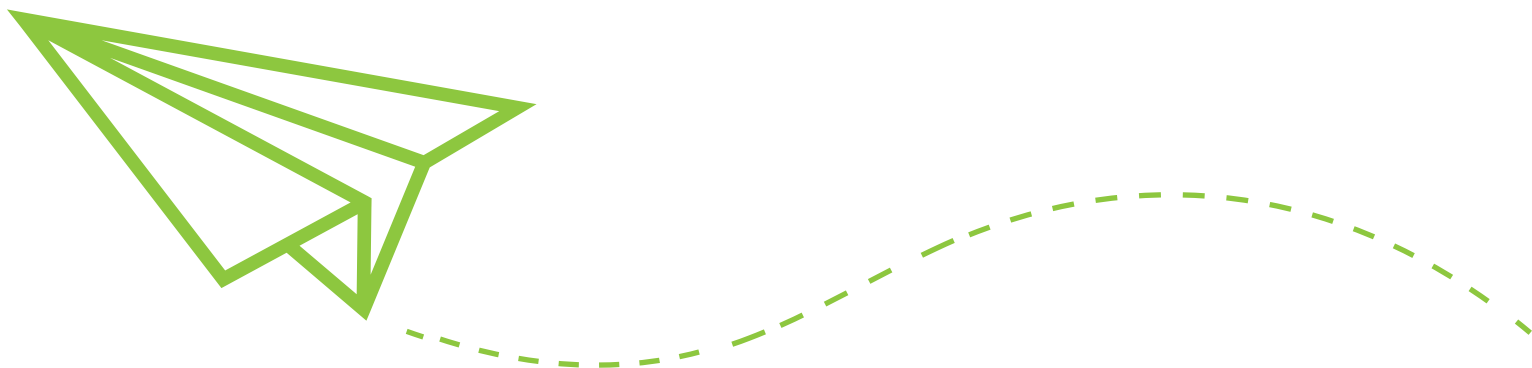
Is it Addictive?

Although most people would believe otherwise, the answer is yes. The clinical term is Cannabis Use Disorder (CUD) and almost 30% of people using marijuana may have a mild, moderate, or severe form of it. It is one of the main reasons young people are seeking treatment, with teens being 4 to 7 times more likely to develop CUD than adults.

Some who have stopped using marijuana have reported withdrawal symptoms, such as sweating, nervousness/anxiety, depression, irritability, loss of appetite, nausea, headaches, and problems sleeping.

Common Street Terms

- | | | | |
|-------------|------------|-------------|--------------|
| • Aunt Mary | • Gangster | • Indo | • Reefer |
| • BC Bud | • Ganja | • Joint | • Sinsemilla |
| • Blunts | • Grass | • Kif | • Skunk |
| • Boom | • Hash | • Mary Jane | • Smoke |
| • Chronic | • Herb | • Mota | • Weed |
| • Dope | • Hydro | • Pot | • Yerba |



Ways It Is Used:

- Smoking – via joints, blunts, bongs, bubblers (mini bongs), hookah pipes
- Vaping – does not produce the same smell as traditional smoking, so it is easier to conceal. It tends to be more potent with a higher concentration of THC
- Dabbing – a waxy concentrate of marijuana that is placed on a glass pipe or bong and heated with a blowtorch. The most common form of dabbing is by use of a pen (dab pen/wax pen), which can easily be mistaken as a vape pen. Dabs can have as much as 90% THC concentration.
- Edibles and beverages – dried cannabis or oil concentrates are used in many foods and drinks. It is easy to consume more THC than intended with these products.
- Tinctures – liquids that are derived from the cannabis plant using alcohol and consumed by placing drops under the tongue. This is often intended for medical use.
- Capsules – known as cannabis caps or weed pills
- Oils and sprays



Tinctures image:

Source:

www.mamasganja.com



Dabbing image:

Source:

(AyeHab/AdobeStock)

Marijuana and Driving

No person should drive while under the influence of any substance. When using marijuana, people experience impairments to their thinking, judgment, attention, and reaction time, among many other things. This can make it difficult and, more importantly, dangerous to operate a vehicle. In a 2021 study done in Colorado, since recreational marijuana was legalized in 2013, traffic deaths where drivers tested positive for marijuana increased 138%. Be sure to talk with your loved ones about marijuana use when discussing safe driving. It is important to set expectations and make sure that your loved ones know not to drive while under the influence but to also not to get in the car with someone who is under the influence.

Source:

Marijuana Resource Center - Partnership to End Addiction (drugfree.org)

It's not "just weed" anymore.

When it comes to marijuana use in youth, a lot of times you hear people say "well, at least it's not as dangerous as cocaine/heroin/etc." People have the perception today that marijuana is more tame and less malicious than other drugs, which has unfortunately decreased the perception of harm among both youth, adults and the general public. However, what many people do not know is that the way the marijuana plant is grown today is not the same as the way it was grown in the 1990s.

Even more disturbingly, all too often, people are unaware that marijuana, especially when it contains more THC, is a risk factor for psychosis and schizophrenia, as well as the fact that it stunts brain growth, sometimes includes lead and mercury, and can alter male sperm DNA linked to autism.

The amount of Delta-9-tetrahydrocannabinol (commonly known as THC) in marijuana seized by the DEA has spiked from 3.4% in 1993 to 15.34% in 2021.

With the legalization of medicinal cannabis on the horizon in Kentucky in 2025, which is only one step closer to recreational legislation, many advocates are quick to point out all of the possible benefits from its use. They use the words “cannabis” and “marijuana” interchangeably without differentiating between the different forms and strains of cannabis without understanding the increasing potency of THC in different ways to consume cannabis products today.

The marijuana of old used to be classified as a hallucinogen and was thought to not cause addiction—this is likely to do with the fact that there was a significantly low level of THC in the plant. With the increased potency of THC in cannabis products today, this has changed and withdrawal symptoms become more prevalent for prolonged use of cannabis. Marijuana legalization is one of America’s most debated and controversial topics and most of the debate is without much substance. People argue about a plant, and the use of it, yet don’t understand what has actually been done with that plant.

In a National Institutes of Health publication in the Library of Medicine, a study conducted by an addiction psychiatrist says this:

“Many people who have voted for legalization thought they were talking about the marijuana of the 1960s to 1980s when the THC content was less than 2%. However, without any clear guidelines or regulations from government officials, the cannabis industry has taken a page from the tobacco and alcohol industries’ play book and developed strains of marijuana and concentrated marijuana products with much higher concentrations of THC, the psychoactive component that causes addiction. The more potent a drug is, the stronger the possibility of addiction and the more likely the person will continue to purchase and use the product.

