

Over-the-counter Medicine Abuse



Did you know that 1 in 30 teens report getting high on over-the-counter (OTC) cough medicine, and 1 in 3 teens know someone who has abused OTC?

Teens today are learning from friends and the internet that they can get an instant high from taking cheap, legal and easy to access OTC medicine containing dextromethorphan, or also known as DXM. DXM is found in many commonly known cough medicine such as Tylenol Cough and Cold, Alka-Seltzer Plus

Cold & Cough Medicine, TheraFlu cough products, Robitussin cough product, Sudafed cough products and many more.

Common slang terms used to describe DXM include Dex, Robo, Skittles, Syrup, Triple-C and Tussin. Terms for using DXM include Robo-ing, Robo-tripping, and skittling.

Warning signs your child could be abusing OTC medicines include:

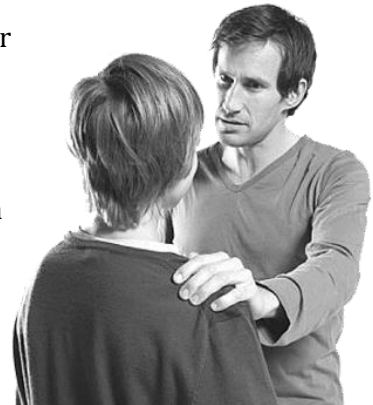
- Change in friends
- Declining grades
- Loss of interest in hobbies or favorite activities
- Change in eating or sleeping patterns
- Change in physical appearance
- Unusual chemical or medicinal smells on your child or in his/her room
- Empty drug or medicine containers
- Unexplained disappearance of household money and medicines

What Can You Do As A Parent?

- Educate yourself about OTC cough medicine abuse and familiarize yourself with the signs of cough medicine abuse.
- Safeguard medicine at home. Be aware of what medicine is in your home and pay attention to quantities across time.
- Talk to your teens and young children about the dangers of drug abuse and teach them to respect medicine.
- Know where your teen is and know his or her friends.
- Get your child involved in extracurricular activities at school or in the community.

Drug Abuse Resources in Brown County:

- Jackie Nitscheke Center, (920) 435-2093
- Libertas Treatment Center, (920) 498-8600
- Options Treatment Center, (920) 445-0170



**** Please contact your child's school social worker if you have concerns.**