

CHEMICAL HEALTH TREND CORNER:

2019 National Drug & Alcohol IQ Challenge

FACT: More teens are driving after smoking marijuana than after heavy drinking.

A national study showed that from 2009-2011, the percentage of high school seniors who drove after using marijuana was almost three times as high as those who drove after drinking heavily. (American Journal of Public Health 103:2027-2034)

TIP: Parents—tell your teen not to drive after using marijuana or other drugs, and don't get in a car with a driver who has used marijuana or other drugs!

Test your knowledge by taking the interactive [National Drug & Alcohol IQ Challenge quiz!](#)

What You Should Know About Marijuana Concentrates/ Honey Butane Oil

August, 2018

Center on Addiction-Partnership for Drug Free Kids

What are Marijuana Concentrates or THC Concentrates?

A marijuana concentrate is a highly potent THC concentrated mass that is most similar in appearance to either honey or butter, which is why it is referred to or known on the street as “honey oil” or “budder.”

What Does it Look Like?

Marijuana concentrates are similar in appearance to honey or butter and are either brown or gold in color. The different forms include: hash or honey oil (a goey substance), wax or butter (soft, lip balm-like substance), and shatter (a hard, solid substance). (See photo gallery at the bottom of the article)



What are the Street Names?

710 (the word “OIL” flipped and spelled backwards), wax, ear wax, honey oil, budder, butane hash oil, butane honey oil (BHO), shatter, dabs (dabbing), black glass, and errl.

How is it Made?

One popular extraction method uses butane, a highly flammable solvent, which is put through an extraction tube filled with marijuana. The butane evaporates leaving a sticky liquid known as “wax” or “dab.” This method is dangerous because butane

is a very explosive substance. There have been explosions in houses, apartment buildings and other locations where someone tried the extraction.

How is it Used?

It's used a few ways:

Infusing marijuana concentrates in various food or drink products

Smoking remains the most popular form of ingestion by use of water or oil pipes or heated in a glass bong.

Electronic cigarettes (also known as e-cigarettes) or vaporizers. Many users of marijuana concentrates prefer the e-cigarette/vaporizer because it's smokeless, odorless, and easy to hide or conceal. The user takes a small amount of marijuana concentrate, referred to as a "dab," then heats the substance using the e-cigarette/vaporizer producing vapors that ensures an instant "high" effect upon the user. Using an e-cigarette/vaporizer to ingest marijuana concentrates is commonly referred to as "dabbing" or "vaping."

What are the Effects of Using Marijuana Concentrates?

Marijuana concentrates have a much higher level of THC. The effects of using may be more severe, both psychologically and physically.

How to Talk to Your Teen About Substance Use

Rae Jacobson

Adolescence is a tricky time. Teenagers are just beginning to establish their identities and this often means testing the limits of parental controls. When it comes to drugs and alcohol, pushing the boundaries can lead to dangerous territory.

Setting clear rules about substance use helps give teens the structure they need to stay safe. Let's be realistic: You can't guarantee that your rules won't be broken. But research shows that kids who have clear rules are less likely to get into serious trouble than kids who don't. Even when the rules are broken, teens whose parents have clearly outlined what is and isn't acceptable are less likely to run to extremes and more likely to make safer choices.

So you need to have the talk, but for a lot of parents initiating a potentially difficult conversation is daunting. A few guidelines can help get the ball rolling and make for a smoother, more productive experience for all.

Read more [here](#)

Drugged Driving—What You Should Know

December 12, 2018

In 2016, 44 percent of drivers in fatal car crashes (with known results) tested positive for drugs, according to the recent report entitled "Drug-Impaired Driving: Marijuana and Opioids Raise Critical Issues for States" by the Governors Highway Safety Association. This is up from 28 percent in 2006.



Blurred nighttime road from perspective of a drugged driver

More Facts About the Dangers of "Drugged Driving"

What is drug-impaired driving? Driving under the influence of over-the-counter medications, prescription drugs, marijuana, or illegal drugs.



Why is drug-impaired driving dangerous?

Over-the-counter (OTC) medications and drugs affect the brain and can alter perception, mental processes, attention, balance, coordination, reaction time and other abilities required for safe driving. Even small amounts of some drugs can have a serious effect on driving ability.

