

## Nurse's Corner

CVR Voice May 2016



### **Drug use in teenagers**

Strong, open relationships between parents or guardians and children decrease the likelihood that teens will abuse drugs. As a parent, it is important to talk to your children about drugs and alcohol. Start early and keep the lines of communication open.

It is good to know the symptoms of drug use among teenagers. Keep in mind that some signs of drug use overlap with very common teenage behaviours (such as moodiness and withdrawal).

Signs that may indicate your teen is using drugs:

- problems at school - missing class and getting poor grades,
- increased secrecy about possessions, friends and activities,
- use of incense, room deodorant, or perfume to hide smoke or chemical odours,
- new interest in clothes that reference drug use,
- increased need for money, or
- missing prescription drugs - especially narcotics and sedatives.

Information from: The Government of Canada

**For any concerns about your teen, please contact:**

**Heidi Pallett, School Nurse CVR**