



5 Popular Drugs and How They Will Destroy Your Child's Future

Special Report by Pat Graham, Author, "[Child Drug Addicts – Are You Raising One?](#)"
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Today's world is full of extremely deadly attractions that will grab your kids and introduce them to an environment created by substance abuse. At first, the attraction might be an attempt to fit in with a certain group of friends or a reach for popularity. Your children face many risks, including drug abuse, violence, and HIV/AIDS. Responding to these risks before they become problems can be difficult.

The five drugs discussed in this special report will help you understand the shadow world all around your children. My hope is that, using this information, you will be able to protect your family from certain disaster and ensure their future.

Let's start with a little background.

Certain early childhood and adolescent behaviors have been identified by the National Institute on Drug Abuse (NIDA) as a guideline indicating possible involvement in the drug use culture surrounding your family. The following table illustrates the most easily recognized attitudes and behaviors:

Risk Factors	Domain	Protective Factors
Early Aggressive Behavior	Individual	Impulse Control
No Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer	Academic Competence
Drug Availability	School	Anti-drug Use Policies
Poverty	Community	Strong Neighborhood Attachment

The potential impact of specific risk and protective factors changes with age. For example, risk factors within your family have greater impact on your younger children, while association with drug-abusing peers may be a more significant risk factor for your adolescents.

Your early intervention with risk factors, like aggressive behavior and poor self-control, often has a greater impact than later intervention by changing a child's life path away from problems and toward positive behaviors. What could be more important than placing your children on the right path toward a successful life and keeping them there? It's not too early to start!

Family bonding is the bedrock of the relationship between parents and children. Bonding can be strengthened with active parent-child communication and your involvement in all aspects of their lives. As a parent, you will have to set appropriate rules, praise good behavior and apply consistent discipline. An atmosphere that allows completely open communication between you and your child will keep you in their lives and cement the bonds that will help to keep them safe.

Need some tips on how to talk to your kids about drugs? You can find some good ones here: www.childdrugaddicts.com



Tobacco – Fill Your Lungs & Brain With a Legal Deadly Poison

If you smoke cigarettes it is highly likely that your children will follow your example at an early age. When your children are very young, they start watching everything you do and say and, eventually, will copy their favorite role model...you.



It is not a problem for very young children to get cigarettes when they want to try smoking. I used to snatch a couple from my parents anytime I wanted them.

Nicotine is the drug in tobacco leaves and, whenever someone smokes, chews or sniffs tobacco, nicotine is delivered directly to the brain. Each cigarette contains about 10 milligrams of nicotine which is what keeps people smoking in spite of its harmful effects. A smoker gets about 1 to 2 milligrams of nicotine from each cigarette because not all of each puff is absorbed in the lungs.

Nicotine is a poison and is the addictive element in cigarettes and all forms of smokeless tobacco. **A drop of pure nicotine would kill a person**—in fact, nicotine can be used as a pesticide on crops. Tobacco can be smoked in cigarettes, cigars and pipes. It can be chewed or, if powdered, sniffed. “Dipping,” a common practice among the older generation, is holding an amount of snuff between the lips and the gums for a period of time. This practice, as well as chewing tobacco, has been associated with mouth and throat cancer, along with tooth discoloration and decay.

Health Hazards:

This nicotine poison is highly addictive. It provides an almost immediate “kick” because it 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.

Nicotine is absorbed readily from tobacco smoke in the lungs, and it does not matter whether the tobacco smoke is from cigarettes, cigars, or pipes. Nicotine also is 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, daily smokers or chewers are exposed to the effects of nicotine for 24 hours each day.

A study found that when chronic smokers were deprived of cigarettes for 24 hours, they had increased anger, hostility, and aggression, and loss of social cooperation (can't play well with others) and, at times, difficulty with language comprehension.

Young cigarette smokers have a higher risk of developing a number of chronic disorders:

- ✚ Lung cancer
- ✚ Emphysema
- ✚ Bronchial disorders
- ✚ Fatty buildups in arteries - chief contributor to the high number of deaths from smoking
- ✚ Chronic obstructive pulmonary disease (lung problems)
- ✚ Coronary heart disease, which leads to heart attack

- ✚ High blood cholesterol
- ✚ High blood pressure
- ✚ Obesity
- ✚ Diabetes
- ✚ Thickens the blood, increasing risk of blood clots and stroke

One thing to remember is that these health risks are very real and also apply to adult smokers...that would be you.

