

Föräldraskolan **about drugs**

Important information to parents/guardians about teen drug use



Do you have children in grades 7–12? Ask your child about drugs. If you are worried, help is available.

Hello parent!

We know that being the parent of a teenager can sometimes feel hard, And as police officers, we meet with teenagers every day, so we also know how easy it is for them acquire drugs. With this in mind, Officer Matias and fellow police officers have set up Föräldraskolan. It is information on drug use aimed at helping parents recognize signs that their child might be using drugs and intervene, as early as possible.

We present lists of slang names used for different drugs and also share photos of some of the drugs that have been confiscated by the Swedish Police. Did you know, for example, that a spliff is a joint filled with a mixture of cannabis and tobacco? There are also many ways to refer to five grams of marijuana in Swedish, such as femma, näve, hel and beshlik. These are some of the slang names for benzodiazepines (a type of sedative): benzo, habbar, bitches and flödder.

We present some of the drug paraphernalia (i.e. equipment for making or using drugs) and explain some of the signs that a person abusing various types of drugs might exhibit. We also highlight some of the consequences of drug use and offer advice on what you can do if you are worried that your child is using drugs.

Are you worried?



There are many resources you can contact if you are worried that your child is using drugs.

- ◆ You can call 1177 or visit 1177.se to get help.
- ◆ You can also get in touch with the school health services. Youth clinics are listed at umo.se, and they can also help.
- ◆ To contact the social services in your municipality, go to: kollpasoc.se/
- ◆ There are also many non-profit organizations that run support groups for people with drug abuse problems and their families.
- ◆ If you want to tip the police about a drug crime, go to: polisen.se/tips



Matias Hasselström is a Swedish police officer who frequently meets and talks with teens who have tried drugs or have a drug abuse problem.

He started Föräldraskolan in the various social media channels used by the Swedish Police to help educate parents/guardians about drugs, drug use, and the consequences. The information has already reached hundreds of readers.

Chapter 1: Find out if your child is abusing drugs

“Drugs” includes both narcotic substances and alcohol. It is illegal to possess, store, use, produce (e.g. grow), purchase or sell narcotic drugs (also referred to as “dope” in English, “knark” in Swedish). It is illegal to sell or offer alcohol to people under the age of 20. It is, however, legal for bars and restaurants to serve alcohol to people who are at least 18 years old.

As a parent, keeping track of the various drugs in use among teens can be difficult. To help you, we’ve listed some of common drug paraphernalia and signs of drug use. If you discover any of these items, it could be a sign that your child is using drugs.

Rolling paper

Rolling paper is used to roll own cigarettes. Common brands it is sold under in Sweden are OCB and Rizla. When a person rolls a joint, hashish or marijuana is mixed with tobacco and then rolled into a cigarette so that it can be smoked.

If you find rolling paper among your child’s possessions, it could be a sign that they are smoking cannabis. Rolling paper is legally sold in tobacco stores and there is no age limit to purchase it.

Redline (resealable) bags

Redline bags, also called ziplock bags, are clear plastic bags that are resealable. Narcotic drugs are often stored in these types of bags (but also in snuff boxes, envelopes, cigarette packs and chewing gum packs).

Grinders

A grinder is a tool used to crush cannabis into a finer substance. There are metal, wooden and even plastic grinders. Typically, it will have a round shape, and consist of two or four parts. After grinding, the cannabis grounds can be rolled into a joint and smoked.

Digital scale

Sellers often use a digital scale to weigh their narcotics. Buyers might also use them to check that the weight they purchased is correct. Check for remnants of narcotics on the scale.

Cigarette packs

Cigarette packs are sometimes used to store or hide unsmoked or partially smoked joints. A “joint” is a cigarette that contains cannabis.



Rolling paper and other accessories



Digital scale



Different types of grinders

Chewing gum packs

Chewing gum packs are another hiding place for narcotics. A person using drugs might also be chewing gum or using perfume to hide the odour of smoke on their breath and clothes.

Envelopes

If you find padded envelopes in your child's room, it could be a sign that they are ordering narcotics online that have been delivered by mail. Ask where the envelope came from.

Cheap/simple cell phones

Dealers sometimes use cheap/simple cell phones to contact buyers. A dealer is a person who illegally sells drugs (Swedish words for this are "langare" or "becknare"). Having many SIM cards in one's possession could also be linked to drug dealing.

Contact with sellers

Buyers typically contact drug dealers via SMS or social media. Wickr, WhatsApp and Signal are also some of the apps that teens use to send encrypted messages to dealers. Dealers typically want to be paid in cash, but sometimes they accept Swish payments.

