

# IT'S NOT TOO EARLY TO TALK!

- Children as young as 10 years old are trying alcohol and other drugs.
- Constant conversations with your children about substance use/abuse can decrease the chances of your child trying drugs or alcohol.
- Help your child develop a workout routine and join them if you can.
- If your child gets injured, monitor his/her use of prescription medication. Secure the medication in order to prevent abuse or misuse.
- Seek medical attention if you think your child is becoming dependent on a prescription medication.
- Contact ADAPT to find more information, local resources, and prevention efforts in your area!

# How do I know if my child IS DOING DRUGS?

- Changes in mood, grades and attendance in classes, and/or weight and appetite, including weight loss or gain.
- Lack of motivation or energy for workouts, practices, games, school, team activities and a general "I don't care attitude."
- Physical signs such as: red, watery eyes, large or small pupils, cold, sweaty palms, shaky hands, running nose or hacking cough, poor physical coordination, puffy face or paleness.

# DRUG USE Prevention FOR PARENTS OF Student Athletes



## Sources:

American Athletic Institute  
Medic8  
Alaska Native Medical Center (ANMC)  
National Center on Addiction and Substance Abuse at Columbia University (June 2011)  
The Partnership for Drug-Free Kids (2010)  
AWARxE  
Journal of Child & Adolescent Substance Abuse  
Substance Abuse and Mental Health Services Administration (SAMHSA)  
Drug Free Action Alliance  
Prevention Links, Inc.

**ADAPT** ALCOHOL AND  
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THE ESSEX PREVENTION COALITION

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Questions?  
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## PARENTS ARE THE KEY TO A TEEN ATHLETE'S DRUG FREE LIFESTYLE!

Statistics to help you talk to  
Your Child about the Negative Impact  
of Substance Use/Abuse.

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# Help Your Child Stay Drug-Free While Achieving Their Best in Athletics...And Academics!

## Alcohol's Effects on ATHLETIC PERFORMANCE

- Heavy episodic drinking results in projected losses of up to 14 days of training effect.
- Alcohol negatively affects heart lungs and muscle performance.
- Drinkers are twice as likely to become injured as non-drinkers.
- Athletes who drink alcohol get sick more often because alcohol reduces the immune system's ability to fight off infections.
- Alcohol impairs reaction time up to 12 hours after consumption.
- Alcohol increases the time for recovery of androgenic training hormones (Up to 96 hours- 4 days).
- Alcohols diuretic effect diminishes water soluble vitamins required for hormone actions limiting growth potential.
- Alcohol greatly increases the release of cortisol (the stress hormone). Cortisol negates training effect.
- Alcohol decreases the protein synthesis for muscle fiber repair.
- Alcohol reduces performance potential by up to 11.4% in elite athletes and perhaps by as much as 15-30% in H.S. athletes.

## Smoking's Effects on ATHLETIC PERFORMANCE

- Smoking reduces oxygen available for muscles used during sports. Smokers run slower and can't run as far, affecting overall athletic performance and endurance – even in teenagers trained in competitive running.
- Smoking has a range of adverse affects on your body during exercise which includes:
  - Reduces endurance levels: it reduces stamina levels and your 'staying power'.
  - Increases the strain on the heart: smoking reduces oxygen uptake to the heart which means that your heart has to work even harder to supply you with sufficient oxygen and nutrients during exercise.
  - Prevents fat burning: this can only take place if there is sufficient blood supply to the tissues of the body. Smoking impairs this function which can prevent fat burning.
  - Prevents muscle gain: muscle mass is increased as a result of old muscle fibers tearing themselves and then repairing to become stronger and thicker than before. But smoking reduces this ability which then reduces the chance of muscle gain.

## Prescription Medication ABUSE/MISUSE

- Nearly 15% of all United States high school students have misused prescription controlled substance drugs.
- In surveys conducted by the Partnership for Drug-Free Kids, teens reported that they used prescription drugs to help them deal with problems, manage their lives, lower stress, and enhance performance, as well as to get high.
- A growing number of juvenile athletes are becoming addicted to painkillers after being prescribed the drugs to treat injuries. A sports injury will often see the student being given a prescription for Vicodin, OxyContin or another common opioid painkiller.
- Your child may have a legitimate need for pain medication, however, you can advocate for the lowest dosage and duration to be prescribed – that will still ease your child's discomfort.
- Build confidence in your recovering athlete: help your child develop specific, measurable and controllable goals during the rehabilitation process. Help your child maintain his/her athletic identity: make a kind request to the coach for your child to remain a part of the team while rehabilitating.
- A report by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that people aged 12 to 49 who abused of prescription medication were 19 times more likely to have initiated heroin use.