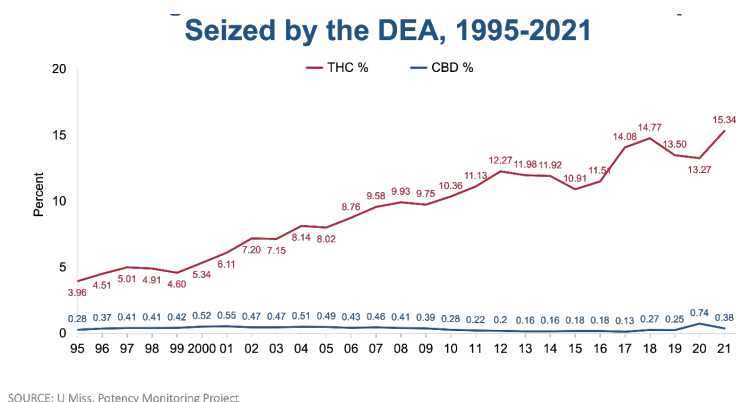
The primary problem with the current available cannabis in dispensaries is that the THC content is not like it used to be. Prior to the 1990s it was less than 2%. In the 1990s it grew to 4%, and between 1995 and 2015 there has been a 212% increase in THC content in the marijuana flower.

The flower or leaves that are generally smoked or vaped are only one formulation. We now have concentrated THC products such as oil, shatter, dab, and edibles that have been able to get the THC concentration upwards of 95%. There is absolutely no research that indicates this level of THC is beneficial for any medical condition. The purpose of these products is to produce a high, and the increased potency makes them potentially more dangerous and more likely to result in addiction.”

Additionally, the only available research that has been done that tests the effects of cannabis on the body and brain have only been done at a THC potency level of approximately 10%. The majority of the products being sold in dispensaries today contain a THC potency level of 85% to 95%. There are no studies available that test the effects of that high of a level on the adult brain or the adolescent brain, while the studies done at 10% show evidence of increased behavioral health conditions, including psychosis, as well as worsened depression and anxiety in youth.

Medical cannabis from dispensaries are not FDA approved. The clinical trials to test the medicinal standards have been small and largely unsuccessful. One of the reasons for this is because there is no standardized “formula” on how to medicinally test these products. In other words, if there are true medicinal benefits to using cannabis, it needs to be studied as a medicine, with defined doses with known concentrations and for specific medical conditions. Medical cannabis is different everywhere, depending on how its bred, under what conditions it’s grown, the level of potency involved, etc.

It’s hard to take the seriousness of medical use of cannabis seriously when it’s not treated as a legitimate medicine in society. Take the advertisement below for example that was sent out to a family residence as a direct mailer.





*Did you Know?
Medical cannabis from
dispensaries are not
FDA approved.*

Do you see Xanax, Percocet, Oxycontin, or any other prescription medicine being advertised like this?

Of course not—because those drugs are treated as medicine!

The perception of harm has decreased dramatically over the years, and when the perception of harm decreases, it not only paints the picture as a societal norm, but that particular substance use also increases, especially among youth. With marijuana consumption today, you aren't consuming a "plant"—you're consuming concentrates. Cannabis is not "just a plant" you consume anymore. It contains derivatives containing a potency of THC that is dangerously high. The reality is that the weed products that are easiest to obtain for those who are underage are mostly oil concentrates which bear little resemblance to the plant from which they are derived.

This is important for parents to know because most people (including teenagers) are unaware of how and what people are actually consuming when they choose to use cannabis.

Check out this incredible documentary about how marijuana has changed the perception of harm, how legalization and legislation is contributing to the addiction of our youth, and what is really happening with an industry that is intent on profiting from addiction and how our youth are their biggest target.

Marijuana X Documentary

<https://www.youtube.com/watch?v=5mFgIl7KEpI>

Have the conversation with your child now and let them know that it's not "just weed" anymore. Marijuana has become an entirely different drug and the effects this is having on communities across the nation won't be realized until we start having honest conversations and exposing the myths behind the perceived safety of a drug that is influencing our next generation of adults.

Additional Resources for Parents:

The Problem with the Current High Potency THC Marijuana: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6312155/>

It's Not "Just Weed" Anymore: <https://www.thetriangle.org/opinion/its-not-just-weed-anymore/>

https://www.getsmartaboutdrugs.gov/not-just-weed-four-times-more-dangerous-three-decades?utm_medium=email&utm_source=govdelivery

DEA Drug Fact Sheet (Marijuana): https://www.getsmartaboutdrugs.gov/sites/default/files/2022-11/Marijuana-Cannabis%202022%20Drug%20Fact%20Sheet_0.pdf?utm_medium=email&utm_source=govdelivery

Cannabis Awareness & Prevention Toolkit: <https://med.stanford.edu/cannabispreventiontoolkit.html>

SAMHSA (Marijuana): <https://www.samhsa.gov/marijuana>

What You Need to Know About Delta-8 and Delta-9

As the cannabis industry evolves, there are new players emerging on the block. You may have heard of Delta-8 and Delta-9...but what are they? How do they affect the body and brain?

Delta-8 THC

Delta-8 tetrahydrocannabinol (Delta-8 THC), also known as “light weed” or “diet weed,” is a psychoactive substance found in the Cannabis sativa plant, and is the most common variety found in many products marketed towards children (gummies, chocolates, cookies, etc.). It is about half as potent as Delta-9 THC, which is the chemical in marijuana that causes the “high.” Although less potent, it can still achieve the same effects as Delta-9, and users will show the same symptoms.

Short-term effects include vomiting, hallucinations, tremors, dizziness and loss of consciousness.

Delta-8 is often sold in gas stations and vape shops and is easily accessible online. The packaging usually isn’t child-resistant and often has bright colors and images that appeal to younger kids, such as cartoon characters. It is sold in many fun flavors that appeal to kids and teens.

In order to understand Delta-8, we need to look a bit into the history of some recent legislation...

Delta-8 THC came to market largely after the Farm Bill was passed in 2018, making hemp no longer legally classified or defined as “cannabis.” CBD is the substance that is derived from the hemp plant—kind of like a cousin to marijuana. However, the difference is that CBD cannot bind to the CB1 or CB2 receptors in the brain to create the “high” like THC does.

By making hemp no longer a “cannabis product” in terms of federal definition, it has become a dangerous threat to the general public because Delta-8 THC is a cannabinoid found through hemp derived from the cannabis sativa plant. As a result of this Farm Bill, it has allowed for concentrated amounts of Delta-8 THC to be synthesized and manufactured from hemp-derived cannabidiol (CBD).

