

DOCTOR:

1 PATIENT REGISTRATION:

LAST NAME

Doe

STREET ADDRESS

1234 Anywhere Ln.

HOME PHONE

505-555-1234

MARRIED

FIRST

Johnathan

SINGLE

MIDDLE

M.

ST

NM

ZIP

87123

SOCIAL SECURITY

55

CELL PHONE

505-234

WORK PHONE

JOHN DOE
RX - TAKE AS NEEDED
#00000000-00000
QTY - 50

**MORE PEOPLE OVERDOSE FROM
PRESCRIPTION PAINKILLERS THAN
COCAINE AND HEROIN, COMBINED.**
Don't let your prescription drugs get
into the wrong hands.

What Parents Need to Know - A Parent Resource Guide to Educate Parents and the Community on the Facts About Prescription Painkiller Abuse and Misuse

As a parent, you may have spoken to your child about the risks of illegal drugs, but have you spoken to them about the risks of prescription pain medicine?

Know the Misconceptions

Many kids mistakenly believe prescription drugs are safer to abuse than illegal street drugs. In reality, 12 to 17 year olds abuse prescription drugs more than they abuse heroin, cocaine/crack, ecstasy and methamphetamine combined, and the prescription drugs most commonly abused by teens are prescription painkillers.

Kids believe prescription medicine, even if not prescribed by a doctor, is much safer to use and less addictive than illegal drugs.

As a parent, this is where you come in, you need to explain the dangers of prescription drug abuse to your child.

More people overdose from prescription painkillers than cocaine and heroin combined. Heroin killed 6,400 people last year. Cocaine killed more than 6,000 people last year. Prescription painkillers killed 16,000 people last year.

Teen Rx drug abuse is exceeded only by marijuana use.

Safely store, monitor and dispose of unwanted prescription medicine.

Two-thirds of teens who abuse pain medicine get it from family members or friends, often by simply opening a medicine cabinet.

Parents can cut the supply simply by safely storing and properly disposing of any unused pills. Avoid stockpiling prescription medicines and keep them in a locked place.

Promptly and properly dispose of any unused prescription medicines.

Talk to Your Kids

Did you know teens as young as 12 are abusing prescription painkillers? This is why it is important to talk to your child at an early age.

Believe it or not, parents can make a difference, but **only a third of parents report discussing the risks of abusing prescription medicine with their child.** Kids who learn about the risks of drugs at home are up to 50 percent less likely to use drugs than those who are not taught about the dangers.

Let them know taking any prescription medication that is not prescribed to them by a doctor is drug abuse and dangerous.

Experimenting with prescription drugs—even once—can lead to an overdose or death. Explain these risks increase dramatically when drugs and/or alcohol are mixed.

Encourage your teen to ask you, a doctor or a pharmacist about the negative side effects of a prescribed medicine.

Teach Your Child

As a parent, teach your child to:

Respect the power of medicine and use it properly.

Recognize that **all medications have risks along with benefits and the risks tend to increase significantly when medicine is abused.**

Take Responsibility by taking prescription painkillers safely and appropriately, and seek help at the first sign of a problem—their own or a friend's abuse.

Monitor Online Activity

Whether or not to monitor a child's online activity is a personal decision for parents. However, parents need to know that prescription drugs can be bought over the Internet, both from legitimate online pharmacies and from sites that operate outside of the law.

Kids are increasingly moving away from more traditional social media platforms such as Facebook to other social apps.

Instagram is not just about photo sharing, but a social network with people carrying on conversations in the comments and using hashtags (#) to find content. Teens use dozens of hashtags (which change constantly) to glorify prescription medicine abuse and to seek advice on how to use, locate and buy illicit prescription painkillers.

Snapchat is popular with teens because there is little social pressure and they don't have to worry about likes and comments.

Tumblr allows for posting and sharing of content without being tied to the user's real identity.

YikYak is a location-based sharing platform and appeals to anonymity and lack of social pressure and has no followers or profile.

FAQs

What is prescription medicine abuse?

Prescription (Rx) medicine abuse is the use of an Rx medicine to create an altered state, to get high, or for any reasons other than those intended by the prescribing doctor.

How many teens are doing this?

According to research conducted by the New Mexico Department of Health, **1 in 11 teens say they have taken a prescription medicine that was not prescribed to them.** This behavior cuts across geographic, racial, ethnic and socioeconomic boundaries.

Why are some teens doing this?

Teens are engaging in this dangerous behavior for a variety of reasons. In some cases they do it to party and get high, but also to manage stress and regulate their lives. **Many teens are abusing pain relievers to cope with academic, social or emotional stress.**

What are the risks?

There are both immediate and long-term risks to prescription painkiller abuse. **In the short term, overdosing can be fatal, as can mixing Rx medicine with over-the-counter medicine and alcohol. In the longer term, Rx opioids (pain relievers) have proven to be potentially addictive.** Relying on Rx painkillers at a young age to help "manage" life can establish a lifelong pattern of dependency and prevent teens from learning important coping skills.

Where are teens getting prescription medicine?

