



## About us

Nashua Prevention Coalition cares about families in Nashua! Since 2009, we've increased awareness, education, and community involvement in preventing and reducing alcohol and other drug use for Nashua children and teens.

More info is at [www.NashuaCares.org](http://www.NashuaCares.org)

**We meet monthly! Join us:**  
**1st Wednesday of every month**  
**3:00 to 4:30pm**

**United Way of Greater Nashua**  
**20 Broad Street, Nashua, NH**  
Please park at Goodale's Bike Shop

Questions? Please contact:

**Janet Valuk, Project Director**  
[NPCDirector@unitedwaynashua.org](mailto:NPCDirector@unitedwaynashua.org)



## Have Concerns?

**Keep an eye out for the following signs & symptoms of teen drinking and drug use:**

- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using "coded" language
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of drug paraphernalia such as pipes, rolling papers... see MORE concerning signs at [NashuaCares.org](http://NashuaCares.org).

### Need immediate assistance?



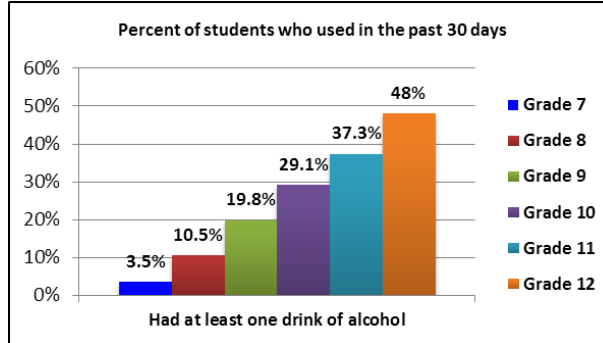
Get connected to information about critical health and human services available in your community.

Call 2-1-1 or visit [www.211nh.org](http://www.211nh.org)



## Underage Drinking

**We need to do a better job talking with our children and teens about making healthy choices!**



## Research on teens shows:

- ➔ heavy drinking in the teen years can cause **long-lasting harm** to thinking abilities;
- ➔ alcohol is a factor in about **4 out of every 10 teen deaths** from car crashes, falls, drownings, burns and other injuries;
- ➔ the younger a person is when s/he starts drinking, the **greater his/her chance of becoming addicted** to alcohol;
- ➔ **more than 4 in 10** people who begin drinking before age 15 eventually become alcoholics.



## What Can You Do?

**Start a conversation to show how much you care!**

Youth need **strong, positive role models** and **clear rules**.

## Resources:



[www.TheYouthCouncil.org](http://www.TheYouthCouncil.org)



## Prescription Drug Use

**Nashua youth are using at higher levels than their peers across NH and think it's less harmful or wrong!**

The National Survey on Drug Use and Health shows:

- ➔ nearly 1/3 of people aged 12+ who used drugs for the first time in 2009 began by using a prescription drug **non-medically**.
- ➔ over 70% of people who misused pain relievers **got them from friends or relatives**.
- ➔ When teens think getting a prescription drug would be "very hard," they are almost **15 times less likely to use** such drugs. (NH Epidemiologist, 2014)



## What Can You Do?

**Limit access and dispose of safely!**

**Lock Your Meds:** Lock boxes allow medication to be stored safely for around \$30. They need to be secured in a drawer or on a wall to avoid tampering.

## Attend a Take Back Event:

Look for Nashua Police/DEA-sponsored medicine collection events held twice each year.

**Find a Drop Box:** For 24/7 anonymous disposal there are Prescription Drug Drop Boxes inside Nashua, Amherst, Hollis and Merrimack Police Departments.

**Safely Dispose Meds:** Do NOT flush down the toilet, instead:  
1) Pour medicine into a sealable plastic bag. 2) Add water to dissolve if solid. If liquid, add coffee grounds or kitty litter. 3) Seal the bag and dispose in trash. For more info, consult [www.nh.gov/medsafety](http://www.nh.gov/medsafety).



# Marijuana Use

Nashua's 9th to 12th graders use marijuana more than the state average.

With the recent efforts to legalize marijuana in NH, it's important to understand that marijuana is harmful.

How is marijuana likely to affect youth?

**Learning:** Marijuana's effects on attention and memory make it difficult to learn something new or do complex tasks that require focus and concentration.

**Sports:** Marijuana affects timing, movement, and coordination, which can harm athletic performance.

**Judgment:** Marijuana, like most abused substances, can alter judgment. This can lead to risky behaviors that can expose the user to sexually transmitted diseases like HIV.

This study shows even **casual, recreational users** are **not immune** from developing **brain abnormalities**.

According to *Smart Approaches to Marijuana*,

➔ research has found that if a person begins using **under the age of 18, 1 in 6 users will become addicted**;

➔ almost 60% of new marijuana users each year are **under age 18**;

➔ and it's the **#1 reason teens enter substance-abuse treatment** in the U.S.



## What Can You Do?

According to *Empowering Parents*,

- Be proactive and talk to your child,
- Express your concerns, and
- Tell them that you're keeping an eye out and that you're *not* going to ignore the situation.

**Kids do not respect their parents when they ignore signs staring right at them.**

Teens need and want you to act as their guardians and guides. To read the full article go to:

<http://www.empoweringparents.com/marijuana-drug-addiction-and-teens.php#>



of Nashua teens who agree that their parents have clear rules and standards for their behavior.

- Spend time together regularly.
- Listen and talk with your children. Try to understand the pressures placed on them and don't criticize their beliefs.
- Keep track of where your children are, what they are doing, and who their friends are.
- Get them involved in after-school activities so they won't be able to just "hang out" with friends in the afternoon. This is when children are most likely to experiment.
- Praise or reward your children often. If they feel good about themselves, they will be more confident and better able to resist peer pressure.
- Be a positive role model for your children. Don't abuse alcohol or drugs.



**NashuaCares.org**

Funding provided by the Drug Free Communities Support Program, a collaborative effort between the Office of National Drug Control Policy and the Substance Abuse and Mental Health Services Administration.



## Join Us! We need YOU!

Youth, Parents, Media, Schools, Youth-Serving Organizations, Law Enforcement, Civic/Volunteer Groups, Faith Communities, Healthcare, State/Local Government, and organizations involved in reducing substance abuse.



20 Broad Street  
Nashua, NH 03064