The difference between CBD and Delta-8 THC is that although both are derived from the hemp plant and while CBD does not bind to the receptors in your brain that create the “high,” THC found through Delta-8 does bind to those receptors in your brain.

And that is why this is a problem—because Delta-8 THC is legally classified as “hemp” in the state of Kentucky, this has created a loophole for the sale and distribution of products containing THC, the active ingredient in many of these concentrates that have the potential to cause addiction, mental health issues, and other negative side effects. The 2018 Farm Bill unfortunately left a gray area and loophole around Delta-8.

What’s the difference between hemp and marijuana?

The psychoactive component. In hemp, the THC has 0.3% or less. Most products that people consume today with THC in them can have it in an upwards of 95% potency.

Hemp = Contains CBD and very low THC levels and **Marijuana** = Contains CBD and a much higher percentage of THC

It is important to note that Delta-8 THC products have not been evaluated by the Food and Safety Administration (FDA) and have not been approved by the FDA to treat medical conditions. There is limited research on the health effects of Delta-8 and a lack of testing for heavy metals and pesticides. It is also important to note that many Delta-8 products are what is found in your local gas stations and on the internet, disguised as different candies like nerds, skittles, gummies, etc.

When talking to your child about marijuana and the numerous ways it can be consumed, we recommend highlighting the fact that these kinds of products are directly targeted for young consumers for the sole purpose of getting people addicted younger and quicker. It’s important for you to be a believable source of information while avoiding scare tactics. Keep the lines of communication open. Ask your children questions like “have you heard about Delta-8?” to open the door for conversation. Let them tell you what they know about it. If you find out they are using it, try to understand their “why” allows you to think about ways to inform them about how these substances are harmful to their body and also address underlying causes of why they are using (i.e. boredom, peer pressure, stress, curiosity, etc.).

Delta-9 THC

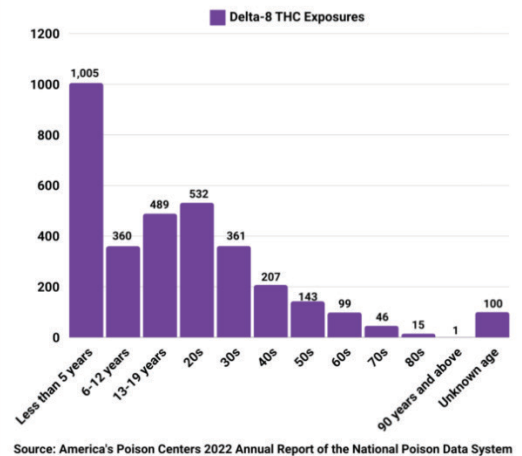
Delta-9 THC has similar effects as Delta-8 THC, but they are structured different, chemically and also interact with the brain's CB1 and CB2 receptors. Delta-9 is more potent than Delta-8 and has also not been evaluated or approved by the FDA.

Delta-9 THC remains illegal at the federal level, however, each state has its own laws and, in some states, Delta-9 is legal for medicinal use only.

Children & Teens Make Up Majority of Delta-8 THC Exposures

Americans under the age of 20 made up 56% of all 2022 exposures to Delta-8 THC.

41% of these exposures happened to children 12 and under, according to data from America's Poison Centers 2022 Annual Report.



Source:

<https://learnaboutsam.org/2024/04/sam-4-12-2024-friday-fact-delta-8-thc-exposures-among-age-groups-in-2022/>

Although some argue that Delta-8 and Delta 9 THC come with possible medicinal benefits, it still carries a risk for abuse and addiction.

Telling your teenager to “just say no” may not be enough to prevent them from trying products infused with THC at a party or when hanging out with friends. Friends may be smoking, vaping, or eating foods or candies that are a derivative of Delta-8 or Delta-9. Here are some tips for talking with your child about Delta products and/or marijuana:

- Discuss the difference between legal and illegal use of marijuana. Since medical marijuana will be legal in Kentucky in January 2025, it's important to help your child understand how medical use is different from recreational use, and that recreational use is still illegal in Kentucky.
- Establish and communicate your position on marijuana use.
- Teens see a lot of information about Delta products online, on social media, in gas stations and shops—use this guide to explain to them how these products affect one's brain and body.
- Be prepared—teens who have a lot of incorrect information from their peers and online may have a lot of questions. Listen carefully to their questions, allow them to voice their views and opinions to you. It's okay to say you don't know the answer to their questions, but be sure to find it and follow up with your child or teen.

Picture source:

Local gas station in Pendleton County

Can you spot the difference?

Tip on educating those with younger siblings or family members: Ask them if they think their younger brother/sister/cousin/etc. would be able to spot the difference in these two bags of candy.

Additional Resources for Parents:

<https://www.tpoftampa.com/delta-8-vs-delta-9-thc-uses-effects-and-more/>

<https://www.steeredstraight.org/5-things-to-know-about-delta-8/>



What You Need to Know About Fentanyl and ‘Pressed Pills’

Delta-8 tetrahydrocannabinol (Delta-8 THC), also Fentanyl is the leading cause of death in Americans between the ages of 18 and 45, in which it is being manufactured into powder and pills, often being disguised as fake prescription pills, and is then smuggled in from Mexican drug cartels into the United States at an alarming rate.

In 2023, the DEA seized more than 80 million fentanyl-laced pills and nearly 12,000 pounds of fentanyl powder—this is the equivalent to more than 381 million lethal doses of fentanyl. Two milligrams (2 mg) of fentanyl is considered a lethal dose. Fentanyl can be 50 times more potent than heroin and 100 times stronger than morphine. Fentanyl is a synthetic opioid that is used regularly and safely in hospital settings.

Drug traffickers, however, use pill presses to press fentanyl into pills that look like legitimate prescription medication prescribed by a doctor, but actually contain small but lethal doses of this dangerous drug. The most common “look alike” pills being distributed are oxycodone (Oxycontin® & Percocet®), hydrocodone (Vicodin®), Xanax, Valium and Adderall.

The influx of fentanyl in the United States is growing along with the current opioid epidemic. While fentanyl is being laced in multiple different ways, the one most plaguing our youth today is the one disguised as fake prescription pills (aka ‘pressed pills’). Current DEA lab testing reveals that 4 out of every 10 pills with fentanyl in them contain a lethal dose.

