

GIRLS AT RISK

GIRLS AT RISK

- Adolescence can be a tough time in your daughter's life.
- She is still developing physically and mentally, and growing increasingly more independent.
- But even though she may look like a young adult, she still needs you to set limits and give guidance.
- The high school years can bring with them overwhelming pressures, which can lead to risky behaviors like smoking, drinking and drug use.
- Stress is a major factor.

GIRLS AT RISK

- Parents should know that marijuana is the most widely used drug among girls.
- In fact, more teenage girls use marijuana than cocaine, heroin, ecstasy and all other illicit drugs combined!
- And girls are catching up with or have surpassed boys in other areas, such as alcohol, tobacco and general illicit drug use.

GIRLS AT RISK

How can you help your daughter grow up healthy and confident?

- First, learn how drug and alcohol abuse can negatively effect your daughter's physical, psychological and social well-being.
- Second, spend some time with your daughter to find out what is going on in her life and learn what really stresses her out.
- Finally, maximize communication, model positive coping skills, motivate your daughter to be more self-confident and monitor her activities.

GIRLS BY THE NUMBERS

JUST THE FACTS

- In 2004, more girls than boys starting using alcohol, cigarettes and marijuana:
- 1,500,000 million girls started using alcohol
- 730,000 girls started smoking
- 675,000 started using marijuana

GIRLS BY THE NUMBERS

JUST THE FACTS

- Since 2002, more girls than boys started using marijuana.
- 1,600,000 girls reported having at least one major depressive episode in 2004. That's more than twice as many as boys.
- Teen girls outnumber boys in their misuse of prescription drugs.

GIRLS BY THE NUMBERS

JUST THE FACTS

Substance Abuse Prevalence Rates Among Adolescent Girls

- The latest findings on drug use show that marijuana is the most widely used illicit drug by girls.
- And research trends indicate that girls are catching up with boys with regard to illicit drug and alcohol use.
- In some cases, such as cigarette smoking, girls' usage rates have surpassed those of boys.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Girls are closing the gap with boys in terms of usage of marijuana, alcohol and cigarettes.
- Since 2002, more teenage girls than boys started using marijuana.
- And in 2004, more girls than boys started using alcohol and cigarettes.

GIRLS BY THE NUMBERS

JUST THE FACTS

- In 2002, 895,000 teenage girls started using marijuana
- In 2003, 657,000 teenage girls started using marijuana
- In 2004, 675,000 teenage girls started using marijuana
- In 2004, 1,500,000 teenage girls started using alcohol
- In 2004, 730,000 teenage girls started smoking cigarettes

GIRLS BY THE NUMBERS

JUST THE FACTS

- 18 percent of teenage girls reported drinking alcohol in the past month, compared to 17.2 percent of teenage boys.
- Adolescent Girls' Unique Vulnerabilities for Drug Use
- Teenage girls are vulnerable to a number of unique physical, psychological and social risk factors for drug and alcohol abuse, according to recent studies.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Depression, anxiety, excessive concerns about weight and appearance, risky sexual behavior, early puberty, psychiatric or conduct disorders, or physical or sexual abuse are key risk factors for substance abuse that girls and young women are affected by.
- More than twice as many young females as males reported depression in 2004.
- Stress has been identified as a leading reason for drinking, smoking, and using drugs among girls.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Friends have a substantial influence on teens overall, but girls are especially susceptible to peer pressure when it comes to drinking.
- Adolescent girls are more likely than boys to drink to fit in with their friends, while boys drink largely for other reasons and then join a group that also drinks.

GIRLS BY THE NUMBERS

JUST THE FACTS

Impaired Judgment and Drug Use

- Marijuana and alcohol use can impair judgment and lead to serious consequences. Recent studies show that teenage girls who abuse drugs and alcohol are more likely to have sex.
- In 2003, approximately one out of four (23.9%) sexually active ninth-grade girls had used alcohol or drugs during their last sexual intercourse.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Nearly one quarter of sexually active teens and young adults say they have had unprotected sex because they were using alcohol or drugs at the time.
- Twelve percent of sexually active teens ages 15 to 17 and 25 percent of sexually active youths ages 18 to 24 reported having had unprotected sex while they were using alcohol or drugs.
- Alcohol or drug use can place young people at higher risk for contracting an STD, as those whose use alcohol and drugs are more likely to have sex with multiple partners.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Substance abuse may also be related to higher rates of unintended pregnancy because drug and alcohol use is associated with decreased condom use and increased casual sexual activity during which contraceptives of any kind are less likely to be used.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Many girls lose their virginity while drunk.
- Many of those become pregnant, or do things they wouldn't do when sober.
- In one study of unplanned pregnancies in 14-21 year olds, one third of the girls who had gotten pregnant had been drinking when they had sex – 91 percent of them reported that the sex was unplanned.

