

Show Youth You Care

1. Tell them how proud you are of them.
2. Keep the promises you make.
3. Expect their best; don't expect perfection.
4. Get involved with their school.
5. Love them, no matter what.



Empowering Youth

Parents and adult mentors can teach young people more than just saying "no" by having them take control of the situation.

The following steps, developed by the National Institute of Health, highlight refusal skills that parents and mentors can teach young people to say "no" and help them feel more confident in their decisions.

1. Name the trouble: *"There will be drugs there."*
2. Identify the consequences: *"I don't want to get kicked off the soccer team."*
3. Invite a friend to do something else: *"Why don't we go to the concert instead?"*
4. Remind your friend that you're a friend: *"If you change your mind, text me."*
5. Walk away or remove yourself from the situation.

Learn More

Alcohol & Drug Education & Prevention Team
Orange County Health Care Agency
www.ochealthinfo.com/adept

Get Smart About Drugs: DEA
www.getsmartaboutdrugs.com

Rx for Prevention
714-834-2192

Sources

- ¹Federal Substance Abuse and Mental Health Services Administration (2012)
- ²The Partnership Attitude Tracking Study Key Findings Report (2012)
- ³Office of National Drug Control Policy (2012)



Preventing Prescription Abuse



You can make a difference.
Learn about the issue and ways to prevent prescription abuse.

The Problem

Prescription (Rx) drug abuse is the nation's second biggest drug problem.¹ It can lead to addiction, overdose, and even death.

When taken as prescribed, Rx drugs provide relief from a variety of symptoms. However, youth today believe these medications can provide a "safe" high.



Facts

1 in 4 teens reports having abused or misused a prescription drug in their lifetime.²

7 in 10 people who obtained pain relievers got them from friends or family.³

Mixing Rx drugs with alcohol or other drugs can trigger allergies or dangerous interactions.

Commonly Abused Rx



Narcotics (Painkillers)

Examples: OxyContin®, Vicodin®, Opana®

Signs of abuse: Sleep deprivation, pinpoint pupils, or constant flu-like symptoms.



Stimulants

Examples: Adderall®, Ritalin®, Concerta®

Signs of abuse: Hyperactivity, shaking, paranoia, or nervousness.



Depressants

Examples: Xanax®, Valium®

Signs of abuse: Loss of coordination, slowed reflexes, or slurred speech.


Parents Matter


Spending more time with youth can keep them out of trouble. Get involved:

- Engage with them during family meals.
- Build a positive relationship.
- Be a role model.

Prevent Rx Drug Abuse in Your Home

 **MONITOR** Take inventory of your medications.

 **SECURE** Lock medications to reduce access.

 **DESTROY** Properly destroy unwanted medications at home. Do not flush them down the drain or toilet.

Steps to Properly Destroy Unwanted Medications

- 1 Pour unwanted or expired medications out of their original containers into a zip baggie.
- 2 Pour hot water (over 110°F – about as hot as a cup of coffee) into the zip baggie.
- 3 Insert kitty litter or dirt into the zip baggie. Seal the zip baggie.

Place in trash bin.