The DEA currently runs an education campaign called ‘One Pill Can Kill,’ with tons of valuable information, pictures and videos regarding this epidemic: www.DEA.gov/OnePill

The reason that this is such a concern for our youth today isn’t necessarily to do with the fact that adolescents are wanting to “do fentanyl,” but more so to do with these statistics here:

**1 in 4 teens say they have misused or abused a prescription drug.
Adderall is the #1 prescription drug abused by 12th graders in the United States.**

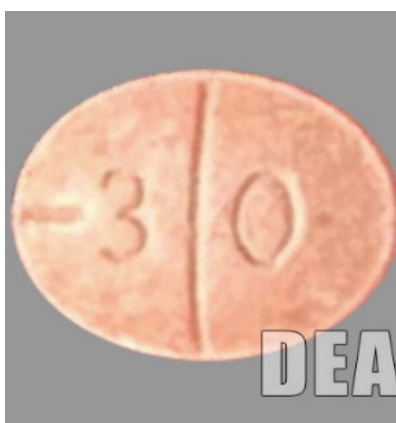
With the changing trends with synthetic drugs and the opioid epidemic being hit with a new wave of deadly infiltration with fentanyl, many teens who try prescription pills truly don’t know what’s in them or where they are coming from. Teens and even college-aged students have been known to use drugs like Adderall to stay up to study for a test. Xanax can be abused to help one calm their nerves, relax, or relieve themselves of social anxiety. When these medications aren’t prescribed from a physician, it is still possible to find a “plug” to a local dealer who can find and sell these pills to the one seeking.

Unfortunately, many people don’t know (or don’t care) that the pills they are selling may not be coming from a pharmacy; they are unaware that there may be fentanyl in what they “think” is just a street made Percocet or Xanax. Many people don’t understand how fentanyl is taking the lives of our youth, and it’s happening because too many people are not aware and are not educating our youth on what is happening and how fentanyl is infiltrating our communities.

The stakes are incredibly high for adolescents today who choose to take a prescription pill that isn’t from a pharmacy. The scariest part about it is that the authentic pills and counterfeit pills are almost indistinguishable from each other.



Authentic Adderall



Counterfeit Adderall



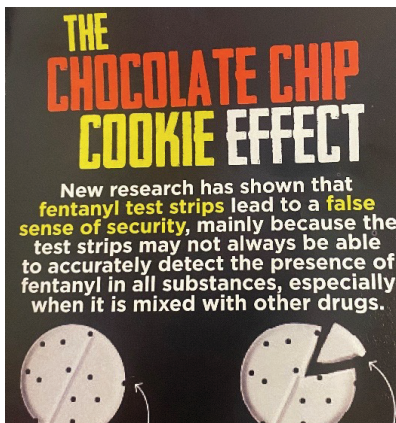
Authentic Xanax (left) & counterfeit Xanax (right)



Authentic Oxycodone (left) & counterfeit Oxycodone (right)



Counterfeit Oxycodone (front & back)



The stakes are incredibly high for adolescents today who choose to take a prescription pill that isn't from a pharmacy.

There are fentanyl test strips available today, but they may not always be accurate. See image to the left for a more detailed explanation of what is termed as "The Chocolate Chip Cookie Effect."

Source:

'Fentanyl: Death in Disguise' by NIMCO, Inc

When it comes to talking with youth today, it's important that they know the details of how fentanyl is becoming the most common form of drug overdose, in addition to the already-growing opioid crisis we are facing today with the abuse of prescription pills. While fentanyl is highly addictive, it's also highly potent. Again, even 2mg of fentanyl is considered to be a lethal dose—that can fit on the tip of a pencil.

When sitting at the dinner table, try having your child count out 10-20 grains of salt—that's what 2mg looks like.

Additional Resources for Parents:

Fake Pills Fact Sheet: https://www.dea.gov/sites/default/files/2022-07/DEA-OPCK_FactSheet-07262022.pdf

<https://www.dea.gov/onepill/images>

DEA's website (with videos): <https://www.dea.gov/onepill/social-media>

What You Need to Know About Kratom

Kratom is an opioid-like herbal substance (plant) with side effects compared to those that mimic the opioid effects of heroin, with serious risks of addiction, abuse and dependence. In fact, one of the nicknames for this product is “gas station heroin.” This is due to the opioid-like effects that are produced for people who consume this product. In other words, kratom interacts with the same opioid receptors in one’s brain that heroin does, which is why it can cause addiction, especially in a developing brain.

At low doses, kratom produces psychostimulant effects. At higher doses, sedating, opioid-like effects are produced. Effects occur within 5 to 10 minutes after ingestion and last 2 to 5 hours.

The Drug Enforcement Administration (DEA) has labeled kratom a “drug and chemical of concern,” yet largely remains legal and accessible across the United States.

Regular kratom consumption leads to an opioid-like syndrome called kratom use disorder, where withdrawal symptoms occur when decreasing or discontinuing use for a day or more.



Across gas stations, smoke shops and the internet, you can easily buy kratom. Despite warnings from health authorities, this herbal product is widely available today. In Pendleton County, you can easily find it in some of our gas stations. Although it is mainly consumed in capsule form, kratom can also be consumed by eating or smoking crushed leaves, gummies, drinking it as a tea, using it as a tincture, or consuming it in a powder form.

Here is a website that sells Kratom, which might give you a better idea of how to look for it in terms of product packaging: <https://amazingbotanicals.net/>

Kratom is currently legal in the U.S., however, “roughly 30 states have pending legislative measures pertaining to the sale of kratom, and six [Alabama, Arkansas, Indiana, Rhode Island, Vermont and Wisconsin] have outright banned the sale of kratom,” says Aakash Shah, M.D., chief of addiction medicine in the department of psychiatry and behavioral health at the Jersey Shore University Medical Center in New Jersey.

Kratom is a somewhat new substance on the market that many students use for studying or managing their anxiety. It’s easy for teens to get kratom in smoke shops and on the internet and it does not show up on standard drug tests.

If you’re a parent, it’s important to talk about kratom with your child, even if you don’t think they are using it. Because it is a fairly new product, many don’t know much about it and can assume that it is not harmful, for the simple fact that it is legally allowed to be sold to the general public. If you do think your child is using it and might be developing an addiction, symptoms to look for include runny nose, complaints about muscle and joint pains, mood swings, depression and anxiety.

