

PARENTS.

THE ANTI-DRUG.



WHAT CAN YOU DO? TIPS FOR PREVENTING RX ABUSE

Think about your home. What prescription and over-the-counter (OTC) drugs do you have? Where are they kept? Would you know if some were missing? The good news is that you can take steps immediately to limit access to these drugs and help keep your teen drug-free:

#1 SAFEGUARD ALL DRUGS AT HOME. MONITOR QUANTITIES AND CONTROL ACCESS.

Take note of how many pills are in a bottle or pill packet, and keep track of refills. This goes for your own medication, as well as for your teen and other members of your household. If you find you have to refill medication more often than expected, there could be a real problem—someone may be taking your medication without your knowledge. If your teen has been prescribed a drug, be sure you control the medication, and monitor dosages and refills.

#2 SET CLEAR RULES FOR TEENS ABOUT ALL DRUG USE, INCLUDING NOT SHARING MEDICINE AND ALWAYS FOLLOWING THE MEDICAL PROVIDER'S ADVICE AND DOSAGES.

Make sure your teen uses prescription drugs only as directed by a medical provider and follows instructions for OTC products carefully. This includes taking the proper dosage and not using with other substances without a medical provider's approval. Teens should never take prescription or OTC drugs with street drugs or alcohol. If you have any questions about how to take a drug, call your family physician or pharmacist.

#3 BE A GOOD ROLE MODEL BY FOLLOWING THESE SAME RULES WITH YOUR OWN MEDICINES.

Examine your own behavior to ensure you set a good example. If you misuse your prescription drugs, such as share them with your kids, or abuse them, your teen will take notice. Avoid sharing your drugs and always follow your medical provider's instructions.

#4 PROPERLY CONCEAL AND DISPOSE OF OLD OR UNUSED MEDICINES IN THE TRASH.

Unused prescription drugs should be hidden and thrown away in the trash. So that teens or others don't take them out of the trash, you can mix them with an undesirable substance (like used coffee grounds or kitty litter) and put the mixture in an empty can or bag. Unless the directions say otherwise, do NOT flush medications down the drain or toilet because the chemicals can pollute the water supply. Also, remove any personal, identifiable information from prescription bottles or pill packages before you throw them away.

#5 ASK FRIENDS AND FAMILY TO SAFEGUARD THEIR PRESCRIPTION DRUGS AS WELL.

Make sure your friends and relatives, especially grandparents, know about the risks, too, and encourage them to regularly monitor their own medicine cabinets. If there are other households your teen has access to, talk to those families as well about the importance of safeguarding medications. If you don't know the parents of your child's friends, then make an effort to get to know them, and get on the same page about rules and expectations for use of all drugs, including alcohol and illicit drugs. Follow up with your teen's school administration to find out what they are doing to address issues of prescription and over-the-counter drug abuse in schools.

Talk to your teen about the dangers of abusing prescription and over-the-counter drugs. These are powerful drugs that, when abused, can be just as dangerous as street drugs. Tell your teen the risks far outweigh any "benefits."

Parents: Get Smart

About Teen Prescription (Rx) Drug Abuse.



Smart
Moves
Smart
Choices

Teen prescription drug abuse is when a young person takes a prescription medication that was prescribed for someone else, for a non-medical use.

Facts

- **1 in 4 teens** has taken a prescription drug that was not prescribed for them by a doctor.¹
- Every day, **2,500 teens** take a prescription pain reliever for a non-medical use for the first time.²
- More teens abuse prescription medications than illegal drugs, **except** marijuana.³

Serious Risks to Teens:

- Abusing prescription medications **is not safer** than taking illegal “street” drugs like cocaine or heroin.
- Teen prescription drug abuse can result in **addiction**, health issues, and **can be fatal**.
- Mixing prescription drugs with alcohol and illegal drugs is **particularly dangerous** and can be fatal.
- Teen prescription drug abuse can impact **a young person’s developing brain** and good judgment, their relationships with family and friends, and academic performance.

Your Home: Safe Zone or Danger Zone?

Teens often get their hands on prescription drugs right in their own homes — from a parent or relative’s medicine cabinet, drawer or kitchen cupboard.

- 64 percent of teens (age 12-17) that have abused prescription pain relievers say they got them from friends or relatives.⁴

For more information about prescription drug abuse, visit
SmartMovesSmartChoices.org

Medications Most Commonly Abused

- **Opioids** — commonly known as prescription painkillers.
- **Sedatives** — such as anti-anxiety and sleep disorder medications.
- **Stimulants** — such as medication to treat Attention Deficit-Hyperactivity Disorder (ADHD).

Take Action Now

1. Create a Safe Environment

- Know what’s in your medicine cabinet
- Properly dispose of unused or expired medications
- Secure all prescription medications in a safe place
- Educate family and friends (especially grandparents)

2. Notice Common Signs of Abuse

- Physical and psychological changes
- Changes in academic performance
- Pills missing from the medicine cabinet

3. Talk to Your Teens

- Be open and non-judgmental
- Communicate regularly
- Talk about dangers of prescription drug abuse

Research shows that teens who learn about the risks of drugs from their parents are up to 50 percent less likely to try drugs.⁵

1. The Partnership at DrugFree.org and MetLife Foundation. (2011). *2010 Partnership Attitude Tracking Study (PATS) Key Findings*, 2.

2. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Office of Applied Studies. (2007). *A Day in the Life of American Adolescents: Substance Use Facts. The OAS Report*, 2.

3. White House Office of National Drug Control Policy. (2008). *Prescription for Danger: A Report on the Troubling Trend of Prescription and Over-the-Counter Drug Abuse Among the Nation’s Teens*, 1.

4. White House Office of National Drug Control Policy. (2008). *Prescription for Danger: A Report on the Troubling Trend of Prescription and Over-the-Counter Drug Abuse Among the Nation’s Teens*, 4.

5. The Partnership at DrugFree.org and MetLife Foundation. (2009). *2008 Parents Attitude Tracking Study (PATS)*, 11.