

Youth

Why Am I Needed?

Abusing certain pain relievers is similar to abusing heroin because the ingredients affect the brain in the same way.

Sleeping pills can slow breathing and the heart, which can be fatal, especially if combined with certain prescription pain medicines, alcohol, or OTC cold remedies.

Abusing medicines intended to treat ADHD can cause irregular heartbeats or deadly seizures. Mixing them with cold medicines could make these dangerous effects worse.

Abusing prescription drugs can negatively affect your health, academics, athleticism, activities, and relationships.

What Do I Need to Know?

Prescription drugs are safest when used correctly under a doctor's supervision.

Taking prescription drugs that are not intended for one's self and/or mixing them with alcohol or illicit drugs can result in potentially deadly consequences.

Drug-induced deaths have now passed motor vehicle crash deaths.

There are serious health consequences to any type of drug abuse.

While 1 in 5 teens are abusing Rx drugs, 4 in 5 are not. No, not "everyone" is abusing prescriptions.*



What Needs To Be Done?



- Rehearse ahead of time how to refuse drugs, if offered.
- Avoid threatening situations. If someone's parents are out of town and students are talking about a wild party planned for the weekend, it is fairly certain drugs or alcohol will be involved.
- Choose friends wisely. Be prepared to say goodbye to friends who decide to drink or do drugs.
- Find healthy ways to deal with stress and have fun: sports, music, drama, clubs, etc.
- Share messages with others like: "Do not share prescription drugs, It is illegal to share and teens can end up at juvenile court, Prescription medicines can be dangerous when it is not one's prescription and can result in serious health consequences."
- Never mix prescriptions with other medicines, drugs, or alcohol. It is never certain how these substances will interact with one another or with any health condition one might have.
- Help friends stay drug free. Talk to them about the dangers of drug abuse.
- If there is a friend who has had severe mood changes, is hanging out with a different crowd, or has less interest in school and hobbies, he or she may be exhibiting signs of drug abuse. Help is available and recovery is possible.
- Join the school drug abuse prevention team. If there is not one, start one! Find out what is going on in school and how a team of teens can make a difference.
- It is illegal to share any prescription. Pharmaceuticals are nothing to play with.
- Get involved with the local substance abuse task force. This would be a bonus to put on a college application.
- Talk to someone you trust if you or someone you know is dealing with a substance use problem.
- Take Correctly, Store Securely, Dispose Properly, Never Share.***™

For more information
visit
projectlazarus.org
or call
+1.336.667.8100