Additional Resources for Parents:

Kratom Use Among U.S. Adolescents: <https://www.datafiles.samhsa.gov/publication/kratom-use-among-us-adolescents-analyses-2019-national-survey-drug-use-and-health>

National Institute on Drug Abuse: <https://nida.nih.gov/research-topics/kratom>

DEA Drug Fact Sheet (Kratom): <https://www.dea.gov/sites/default/files/2023-04/Kratom%202022%20Drug%20Fact%20Sheet.pdf>

Child Mind Institute: <https://childmind.org/article/kratom-a-legal-drug-thats-dangerously-addictive/>

What You Need to Know About Xylazine

Xylazine is a non-opioid tranquilizer used by veterinarians and is not made for human consumption. It is a type of depressant that can be injected or taken orally. Often times, Xylazine is combined with other substances, such as fentanyl, cocaine and/or heroin. Xylazine is a drug that is increasingly being found in the illegal drug supply in the U.S. and was declared an emerging threat by the White House's Office of Drug Control Policy in July of 2023.

Street names for Xylazine include:

- Tranq
- Tranq dope
- Philly dope
- Sleep cut
- Zombie drug

People are being exposed to Xylazine because of how it is being mixed in with other drugs like cocaine, heroin and fentanyl. Increasing the weight of drugs increases the sales for a drug dealer. According to the DEA, "The U.S. Controlled Substances Act does not currently list the non-opiate sedative, analgesic, and muscle relaxant as a controlled substance and a kilogram of the drug in powder form can be bought online from Chinese suppliers for \$6-20. Drug traffickers may increase their profits by using the adulterant, with the drug's psychoactive effects allowing the traffickers to reduce the amount of fentanyl or heroin used in a mixture."

Additionally, mixing Xylazine with other illicit drugs has been known to extend the "high" that you get from those drugs. However, most people aren't seeking out Xylazine and most are unaware that it is even being added to the drug.

The most common side effects of Xylazine include drowsiness, slow or labored breathing, reduced heart rate and blood pressure, amnesia, and dry mouth. Long term effects include chronic skin conditions like ulcers and abscesses.

Xylazine and fentanyl mixtures have been seized in 48 out of 50 states and the DEA laboratory system has reported that approximately 23% of fentanyl powder and 7% of fentanyl pills seized by the DEA in 2022 contained Xylazine. According to the DEA's official website, Xylazine is making the deadliest drug threat the United States has ever faced.

Naloxone (Narcan) is a medication most commonly used nasally to hopefully and quickly reverse the effects of a suspected opioid overdose. While Naloxone should be given in response to any suspected drug overdose, Naloxone will not reverse the effects of Xylazine if administered. Because Xylazine is not an opioid, but is most commonly used with other opioids, it should still be given. However, many experts are concerned that the growing prevalence of Xylazine in the illicit drug market may render Naloxone much less effective when treating overdoses, which can lead to an increase in overdose deaths.



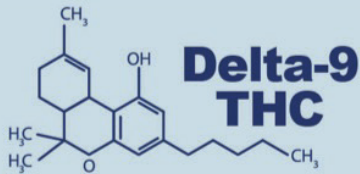
Additional Resources for Parents:

What You Should Know About Xylazine (CDC): <https://www.cdc.gov/overdose-prevention/about/what-you-should-know-about-xylazine.html>

DEA: <https://www.getsmartaboutdrugs.gov/news-statistics/2023/01/27/xylazine-drug-naloxone-cant-combat#:~:text=Xylazine%20E2%80%93%20often%20called%20%209Ctranq%20E2%80%9D%20E2%80%93%20is%20a,the%20FDA%20authorizing%20it%20only%20for%20veterinary%20use.>

What You Need to Know About CBD (Cannabidiol)

POTENTIAL HEALTH EFFECTS OF DELTA-9 THC AND CBD



EFFECTS OF DELTA-9 THC

Short-Term

Effects on the Brain and Nervous System

- Altered senses
- Distorted perception of time
- Changes in mood
- Delusions
- Difficulty thinking
- Impaired movement
- Impaired memory
- Hallucinations
- Psychosis

Long-Term

Effects on the Brain and Nervous System

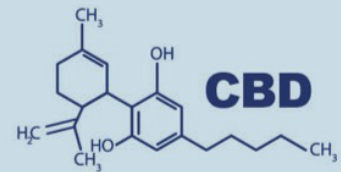
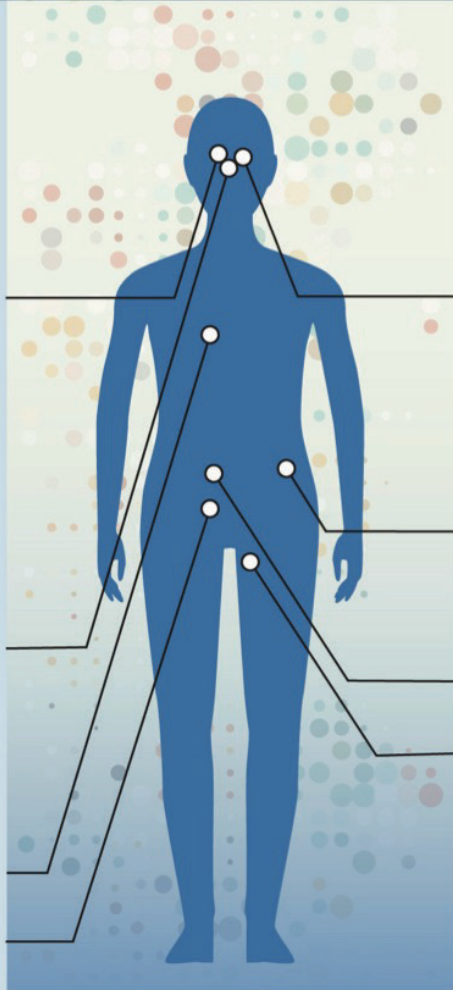
- Impacts on child development (if used when pregnant)
- Impaired brain development
- Impaired learning, memory, and thinking
- Mental illness (e.g., depression, anxiety, paranoia)

Effects on the Respiratory System

- Breathing problems

Effects on the Digestive System

- Nausea and vomiting



EFFECTS OF CBD

Short-Term

Effects on the Brain and Nervous System

- Changes in alertness
- Changes in mood (e.g., irritability, agitation)
- Drowsiness and/or sedation
- Drug interactions that may cause serious side effects

Effects on the Digestive System

- Gastrointestinal distress (e.g., nausea, diarrhea)

Long-Term

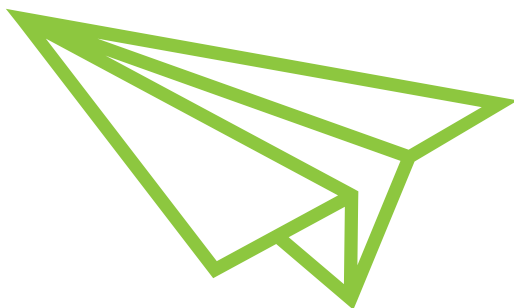
Effects on the Digestive System

- Liver injury

Effects on the Reproductive System

- Male reproductive toxicity

The availability of CBD products varies by state. In Kentucky it is an over-the-counter product. They are available online and in brick and mortar retailers including but not limited to drug stores, grocery stores, convenient stores and gas stations. However, most CBD sales, greater than 60% are made online. CBD products that are purchased over the counter, even from reputable retailers are NOT FDA approved. Many questions about the safety, reliability, and effectiveness of CBD products remain unanswered.



