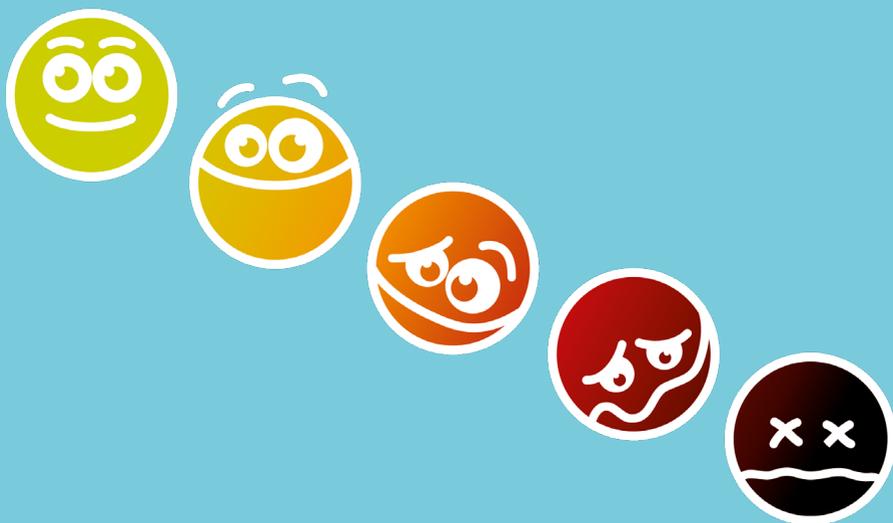


How you as a parent can reduce the risk of your child beginning with alcohol, tobacco and drugs



Huddinge

Degrees of intoxication



Your attitude and actions are crucial

Did you know that one of the main reasons that young people refrain from tobacco, alcohol and narcotics is that they do not want to disappoint their parents? If you clearly express your position on the matter, there is a greater chance that your child won't even try them. Research shows that young people, who succeed and thrive in school, have structured leisure activities and spend time with their family are at less risk of beginning with tobacco, alcohol and other drugs.

Eight important contributions that you can make

1. Talk to your child every day, be inquisitive and ask questions.
2. Don't offer tobacco or alcohol and don't buy it for him or her. Keep track of your own tobacco, alcohol and any medication!
3. Set clear boundaries at home – include older siblings and friends in the conversation.
4. Get to know your child's friends and their parents.
5. Work together with other parents and agree on common rules concerning alcohol, tobacco and time spent out.
6. Stay informed about where your teenager is in his or her free time and other times. Keep track of time spent out, cash, bank and Swish accounts and Internet activity.
7. Help your teen – give rides, pick up, keep in touch, stay up in the evening and wait for your child to come home.
8. Make an extra effort to be present in the event of major changes and be extra watchful of skipping school, falling grades and friends open to drugs.

Show clearly that you care

The teenage years are a period of time that can be both a sensitive and a curious one. Your youth can encounter many kinds of drugs. As a parent, you are an especially important source of support for your youth and according to all research in the field, you have a major opportunity to impact your child's attitude towards drugs.

Experiences from parents who have had problems with their teenager show that it is important to seek help early on and to trust their gut instinct. Despite everything there are few youths who stop taking drugs on their own. Often, it is an adult, usually a parent, who intervenes and stops the harmful use or dependency.

How can you get involved?

- Talk with parents of children in the classroom or in the housing area – form a parents group and work together when it comes to your children.
- Take an evening walk now and then and visit the areas where youths tend to gather. Visit areas where youths tend to meet.
- Join your local night patrol group.
- Encourage your teenager to find new activities or continue with activities at the youth recreation centre.
- Tip off the police if you suspect a crime.
- Get in touch with the municipality's prevention team/field secretary.
- Read up on the matter and have valid arguments, for example via www.fullkoll.nu

What you as a parent need to know about tobacco

Tobacco is most often the first drug that children come into contact with. Nine out of ten who start smoking do so before they turn 18. There is a strong connection between tobacco use and the use of alcohol and narcotics. The earlier a young person begins smoking (also be alert to snus, e-cigarettes and hookahs), the faster an addiction arises that can often become life long.

