

# PREVENTION PRESS

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*The Colts Neck Municipal Alliance's mission is to reduce the incidence, prevalence, and impact of alcoholism and drug abuse in the local community through planning for and purchasing services, projects, and programs that provide prevention and education.*



## COLTS NECK TOWNSHIP

### IN THE NEWS

#### Red Ribbon Week® 2017: October 23<sup>rd</sup>-31<sup>st</sup> "Your Future Is Key, So Stay Drug Free!™"

*"Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; only 25% of teens report having these conversations."*

[www.redribbonweek.org/about](http://www.redribbonweek.org/about)



The national Red Ribbon Campaign® reaches millions of youth through school and community activities during its annual Red Ribbon Week® (October 23<sup>rd</sup> to October 31<sup>st</sup>), when young people unite with parents, educators, and other community adults to take a stand against drugs and commit to living safe, healthy, and drug-free lives.

After 37-year-old DEA special agent and former U.S. Marine Kiki Camarena's torturous murder in 1985 by drug traffickers in Mexico City, the red ribbon became a symbol of intolerance towards drug use. From this came the Red Ribbon Campaign®, with its mission "to present a unified and visible commitment toward the creation of a drug-free America" while honoring Camarena's life-sacrificing fight against drug abuse.

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#### Teens & Steroids: Serious Side Effects

*A.K.A. roids, juice, gym candy, stackers, pumpers, Arnolds*



Athletes, body builders, fitness enthusiasts, and others may abuse anabolic steroids to gain a competitive edge in sports, improve athletic performance, increase muscle mass and strength, and/or enhance physique, but no matter the user's age, gender, or motivation, anabolic steroids present serious risks of temporary and permanent health problems.

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#### SAVE A LIFE! CALL 911



If you see someone with these symptoms:

- Unconscious or semiconscious
- Breathing irregular or less than 10 times per minute
- Cold, Clammy, Pale or Bluish Skin, Lips or Nails
- Can't be awakened by pinching, shouting or prodding
- Vomiting without waking up
- Seizures



#### SAVE A LIFE! CALL 911



In case of an overdose or alcohol poisoning

- CALL 9-1-1 for HELP
- You MUST stay with the person
- Talk with authorities
- Neither you or the individual will be charged as per the NJ Good Samaritan and Lifeline Legislation

GGCADA Governor's Council on ALCOHOLISM & DRUG ABUSE



#### Teens, Take Action: "Save a Life, Call 9-1-1!"

Immediately calling for medical help during a suspected drug overdose or alcohol poisoning saves lives!

The tragic death of Penn State hazing victim Timothy Piazza could have been avoided with an immediate call to 9-1-1. Talk to your teen/ young adult today!

#### What's Inside:

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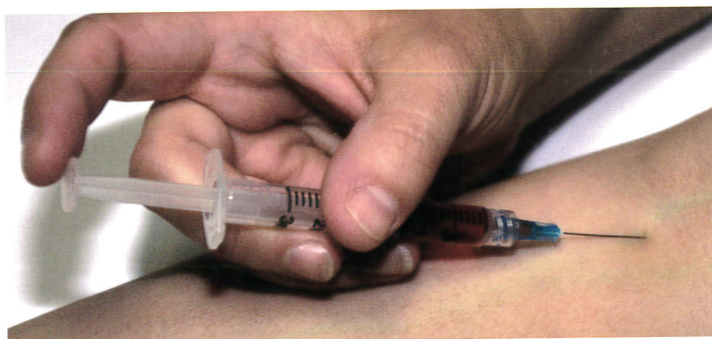


## Teens & Steroids: Serious Side Effects

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### Steroid Abuse Dangers:

- High blood pressure
- Heart attack/ stroke
- Severe acne
- Aggression/ hostility
- Dependence/ addiction
- Male breast development/ testicle shrinkage
- Female development of male physical characteristics (deep voice, facial hair, baldness)
- Elevated cholesterol
- Increased cancer risk
- Adolescent stunted growth
- Paranoia/ delusions
- Depression/ suicide
- Heart and liver damage
- HIV from needles
- Mood swings
- Jealousy
- Male sterility/ impotence
- Female menstrual irregularities



Anabolic steroids, classified as a Schedule III Controlled Substance by the U.S. Drug Enforcement Administration (DEA), are synthetic sources of testosterone, an androgen/male sex hormone that promotes muscle cell growth and increases male physical characteristics. Steroids are available in injectable, tablet, capsule, gel, and cream forms.