What You Need to Know About Methamphetamine (Meth)

Short-term Health Risks

Even taking small amounts of meth can cause harmful health effects, including:

- Increased blood pressure and body temperature
- Faster breathing
- Rapid or irregular heartbeat
- Loss of appetite, disturbed sleep patterns, or nausea
- Erratic, aggressive, irritable, or violent behavior

Long-term Health Risks

Chronic meth use can lead to many damaging, long-term health effects, even when people stop taking meth, including:

- Permanent damage to the heart and brain
- High blood pressure leading to heart attacks, strokes, and death
- Liver, kidney, and lung damage
- Anxiety, confusion, and insomnia
- Paranoia, hallucinations, mood disturbances, delusions, or violent behavior (psychotic symptoms can sometimes last for months or years after meth use)
- Intense itching, causing skin sores from scratching
- Premature osteoporosis

What You Need to Know About Opioids

Understand the Risks

Prescription opioids are powerful drugs with a high risk for dependency. Taking them in high doses, and/or in combination with other substances — particularly alcohol — can result in life-threatening respiratory distress and death.

Prescription pain relievers can cause drowsiness, constipation and slowed breathing. Taking a large single dose can cause severe respiratory depression (slowed breathing) that can lead to death. Use of painkillers with other substances that depress the central nervous system, such as alcohol, antihistamines, barbiturates, benzodiazepines, or general anesthetics, increases the risk of life-threatening respiratory depression.

Recent research suggests that opioids are not significantly better than non-opioid pain relievers in relieving acute and chronic pain. This means that alternative options should be first explored with healthcare providers. If those first-line options are not effective, taken exactly as prescribed, opioid pain relievers can manage pain effectively.

Chronic use or misuse of opioids can result in physical dependence and addiction. Dependence means that the body adapts to the presence of the drug, and withdrawal symptoms occur if use is reduced or stopped. Tolerance to the drugs' effects also occurs with long-term use, so a person misusing prescription opioid must take higher doses to achieve the same or similar effects as experienced initially. Addiction is a chronic, relapsing disorder characterized by compulsive drug seeking and use.

The recent epidemic of prescription opioid misuse and abuse has led to increased use of heroin.

Two-thirds of teens and young adults who report misuse of prescription medicine are getting it from friends, family and acquaintances. Make sure the young people in your life don't have access to any medications in your home. Follow these three steps to monitor, secure and properly dispose of unused and expired prescription and over-the-counter medicine in your home.

Step 1: Monitor

How aware are you of the prescription medications currently in your home? Would you know if some of your pills were missing? From this day forward, make sure you can honestly answer yes.

Start by taking note of how many pills are in each of your prescription bottles or pill packets and keep track of refills. This goes for your own medicine, as well as for your kids and other members of the household. If you find you need to refill your medicine more often than expected, that could indicate a problem.

If your child has been prescribed medicine, be sure you control its use by monitoring dosages and refills. You need to be especially vigilant with medicine known to be addictive and commonly abused such as opioids (prescription pain relievers), benzodiazepines (sedatives and anti-anxiety medications) and stimulants (ADHD medications).

Make sure your friends, parents of your child's friends, neighbors and relatives — especially grandparents — are also aware of the risks. Encourage them to regularly monitor the medicine in their homes as well.

Step 2: Secure

Approach securing your prescriptions the same way you would other valuables in your home, like jewelry or cash. There's no shame in helping protect those items, and the same holds true for your medicine.

Remove prescriptions from the medicine cabinet and secure them in a place only you know about. If possible, keep all medicine, both prescription and over the counter, in a safe place, such as a locked cabinet your teen cannot access.

You can also store prescriptions in a lock box. Three Rivers District Health Department and Pendleton County Champions can provide those to you free of charge.

Step 3: Dispose

Safely disposing of expired or unused medicine is critical to helping protect your kids, family and home. And it decreases the opportunity for visitors in your home, like your kids' friends, to misuse medicine as well.

The ideal way to do this is by participating in a safe drug disposal program – either a drug take-back day, an ongoing program in your community, a drug deactivation bag, or a drug mail-back program. To find a take-back location or event near you can visit the DEA website or reach out the Pendleton County Sheriff's office as well as the Pendleton County Health Department for more information.

A Note About Naloxone (Narcan):

Naloxone (Narcan) is a medication most commonly used nasally to hopefully and quickly reverse the effects of a suspected opioid overdose. If you find someone unresponsive, whether or not they are unresponsive due to an overdose, it is still safe to administer Narcan to an adult or child. You can even administer it to a pet! Narcan will not cause harm even if someone has not taken an opiate. Typically, Narcan can reverse opioids' effects within two to three minutes. If there is no response in three to five minutes, you can repeat the dose.

Narcan is a free resource available to all Pendleton County residents. Below are a list of locations that you can pick up for free:

Three Rivers District Health Department

329 Highway 330 West,
Falmouth KY 41040

Northern Pendleton Fire Department, Station #2

9408 KY Highway 10
Foster, KY 41043

Northern Pendleton Fire District

5900 Highway 154,
Butler, KY 41006

What You Need to Know About Benzodiazepines

American teenagers have been recreationally using and abusing a class of drugs called benzodiazepines. The name of this drug may sound unfamiliar to parents. Benzodiazepines (BZDs) are commonly prescribed by physicians for many legitimate medical conditions, such as anxiety and pain conditions, seizure and convulsions, insomnia, as general anesthesia, as sedation before a surgical or diagnostic procedure, muscle relaxation, alcohol withdrawal, and drug association agitation, nausea, vomiting and for depression. It is important to note the BZD drugs can differ in how fast they start working, how long they will continue to be effective in a person's system, and the drugs, in general, are different for the common reasons that they are prescribed. Teens who use BZD as a recreational drug are taking risks that put their health and well-being in danger, and severe cases may benefit from treatment in a professional drug rehabilitation center.