If you notice that your child is in contact with strangers or has sent a Swish payment to an unknown number, it could be a sign that they are in contact with a dealer. When narcotics are purchased online, payment is usually via a cryptocurrency, like Bitcoin.

Drugs in school

Drug dealers frequently contact teens who are enrolled at school. That way, they can get students to start selling drugs to other students, which goes on without teachers and staff being aware of it.

Students usually know who is selling drugs at their school, but the police have trouble getting this information from them. Teens might get pulled into selling drugs as a way of making some extra money.

They might find it exciting at first, but then, have trouble backing out (because of their own debts or addiction, for example).

General signs of drug use

- ◆ Your child doesn't care about school
- ◆ Your child is tired in the morning
- ◆ Strange messages on the phone or computer
- ◆ New, unknown friends
- ◆ Money goes missing
- ◆ Your child is sending money to unknown numbers
- ◆ Your child is behaving secretly



Cannabis smoking accessories

Chapter 2: Different types of drugs

Here is a list various types of drugs and how a person using them is affected so that you can recognize signs that your child might be using.

Cannabis

Cannabis is the most common narcotic drug in Sweden. Hashish and marijuana are extracted from the cannabis plant. The price per gram is SEK 50 to 150, depending on the quality and amount purchased.

Signs you should be aware of:

- ◆ Clothes smell like smoke or cannabis (slightly sweet)
- ◆ You find items with a marijuana leaf symbol or brand
- ◆ Your child says that cannabis should be legal
- ◆ You find rolling paper in your child's pockets

Hashish

Hashish (hash) is dried resin, of the flowering tops of cannabis plants. It is pressed into cookies or balls. The colour can vary, from light to dark brown, or almost black.

Check your child's fingernails if you suspect they have been handling hashish. You might find some of the residue under their nails after they have rolled a joint or shaped hash cookies.

Marijuana

Marijuana is the dried flowering buds or top shoots from a cannabis plant. Sometimes leaves and parts of the stems are used as well. Marijuana is green in colour, similar to dried herbs or moss.

More facts about cannabis

Hashish and marijuana are smoked in a pipe or cigarette. It can also be eaten, as jelly candies, brownies or consumed as oil capsules for e-cigarettes.

The brain is quickly affected by cannabis and the "high" lasts for around four hours.

Cannabis smells quite strong and slightly sweet. It is an odour that is difficult to hide.

Cannabis is addictive. Typically, a young person using drugs runs a higher risk of becoming addicted. The drug affects both thoughts and feelings. Many feel good when they smoke cannabis. They feel calm and have an easier time sleeping. It might also alleviate pain and anxiety. But, because the brain is affected, it is also dangerous. Short-term memory could become impaired, along with difficulty understanding information.



Physical symptoms of cannabis use and signs to look for are:

- ◆ Rapid heart rate (pulse)
- ◆ Dry mouth
- ◆ Bloodshot eyes
- ◆ Poor hygiene
- ◆ Glassy eyes
- ◆ Dilated pupils
- ◆ Heavy eyelids
- ◆ Hungry, cravings for sweets
- ◆ Talkative, but unclear speech
- ◆ Tired
- ◆ Fits of laughter



Some slang names for marijuana are:

Weed, pot, reefer, grass, dope, Mary Jane and herb. In Swedish: grönt, W, weed, gräs, skunk, dunder, mary jane, marie och anna, indian, blue cheese and pollen.



Some slang names for hashish are:

brown, blond, Leb, Afgan, finger, brick and gangster. In Swedish: brunt, afghan, zutt, töjj, blaze, fett, gås, B.

Marijuana in redline bag



Hashish



Joints



Cannabis jelly candies





Tramadol

Tramadol

Tramadol is a prescription pain medication, classified as a narcotic. The police have found red tablets bearing the text “HAB 200 mg” and “Signature”. These tablets could contain fentanyl. Fentanyl is a man-made opioid, that can be a hundred times stronger than morphine.

Tramadol is frequently used in combination with other drugs, such as cannabis. The price for a single tablet varies, but it is typically between SEK 25 and 50.

Some slang names for tramadol are:

Chill Pills, trammies, ultras. In Swedish: lena and tram.

Tramadol use can lead to depression or anxiety. A person who overdoses on tramadol could suffer severe cramps, difficulty breathing or death.



Physical symptoms of tramadol use and signs to look for are:

- ◆ Higher energy level
- ◆ Diarrhea
- ◆ Nausea
- ◆ Sweating
- ◆ Tremors
- ◆ Cramps
- ◆ Small pupils and heavy eyelids
- ◆ Incoherent speech



Ksalol

Xanor and Ksalol (Alprazolam)

Xanor and Ksalol are drugs that affect the nervous system. They belong to a class of medications known as benzodiazepines (benzos). They suppress anxiety and restlessness and relieve tension. Benzodiazepines offer quick relief and can lead to addiction.

