



What Can I Do as a Parent?

by NEWLIFEOUTLOOK TEAM

Stop Prescription Abuse

If you have prescriptions you take regularly and you have a teen in your household, you should talk openly about your drugs. Be specific about why you're taking prescription drugs, what they do, and what they could do if someone who doesn't need them takes them. Take actions to make sure that your teen doesn't have easy access to your medications. Throw them away when they're expired, lock them up, and become educated about the types of drug abuse and the signs to look for. Be mindful that even if your teen doesn't have access to your drugs, other teens may have access to their own drugs and might try to pass them along to others.

STOP Rx ABUSE

Ignorance is NO excuse

70% of parents are concerned about their teen's prescription drug abuse



DISPOSE - Throw away expired medications
17% of parents do not throw away expired medications

50% less likely to abuse prescription drugs when teens learn the risks of drugs from their parents



ENGAGE - Talk to your kids about the dangers of drug abuse
The last time teens and parents discussed substance abuse, only 16% discussed Rx pain relievers, and just 14% discussed any Rx abuse



LEARN - Understand the correct usage of Rx drugs

PARENTS GIVE - 70% of parents given their teen an unsupervised drug
26% of teens believe prescription drugs can be used as a study aid
29% of parents believe ADHD meds improve test performance



MONITOR - Restrict access to prescription drug medicine cabinets
56% of teens say it is easy to get their parent's prescription drugs
49% of parents say anyone can access their medicine cabinet

FROM PARENTS - 42% obtained it from their parent's medicine cabinet
Anxiety
Delusions
Chest pain with heart palpitations
Sluggish, the smart drug, Vitamin B
Blemishes, Blackheads, Botox
Hearts, Speed, Uppers

FROM FRIENDS - 49% obtained it from a friend
Constricted pupils
Nausea, Vomiting
Respiratory depressions
Wobbly heroin, Oxy, OC
Oxycotton, Percs
Happy pills, Vikes
Vicodin, OxyContin
Percocet
Codeine

ADHD STIMULANTS - Similar effects to heroin
Can block small blood vessels
Slows down brain activity
Available over the counter
Ritalin
Concerta

OPIOD PAINKILLERS - Slurred speech
Dizziness
Respiratory depressions
Candy, Downers
Sleeping pills
Tranks
Valium, Xanax
Halcion
Ativan

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PREVENT Ways to help
WHERE How they acquire
SIGNS Watch for symptoms
STREET Common street names
BRANDS Common brand names
CATEGORY Types of Rx abused
TEENS & RX Prescription drugs abused by teens
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BRANDS Common brand names
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