There are many common and familiar names for BZDs, which include Valium (Diazepam), Ativan (Lorazepam), Xanax, Klonopin, and more. The side effects of these drugs include headache, loss of orientation, aggression, memory impairment, and confusion. Teens can develop a physical dependence or addiction to these drugs. This is manifested by the teen's body depending on the drug, and sudden withdrawal can create possible tremors, vomiting, muscle cramps, insomnia or other issues within the teenager's body. Detoxification from benzodiazepines can oftentimes require medical intervention to be done in a safe manner.

Teens who have prolonged use of BZDs can experience long term effects, such as a higher risk of developing the onset of Alzheimer's disease. Also, teens who use BZDs and opioids for chronic pain may become addicted to the drugs and may go on to try other illegal drugs. Studies show that high benzo dependence can affect an individual with adverse health consequences, including the onset of severe mental disorders, or substance abuse disorders.

Studies show that teens who first use benzos with a medically prescribed use often abuse the drug and share it with their friends. In one study, it was determined that one in ten American high school seniors have used benzos for medical or recreational use. Teens are likely to buy benzos from friends, relatives, drug dealers, or strangers.

There are many dangers associated with using benzodiazepines recreationally. The use of benzodiazepines can be linked to increased numbers of falls and fractures among users, as well as car crashes, misuse and dependence on the drug, and higher risks of associated opioid use and overdose.

Teens can come into unintended contact with benzodiazepines if BZD is placed into a drink or alcoholic beverage. Mixing alcohol and benzodiazepines is extremely dangerous and results in severe impairment of the person taking them.

If a teen is prescribed BZD for a medical condition, it is important that the parents or guardians safeguard the safe storage of this drug, to prevent the teen from using the drug recreationally.



Free Resources Provided by Pendleton County Champions

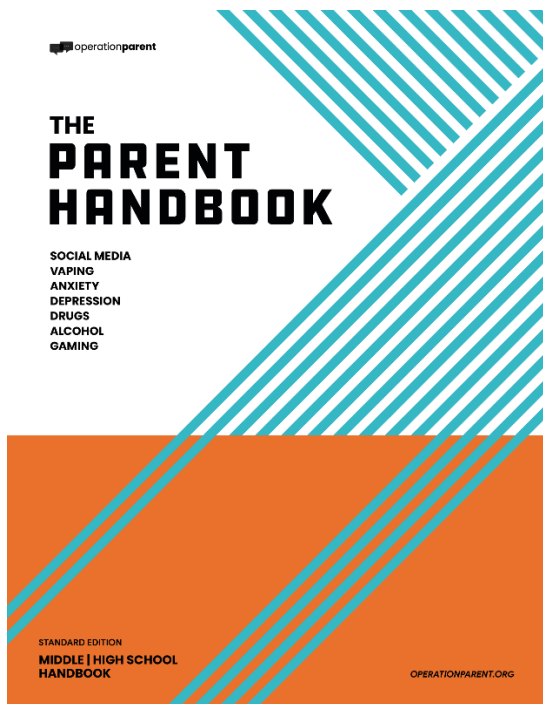
(For Pendleton County Residents Only)

These resources are only available to Pendleton County residents, or to those with children in the Pendleton County School system. We are only able to provide these resources for free due to limitations on federal funding and spending requirements for a Drug-Free Communities grant. Resources are provided free of cost, but there may be a limited availability depending on timing of request for free resources.

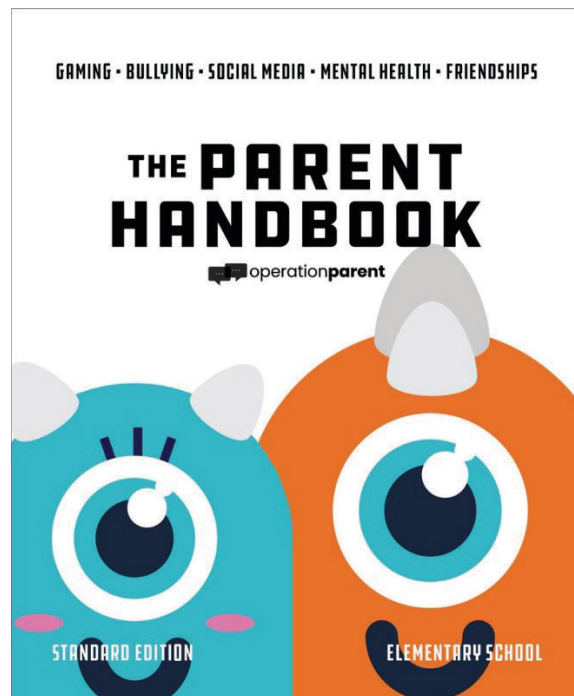
Operation Parent: The Parent Handbook



“Educating Parents, Saving Families”



“Educating Parents, Saving Families”



A practical guide for parents of middle or high school aged children as well as elementary-age children addressing today's toughest issues. Printed in full color, this unique, visually appealing 64-page resource raises awareness and educates readers on the latest trends, warning signs, and tips for effective parent/child communication so that “prevention” is truly possible. By simply placing this resource in the kitchen or living room in the home, you'll be amazed by the conversations it will spark!

Book provided to you at no cost by Pendleton County Champions. Please contact pcchampionsco@gmail.com to order your book.

Operation Parent also has free webinars to help parents stay up to date and for parenting support. Visit www.operationparent.org/webinars or follow them on Facebook, Instagram and/or YouTube: @operationparent



Steered Straight Inc.

www.steeredstraight.org

"Helping young people help themselves"