Using anabolic steroids absent of a prescribed medical treatment for a specific disease diagnosed by a reputable physician comes with serious negative side effects and the possibility of irreversible damage. The severity of adverse effects depends on the user's age and gender, steroid(s) of choice, and amount and duration of use.

In teens, mood swings can be one of the first indicators of steroid use; also, be aware of changes in male breast development, female body hair, and muscle size, particularly with the onset of school sports seasons.

Illegal steroids can be purchased online, on the street, and through unscrupulous healthcare professionals and coaches. On-the-shelf dietary supplements for body-building may contain steroids or similar substances not accurately indicated on their labels. It is important for supplement users to buy reputable products from reliable manufacturers and vendors, as well as to know all product ingredients.

Teens who suspect steroid use in friends should turn to a parent, coach, teacher, other trusted adult for help. Or, teens can visit NIDA for Teens' "Have a Drug Problem? Need Help?" website page at <http://tinyurl.com/ybr5wxnd>.

See the back cover for helpful community substance abuse assistance resources.

Article sources and websites for more information on anabolic steroids:

U.S. Food & Drug Administration, "Teens and Steroids: A Dangerous Combo": <http://tinyurl.com/y6vnzv4u>

U.S. Department of Health & Human Services' National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), "Anabolic Steroids":  
<https://teens.drugabuse.gov/drug-facts/anabolic-steroids>

Drug Enforcement Administration (DEA), Office of Diversion Control, Drug & Chemical Evaluation Section, "Anabolic Steroids":  
<http://tinyurl.com/ybdck8lq>

## Red Ribbon Week® 2017: October 23<sup>rd</sup>-31<sup>st</sup> "Your Future Is Key, So Stay Drug Free!™"

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Each year, Red Ribbon Week® centers around a unique theme to broadcast a cooperative message nationwide. Across the U.S., schools, students, and community members of all ages participate through assemblies, guest speakers, parent training initiatives, social events, and youth-centered activities that promote substance abuse prevention and positive life choices. Visible campaign support is expressed through Red Ribbon Week® signage, red ribbons, and red clothing.

A proactive commitment to substance abuse prevention and education is critical due to the current opioid epidemic plaguing our nation. Ask your children how they will participate in

Red Ribbon Week® in their Colts Neck schools to start the dialogue and get involved!

Online Red Ribbon pledge:  
<http://redribbon.org/pledge/>  
National Red Ribbon Week®:  
[www.redribbon.org](http://www.redribbon.org)  
National Family Partnership  
(National Red Ribbon Campaign® sponsor):  
[www.nfp.org](http://www.nfp.org)





# How Marijuana Impacts Formative Teen Brains



Medical experts and research confirm the risk for serious, potentially permanent developmental and social problems in teens who regularly use marijuana before the age of 16. Negative consequences include addiction, cognitive and memory problems, intellectual decline, motor vehicle accidents, impaired relationships, and lack of achievement.

According to the American Psychological Association's 2015 journal article "Marijuana and the Developing Brain," teens who use marijuana show "structural brain abnormalities and altered neural activity" and that "structural and functional brain changes emerge soon after adolescents start using the drug" (<http://www.apa.org/monitor/2015/11/marijuana-brain.aspx>).

The 2016 *Monitoring the Future Survey* published by the National Institute of Health (NIH) revealed that 22.5% of high school seniors polled used marijuana in the month leading up to the survey, and that 6% of them used marijuana daily (<http://tinyurl.com/hdhlf9>). This is despite a long-term, overall decline in illicit substance use.

The survey also found a higher rate of teen marijuana use in states that have legalized medical marijuana. Marijuana contains tetrahydrocannabinol (THC), a psychoactive substance that leads to a euphoric high as it alters the mind.