GIRLS BY THE NUMBERS

JUST THE FACTS

Low Self-Esteem and Drug Use

- Studies show that girls' issues with self-esteem and body image can lead to substance abuse.
- Research shows that many girls experience a dramatic transition during early adolescence, marked by a decline in their self-esteem and self-confidence. (Pipher, 1994)
- One study found that girls, who at age 12 were low in self-esteem, were nearly two and a half times likelier to engage in heavy alcohol use at age 15 than those higher in self-esteem.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Young females tend to use alcohol or drugs to improve mood, increase confidence, reduce tension, cope with problems, lose inhibitions, enhance sex, or lose weight.
- Research has found that girls who are vulnerable to low self-worth may have more trouble coping with the stressors of adolescence.
- Diet pill use among girls has tended to run from two-and-a-half times to four times as high as among boys.

GIRLS BY THE NUMBERS

JUST THE FACTS

Consequences of Drug Use

- Adolescent girls are susceptible to the physical, mental, and sometimes social consequences of substance abuse, especially at a critical time in life when their bodies and brains are still developing.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Some research shows that marijuana use can precede symptoms of depression. Girls (ages 14-15) who used marijuana daily were five times more likely to face depression at age 21.
- Daily use in young women was associated with an over fivefold increase in the odds of reporting a state of depression and anxiety.

GIRLS BY THE NUMBERS

JUST THE FACTS

- Girls are more vulnerable to the health consequences of substance use, such as developing symptoms of nicotine addiction faster than boys.
- Adolescent girls who consume even moderate amounts of alcohol may experience disrupted growth and puberty.
- A recent study concluded that engaging in sex and using drugs places adolescents, and especially girls, at risk for future depression.

GIRLS BY THE NUMBERS

JUST THE FACTS

- It is estimated that teenage girls who binge drink are up to 63 percent more likely to become teen mothers. (Dee, 2001)
- In 2003, approximately one out of four (23.9%) sexually active ninth-grade girls had used alcohol or drugs during their last sexual intercourse.

GIRLS AT RISK

Parents' Positive Influence

- Research shows that parents are the most important influence in their daughters' decisions about drug use.
- Parental trust is a powerful deterrent to risky behavior among female adolescents.
- Parental disapproval of drug use plays a strong role in turning back drug use. Youth who felt their parents did not strongly disapprove of marijuana use were about six times as likely to use marijuana as youth who felt their parents would disapprove.

GIRLS AT RISK

Parents' Positive Influence

- Girls appear to be more sensitive to conflict and related issues in the family.
- When parenting quality declines, or when an adolescent girl is exposed to high levels of negative emotion from parents or other family members, her developing capacities for coping and self-regulation may be overwhelmed by life stressors or challenges.

GIRLS AT RISK

Ask the Right Questions

- Know where your teen is when he or she is away from home.
- Have your kids check in with you regularly.
- Give them coins, a phone card or mobile phone with clear usage rules.
- (For example, "When I leave you a voicemail, I expect a call back within five minutes.")

GIRLS AT RISK

Ask the Right Questions

- If a beeper or cell phone is not allowed to be used in school, have your child keep one in his backpack and ask him to turn it on after school.
- You may have to coordinate the use of beepers and cell phones with school administrators.
- If you teen does not have a beeper or cell phone, get numbers of where he'll be after school so that you can check in or have him call you at certain times so he can check in with you.

GIRLS AT RISK

Ask the Right Questions

- Make a list of her activities for the coming day and put it on the fridge, on a calendar or in your wallet or pocketbook.
- Walk through your neighborhood and note where kids your child's age hang out.