A recent national survey showed 22.5% of nighttime weekend drivers tested positive for illegal, prescription, or OTC drugs that can impair driving. (Drug-Impaired Driving: A Guide for States, April 2017. NHTSA 2014 Drug-Impaired Driving Survey)

What substances are used the most when driving?

After alcohol, marijuana is the most commonly used drug. (Source: National Institute of Drug Abuse)

What happens when you use drugs and drive?

Marijuana can decrease a person's ability to drive a car. It slows reaction time, impairs a driver's concentration and attention, and reduces hand-eye coordination. It is dangerous to drive after mixing alcohol and marijuana. Driving after using prescription drugs or over-the-counter medicine, such as cough suppressants, antihistamines, sleeping aids, and anti-anxiety medications may impair driving ability.

How many teens are smoking marijuana and driving?

More than one in eight high school seniors admitted in a national survey to driving under the influence of marijuana in the two weeks prior to the



survey (National Institute of Drug Abuse, 2012 Monitoring the Future Survey.)

Is it legal? Even in states that have legalized marijuana for recreational use, driving while under the influence of marijuana is still illegal. Unfortunately, too many people are misinformed. A study conducted by Liberty Mutual Insurance and Students Against Destructive Decisions (SADD) found that a third of all teens believe it is legal to drive under the influence of marijuana. In addition 27 percent of parents believed it was legal.

Not only is driving while high illegal, it's also very dangerous. According to the National Institute on Drug Abuse, the effects of marijuana can include: altered senses and sense of time, slow reaction time, anxiety, hallucinations and more.

TIP: Parents—tell your teen not to drive after using marijuana or other drugs, and don't get in a car with a driver who has used marijuana or other drugs!

FACT: More teens are driving after smoking marijuana than after heavy drinking. A national study showed that from 2009-2011, the percentage of high school seniors who drove after using marijuana was almost three times as high as those who drove after drinking heavily. (American Journal of Public Health 103:2027-2034)

Remember: Marijuana and many medications act on parts of the brain that can impair driving ability. Many prescription drugs have warning labels

against the operation of machinery and driving motor vehicles, for a certain period of time after use. You are more likely to be injured or in an accident while driving while under the influence of marijuana or prescription drugs.

What Selfies Are Doing to Self-Esteem

How they can exacerbate insecurity, anxiety and depression
Rachel Ehmke

In case you've ever wondered how much time your daughter spends taking selfies, a poll in 2015 found that the average woman between 16 and 25 years old spends over five hours a week. It sounds like a lot, unless you've tried to take selfies yourself and know what an elaborate process it can be. Women take an average of seven shots to get one image, according to the poll; Kim Kardashian said it takes about 15 to 20. Then there are the filters, not to mention real-life alterations like changing lighting or touching up makeup. There are also apps you can use for more drastic procedures like changing your bone structure, slimming your waistline, erasing pimples, and more.

Selfies can be silly and lighthearted, of course, notes Alexandra Hamlet, PsyD, a psychologist at the Child Mind Institute. But she also recognizes the darker side, when photos become a measure of self-worth. "With makeup, with retouch, with filters, with multiple, multiple attempts, it's almost like you're never going to stack up," says

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Dr. Hamlet, "And that is where I think it gets dangerous."

We're used to worrying about how girls will be affected by seeing too many air-brushed images of models in magazines or movies. But now young people themselves are the models and they're wielding their own image-editing software. This leads to a lot of self-scrutiny as they try to perfect their own images, and comparisons to the pictures their peers are posting. Experts are understandably worried about what this means for kids' self-esteem.

Seeking perfection

If you've been telling your daughter that she's beautiful just the way she is, she's getting a different message when she opens up Snapchat and sees filters and lenses that alter appearances. Pictures used to be final; now we have post-production.

Dr. Hamlet acknowledges that some of the filters are fun and distort in amusing ways, but also points out there's a so-called "pretty filter" on Instagram and Snapchat. Beautifying filters are used almost reflexively by many, which means that girls are getting used to seeing their peers effectively airbrushed every single day online. There are also image altering apps that teens can download for more substantial changes. Facetune is one popular one, but there are many, and they can be used to do everything from erase pimples to change the structure of your face or make you look taller. One app called RetouchMe gives your photo a

"professional retouch" using a photo editing team for under a dollar.

The possibilities can be overwhelming, particularly since girls know they are scrutinized on their appearance — as, of course, they are scrutinizing their peers.

