

# Parents & Families

## Why Am I Needed?

Many parents do not realize that they play a crucial role in their teen's decision not to use drugs.

Two-thirds of youth ages 13-17 say losing their parents' respect and pride is one of the main reasons they do not use drugs.

Many teens report that their parents have the greatest influence on their drug use attitudes and decisions.

Kids who continue to learn about the risks of drugs at home are up to 50% less likely to use drugs than those who are not taught about these dangers.\*

Inform other parents and family members the dangers of sharing prescription drugs.

Monitor all medications in the home, prescription and OTC medicines.

Safely store medicines out of children's reach and sight, by locking them up.

Get rid of old or unused medicines.

## What Do I Need to Know?

The misuse of Rx drugs is a growing, under-recognized problem that puts young lives at risk.

Rx drugs serve an important purpose when used under a doctor's care.

Misuse can lead to overdose, addiction, and even death.

1 in 5 teens has abused Rx drugs.

1 in 3 teens reports there is "nothing wrong" when using Rx drugs "every once and a while."

1 in 3 teens report knowing someone who abuses Rx drugs.

Every day, almost 2,500 teens abuse a prescription drug for the first time.\*

Prescription drugs are abused more than cocaine, heroin, ecstasy and methamphetamine combined.



A Project of Community Care of North Carolina



## What Needs To Be Done?



*Parents and other family members are in the best position to reduce access to prescription drugs by locking up medicines and properly disposing of expired or unused medicines.*

- Brief screening/intervention. A conversation in the car ride home can make a difference.
- Empathize with teens. Validate common stressors facing teens and the pressure to excel academically/get into college, fit in with peers, and find their place in the world.
- Provide healthy alternatives for coping like exercise, playing a sport, and finding drug-free social activities.
- “Denormalize” the behavior: While 1 in 5 teens are abusing Rx drugs, 4 in 5 are not.\*
- Debunk common myths. Educate teens on prescription drugs being just as dangerous as other substances and just as addictive.
- Set limits and let teens know of your disappointment if they use.
- Limit use of medicines in front of teens.
- Teach teens how to get out of a bad situation. Suggest a response they can use so they don't feel “uncool,” such as “I don't want to ruin my season or get in trouble with the coach,” “I have to do something with my parents really early tomorrow morning,” “I'm the designated driver,” “I'm not interested,” or “No, thanks.”
- Be aware of behavioral changes, as well as signs and symptoms of possible substance abuse and overdose.
- Take Correctly, Store Securely, Dispose Properly, Never Share.***™

For more information  
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