GIRLS AT RISK

Ask the Right Questions

- Know your teen's friends.
- Have a small party at your house and invite the parents of his friends. Have his friends stay for dinner.
- Ask them about their parents.
- Make a point of meeting your teen's friends' parents — find them at a school event or PTA meeting, soccer practice, dance rehearsal or wherever the kids hang out.

GIRLS AT RISK

Ask the Right Questions

- Work with other parents to get a list of everyone's addresses, e-mails, and phone numbers so you can keep in touch with your teen.
- Show up a little early to pick up your teen so you can observe her behavior.
- Occasionally check to see that your teen is where she says she's going to be.

GIRLS AT RISK

Ask the Right Questions

- Lots of teenagers get in trouble with drugs right after school — from 3 p.m. to 6 p.m.
- Try to be with your kids then, but if you can't, make sure your child is doing something positive with an adult around: Sports, jobs, clubs, after-school programs or religious youth groups.
- If your kids have to be home, make sure they are doing homework or chores and not hanging out with friends.

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Signs & Symptoms of Drinking and Drug Use

- How can you tell if your child is using drugs or alcohol?
- It is difficult because changes in mood or attitudes, unusual temper outbursts, changes in sleeping habits and changes in hobbies or other interests are common in teens.
- You can also look for signs of depression, withdrawal, carelessness with grooming or hostility.
- Also ask yourself, is your child doing well in school, getting along with friends, taking part in sports or other activities?

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Watch List For Parents

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using “coded” language

GIRLS AT RISK

Watch List For Parents

- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories

GIRLS AT RISK

Watch List For Parents

- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs—especially narcotics and mood stabilizers

GIRLS AT RISK

Watch List For Parents

- These changes often signal that something harmful is going on—and often that involves alcohol or drugs.
- You may want to take your child to the doctor and ask him or her about screening your child for drugs and alcohol.
- This may involve the health professional asking your child a simple question, or it may involve a urine or blood drug screen.

GIRLS AT RISK

Watch List For Parents

- However, some of these signs also indicate there may be a deeper problem with depression, gang involvement, or suicide.
- Be on the watch for these signs so that you can spot trouble before it goes too far.



GIRLS AT RISK

Detailed Signs & Symptoms

Alcohol:

- Odor on the breath. Intoxication/drunkenness.
- Difficulty focusing: glazed appearance of the eyes.
- Uncharacteristically passive behavior or combative and argumentative behavior.
- Gradual decline in personal appearance and hygiene.



GIRLS AT RISK

Detailed Signs & Symptoms

- Gradual development of difficulties, especially in school work or job performance.
- Absenteeism (particularly on Monday).
- Unexplained bruises and accidents.
- Irritability.
- Flushed skin.
- Loss of memory (blackouts).



GIRLS AT RISK

Detailed Signs & Symptoms

- Availability and consumption of alcohol becomes the focus of social activities.
- Changes in peer-group associations and friendships. Impaired interpersonal relationships (unexplainable termination of relationships, and separation from close family members).

GIRLS AT RISK



Detailed Signs & Symptoms

Cocaine/Crack/Methamphetamines/Stimulants:

- Extremely dilated pupils.
- Dry mouth and nose, bad breath, frequent lip licking.
- Excessive activity, difficulty sitting still, lack of interest in food or sleep.

GIRLS AT RISK



Detailed Signs & Symptoms

- Irritable, argumentative, nervous.
- Talkative, but conversation often lacks continuity; changes subjects rapidly.
- Runny nose, cold or chronic sinus/nasal problems, nose bleeds.
- Use or possession of paraphernalia including small spoons, razor blades, mirror, little bottles of white powder and plastic, glass or metal straws.

GIRLS AT RISK

Detailed Signs & Symptoms

Depressants:

- Symptoms of alcohol intoxication with no alcohol odor on breath. (Remember that depressants are frequently used with alcohol.)
- Lack of facial expression or animation. Flat affect.
- Limp appearance.
- Slurred speech.