Research shows that youths who refrain from smoking tobacco have a much lower risk when it comes to trying other drugs (especially cannabis). As a parent you are important. Setting clear boundaries and saying no are also important.

A photograph showing a person's hands and lower body. They are sitting on a gravelly surface. In their right hand, they hold a lit cigarette. In their left hand, they hold a green lighter. They are wearing dark pants and dark sneakers with orange accents.

The field secretaries are available for those who are 10-20 years old. We listen, support and provide information. Come up to us when you see us out at schools or leisure centres.

As a parent this is what you need to know about vapes

E-cigarettes/vapes/vejs are something that has become popular among youths and the use is increasing. Vapes are electric devices filled with vape juice, with or without nicotine, which is transformed into vapour. The products often have an appearance and flavourings that attract youths. It is common to use disposable vapes, which provide up to 1,000 puffs. There are also rechargeable vapes that have reservoirs for vape juice. Sometimes the e-cigarettes are loaded with different cannabis preparations.

Using flavoured vapes without nicotine is a gateway to vaping in younger years and a way of normalising and establishing use.

Some specific risks associated with e-cigarettes

- The vapour can contain hazardous substances such as cancerous, irritating substances and metals.
- The vapour may contain particles that are harmful to a person's health.
- Use of the vape can cause short-term effects on the heart rate and vessels.
- Short-term use can affect the respiratory organs through irritation in the lungs and the mouth.
- Vape juice with nicotine and sweet flavours represents a greater health risk than vape juice that solely contains nicotine.
- Nicotine is poisonous and highly addictive.

A step in the right direction - five tips for adults to relate to youths



Watch out for products and accessories

If you are going to be able to discover that your child has started “vaping” then it might be a good idea for you to read up on the large number of products that are found on the market. Search the Internet and learn about what is available so that you can be aware of it.

React to smells you do not recognise

Unlike normal cigarettes it is difficult to detect vaping by the smell. The flavourings in vapes can leave a sweet smell on the breath or on clothing.

Sources:

The information about vapes and the puffing picture have been produced by Stockholm City

As a parent this is what you need to know about **sniffing and inhaling**

Inhaling dry shampoo has recently been a topic of conversation in the media, but the majority of all youths have never sniffed or inhaled, on the contrary the majority of all youths who have sniffed or inhaled has halved since 2012. However, those who try sniffing and inhaling can endanger their lives.

Breathing in vapour from solvents such as glue, marker pens and solvents is called sniffing and breathing in different types of gases such as propellants in different aerosols such as dry shampoo is called inhaling.



How is inhaling done?

The gas is inhaled via the nose or mouth. The intoxication lasts for several minutes and it is common to prolong the intoxication by continuing to breathe in over and over again.

What happens?

The vapour or the gas means that the blood cannot transport oxygen, which leads to a lack of oxygen in both the body and the brain. The oxygen deficiency causes a feeling of intoxication. The intoxication comes quite quickly after inhaling and a large dose on just one occasion can cause a massive oxygen deficiency that can disturb the heart rhythm and weaken the heart muscle, which in the worst case can lead to death.

Symptoms

Symptoms from sniffing and inhaling can include difficulty sleeping, laughing attacks, impaired reflexes, headache, cough, tiredness, irritability, dizziness, impaired muscle control and poor balance, impaired vision and hallucinations.

The propellant is the most dangerous thing in sprays, but dry shampoo also contains a powder that can get stuck in the airways and cause damage to the lungs. Symptoms to watch out for in the event of an overdose include: pressure over the chest, difficulty breathing, suffocation, the lips, fingers and/or toes are a bluish colour, elevated blood pressure, increased heart rhythm and seizures. If you have even the slightest suspicion, then you must seek medical help immediately.

Risk for dependence?

Inhaling and sniffing can, just like other drugs, lead to harmful use and dependence if the use is also combined with alcohol or other drugs then the risk of overdosing and unconsciousness is also increased. Long-term use can cause brain damage, damage to the liver, kidneys and other organs.