For more detailed information about tobacco or to get a **free** copy of my article, "**The Marlboro Man and Me**" (no sign-ups required) Please visit the website: www.childdrugaddicts.com



Alcohol – Legal Deadly Poison On The Rocks

Alcohol is the most commonly used drug and it is a **deadly poison** that uses up vitamins in the body so drinkers feel tired or sick after drinking it. This is what causes a "hangover." Drinking at a young age, before the drinker's body has an opportunity to use those vitamins to develop normally, can critically interfere with normal growth and mental development.

One of the problems with alcohol use and addiction is that alcohol use and abuse is usually perceived as being different than drug use and abuse. Make no mistake; alcohol is a drug and a poison to the body, like cocaine, inhalants, marijuana, ecstasy, methamphetamine and heroin, to name a few. The only difference is that, if a person is old enough, alcohol is a legal poison. (click [here](#) for more info)

Effects on the Brain:

Drinking alcohol will slow your child's reflexes, distort vision, create poor judgment and memory lapses. Blackouts are a distinct possibility. A loss of coordination will stop your child from participating in activities that require any coordination and skill...no sports, bike riding, dancing, skiing. Walking in a straight line will become difficult. **Alcohol kills brain cells.** Alcohol actually kills more brain cells at a much quicker rate than marijuana.

Your child's brain is developing through the teen years and drinking can pervert that development and leave behind real thinking and memory problems that can last throughout their life.

Effects on the Heart:

Drinking as a child can increase blood pressure, causing increased heart size and abnormal heartbeat. This will deny your child the pleasure of participating in sports or most physical activity.

Effects on the Liver:

Excessive drinking at any age can cause the disease cirrhosis, which weakens the liver's ability to keep your child's blood free from poisons, germs and bacteria. Cirrhosis is more often caused by drinking too much alcohol than by any other way. Imagine what drinking alcohol is doing to your child while they are trying to develop strong bodies. It's actually killing them slowly, right in front of your eyes.

There's a lot more to find out about alcohol's ability to poison your child's entire body. Find out in my book, "**Child Drug Addicts – Are You Raising One?**" Visit the website: www.childdrugaddicts.com



Marijuana – Smoke Your Way to Impaired Learning & Thinking Reactions



The first thing you will hear when you discover that your child is smoking marijuana (Blunt, Dagga, Dope, Ganja, Grass, Hemp, Herb, Joints, Mary Jane, Pot, Reefer, Roach, Skunk, Texas Tea, Weed) is the myth that "***Smoking marijuana isn't as bad as smoking cigarettes.***" ***This is definitely not true.***

Marijuana damages the lungs, nerves and brain and, of the 400 separate chemicals in marijuana smoke, 60 of those chemicals have been proven to cause cancer. One of the problems with smoking marijuana is that the smoke is held in the lungs longer than tobacco, in an effort to enhance the "high," and causes much more damage to the lungs than smoking cigarettes. Of course, your kids won't believe this.

Effects on the Brain:

Marijuana is a depressant and produces a euphoric sense, along with anxiety and confusion. Heavy use will produce a form of drug-induced psychoses effecting reflexes, vision and motor coordination.

Learning will become extremely difficult with short-term memory diminished. The processing of long-term memory will be interrupted by the stopping of the electrical flow of energy in the brain. Tasks that require attention, like acquiring and storing information, become very difficult for those smoking marijuana.

Other Effects:

Heavy use will produce a form of drug-induced psychoses effecting reflexes, vision and motor coordination. Smoking marijuana will damage the body's immune systems located in the lungs, destroying the white blood cells of the lungs. The loss of this anti-infection system increases the smoker's tendency to have bronchitis, laryngitis, cough, etc.

Tests suggest that major changes develop in the reproductive systems of both males and females with marijuana use. In males, marijuana use causes a decrease in the male hormone testosterone which prevents the male body from changing the female

sex hormone, estrogen, to testosterone. There have been reports of males developing breast tissue and losing facial hair.

Ovarian function in females is suppressed by marijuana use and stops both ovulation and the production of the female sex hormones. Menstruation stops, which impairs fertility.

Absorb these facts about marijuana smoking and be ready when your child tells you that "Smoking marijuana isn't as bad as smoking cigarettes." Visit my website, www.childdrugaddicts.com, for a **free** report with a lot more specific information, "**Marijuana Facts For Parents**." (No sign-up required)



Amp Up With Meth:

Experience Psychotic Behavior, Paranoia, Aggression, Delusions, Stroke, Weight Loss, Brain Damage & Death

Methamphetamine can be smoked, snorted, taken by mouth, and injected. Meth comes in a powder form that resembles granulated crystals and in a rock form known as "ice," which is the smokable version of methamphetamine that came into use during the 1980s.