GIRLS AT RISK

Detailed Signs & Symptoms



Ecstasy:

- Confusion, blurred vision, rapid eye movement,
- chills or sweating, high body temperature,
- sweating profusely, dehydrated, confusion, faintness,
- paranoia or severe anxiety, panic attacks, trance-like state,
- transfixed on sites and sounds,
- unconscious clenching of the jaw, grinding teeth,
- muscle tension, very affectionate

GIRLS AT RISK

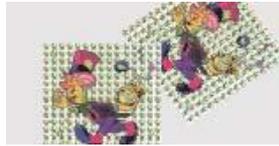
Detailed Signs & Symptoms



Ecstasy:

- Depression, headaches,
- dizziness (from hangover/after effects),
- possession of pacifiers (used to stop jaw clenching),
- lollipops, candy necklaces, mentholated vapor rub,
- vomiting or nausea (from hangover/after effects)

GIRLS AT RISK

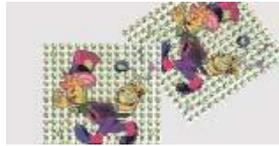


Detailed Signs & Symptoms

Hallucinogens/LSD/Acid:

- Extremely dilated pupils.
- Warm skin, excessive perspiration, and body odor.
- Distorted sense of sight, hearing, touch; distorted image of self and time perception.
- Mood and behavior changes, the extent depending on emotional state of the user and environmental conditions

GIRLS AT RISK

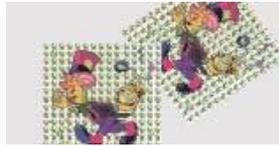


Detailed Signs & Symptoms

Hallucinogens/LSD/Acid:

- Unpredictable flashback episodes even long after withdrawal (although these are rare).
- Hallucinogenic drugs, which occur both naturally and in synthetic form, distort or disturb sensory input, sometimes to a great degree.
- Hallucinogens occur naturally in primarily two forms, (peyote) cactus and psilocybin mushrooms.

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Detailed Signs & Symptoms

Hallucinogens/LSD/Acid:

- Synesthesia, or the "seeing" of sounds, and the "hearing" of colors, is a common side effect of hallucinogen use.
- Depersonalization, acute anxiety, and acute depression resulting in suicide have also been noted as a result of hallucinogen use.

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Detailed Signs & Symptoms

Inhalants:

- Substance odor on breath and clothes.
- Runny nose. Watering eyes.
- Drowsiness or unconsciousness.
- Poor muscle control.
- Prefers group activity to being alone.

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Detailed Signs & Symptoms

Inhalants:

- Presence of bags or rags containing dry plastic cement or other solvent at home, in locker at school or at work.
- Discarded whipped cream, spray paint or similar chargers (users of nitrous oxide).
- Small bottles labeled "incense" (users of butyl nitrite).

GIRLS AT RISK



Detailed Signs & Symptoms

Marijuana/Pot:

- Rapid, loud talking and bursts of laughter in early stages of intoxication.
- Sleepy or daze in the later stages.
- Forgetfulness in conversation. Inflammation in whites of eyes; pupils unlikely to be dilated.

GIRLS AT RISK



Detailed Signs & Symptoms

Marijuana/Pot:

- Odor similar to burnt rope on clothing or breath.
- Brown residue on fingers.
- Tendency to drive slowly - below speed limit.
- Distorted sense of time passage - tendency to overestimate time intervals.

GIRLS AT RISK



Detailed Signs & Symptoms

Marijuana/Pot:

- Use or possession of paraphernalia including roach clip, packs of rolling papers, pipes or bongs.
- Marijuana users are difficult to recognize unless they are under the influence of the drug at the time of observation.
- Casual users may show none of the general symptoms.
- Marijuana does have a distinct odor and may be the same color or a bit greener than tobacco.

GIRLS AT RISK

Detailed Signs & Symptoms

Narcotics / Prescription Drugs / Heroin / Opium / Codeine /
Oxycontin

- Lethargy, drowsiness.
- Constricted pupils fail to respond to light.
- Redness and raw nostrils from inhaling heroin in power form.
- Scars (tracks) on inner arms or other parts of body, from needle injections.

GIRLS AT RISK

Detailed Signs & Symptoms

Narcotics / Prescription Drugs / Heroin / Opium / Codeine /
Oxycontin

- Use or possession of paraphernalia, including syringes, bent spoons, bottle caps, eye droppers, rubber tubing, cotton, and needles.
- Slurred speech.