What you as a parent need to know about nitrous oxide

What is it?

Nitrous oxide or laughing gas is used as an intoxicant, but is not classified as narcotics in Sweden.

Nitrous oxide is purchased in small silver cartridges intended to be inhaled from a cream siphon.

Why does my child want to test it?

Nitrous oxide provides a shorter rush of up to 1 minute and has an anaesthetising, relaxing and hallucinating effect. The inhalation of nitrous oxide often induces a “delirium of joy”, laughter and giggling. It is legal and easy to buy the cartridges and a cream siphon, which makes the drug readily available.

How dangerous?

The main risk of inhaling nitrous oxide is an acute lack of oxygen that can lead to unconsciousness, and that the heart muscle and the body’s protective reflexes are weakened. It’s hard to know exactly how much nitrous oxide one can inhale before it becomes dangerous because it varies from person to person. The unpredictability, and that nitrous oxide is very cold, can increase the risk of an acute oxygen deficiency and injuries in the nose, in the airways and on the vocal cords. Long-lasting and repeated use of nitrous oxide can cause damage to the nervous system, the spinal cord and in serious cases induce a psychosis.



What you as a parent need to know about alcohol

We know that the brain takes a beating from alcohol. Because the brain is developing all the way up to the age of 25, young people's brains are extra sensitive.

Research shows a clear connection between an early alcohol début and increased risk of developing risk use. An early alcohol début also increases the risk of trying drugs.

As a parent you are important. Clear boundaries and you saying no are important to your youth. Having a close relationship is important so that your teenager will choose to talk with you about what they are doing and going through.



It's never too late to seek help

It is common for alcohol and drug use to be caused by mental ill-health, which in turn causes harmful use or dependence to develop more quickly. If you suspect that your child has begun using tobacco, alcohol or other substances, then dare to ask, make it more difficult for them to use and seek help. Show that you care about them, stay strong and do not give up. It is easier to get someone to stop using drugs at an early stage. Speak with the school and other organisations your child visits. You are not alone!

What are the signs?

School: Less interest in school, worse grades, breaks the rules or skips school.

Social life: Unusually many calls on a phone or computer. Many new and unknown friends that they like to keep secret.

Mood: Mood swings and irritation, negative attitude. Tired, depressed or indifferent. Lacks interest in things that used to be fun.

At home: Withdraws and has secrets, breaks rules, has or sells things. Hard to explain where money has gone.

Health: Red eyes that are not due to an allergy or cold. Often has a runny or stuffed nose. Poor short-term memory, changes in appetite and sleeping problems that can lead to it being harder to get up in the morning.

Interest in cannabis: Argues for the smoking of cannabis. Uses a lot of street or drug slang. Has clothes, brands or posters with themes favouring drugs.

The surroundings react: School, police, recreation centre, other parents or worried friends get in touch about suspicions and concerns.



Your narcotics guide

Cannabis	Tramadol
<p>What is it? Cannabis in the form of marijuana or hashish is by far the most common illegal drug among young people. Today, the drug is much stronger than before since the THC level has increased over the years through processing.</p>	<p>What is it? Tramadol is sometimes called "tram" or "trad" and is often abused together with cannabis. Tramadol is classed as a narcotic and exists as an active substance in several different medicines, such as Tradolan and Nobligan. Tramadol usually occurs as a tablet or capsule.</p>
<p>Why does my child want to try it? Many young people are curious about cannabis as they have heard a lot of positive things about the drug from friends. The most common way to get hold of cannabis is through friends or friends of friends, usually in connection with private parties. It's also easy to obtain cannabis through social media. Many people usually say that they become relaxed, calm and happy from cannabis.</p>	<p>Why does my child want to try it? Especially for tramadol, it has both an activating and a relaxing effect. At first, it is exhilarating, but gradually the rush causes a reduced level of consciousness, drowsiness, euphoria and anxiety relief. You can also suffer from dizziness, headaches and nausea.</p>
<p>How dangerous is it? Cannabis use can cause memory gaps, difficulty concentrating, anxiety, feelings of panic, depression, cancer, psychosis and schizophrenia. Cannabis use can also lead to social problems, such as difficulties in keeping up with school or problems with their relationships with family and friends.</p>	<p>How dangerous is it? Tramadol is very addictive. High doses can lead to life-threatening conditions, such as seizures, heart problems and difficulty breathing. Both the pain-relieving effect and the rush comes with some delay, which risks leading to an overdose. The risk of undesirable effects increases with the simultaneous use of alcohol, cannabis or other drugs. Some people can be extra sensitive to tramadol, which can lead to strong effects even at low doses.</p>

