



PARENTS: Get Smart About Teen Prescription (Rx) Drug Abuse.

Because it's happening.

More teens are abusing prescription medicines than illegal drugs, with the exception of marijuana. In fact, **64 percent of teens** aged 12-17 years old have abused prescription pain relievers, and say they **got them from a friend or relative's home**.

Prescription drug abuse is not safer than using street drugs, like heroin or cocaine; it can **result in addiction, serious health issues, and even death**.

Take Action Now.

Know what it in your medicine cabinet. Dispose of unused or expired medications, and secure all prescription medicines in a safe place. Educate family and friends, especially grandparents.

What are the common signs of abuse? Physical and psychological changes, or changes in academic performance. Pills will be missing from the medicine cabinet.

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).

Talk to your teens. Have regular and non-judgmental discussions about the dangers of prescription drug abuse. Research shows that teens who learn about the risks of drugs from their parents are up to 50 percent less likely to try drugs.

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