GIRLS AT RISK

Detailed Signs & Symptoms

Narcotics / Prescription Drugs / Heroin / Opium / Codeine /
Oxycontin

- While there may be no readily apparent symptoms of analgesic abuse, it may be indicated by frequent visits to different physicians or dentists for prescriptions to treat pain of non-specific origin.
- In cases where patient has chronic pain and abuse of medication is suspected, it may be indicated by amounts and frequency taken.

GIRLS AT RISK

Detailed Signs & Symptoms

PCP:

- Unpredictable behavior; mood may swing from passiveness to violence for no apparent reason.
- Symptoms of intoxication.
- Disorientation; agitation and violence if exposed to excessive sensory stimulation.
- Fear, terror.

GIRLS AT RISK

Detailed Signs & Symptoms

PCP:

- Rigid muscles. Strange gait.
- Deadened sensory perception (may experience severe injuries while appearing not to notice).
- Pupils may appear dilated. Mask-like facial appearance. Floating pupils, appear to follow a moving object.
- Comatose (unresponsive) if large amount consumed. Eyes may be open or closed.

GIRLS AT RISK

Detailed Signs & Symptoms

Solvents, Aerosols, Glue, Petrol:

- *Nitrous Oxide* - laughing gas, whippits, nitrous.
- *Amyl Nitrate* - snappers, poppers, pearlers, rushamies.
- Butyl Nitrate - locker room, bolt, bullet, rush, climax, red gold.

GIRLS AT RISK

Detailed Signs & Symptoms

Solvents, Aerosols, Glue, Petrol:

- Slurred speech, impaired coordination, nausea, vomiting, slowed breathing.
- Brain damage, pains in the chest, muscles, joints, heart trouble, severe depression, fatigue, loss of appetite
- bronchial spasm, sores on nose or mouth, nosebleeds, diarrhea, bizarre or reckless behavior, sudden death, suffocation.

GIRLS AT RISK

Tobacco

- Nicotine, the main drug in tobacco, is one of the most heavily used addictive drugs in Canada.
- Cigarettes and other forms of tobacco, such as cigars, pipe tobacco, and chewing tobacco, are addictive and that nicotine is the drug in tobacco that causes addiction.
- Smoking is a major cause of stroke and the third leading cause of death.
- Once hooked, nicotine addiction is extremely difficult to overcome.

GIRLS AT RISK

Tobacco

- It's highly addictive.
- Nicotine is highly addictive and acts as both a stimulant and a sedative to the central nervous system.

GIRLS AT RISK

Tobacco

- The ingestion of nicotine results in an almost immediate "kick" because it causes a discharge of epinephrine from the adrenal cortex.
- This stimulates the central nervous system, and other endocrine glands, which causes a sudden release of glucose.
- Stimulation is then followed by depression and fatigue, leading the abuser to seek more nicotine.

GIRLS AT RISK

Tobacco

- Smoking cigarettes and marijuana are closely related.
- Research shows that youth who smoke cigarettes are fourteen times more likely to try marijuana as those who don't.

GIRLS AT RISK

Tobacco

- Nicotine accumulates in the body.
- Nicotine is absorbed readily from tobacco smoke in the lungs, regardless of whether the tobacco smoke is from cigarettes, cigars, or pipes.
- Nicotine is also absorbed readily when tobacco is chewed.
- With regular use of tobacco, levels of nicotine accumulate in the body during the day and persist overnight thus exposing daily smokers to the effects of nicotine for 24 hours each day..

GIRLS AT RISK

Tobacco

There are long-term hazards.

- In addition to nicotine, cigarette smoke is primarily composed of a dozen gases (mainly carbon monoxide) and tar.
- The tar in a cigarette, which varies from about 15 mg for a regular cigarette to 7 mg in a low-tar cigarette, exposes the user to a high expectancy rate of lung cancer, emphysema, and bronchial disorders.
- The carbon monoxide in the smoke increases the chance of cardiovascular diseases.

GIRLS AT RISK

Tobacco

- Second-hand smoke can cause illness.
- The Environmental Protection Agency has concluded that secondhand smoke causes lung cancer in adults and greatly increases the risk of respiratory illnesses in children and sudden infant death.