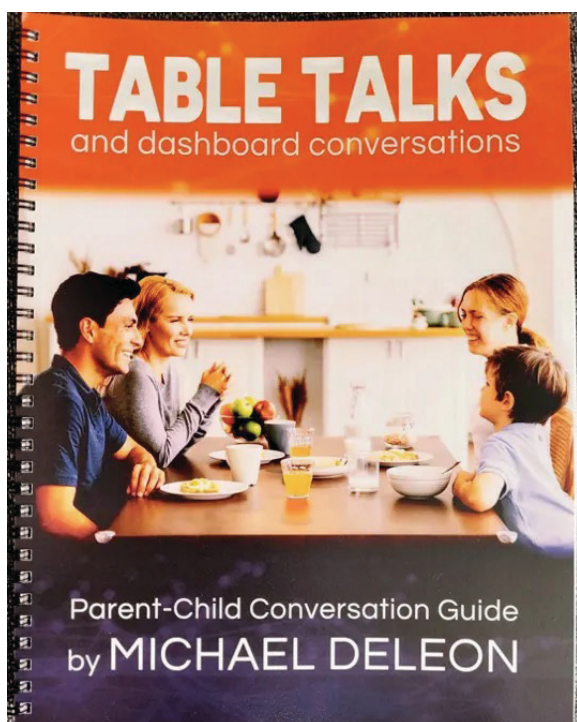
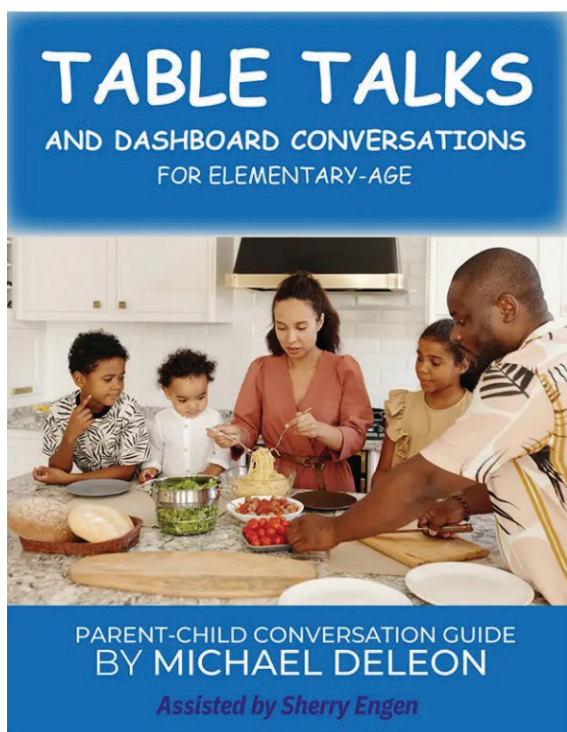


Table Talks: Parent-Child Conversation Guide

Youth who eat dinner with their families at least 5 times per week, self-report they are less likely to experiment with drugs and alcohol. Many prevention agencies advocate the "Gold Standard" as – dinner five nights a week. But in today's society, can most families realistically sit down and have meals five nights a week? Not always...however, conversation is key! Wherever you choose to connect with your child, we hope that you will take advantage of these conversation starters. This book is broken down into each of the months and offers daily conversation starters to be had for every day of the year. Book is available as a 'Middle & High School Edition' and 'Elementary Edition.'

Book provided to you at no cost by Pendleton County Champions. Please contact pcchampionsco@gmail.com to order your book.





The Dinner Table Project

www.thedinnertableproject.org

A program for families to eat together, have fun, and grow closer through conversation."

The Dinner Table Project Mission:

The Dinner Table Project was created by Four Rivers Behavioral Health Regional Prevention Center in 2015 with the basic idea that families that eat together, have better relationships. If children have better relationships with their parents and siblings, they are less likely to try drugs and alcohol. We also wanted to incorporate the Search Institute's 40 Developmental Assets that young people need to succeed. We encourage families to eat together at least once a week with no electronics!

For more information, visit www.thedinnertableproject.org

The Dinner Table Project also offers free newsletters with conversation starters, recipes and games to play at the dinner table!

In partnership with The Dinner Table Project, Pendleton County Champions offers dinner paper placemats and a "no phone zone" box to have an unplugged meal at dinner at no cost to you. We also have a deaf/hard of hearing "no phone box" as well.

If you would like a free dinner paper placemat(s) and a "no phone zone" box, please contact pcchampionsco@gmail.com. Request will also come with a free color-changing cup and utensil set!

QUESTIONABLE The Game

www.bestrongfamilies.org

A program for families to eat together, have fun, and grow closer through conversation.”

Featuring quirky conversations and endless fun, this second edition of QUESTIONABLE The Game introduces the Heckler card!



Chock full of eye-opening, insightful, and hilarious cards, the Game brings out the quirky conversation in all of us. Using simple rules and engaging questions, QUESTIONABLE encourages people to let loose, open up about their thoughts, dreams, and memories, and bring out true connection that sparks the joy and love that’s at the heart of all families.

QUESTIONABLE is a game for friends and families of all ages, recommended for 3-30 players. The game is easy to learn and intuitive—get the most points taking turns playing and answering all sorts of questions!

Game provided to you at no cost by Pendleton County Champions. Limit of one per household. Please contact pcchampionsco@gmail.com to order.



Be Strong Families

www.bestrongfamilies.org

“Reweaving the fabric of society one conversation at a time”



Talk, They Hear You®

<https://www.samhsa.gov/talk-they-hear-you/parent-resources>

Check out these “Talk. They Hear You.”® campaign resources to help you start—and keep up—the conversation about the dangers of drinking alcohol and using other drugs at a young age.



Parent Podcast: ‘What Parents Are Saying’

<https://whatparentsaresaying.buzzsprout.com/1886890>

SAMHSA’s “Talk. They Hear You.” campaign podcast, “What Parents Are Saying — Prevention Wisdom, Authenticity, and Empowerment,” provides a platform for parents and caregivers to get informed, be prepared, and take action by having open and honest conversations with their kids about substance use and mental health. Hosted by Debbie Berndt, Director of Parent Movement 2.0, the podcast features discussions with parents, caregivers, and nationally recognized experts lending their unique perspectives and experiences on how to navigate conversations around these important topics.

Disclaimer: This podcast is brought to you by the Substance Abuse and Mental Health Services Administration, also known as SAMHSA. The views expressed here are not necessarily those of SAMHSA or the US Department of Health and Human Services.

For questions or comments about this podcast, please contact WhatParentsAreSaying@gmail.com.



**ALWAYS BETTER
TOGETHER**





EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA



This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.

#ONEPILLCAN KILL

dea.gov/onepill

Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.



Closing Remarks

Champions also partners with local organizations to provide community members with free Narcan, medication lockboxes, drug disposal Detera® pouches, and tobacco cessation 'quit bags.' If any of these resources/supplies would be of use to you or someone that you know, please reach out to us and we will be sure to get you connected with what you need.

The Pendleton County Extension Office has a "Hunger Helpers" group to help provide free food assistance to families by connecting them to local groups, pantries and organizations to make sure everyone in our community has enough to eat. Contact them at (859) 654-3395 for more information on how to get connected.

Three Rivers District Health Department offers Freedom from Smoking classes to help people quit smoking and/or vaping at no cost. Contact the Health Department at (859) 654-6985 for more information. For additional information regarding our 'Drugs Over Dinner' campaign or to download a digital version of this Resource Guide, please visit our coalition's website at www.pcchampions.com.

We hope this Resource Guide has been helpful in providing you with the right tools and resources to help you feel more confident in talking to your kids about drugs. If you would like to know more about how to get involved with Pendleton County Champions, please email us at pcchampionsco@gmail.com.