Marijuana legalization lowers the perception of risks associated with marijuana and substance abuse. The 2014 *Monitoring the Future Survey* found that less than 40% of 12<sup>th</sup>-graders expressed concern that regular marijuana use presented risks, which was the lowest percentage since the 1970s. Legalizing marijuana can also lead to easier youth

access to the drug. Research experts have conducted the survey since 1975; the 2016 survey interviewed a total of 45,473 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders across 372 private and public schools.

Marijuana is often considered a gateway into harder drugs (like cocaine, heroin, and methamphetamines), according to the Substance Abuse and Mental Health Services Administration (SAMHSA) (<http://tinyurl.com/ybhw662l>).

Brain development continues during adolescence, and social, emotional, and intellectual capacities are still forming. Adolescent marijuana users unfortunately may not fully restore neuropsychological functioning once they stop using the drug, according to the University of Washington Alcohol and Drug Abuse Institute's "Adolescents and Marijuana Fact Sheet" (<http://tinyurl.com/gpn9v8j>).

## Immediate & Lasting Risks of Teen Marijuana Use:

- Increased risk of psychosis, depression, anxiety, and mental illness
- Impaired concentration, decision-making, memory, and attention
- Decreased IQ
- Declining school performance; increased drop-out rates
- Lack of motivation
- Impaired emotional development; social and behavioral problems
- Marijuana addiction; progression to harder illicit drugs
- Engagement in risky behaviors (crimes, sex, and driving while high)
- Poorer educational, financial, and career outcomes
- Increased life dissatisfaction



# Keep Halloween Happy with These Safety Tips



Costumes, trick-or-treating, holiday parties, and plenty of opportunities for fun and fright are highlights that make for a happy Halloween, but participants of all ages need to abide by laws and safety tips to make sure the festivities don't lead to tragedy.

## HALLOWEEN SAFETY TIPS

### Kids

- Trick-or-treat only with an adult; older kids should follow a pre-planned route with a determined end time
- Stick to familiar areas and houses with porch lights on
- Never go inside houses
- Never consume candy without adult approval first
- Wear fire-resistant costumes; avoid masks that can block sight
- Wear reflective tape; carry a flashlight

### Teens

- Obey curfews and trespassing laws
- Stay home to greet trick-or-treaters
- Know what you are eating and drinking
- Never leave your refreshments unattended
- Plan fun activities (haunted house visits, hayrides, or horror movie/pizza parties)
- Drive carefully, stay sober, and abide by all rules of the road

### Adults

- Stay alert for children in roadways; back up carefully
- Know where your teens are and who they're with
- Chaperone teen parties; keep them alcohol- and drug-free
- Accompany young trick-or-treaters; give clear rules to older trick-or-treaters
- Keep teens constructively occupied
- Reiterate safety rules and curfews

*(Newsletter writing by Christa Riddle of All About Writing and production by Linda Coppolino of Little Hat Marketing & Design.)*



For more information on the Colts Neck Alliance, community events, or how to get involved, contact Anita Dedalis, acting Alliance coordinator, at 732-308-4505.

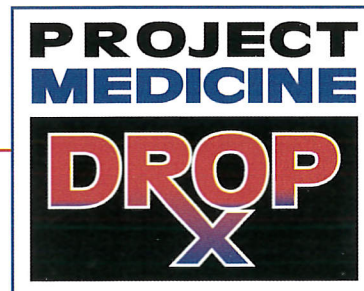
The Colts Neck Alliance can be found online at [www.colts-neck.nj.us/local/cnalliance/index.htm](http://www.colts-neck.nj.us/local/cnalliance/index.htm).

This newsletter is made possible by GCADA funding.



<http://gcada.nj.gov/alliance>

Please note, the Colts Neck Municipal Alliance is not responsible for any resources referred. This publication is for informational purposes only, and we do not endorse any of the listed resources.



**Empty your medicine cabinet and save a life! Drop unwanted prescriptions in the Project Medicine Drop box at the Colts Neck Police Department during regular business hours.**

[www.njconsumeraffairs.gov/meddrop/](http://www.njconsumeraffairs.gov/meddrop/)

Educate yourself about substance abuse on the go! Get the "Partnership for Drug-Free Kids' Drug Guide for Parents" app in your Apple or Android device!

*All About Writing*  
"Writing help is just a call or click away!"

