

# Navajo County Drug Project

## Navajo County Coalition Against Drug Abuse



A Coalition of Concerned Navajo County Residents Joined Together to:

- EDUCATE the Community on the substance abuse crisis
- REHABILITATE those who have fallen into the addiction
- ENFORCE laws pertaining to the spread of substance abuse in our communities

## PRESS RELEASE

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### Don't Be "Tricked" By Your Teen This Month



With Halloween just around the corner, The Arizona Affiliate of the Partnership for a Drug-Free America and Navajo County Drug Project want parents and caregivers to know some "tricks" of the trade when it comes to teens. Today's youth have numerous methods to trick their parents and keep their social behavior secret from their home life. Everyday items such as cell phones, cameras and after-school gatherings and social functions can help teens shield their drug or alcohol use from parents and caregivers. Today, it is crucial that parents never underestimate their teenagers, ask questions about friends and after-school activities and talk openly with their children about the risks of substance abuse. Maintaining an open dialogue with children throughout their teen years is a key component in keeping them safe, healthy and drug free.

*Tips so you don't get tricked!*

**Sleep-Over Sneak Outs:** Although you may be home when your teen has friends sleep-over, it's possible that while you're sound asleep your "guests" are sneaking out of your house to either walk somewhere else or be picked up in a car down the street to go to a party.

**Incredible Vanishing Medicine Bottle:** The most alarming trend with Arizona teens today is prescription medicine abuse. One out of four kids has tried a prescription drug to get high. Please take action and safeguard your medicine cabinet.

**Turning Water into Wine:** An old trick – This is where your teen steals alcohol from your liquor cabinet and then, if necessary, makes up the difference in the bottle's volume by adding water.

— more —

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*Mission Statement:*

To develop a diverse community representation, coordinate a sustained effort in educating and preventing the substance abuse through a plan for change in local social norms through prevention, treatment and vigorous enforcement of existing laws.

**After-School Freedom:** After school when you are still at work, your child and his friend might congregate at your empty house and do as they please until you arrive home. A few hours are plenty of time to experiment.

**When the Cat is Away...:** Your teen insists on going to a friend's house for the night when you're going out for the evening. Once you've left, your teen returns home to your unsupervised house with a group of friends. (Watch out for: holidays, anniversaries and other special occasions.)

**The Cameo Appearance:** When attending a school dance, your teen is allowed to leave the dance at any point in the evening. Why is this a problem? Many couples will take their picture at the dance to prove that they attended and then go to an empty house to party.

For a complete list of helpful signs to understanding teen behavior and access to prevention tips and tools to help get the conversation started with your teen this month, visit [PartnerUpAz.org](http://PartnerUpAz.org) or [navajocountydrugproject.com](http://navajocountydrugproject.com)

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