



LINCOLN Medical Education Partnership
Strengthening Families through Health Education

NOT IN MY HOUSE

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Every day 2500 teens use a prescription drug to get high. What is their motivation?

- It's easy to get- just open a cupboard, drawer or cabinet at home, at a friend's home or a relative's home.
- Their desire to get high is stronger than their perception of the risks.

What is happening?

- The abuse of prescription drugs is more than ecstasy, crack/cocaine, heroin and meth combined!
- 60% who have abused prescription pain relievers do it before age 15.
- There are as many new abusers of prescription drugs as there are of marijuana.

As a parent, you can influence your teen's decision not to use drugs. The majority of teens still report that their parents—not their peers or the media—have the biggest influence on their decision to stay drug-free. Kids who learn about the risks of drugs at home are up to 50 percent less likely to use drugs; yet, only one-third of parents discuss the risks associated with the abuse of prescription medicines with their teens.

There are steps you can take to help protect your kids from prescription drug abuse:

MONITOR:

- Take note of how many pills are in each prescription bottle or packet
- Keep track of refills
- Be sure you control the medication, if your teen has been prescribed a drug
- Make friends and relatives aware of the risks and encourage them to monitor their own medications
- Talk to those families in households your teen has access to

SECURE:

- Remove prescription meds from the medicine cabinet and hide them where only you know where they are
- Keep all medicines (prescription and over-the-counter) in a locked cabinet children cannot access
- Tell relatives, especially grandparents, to lock their medications
- Talk to parents of your child's friends

DISPOSE:

- Discard expired or unused drugs when your child is not at home
- Mix the medication with an undesirable substance such as used coffee grounds or kitty litter
- Do not flush medications
- Remove any personal, identifiable information from prescription bottles or packages before throwing them away to prevent unauthorized refills and to protect privacy

WHAT TO LOOK FOR:

- **Pain reliever abuse:** constricted pupils; nausea and vomiting; respiratory depression
- **Stimulant abuse:** anxiety; delusions; flushed skin; chest pain with heart palpitations
- **Depressant abuse:** slurred speech; dizziness; respiratory depression

THE LANGUAGE:

- **Big boys, cotton, kicker:** slang for prescription pain relievers
- **Chill pills, french fries, tranqs:** slang for prescription sedatives and tranquilizers
- **Pharming:** getting high by raiding the parents' medicine cabinet for prescription drugs
- **Pharm parties:** kids bring prescription drugs to a party, mix them together in a big bowl and grab a handful
- **Pilz:** term used to describe prescription and over-the-counter medications
- **Recipe:** prescription drugs mixed with alcohol or other beverages
- **Trail mix:** a mixture of various drugs

(Source: www.drugfree.org)