

HRLogistix™ - Powerful New Direction in HR Strategies

Teenagers – A Way Out of Peer Pressure

We have raised our teenagers to decipher which opinions meet with the values we have strived to instill in them. We hope that when our teen is put to the test that the right choice will be made. However, when the offer to take **drugs or alcohol** becomes the portal to peer acceptance or a transition into adulthood, the decision-making can be difficult. I am talking about **peer pressure**. There are additional ways that we can help our teens choose safety and still feel accepted by others and gain independence that is natural and healthy to seek.

A tool to support your teen in “just saying no” is implementing **drug screening**. This eliminates the extreme choice your teen may have to make. The **drug screening** becomes the scapegoat. It gives “**just say no**” a powerful kick and provides an immense amount of support to your fledging young adult. It provides hard core, right now consequences that cannot be contested by any peer.

By itself, the “just say no” tactic to avoid drug and alcohol use is too simplistic to use in high pressure situations. How does this phrase help a teen save face? One thought a parent might have is, “Who cares what drug and alcohol using teenagers think of my teen?” While this may be a valid opinion, what’s the goal? The time for a lesson in values is not in the moment when your teen is offered a hit of **crack**. This is the time for your teen to have a successful way out of risky behavior without feeling like he or she has to sacrifice acceptance with **peers**.

Sobering Statistics...

- “In 2000, almost 7 million persons age 12 to 20 were binge drinkers. That means about one in five persons under the legal drinking age were binge drinkers.” (usnodrugs.com)
- “Regarding the ease by which one can obtain crack cocaine, 24.4% of 8th graders, 30.6% of 10th graders, and 40.2% of high school seniors surveyed in 2001 reported that crack cocaine was “fairly easy” or “very easy” to obtain.” (usnodrugs.com)
- “Parents may be unaware as much as half of the time that their teenagers are using drugs or alcohol, say researchers who compared reports from both generations.” (Half of teen drug, alcohol use slips by parents: study; <http://www.cbc.ca/health/story/2006/09/24/teen-drugs.html>)

Next steps...

- [Contact us](#) to learn more about drug screening and how you can help your teen.
- Our service puts you in a neutral position that doesn’t compromise your relationship with your teenager.
- We provide education on how to initiate drug screening for your teenager. Your teenager will thank you.
- Testing of your teenager is selected randomly.
- Testing is safe, easy, non-invasive, painless and quick.
- Testing is very affordable.

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drug highlight

cocaine



Coke, blow, crack, rock

Some signs of drug use:

- Dilated (large) pupils
- Hyper-alertness
- Lack of fatigue/ sleeplessness
- Panic and/or heightened anxiety response
- Restlessness
- Paranoia (high doses)
- Extremely talkative; fast speech
- Runny nose or bloody nose
- Seizures (high doses; bad reaction)
- White powder seen on face or clothes
- Small spoon-like items used for snorting
- Mirrors and razor blades used for making lines
- Rolled money bills used for snorting
- Small bottles with screw on lids for storing
- Small plastic packets with white residue