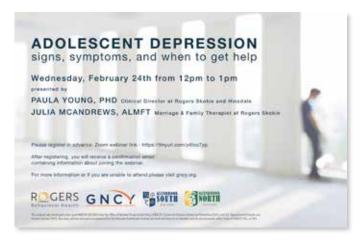
we wish you a very



MARK YOUR CALENDAR

WHAT IS ADOLESCENT DEPRESSION?

Join our webinar February 24th from 12pm to 1pm

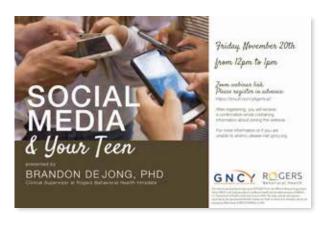


Our webinar will address:

- what depression is
- warning signs among teens
- how to approach your teen with depression
- what is Behavioral Action and how does it help knowing when it is time to get help.

Webinar registration below or visit gncy.org

IN CASE YOU MISSED IT... ON NOVEMBER 20TH, GNCY HOSTED A WEBINAR "SOCIAL MEDIA & YOUR TEEN"



Dr. Brandon DeJong spoke about social media and the brain - both the benefits and the risks.

For more information and link to webinar please visit gncy.org

INTRODUCING THE LET'S TALK CANNABIS ILLINOIS CAMPAIGN

The LET'S TALK CANNABIS ILLINOIS campaign is a new resource for parents and youth from the Illinois Department of Human Services (IDHS) and is a guide for all your cannabis questions. IDHS has pulled together proven facts and tips to help you understand the rules and health effects so you can make safe and informed decisions. For more information go to: https://www.prevention.org/lets-talk-cannabis/ or check out the first one below:



In our next newsletter look for a corresponding alcohol campaign to help youth make healthy choices.

PREVENTION TIPS

As teens communicate with their friends via texting, social media, DMing (direct messaging) it is important to understand that not everything they write means what you might think. Teens often use shorthand or slang to not only communicate quicker and easier but to share information that they might not want others to see or understand. For example, some basic texting shorthand can include:

PAL	P911
Parents are Listening	Parent Alert
BRB Be Right Back	420 Marijuana
DOC Drug of Choice	KPC Keeping Parents Clueless

here are also many different slang words for various drugs and alcohol. Words like smarties, sanitizer, bud, snow, sugar cubes, glass, wax, shatter, cart, ghost, or zero might seem like everyday items but can mean something entirely different to someone who might be using substances.

Language is also important to not only identify potential use among teens, but also to be able to have a conversation with your teen about drugs and alcohol. Knowing what terms to use is key in making sure you and your teen are having the same conversation. For example, if you ask about smoking, thinking this encompasses all forms of tobacco products you are not going to get the most accurate response from your teen. For them, there is a difference between smoking (i.e., traditional cigarettes) and juuling (i.e., electronic cigarettes) and vaping (i.e., typically cannabis).

heck out this quiz from "Get Smart about Drugs" to test your knowledge on drug terminology before looking over the examples below: https://www.getsmartaboutdrugs.gov/news-statistics/drug-slang-terms (link below)

**Please note this list is only examples of terminology. Drug and alcohol terms can vary greatly based on population, age, community, and school. This information is taken from the <u>DEA Slang Words and Code Words</u>, <u>The Recovery Village Popular Drug Slang Used by Teens and The Truth Initiative Vaping Lingo Dictionary</u>

ALCOHOL



Booze Time Flip **Firewater** (Alcohol and **Liquid Courage** Benzodiazepines) **Giggle Water Snow-Coning** Jungle Juice (Alcohol and cocaine) Hooch Sanitizer **Tipsy Flip Smoothie** (Alcohol and Hammered Ecstasy) Tanked Robo-Fizzina Loaded (Alcohol and cold Wrecked medicine)

ECSTASY(MDMA)



Molly
E
Love Drug
Scooby
Snacks
Candy

COUGH MEDICINE



Robo
Orange
Crush
Triple C
(Purple)
Drank
Sizzurp

CANNABIS/MARIJUANA



420 Flower Dabs/ 710 Girl Scout Dabbing Weed Cookie Dab Pen Pot Grasshoper Gorilla Glue Grass **Baked** Ear Wax Skunk Vape/Vaping Glass **Aunt Marv** вно **Edibles Bernie Budder** Shatter Bud Wax

TOBACCO (SMOKED TOBACCO & ELECTRONIC CIGARETTES)

JUUL/JUULing

Stig



Blu **Smokes** E-liquid **Puff Bar** E-juice Chew Cart/Cartridge Pod Dip Hookah Batt Rip It Disposables Skin E-cig E-hookah Clone Throat Hit Mods Fiend/Fiending Nic Stice or Nick Stick Vape Pens Ghost Vapor Tongue

Rip

Hit

PRESCRIPTION DRUGS

BENZODIAZEPINES (E.G. XANAX)

Vics Оху 0 Fluff OC Tabs **Kickers** 357s 512s Hydros Blue Watsons Vikes **Bananas Vikes** M-30s

OPIOIDS (E.G. VICODIN, OXYCONTIN)



AMPHETAMINES (E.G. ADDERALL, RITALIN)

Cloud(s)

Zero

Jelly Beans Addv **Study Buddies Bennies Black Beauties** Study Skittles **Lid Poppers Blue Boys** Cartwheels **Kibbles and Bits** Debs Diet Coke **Dexies** Speed **Dolls Uppers** Goofballs Wake Ups **Sweeties** Zoomers **Smarties** Zing

^{*}There are also many different names for the different varieties/strains of cannabis. Do an online search to view the "menus" of local cannabis dispensaries to learn some of the different names in your area.

ANNOUNCEMENTS

is excited to announce that we have received another 5 years of funding, totaling \$625,000, from the Drug-Free Communities Support Program. The Drug-Free Communities (DFC) Support Program is the nation's leading effort to mobilize communities to prevent and reduce substance abuse among youth. Created in 1997 by the Drug-Free Communities Act, administered by the White House Office of National Drug Control Policy (ONDCP), and now managed by CDC, the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in

GNCY will utilize the DFC program to continue the work of the coalition and support our mission to empower youth (ages 11-18) of Glenview and Northbrook to live safe, drug and alcohol-free lives. Through school, community and family partnerships, the coalition aims to increase community collaboration in substance abuse prevention and to prevent and reduce youth alcohol, marijuana, and tobacco use. We look forward to providing more education, resources, presentations and events to the Glenview and Northbrook community to help our youth choose a substance-free lifestyle.

LOOKING FOR MORE INFORMATION ABOUT GNCY?

Our coalition has volunteer committees for the following volunteer substances:

ALCOHOL

local youth substance use.

- Collaborate with law enforcement on local retail alcohol compliance checks.
- Parent education on prevention of underage/binge drinking, social host laws and how to talk to your teen about use.
- Communication campaigns to teach youth about the risks of underage drinking.

VAPING - CANNABIS - ECIGS - TOBACCO

- Educate the community on the health risks of youth marijuana, JUUL and e-cig use.
- Educate the community and stakeholders on current marijuana policies and how a change in state-wide policy could impact youth use.
- Presentations on current marijuana trends relating to youth usage of JUUL & e-cigs.
- Presentations on current trends relating to youth usage of JUUL & e-cigs.

CONTACT

gncy.communications@gmail.com with your name and information letting us know how you would like to help with GNCY by joining one of our committees or sharing your time and talent with one of our presentations.