



NURSES: Know The Risks About Teen Prescription (Rx) Drug Abuse. Because it's happening.

Young children may accidentally ingest prescription drugs because they mistake it for candy. Young people may take a prescription drug to get high or relax.

Facts:

- Among children, emergency room visits for medication poisonings (excluding misuse or abuse) are twice as common as poisonings from other household products (such as cleaning solutions and personal care products).
- One in four teens has taken a prescription drug not prescribed for them. More teens abuse prescription drugs than illegal drugs, except marijuana.
- Medications most commonly abused are prescription painkillers, sedatives such as anti-anxiety and sleep disorder medications, and stimulants such as those used to treat Attention Deficit-Hyperactivity Disorder (ADHD).

What can you do? Educate families on safe practices:

- Know what is in the medicine cabinet. Secure all prescription drugs in a safe place out of the reach of children or anyone with a potential to abuse.
- Properly dispose of unused or expired medications. Disposal tips at www.fda.gov.
- Remind caregivers to educate their children and teens about drug abuse.
- Only take medication prescribed for you; never take anyone else's medication.

What else can you do?

- Use the Impairment Assessment as a tool to help you determine who may need help.
- Host an assembly and educate teachers on the signs of impairment and abuse, and share fact sheets, posters and hand outs. For more information or to receive the fact sheets, posters and Impairment Assessment, call 302 651-2642.

For more information about prescription drug abuse, visit
<http://smartmovessmartchoices.org/>