Amphetamines	Ecstasy
<p>What is it?</p> <p>Amphetamines are made by chemical means and are most often taken as tablets or capsules. Amphetamines affect the entire central nervous system.</p>	<p>What is it?</p> <p>Ecstasy is made by chemical means and is most often taken as tablets. The tablets are often colourful and attractive with different motifs on them. Just like amphetamines, ecstasy affects the entire central nervous system.</p>
<p>Why does my child want to try it?</p> <p>Amphetamines can provide feelings of increased energy, alertness and awareness. Feelings of hunger can disappear. They can also cause a fever, sweats, head aches and dizziness. The amphetamine rush can last for several hours</p>	<p>Why does my child want to try it?</p> <p>It can cause feelings of being alert and having more energy than usual. An increased release of serotonin in the brain can also cause feelings of being overjoyed, in love, heartbroken or fits of laughter or crying. The rush lasts 1-3 hours.</p>
<p>How dangerous is it?</p> <p>Use can cause blood pressure to rise, the heart to beat faster and breathing to become faster. The increased strain on the body can lead to a circulatory breakdown, which is a life-threatening condition. People who have abused amphetamines can, for example, suffer from hallucinations, anxiety, psychosis and delusions.</p>	<p>How dangerous is it?</p> <p>When used, one can suffer from hyperactivity, anxiety, restlessness and anxiety. One may have worse self-control, want to binge eat and see, hear, smell or feel things that do not exist. After use, one can suffer from fatigue, difficulty sleeping, depression and anxiety. Long-lasting use can lead to depression, psychosis and fatigue.</p>

Benzodiazepines	Cocaine
<p>What is it?</p> <p>Benzodiazepines (Benzo) are a group of narcotics classed medications with a calming effect. Examples of drugs within the benzodiazepine group are Sobril, Stesolid and Temesta.</p>	<p>What is it?</p> <p>Cocaine is a central stimulant. The drug is usually found in powder form that is sniffed through the nose.</p>
<p>Why does my child want to try it?</p> <p>Benzodiazepines are used in healthcare, among other things, against anxiety, worry and sleeping difficulties.</p>	<p>Why does my child want to try it?</p> <p>Cocaine can provide feelings of energy, euphoria, endurance and increased focus</p>
<p>How dangerous is it?</p> <p>Benzodiazepines can be addictive and dependence-causing. If they are used regularly for a long time, they can cause confusion and dizziness. Taking benzodiazepines in combination with alcohol can lead to life-threatening conditions.</p>	<p>How dangerous is it?</p> <p>Cocaine can cause serious damage to the mucous membrane of the nose, the brain and the heart. With long-term use, serious psychiatric conditions can arise in the form of psychosis-like reactions, hallucinations, paranoia and suicidal actions.</p>

Contact us

Minimaria

For young people up to 20 years old and parents of teens who have concerns or problems concerning alcohol, narcotics or gambling.

Phone: 08-535 378 01, 08-535 379 31, 08-535 379 98

Website: huddinge.se/minimaria

The prevention team/field secretaries

Phone: 08-535 376 17

Website: huddinge.se/forebyggarteamet

Social Services Child and Youth Unit

Contact the municipality's service centre.

Phone: 08-535 300 00

On-call Social Services

Emergency help in the evenings, nights and weekends.

Phone: 020-70 80 03

Website: huddinge.se/akut

Acute concern?

Contact Maria Ungdom in acute situations linked to substance use and mental illness among young people under the age of 20.

Phone: 08-123 474 10

Website: mariaungdom.se