



TEENS: Know The Risks About Teen Prescription (Rx) Drug Abuse.

Because it's happening.

Prescription drug abuse is when someone takes a prescription medication that was prescribed for someone else, for a non-medical use.

But did you know the risks?

- Abusing prescription medications is not safer than taking illegal “street” drugs like cocaine and heroin.
- Teen prescription drug abuse can result in addiction, health problems, and even death.
- Mixing prescription drugs with alcohol and illegal drugs is particularly dangerous and can be fatal. It can stop your heart or slow your breathing without you even being aware.
- Teen prescription drug abuse can negatively impact a young person’s developing brain and good judgment, their relationships with their family and friends, and academic performance.
- 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).

Take Action Now.

- If someone offers prescription medications, say no.
- Talk to your parents if you feel pressured to take these drugs or if you are worried about a friend who is taking the drugs illegally.
- If you are taking prescription medication prescribed by a doctor, do not stop. Taking medication on the schedule prescribed is important.
- Do not share your prescription medication with anyone. It is not safe and it is illegal to share prescription medications.
- Know the signs of addiction: a feeling that someone has to have a drug, needing more and more of a drug to feel satisfied, feeling sad or anxious without the drug, problems with school work or friends, using drugs to forget problems or relax.

For further information, visit: www.kidshealth.org or <http://smartmovesmartchoices.org/> .