The effects of methamphetamine can last up to 12 hours. Side effects include convulsions, dangerously high body temperature, stroke, cardiac arrhythmia, stomach cramps, and shaking. During these Meth binges, users will inject as much as a gram of methamphetamine every 2 to 3 hours over several days until they run out of the drug or are too dazed to continue use.

Health Effects:

The effects of methamphetamine use can include, besides addiction, psychotic behavior and severe brain damage. Methamphetamine is highly addictive and users trying to abstain from use may suffer withdrawal symptoms that include depression, anxiety, fatigue, paranoia, aggression, and intense cravings for the drug.

Effects on the Brain:

Use of methamphetamine can cause damage to the brain that is detectable months after the use of the drug. The damage to the brain caused by methamphetamine use is similar to damage caused by **Alzheimer's disease, stroke, and epilepsy**.

Chronic Meth users will experience out-of-control rages that result in violent behavior, anxiety, confusion, insomnia, psychotic behavior including auditory hallucinations (hearing things), mood disturbances, delusions, and paranoia, possibly resulting in homicidal or suicidal thoughts.

Psychotic symptoms can sometimes persist for months **or years** after use has ceased. This is a nasty piece of work waiting for your children to discover it.

There's a lot more to discover in "*Child Drug Addicts – Are You Raising One?*" Visit the website: www.childdrugaddicts.com



Inhalants – Sniff Your Way To Permanent Oblivion

The thing that's so scary about children abusing inhalants is that they can get many perfectly legal sniffing sources without leaving your house. Any of them can destroy their brain forever or kill them, which is also forever.

Here's a *partial* list of household inhalants: (click [here](#) for more)

- ✚ hair spray
- ✚ cleaning solutions
- ✚ nail polish remover
- ✚ felt tip marker fluid
- ✚ air freshener
- ✚ deodorant
- ✚ white correction fluid
- ✚ canned whipping cream
- ✚ vegetable cooking spray
- ✚ glue
- ✚ spray paint
- ✚ gasoline

The chemicals in the vapors of these, and many more, common household products can make the user feel good for a while, but they also change the way the brain works. Inhalant vapors usually contain more than one chemical and some of those chemicals are absorbed by fatty tissues in the brain and nervous system.

Myelin is one of those fatty tissues that provide a protective cover for many of the nerve cells in your child's brain and spinal cord. Inhalant use, regardless of the actual product, will break down the myelin and nerve cells may not be able to transmit messages.

Some inhalants directly affect other parts of the body, such as the circulatory system. If your child is sniffing the Butane found in cigarette lighters and refills, the heart will beat faster and be extra sensitive to a chemical (noradrenalin) that carries messages from the nervous system to the heart. If your child's heart becomes too sensitive to this chemical, it may temporarily lose its rhythm and stop pumping.

Damage from long term use of inhalants can slow or stop nerve cell activity in some parts of the brain. If this happens in the frontal cortex, your child will have extreme difficulty solving complex problems and planning ahead. Inhalants that get into the brain's cerebellum will alter the controlling function of movement and coordination. Your child will move slowly or be very clumsy.

Inhalant damage to the delicate neurons in the part of your child's brain called the hippocampus is caused because the cells don't get enough oxygen. The hippocampus helps control memory and children who repeatedly use inhalants may lose the ability to learn new things, may not recognize familiar things or be able to keep track of simple conversations.

Regular abuse of inhalants can result in serious harm to vital organs, including the **brain, heart, kidneys, and liver**. It can cause **heart damage, liver failure**, and

muscle weakness. The vaporous fumes can change brain chemistry and may be **permanently damaging to the brain and spinal cord.**

Did you know that sniffing correction fluid can stop your child's heart? What do you know about "sudden sniffing death" or the more than a dozen other potential damaging effects inhalants can have on your child's health and future? Find out here: www.childdrugaddicts.com.



Why Your Child Might Use Drugs

The reasons children use drugs is the same for people of any age: peer pressure, relief of stress, increased energy, to relax, to relieve pain, to escape reality, to feel more self-esteem, recreation.

Children and young adults are particularly vulnerable to negative feelings caused by peer pressure, the need to feel like they "belong" or "fit in" with whatever group attracts them. Think back on your own school days. Do you remember who the "in" kids were and how you might have wanted to be one of them, if you weren't already?

All drugs are both pain killers in one way or another and poisons, too. The pain your child might like to eliminate can be almost anything...not being popular, shyness, rejection, not being a jock, being the butt of cruel jokes from classmates, not easily understanding the lessons, being short in stature...physical, emotional, mental and social pain. A large number of children and teens will readily accept the idea that drugs will make them feel better.