Two-thirds (65 percent) of teens who report abuse of prescription medicine are getting them from family, friends and acquaintances. Some teens share Rx painkillers among themselves—handing out or selling their own pills or those they've acquired or stolen from classmates or family members. A very small minority of teens also say they get their prescriptions illicitly from doctors, pharmacists or over the Internet.

Are parents educating their children about the risks of this behavior?

Research conducted by The Partnership at Drugfree.org shows that parents are not communicating the risks of prescription medicine abuse to their children as often as they talk about street drugs. This is partly because some parents are unaware of the behavior (which wasn't as prevalent when they were teenagers), and partly because those who are aware of teen medicine abuse tend to underestimate the risks just as teens do. A recent study by The Partnership at Drugfree.org showed that **33 percent of parents have taken a prescription medicine without having a prescription for it themselves or to get high.** This sets a dangerous example for their kids, teaching them that they don't need to follow guidelines for proper use of Rx medicine.

WHAT SHOULD PARENTS DO?

- 1. Educate yourself** - Visit the Dose of Reality page at www.nmprevention.org and www.medicineabuseproject.org for more information, tools, resources and support.
- 2. Communicate the risks of prescription medicine abuse with your kids.** Children who learn a lot about the risks of drugs at home are up to 50 percent less likely to use drugs than those who do not get that critical message from their parents.
- 3. Safeguard your medicine.** Keep prescription medicine in a secure place, count and monitor the number of pills you have and lock them up - and ask your friends and family members to do the same.
- 4. Get help.** If you think your child has a problem with prescription medicine abuse, please visit drugfree.org/timetogetherhelp or call either the Parents Toll-Free Helpline to speak to a parent specialist at **1-855-DRUGFREE (1-855-378-4373)** or call The New Mexico Crisis and Access Line toll-free, 24 hours a day, seven days a week at **1-855-NMCRISIS (1-855-662-7474)**

DOCTOR:

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L.A.S.

A GUIDE TO LEGAL PERScription PAIN MEDICINE KIDS ABUSE

	Codeine	Oxycodone HCL	Hydrocodone Bitrtrate w/ acetaminophen	Fentanyl	Morphine
What is it for?	Prescribed to relieve mild to moderate pain & reduce coughing	Prescribed to relieve moderate to severe pain.	Prescribed often with acetaminophen (which increases the effect of the hydrocodone) to relieve moderate to severe pain	Prescribed as a powerful pain reliever typically used to treat severe pain or pain after surgery.	Prescribed as a powerful pain reliever to relieve moderate to severe pain and is highly addictive
Street names	T3s, AC/DC, Coties	Oxy, O/C, Orange Crush, Oscar, Ocean, Blues Clues-Roxyi	Vike, Watson-387, Hydro, Tuss	Apache, China Girl, Patches, Dance Fever	M, Miss Emma, Monkey, White Stuff
Looks like	Tablet, Capsule, Liquid	Tablet, Liquid, Powder, Patch	Tablets, Liquid	Dissolving tablet, Liquid for injection, Lollipop, Lozenge, Transdermal patch, White powder	
How it is used	Swallowed	Swallowed, Snorted, Injected, Rectally	Swallowed	Injected, Smoked, Snorted	
Dangerous because	Difficult breathing or swallowing, rash, itchiness, hives, changes in vision, seizures, fast, pounding, or irregular heartbeat	Abuse can result in severe respiratory depression and death.	Serious side effects include: sedation, respiratory depression and arrest, unconsciousness, coma, death	Serious side effects include: weak or shallow breathing, severe weakness, drowsiness, confusion, cold or clammy skin, feeling light-headed, fainting, coma	Physical & psychological addiction can develop quickly.
Teen usage	1 in 6 teens has abused Rx pain reliever	1 in 6 teens has abused Rx pain reliever	1 in 6 teens has abused Rx pain reliever	1 in 6 teens has abused Rx pain reliever	1 in 6 teens has abused Rx pain reliever
Important to know	Sixty percent of teens who have abused Rx painkillers did so before the age of 15.	Seventy percent of teens who used Rx pain relievers non-medically, reported obtaining them from a friend or relative, either for free, purchased or by taking them without asking.	Most teens get their Rx drugs from their own family's medicine cabinet. Fifty-three percent of teens agree it is easy to get Rx drugs from their parent's medicine cabinets	Nine million teens surveyed say they can get Rx drugs in a day.	Abusing Rx painkillers is just as dangerous, addictive, and deadly as using heroin
Signs of abuse	Nausea, constipation, confusion, sedation, respiratory depression and arrest, addiction, unconsciousness, coma, euphoria/feelings of joy/drowsiness/lethargy, concentration problems, change in physical activity, pinpoint pupils, appetite changes	Constipation, nausea, sedation, dizziness, vomiting, sweating, weakness, mental clouding, pinpoint pupils	Nausea, constipation, confusion, euphoria, mental clouding, changes in sleep, acting as if in a stupor, pinpoint pupils, problems with academics/extra-curricular activities	Nausea, vomiting, stomach pain, constipation, dizziness, drowsiness, headache, swelling, unconsciousness	Nausea, constipation, confusion

*Taken from the Prescription and over-the-counter cough medicine Abuse: A parent's guide to the legal drugs kids are abusing. The Medicine Abuse Project/The Partnership At Drugree.org