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An Underground Drug Trend

Have you ever heard your teen mention the words lean, barre, player potion, purple stuff or syrup in relation to music or a party? The **use of cough syrups** combined with a mixture of soda/alcohol started as a regional underground drug trend, whose roots are in Houston, TX. A particular genre of music called "Screw"-hip-hop music with a markedly slow beat, has perpetuated its popularity. What makes this trend more challenging to deter is the fact that cough syrup is legal and easy to purchase.

While teens have abused cough syrup since the early 90's, the biggest difference today is they are now purchasing large amounts of syrup off the Internet. Here are some specific tips if you suspect your teen is misusing prescription or over-the-counter (OTC) medicines:

1. Reduce accessibility.
2. Avoid overstocking cough syrup and take inventory of your medicine cabinet.
3. Monitor Internet use.
4. Be aware of what type of music your teen is listening to.
5. Be aware of possible signs of abuse such as empty bottles in your teen's room or bag.



Most importantly, speak with your children often about the importance of carefully following directions on the labels of all OTC medications. Help them understand the dangers of misusing OTC cough and cold medications. Parents are the greatest influence in their teen's decision to use or not use drugs, so what you say matters!

Visit *TheAntiDrug.com's* Drug Information Section for more information on prescription and over-the-counter drug abuse.

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