Some drugs are almost immediately addicting. Some do immediate damage to developing bodies that **might not repair if the child eventually stops using.** When these drugs get offered to your child, their decision to take them or refuse them, regardless of their age, will determine the structure of a huge part of their entire future.

As a parent, you have to be aware that most drugs are emotionally and mentally addicting because the use of the drug stops the pain, whatever the cause. Not using the drug brings back the original pain to torment the user until relapse. This is a nasty whirlpool of despair that young people are not equipped to handle alone.

Want to learn more? Check out ***"Child Drug Addicts – Are You Raising One?"*** at www.childdrugaddicts.com



When Should You Start Talking To Your Kids About Drugs?

Believe it or not, as early as preschool, you can start gently talking to your kids about the dangers of drug use or, **more importantly**, addressing the early signs of risk factors that have been identified by various prevention programs, including

government agencies devoted to preventing drug abuse among young children ...NIDA, etc.

Some signs of risk can be seen as early as infancy. Children's personality traits or temperament can place them at increased risk for later drug abuse. Withdrawn and aggressive boys, for example, often exhibit problem behaviors in interactions with their families, peers, and others they encounter in social settings. If these behaviors continue, they will likely lead to other risks. These risks can include academic failure, early peer rejection, and later affiliation with deviant peers, often the most immediate risk for drug abuse in adolescence. (Want more information? Click [here](#).)

Toddlers can exhibit the following risk factors for later substance abuse: aggressive behavior, poor social skills (doesn't play well with others), poor learning skills (doesn't learn new things easily or no interest in new information).

Elementary school children can exhibit risk factors for later drug abuse with early aggression, failure to study lessons or get passing grades, cutting classes or refusing to attend classes. Conduct problems can be indicated by:

- ✚ Lack of self-control
- ✚ Low emotional awareness
- ✚ Poor communication skills
- ✚ Poor social problem-solving
- ✚ Reading difficulties

Middle or junior high and high school students should exhibit competency with the following skills:

- ✚ Study habits and academic pursuits
- ✚ Communication
- ✚ Positive peer relationships
- ✚ Assertiveness rather than aggressiveness
- ✚ Drug resistance skills (the ability to say "No")

The more risks your child is exposed to, the more likely that child will abuse drugs. Some risks increase the probability that your child will use drugs:

- ✚ Family history of drug abuse
- ✚ Gender may also help determine a tendency toward drug abuse
- ✚ Adolescent girls generally respond positively to parental support and discipline
- ✚ Adolescent boys respond negatively at times

Aggressive behavior in boys and learning difficulties in girls are the primary causes of poor peer relationships. These poor relationships can lead to social rejection, a negative school experience and problem behaviors including drug abuse. FYI: Boys generally receive more drug offers and at younger ages than girls do. (National Institute on Drug Abuse (NIDA))

The good news is that the strong existence of your loving parental support, open communication techniques and involvement in your child's life can lessen the impact of many risk factors your child will find all around him outside of your home. If **you** change the balance between risk and protection, your child will benefit greatly.

For young children already exhibiting serious risk factors, delaying your intervention until they are older will likely make it more difficult to overcome risks. By early adolescence, children's attitudes and behaviors are well established and not easily changed. Studies have shown that children with poor academic performance and inappropriate social behavior at ages 7 to 9 are more likely to be involved with substance abuse by age 14 or 15. (National Institute on Drug Abuse (NIDA))

Mutual attachment and bonding between parents and children usually occurs in infancy and early childhood. If it fails to occur during those developmental stages, it is unlikely that a strong positive attachment will develop later in the child's life.

What are the highest risk periods for drug abuse among youth?

Research has shown that the key risk periods for drug abuse occur during major transitions in children's lives. These transitions include significant changes in physical development (for example, puberty) or social situations (such as moving or parents divorcing) when children experience heightened vulnerability for problem behaviors.

The first big transition for children is when they leave the security of the family and enter school. Later, when they advance from elementary school to middle or junior high school, they often experience new academic and social situations, such as learning to get along with a wider group of peers and having greater expectations for academic performance. It is at this stage—early adolescence—that children are likely to encounter drug abuse for the first time. (National Institute on Drug Abuse (NIDA))

Various government agencies have completed studies that indicate that some children are already abusing drugs by age 12 or 13, which means that some are using at ages much younger than that. Young children will, more often than not, mix drugs, thinking that it will be fun to do or won't make any difference. It is a deadly mistake that both of you might live to regret. Mixing poisons in young bodies can do considerable damage and not all of it will be reversible.

Scan back over some of the effects of the drugs discussed above and combine a few in your mind. That should scare the ambivalence right out of you! You are the only person standing between your child and disaster. Take charge!

Visit www.childdrugaddicts.com for more information.



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