

# Drug Testing at Home:

How to Talk to  
Children About It

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# Why Do Drug Testing at Home?

Drug testing children at home is a sensitive issue. Because no matter how you put it, asking your children to be tested for drugs is, to them, a betrayal of their trust and confidence in you. Your children might feel that you are suspecting them of using addictive substances and might resent or rebel against you.



# So why do it?

Recently, there's been an upsurge of meth-contaminated homes that affect children's health and well-being. Methamphetamine, also called crank, P, crystal, or ice, has been found to leave toxic residues in homes, especially if these were used for meth production.

There has been a case where families with no history of substance abuse contracted respiratory ailments a few months after living in their new home. It was also noticed that the youngest child, aged 7, had trouble sleeping and behavior changes. It turned out that the previous homeowner smoked meth inside the bathroom.





And regardless of how we try to shield our children from the dangers of substance abuse, the environment in which we live in abounds with people and places that can influence them one way or another.

There's peer pressure in schools, gyms, clubs, and similar venues. There have been cases where teachers were even the ones selling drugs to students. And who knows – if their peers took drugs, even if your children were only observers – they accidentally inhaled residual toxins?



# Questions Children Might Ask

But even with the best intentions, it might be awkward, even difficult to talk to your children about it. Be prepared for an avalanche of emotionally-triggered questions such as:

## Why should we do it?

Because I love you so much, I want to make sure you won't be sick. Did you know that meth, marijuana and other drugs leave toxic residues?

I am worried because recent findings show that even a small amount of meth, even when it was produced or used for quite some time, may lead to health issues, from respiratory ailments to behavior changes?





## Don't you trust me?

Believe me, I trust you. But I want to make sure that your environment hasn't affected you. Did you know that drugs, especially methamphetamine, can leave harmful toxins that when inhaled, even if somebody had smoked it for quite some time, can make you sick?

That's why I am doing this too. Let's do this together. And bear this in mind – no matter what the outcome is, our relationship will remain the same.



If our house is  
contaminated, have you  
tested yourself too?

Yes, we already have, because we  
want to make sure that we're healthy  
enough to take care of all of you.

But we're more concerned about you.  
Studies have shown that children like  
you are more susceptible to the  
hazards brought about by residual  
toxins of dangerous drugs.





# Quick, Easy, Secure!

## Step 1:

Collect Urine

(Cup contains embedded multi-panel test strips)



## Step 2:

Peel security label

Read Test Results

Results in <5 minutes



## So how do you do it?

Urine drug testing is so easy. In fact, it's the most non-invasive type of testing.

There's no need to draw blood from you or cut your hair. You just collect the urine in the testing cup in a small cup, peel the label and read the results.

If you are using a drug testing strip, you collect the urine in a small cup and dip the strip into the cup.

Results for both are in approx 5 minutes

# How to Talk to Your Children

## 1. Prepare yourself

Some people say that drug testing children at home is a betrayal of their trust and confidence in parents. They feel unloved and untrustworthy.

This is why you need to be very careful. You'll need ample preparation. Write down what you intend to say. You don't have to memorize it. The goal is to help you ask your child to do a drug test without sounding authoritative or bossy. Be the friend they would like to be with come hell or high water.

Practice in front of the mirror. Consider different scenarios. What should you say if they sound resentful? What should you do if they rebel or fight back?



## 2. Mind your tone

How you talk to your child matters, especially in situations like this. Put yourself in his shoes. How would you feel? How would you react? You wouldn't want to be accused, right? You wouldn't want to be yelled at, would you?

Don't sound accusative. Harsh words won't get you anywhere. Be gentle, kind, and reasonable. Speak as you would like to be spoken to. Make your child feel your love and concern and he'll most likely reciprocate by agreeing.

A good way to gauge how you talk to your child is by recording yourself when you talk to him. Do you sound angry? Do you speak in a monotone? Then improve. Practice makes perfect.



### 3. Talk to your spouse/partner

Whatever your relationship is with the father of your child, it is your combined responsibility to ensure his health and safety. So make sure you inform your spouse/partner that you're planning to do drug testing at home. State your reasons – then ask for advice on how to convince your child to do a drug test. If he suggests talking to your child together, well and good.





# Conclusion

Talking to your child about drug testing at home may be a sensitive topic, but considering the risks brought about by toxic residues from substance use and production, it is a conversation worth taking.

When it comes to our children's health and safety, we should always take one step ahead.



# Resources

## **Can You Get Contact High From Meth?**

<https://www.drugrehab.com/addiction/drugs/crystal-meth/contact-high/>

## **Adverse Health Effects Associated with Living in a Former Methamphetamine Drug Laboratory — Victoria, Australia, 2015**

<https://www.cdc.gov/mmwr/volumes/65/wr/mm6552a3.htm>

## **Wipe Sampling, Results, and Wipe Sampling, Results, and Cleaning Former Cleaning Former Meth Labs: Minnesota Studies' Impact on Minnesota Studies' Impact on Meth Lab Cleanup Guidance Lab Cleanup Guidance**

<https://www.pca.state.mn.us/sites/default/files/c-er5-05.pdf>

## **Meth contaminated homes, what's the risk? – Expert reaction**

<https://www.sciencemediacentre.co.nz/2016/03/24/meth-contaminated-homes-whats-the-risk-expert-reaction/>

## **Exposure and Risk Associated with Clandestine Amphetamine-Type Stimulant Drug Laboratories**

<https://flex.flinders.edu.au/file/39066a68-f6da-400e-9150-6d2f7a5ab899/1/ThesisWright2016.pdf>

## **Methamphetamine contamination on environmental surfaces caused by simulated smoking of methamphetamine**

[https://www.researchgate.net/publication/259913190\\_Methamphetamine\\_contamination\\_on\\_environmental\\_surfaces\\_caused\\_by\\_simulated\\_smoking\\_of\\_methamphetamine](https://www.researchgate.net/publication/259913190_Methamphetamine_contamination_on_environmental_surfaces_caused_by_simulated_smoking_of_methamphetamine)

Ovus Medical is a leader in Urine Drug Test Screening cups!

Multi-Panel urine testing cups are convenient and easy to use. Fully integrated self-contained cup.

### Ovus Medical Strips Test for:

Amphetamine (AMP), Barbiturates (BAR), Benzodiazepine (BZO), Buprenorphine (BUP), Cocaine (COC), Ecstasy (MDMA), Ethyl Glucuronide (EtG), Fentanyl (FYL), Marijuana (THC), Methadone (MTD), Methamphetamine (MET), Opiates (OPI/MOR), Oxycodone (OXY), Tramadol (TRA), LSD, PPX, KRA, Suboxone, Cotinine,

### Ovus Medical Cups Test for:

Amphetamine (AMP), Barbiturates (BAR), Benzodiazepine (BZO), Buprenorphine (BUP), Cocaine (COC), Ecstasy (MDMA), Ethyl Glucuronide (EtG), Fentanyl (FYL), Marijuana (THC), Methadone (MTD), Methamphetamine (MET), Opiates (OPI/MOR), Oxycodone (OXY), Tramadol (TRA)

Ovus Medical Drug Test Screening Cups

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