

Teachers & Staff

Why Am I Needed?

Students spend at least 7 hours at school each day; for some students this is actually more time than they spend with their parents.

For students who don't have a strong support at home, school may be the only place they can talk to a supportive adult.

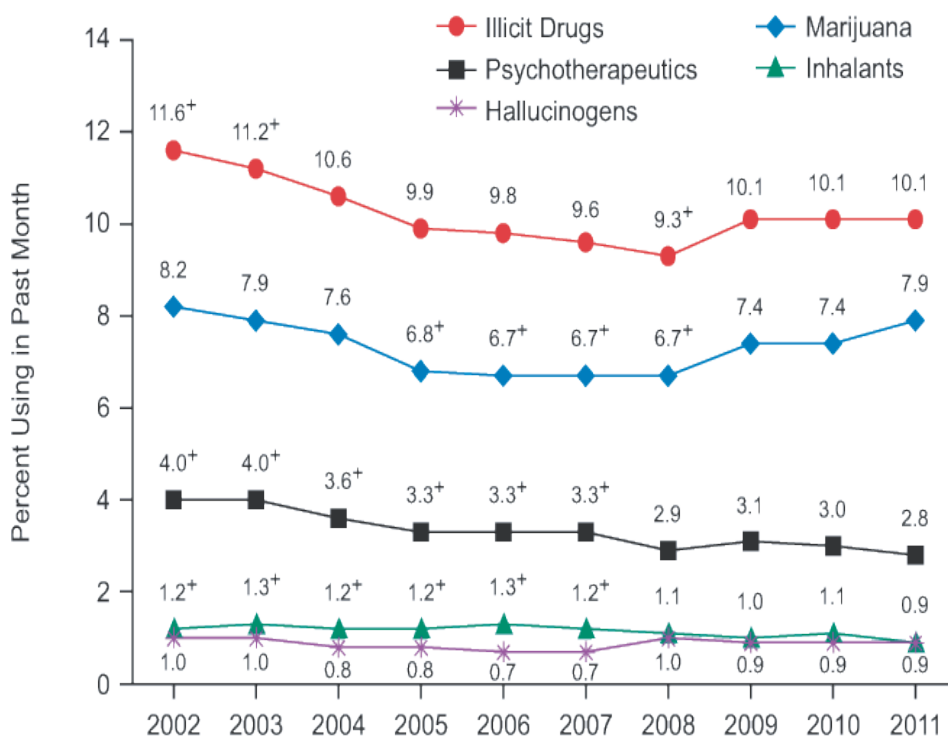
Teachers, coaches, and support staff are often the ones who overhear Monday morning conversations about the weekend's activities.

School staff may see behavior changes before parents do, such as academic or athletic performance decline, acting out in class, or unexplained absences.*

What Do I Need to Know?

While the rates of tobacco, alcohol, and illicit drug abuse are down overall, more teens are abusing prescription drugs. One in five teens (4.5 million) report using prescription medication recreationally either to get high or because they believe these medications might help lower stress or depression. It's surprisingly easy for teens to get their hands on prescription drugs from the families' medicine cabinets, someone's purse, or even a schoolmates' locker. Schools are uniquely positioned to identify and help prevent prescription and over-the-counter drug abuse among teens.*

Past Month Use of Selected Illicit Drugs among Youths Aged 12 to 17: 2002-2011














For each of the five drug categories, there is a line showing use over the years 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, and 2011. Tests of statistical significance at the .05 level were performed between 2011 and each of the previous years listed; significant results are indicated where appropriate.**



What Needs To Be Done?



-  If serving as an advisor to students as part of homeroom or another mentoring program, a rapport has probably already been established, as well as trust with the students. Try to talk about the issue of prescription drug abuse one-on-one as a small group.
-  Team up with student clubs that promote healthy decisions and behaviors.
-  Coaches are a strong role model for impressionable teens and coaches can be aware of the trend toward misusing or abusing prescription drugs with their players.
-  Be a resource to parents and teens.
-  Take action locally. Stay current about the prescription drug abuse problems, as well as any local efforts to promote drug-free safe schools.
-  The best lesson to give is helping teens know how to make healthy life choices and avoid prescription drug abuse and other high-risk behaviors.
-  Set examples for students by never sharing medications with anyone and not taking another person's medications.
-  Respect the power of medicine and use it properly.
-  Recognize that all medicines have risks along with benefits.
-  Take responsibility for learning how to take prescription drugs safely and appropriately. Seek help at the first sign of one's own or a friend's problem.*
-  ***Take Correctly, Store Securely, Dispose Properly, Never Share.™***

For more information
visit
projectlazarus.org
or call
+1.336.667.8100



*Retrieved from http://www.talkaboutrx.org/documents/TAP2009_EducatorsMaxRole.pdf

**Retrieved from Substance Abuse and Mental Health Services Administration, Results from the 2011 National Survey on Drug Use and Health: Summary of National Findings, NSDUH Series H-44, HHS Publication No. (SMA) 12-4713. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2012.