Too much comparison

Self-esteem often takes a hit when you start comparing yourself too much to other people, which is something social media seems to be made for. One study found that frequently viewing selfies led to decreased self-esteem and decreased life satisfaction. Another study found that girls who spend more time looking at pictures on Facebook reported higher weight dissatisfaction and self-objectification.

In her book *Enough As She Is*, Rachel Simmons writes about pressures facing girls, including comparing themselves to peers on social media and feeling that they were coming up short. One 18-year-old girl told her, "I don't hate myself when I'm alone. I just hate myself in comparison to other people."

Thanks to social media, that time alone in your head that most adults grew up with has been eroded. Any spare moment she has, a young woman now might easily open up Instagram or Snapchat, which means that she starts playing the comparison game.

Even if the pictures a girl posts on social media get plenty of likes, she might still feel insecure — especially if she's an



adolescent who is already feeling insecure and trying to make herself feel better, Dr. Hamlet notes. That's because humans tend to be very "mood consistent," she says. "It can feel icky to do something on the outside that is inconsistent with how we feel on the inside." That's why if you're feeling sad, you might be more likely to want to listen to sad music instead of watch a comedy. And in the same way, if you are feeling judgmental and negative about yourself, it generally takes more than a good selfie to pull yourself out of that trap.

Mental health consequences

While social media might not be causing a mental health disorder, it can pull some kids closer into a diagnosable range if they are already struggling. "If you're depressed or anxious, you're probably going to be comparing yourself to others more, or devaluing yourself more," explains Dr. Hamlet. "Maybe you'll be striving even harder to try and 'catch up,' which is basically an impossible feat."

The problem of selfies has even attracted the attention of various professional journals for plastic surgeons, which have been posting articles about increasing requests for plastic surgery coming from young people. A poll from the American Academy of Facial Plastic and Reconstructive Surgeons found that 42% of surgeons were asked to perform procedures for improved selfies and pictures on social media platforms. The journal *Plastic and Reconstructive Surgery* published an article called "When Is

Teenage Plastic Surgery Versus Cosmetic Surgery Okay?" exploring the safety and ethical considerations of performing different procedures and providing "cosmetic medication" like Botox and fillers to adolescent clients.

There is even a term for kids who are fixating on their appearance because of social media — selfie dysmorphia, which is also sometimes called Snapchat dysmorphia. While this isn't a real diagnosis, it is a term that recognizes that more people are experiencing a dysmorphia, or idea that there is something fundamentally flawed in their appearance.

It also gestures to a diagnosis that is real: body dysmorphic disorder, which is a mental health disorder related to OCD. People with body dysmorphic disorder are obsessed with what they perceive to be a disfiguring flaw, like a large nose or ears, a blemish on the skin, or underdeveloped muscles. These flaws might be imagined or very minor and blown out of proportion.

While most children won't develop body dysmorphic disorder, or even so-called selfie dysmorphia, they can still exist somewhere on the spectrum of fixating on their appearance, just as they might be struggling with anxiety and depression, whether or not they are at a clinical level.

[Read more here](#)

Marijuana/Cannabis

Department of Justice/Drug Enforcement
Administration



WHAT IS MARIJUANA?

Marijuana is a mind-altering (psychoactive) drug, produced by the Cannabis sativa plant. Marijuana contains over 480 constituents. THC (delta-9-tetrahydrocannabinol) is believed to be the main ingredient that produces the psychoactive effect.

WHAT IS ITS ORIGIN?

Marijuana is grown in the United States, Canada, Mexico, South America, Caribbean, and Asia. It can be cultivated in both outdoor and indoor settings.

How is it used?

- Smoked as a cigarette or in pipe or bong
- Smoked in blunts (cigar emptied of tobacco and filled with marijuana, and sometimes mixed with additional drugs)
- Mixed with food (edibles)
- Brewed as tea

Paraphernalia



How does it affect the body?

- Relaxation, dis-inhibition, increased appetite, sedation, increased sociability
- Effects memory and learning
- Difficulty in thinking and problem-solving
- Hallucinations
- Impaired judgment, reduced coordination
- Distorted perception
- Decreased blood pressure, increased heart rate, dizziness, nausea, tachycardia
- Confusion, anxiety, paranoia, drowsiness
- Respiratory ailments

[Read more here](#)