

I made the choice...

THINK

GHC

...I am a Parent.



Think Prescription Drugs...A Few Tips for Parents

- While teen drug use is down overall, one area is on the rise.....abuse of prescription drugs.
- Monitor quantities and control access to your medicine cabinet. Ask extended family to do the same.
- Teens are abusing prescription drugs more than any other illicit street drug except marijuana.
- Dispose of old/unused medicines properly. Remove personal info from bottles and throw in the trash, or contact local pharmacies for take-back opportunities.
- 70% of teens who abuse prescription drugs say they get them from a friend or family member.
- Set clear rules for your teen about all drug use. Discuss consequences. Encourage teens to **Think** first, and empower them to make the right choice.
- Teens who would never experiment with street drugs may feel safer abusing prescription drugs, a common, and very dangerous, misperception.
- Educate teens never to take medicine without proper permission and do not take anyone else's prescription.
- Mixing drugs such as marijuana or alcohol with prescription drugs and other painkillers, can have fatal results teens are often not aware of.
- Watch for warning signs that your teen may be abusing prescription drugs, i.e. empty pill bottles or packages; extreme changes in behavior, appetite or sleep habits; missing pills; or unexplained refills.
- Abusing prescription drugs can cause heart and respiratory functions to slow, and also hampers the ability to make good and healthy choices.
- Stay on top of the trends. A good source is Parents, The Anti-Drug at www.TheAntiDrug.com, or any of the local resources listed below.
- Even over the counter cough/cold medicine with DXM can cause delusions, loss of appetite, loss of consciousness and death when abused or mixed.
- Remember that parents are the #1 reason teens choose not to use drugs. Talk with your teen. Tell them you love them. Tell them they have a choice. They will listen.



The Think campaign is a collaborative partnership of the Guiding Healthy Choices Task Force, made up of community partners in prevention. Guiding Healthy Choices is a positive youth development initiative of The Georgetown Project, 512-943-5198.