A person who has become addicted can suffer the effects of withdrawal when trying to quit. Sudden withdrawal from benzodiazepines can be fatal, which is why it is important to seek medical help. It is common for people to take this drug together with alcohol or other drugs. A single tablet costs around SEK 10.

Some slang terms for benzodiazepines, Xanor and Ksalol are:

Xannies/Zannies, Z-bars, handlebars, peaches, footballs and school buses. In Swedish: stavar, blåbär, små blåbär, blå, pix, xanax, habbar, bitches and flödder.



Physical symptoms of benzodiazepine use and signs to look for are:

- ◆ Fatigue
- ◆ Headache
- ◆ Dizziness, poor balance
- ◆ Easily irritated
- ◆ Difficulty concentrating
- ◆ Dry mouth
- ◆ Increased saliva production
- ◆ Constipation
- ◆ Nausea
- ◆ Change in appetite
- ◆ Change in sex drive
- ◆ Weight fluctuation
- ◆ Joint pain
- ◆ Difficulty urinating
- ◆ Confusion
- ◆ Mood swings

Serious symptoms of benzodiazepine abuse

- ◆ Difficulty breathing
- ◆ Self-harming thoughts
- ◆ Cramps
- ◆ Memory problems
- ◆ Skin rash
- ◆ Difficulty speaking
- ◆ Yellowing of the eyes
- ◆ Hallucinations: seeing things that aren't there
- ◆ Yellowing of the skin
- ◆ Depression

Amphetamines

Amphetamines are a central nervous system stimulant, normally seen as a white powder, but sometimes with a tinge of yellow, pink or grey. It also comes as a sticky paste that has a strong floral/detergent scent. It is also sold as tablets/capsules. Amphetamines can be inhaled, swallowed or injected. A gram of amphetamines costs SEK 150 to SEK 400.

Amphetamines can make a person feel more self-confident or alert. A person on amphetamines may have trouble thinking logically and they might experience a stronger sex drive. The effects wear off after a while. When that happens though, there can be withdrawal symptoms. Amphetamines are sometimes kept in the freezer, so that they last longer.

Amphetamines are commonly prescribed to treat ADHD. People who have been prescribed ADHD sometimes sell their medication to others. Doing so is illegal and it is just as harmful as other drugs.



Physical symptoms of amphetamine use and signs to look for are:

- ◆ Rapid heart rate (pulse)
- ◆ Anxiety
- ◆ High blood pressure
- ◆ Difficulty sleeping
- ◆ Rapid breathing
- ◆ Psychosis and incorrect perception of reality
- ◆ Easily irritated
- ◆ Dilated pupils
- ◆ Difficulty sitting still
- ◆ Sweaty skin
- ◆ Impaired balance
- ◆ Dry mouth
- ◆ Twitching in the body and face
- ◆ Excess energy
- ◆ Reduced appetite

Amphetamines



Amphetamine paraphernalia includes:

- ◆ Small plastic bags
- ◆ Cotton filters or cigarette filters
- ◆ Pieces of plastic straws
- ◆ Mirror with powder residue
- ◆ Spoons with powder residue
- ◆ Rolled-up banknotes
- ◆ Syringes
- ◆ Credit cards with broken corners



Some slang names for amphetamines are:

speed, bennies, cartwheels and uppers. In Swedish: speed, tjack, sho, tjosan, ful, klet, vaket, affe, skor, billigt and ice.



Ecstasy



MDMA or ecstasy

MDMA is a substance frequently found in ecstasy tablets. The tablets come in many colours, shapes and with a variety of symbols imprinted on them. For example, a tablet might have an “S” on it, for Superman.

Pure MDMA is sold as a powder or crystal. Tablets are the cheapest, crystals most expensive. A single tablet costs around SEK 150 and in crystal form, the cost is around SEK 1,000 per gram.

MDMA affects a person’s thoughts, feelings and behaviour. The strength of a tablet can vary. A high dosage can affect the body’s ability to regulate its temperature. When a person on this drug engages in a high level of physical activity, like dancing, the body can become overheated. The effects last between three and five hours.

A person using MDMA might feel sad or unhappy. Sometimes, they suffer psychosis and could have difficulty distinguishing between fantasy and reality.

Some slang names for MDMA/ecstasy are:

MDMA, Ecstasy, Molly, XTC, E, X, Beans, Adams. In Swedish: Molly, knappar, glad, XTC, Eva, E and Erik.



