

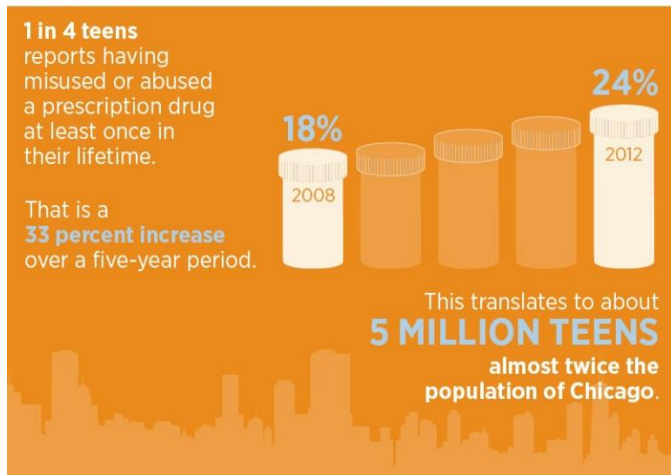
Teen Prescription Medicine Abuse

What is prescription medicine abuse?

Prescription medicine abuse is the use of a prescription medicine to create an altered state, to get high, or for any reasons other than those intended by the prescribing doctor.

How many teens are doing this?

TEEN MEDICINE ABUSE: AN EPIDEMIC



According to findings from the Partnership Attitude Tracking Study, 1 in 4 teens say they have taken a prescription medicine that was not prescribed to them at least once in their lifetime.

Why are some teens doing this?

Some teens abuse prescription medicine to party and get a high, but also to manage stress or regulate their lives. Many are abusing pain relievers and tranquilizers to cope with academic, social or emotional stress.

What are the risks?

Prescription medicines have been proven to be potentially addictive. Relying on prescription medicines at a young age to help manage stress can establish a lifelong pattern of dependency and prevent teens from learning important coping skills.

What can parents do?

1. **Educate yourself.** Visit drugfree.org and medicineabuseproject.org for information, tools, resources and support.
2. **Communicate.** Talk to your kids about the risks of prescription medicine abuse. Children who learn about the risks of drugs at home are at least 20 percent less likely to use drugs than those who do not receive this message from their parents.
3. **Safeguard your medicine.** Keep prescription medicine in a secure place, count and monitor the number of pills you have and lock them up.
4. **Get help** if you think your child has a problem with prescription medicine abuse.