

# ATTENTION PARENTS!

Good relationships within a family, a clearly set system of values, kindness, acceptance, everyday contact, conversations and an interest shown in your children's affairs - will help to keep them from having a contact with drugs.



**In recent years some new psychoactive substances, with a complex chemical composition, have appeared on market under the name 'party boosters' or 'smart drugs'. After closing the stores with 'party boosters' new ones have appeared. Designer Drugs (DD), Research Chemicals (RC) - these are the names of internet stores, currently retailing those substances. New drugs intent to imitate the traditional ones, causing effects harmful to health.**

Free Contact with the National Sanitary Inspection

**800 060 800**

**If your children have started to act in an untypical way, spend more time out of house with a group of new friends and avoid contact with parents, have worse results in school, neglect their appearance or spend a lot of time in their rooms - check what is the matter. They may be taking drugs.**

### **Pay attention to the following signals:**

**Broadened pupils, staring, logorrhoea, excessive activity, sleeping disorders, thinning, mood changes, problems in focus, anxiety, aggression, bleeding from nose - these symptoms may testify your children's taking stimulants. They are usually found as a white powder, stains of which in your children's room or on their clothes should concern you.**

**Untypical smell of their hair or clothes, excessive cheerfulness, bloodshot eyes, cough, increased appetite, lack of motor coordination should bring about the suspicion that your children may be smoking herbal mixtures (cannabinoids). There may be a smell of smoke in their rooms, in their clothes' pockets you may find dry, powdered leaves as well as other accessories- glass pipes, skins, lighters or characteristic little plastic bags. Blank looks, disorders in perception or conscience, increased sense sensitivity, audiovisual hallucinations, fear, delusion may testify your children's taking hallucinogenic substances. In case of an overdose you may observe: shivers, stiff or flabby muscles. There may be great hardships in contact with a person who had taken a hallucinogen.**

### **WHAT TO DO, when you suspect your children of taking drugs?**

- **Start acting, the problem will not solve itself**
- **Forget about your emotions, turn on your reason**
- **Find out as much as you can about psychoactive substances**
- **Set strict rules on how to behave and obey them - apply the rule of limited trust**
- **Show love and interest to your child**
- **Use support**
- **Do not excuse your children's absences in school**
- **Do not be ashamed and do not hide your problem**
- **Look for addictions specialists' help**

**Where to ask for help?**  
<http://www.narkomania.gov.pl/portal>  
National Drug Addictions Prevention Office

MINISTERSTWO  
EDUKACJI  
NARODOWEJ



Ministerstwo Zdrowia