Physical symptoms of MDMA/ecstasy use and signs to look for are:

- ◆ Intense feelings of joy
- ◆ Heightened compassion/understanding of others
- ◆ Higher energy level
- ◆ Dilated pupils
- ◆ Rapid heart rate (pulse)
- ◆ Dry in mouth and strange movements with the tongue
- ◆ Excessive sweating

Heroin capsules



Brown heroin

Heroin is derived from opium poppy plants. It can be either brown or white, but in Sweden, brown heroin is most common and it can look like a powder, stones or chalk.

Aluminium foil is used when heating up the heroin and then inhaling the fumes. The smoke and fumes from this drug have a strong odour. If you find aluminium foil with a black sticky substance on it, it could be remnants of heroin. Heroin costs around SEK 800 per gram.

A heroin high can last around six hours, giving the user an intense feeling of euphoria. Feelings of anxiety, pain and boredom disappear. Quickly, a craving for more heroin develops. An overdose of heroin can lead to death or paralysis.

Some slang names for heroin are:

Smack, junk, H, black tar, ska and horse. In Swedish: häst, horse, jonk, dop, frukt, dope, H, black, smack.

Withdrawal symptoms

Withdrawal symptoms occur when a person has become dependent on a drug, but hasn’t taken it for a while and is trying to quit.



Physical symptoms of heroin use and signs to look for are:

- ◆ Small pupils
- ◆ Heavy eyelids
- ◆ Incoherent speech
- ◆ Difficulty making contact
- ◆ Slumped body
- ◆ Excessive weight loss and avoiding the light
- ◆ Low heart rate and breathing slowly

Common withdrawal symptoms for brown heroin

- ◆ Feeling ill
- ◆ Excessive sweating
- ◆ Impaired vision
- ◆ Nausea and diarrhoea
- ◆ Runny nose
- ◆ Muscle and joint pain
- ◆ Heart rate and blood pressure increase
- ◆ Difficulty sleeping

Alcohol

Just like narcotics, alcohol is addictive. Teens sometimes drink to fit in with a group and they might start drinking alcohol already in their early teens.

They might drink on weekends, the last day of school before summer vacation and at festivals. The trend has been a decrease in alcohol use among teens each year and now, most students in grade 9 say that they have not tried alcohol.

If you discover that your child has tried alcohol, you should ask how they got it. Alcohol purchased by teens has been sold illegally and the price of strong liqueur is around SEK 100 per litre.



Physical symptoms of alcohol use and signs to look for are:

- ◆ Impaired sleep
- ◆ Poor memory
- ◆ Poorer judgment that could result in accidents
- ◆ Bad mood
- ◆ Running out of money
- ◆ Recurrent signs of a hangover, with headache and nausea



Chapter 3: Consequences of drug use

Using drugs over a prolonged period can be detrimental to health. There are other consequences as well. Things like, social exclusion, difficulties earning a living and criminality associated with drug use. Performance at school could also be affected.

In Sweden, possessing, storing, using, producing, buying and selling narcotics is forbidden. It is a crime that could lead to imprisonment.

If the police encounter a teen that they suspect has taken narcotics, they will carry out a body search. If your child is under the age of 18, a parent/guardian must be present during questioning. The social services are also invited to be present during questioning.

To check whether a child has taken narcotics, a urine sample is taken and sometimes a blood test. It takes 2–3 weeks to get the results. If there are no traces of narcotics in your child's blood, they may nevertheless still be suspected of selling or transporting narcotics.

For teens 15–18 years old, a drug offence report will be filed that will be investigated by the police. For teens under the age of 15, the police contact the parents/guardians and file a report with the social services.

Tips for parents



- ◆ Ask questions and talk to your child
- ◆ Be awake when your child comes home.
- ◆ Use your nose! Perfume and chewing gum can hide odours.
- ◆ Is your child using eye drops? Eye drops can hide bloodshot eyes that your child might otherwise have if they are smoking cannabis.
- ◆ Check what your child is doing on social media.
- ◆ Check how your child spends their weekly or monthly allowance.
- ◆ Speak with other parents and help each other with keeping track of things. Come to a consensus on same rules for your kids.
- ◆ Talk to your teenager about how they feel about alcohol, parties and being out late at night.
- ◆ Be a good role model and consider your own alcohol habits and whether they need to change.
- ◆ Be prepared to leave in the evening if something were to happen.
- ◆ Call the police if something happens. If it is an emergency, call 112. Otherwise, call 114 14.

Föräldraskolan is based on the Swedish Police's own information and these sources:

- ◆ The Swedish Council for Information on Alcohol and Other Drugs (CAN) and [drugsmart.com](https://www.drugsmart.com) (run by CAN)
- ◆ The Swedish Medical Products Agency – Narcotics
- ◆ beroendecentrum.se
- ◆ 1177
- ◆ umo.se

