

THEODORE ROOSEVELT HIGH SCHOOL

BEAR FACTS SPECIAL EDITION



What you don't know can hurt them...

Prescription Medicine Abuse is a serious problem.

Prescription medicine abuse by teens and young adults is a serious problem in the United States. According to the Partnership for a Drug Free America, 1 in 5 teens has abused a prescription pain medication, 1 in 5 has abused prescription stimulants and tranquilizers and 1 in 10 has abused cough medicine.

Many teens think these drugs are safe because they have legitimate uses, but taking them without a prescription to get high or "self-medicate" can be dangerous, addictive and/or deadly. Many pills look pretty much the same, but depending on the drug and the dosage, the effects can vary from mild to lethal. All drugs can cause dangerous interactions with other drugs or chemicals in the body, too.

It's a problem in Wyandotte, too.

In the past few years, school officials have noticed that the misuses and distribution of prescription drugs make up a majority of student drug-related disciplinary cases. While we do not have a huge number of disciplinary cases in our schools due to drugs, we do feel that one incident is too many.

In most cases, school officials learn that the drugs were obtained - usually unknowingly - from a family member such as a parent or grandparent who had a legitimate prescription. Some of the more popular prescription drugs that students are abusing include: **Ad-derall** (medication for attention deficit hyperactivity disorder or ADHD), powerful pain relievers like **Vicodin**, **Darvocet**, **Oxycycontin**, and anti-anxiety drugs such as **Klonopin** and **Xanax** and generic versions of these drugs.

What you can do to help.

- Talk to your child about the dangers of drugs and taking pills that have not been prescribed to them.
- Place your prescription in a locked cabinet or in a place that cannot be accessed by your children. Know how many pills you have left in your prescription container.
- Dispose of any pills you no longer use or are expired by mixing them with coffee grounds or kitty litter. How many of us have been prescribed a pain pill, for instance, following a root canal or some kind of surgery? We may have taken a few of the pills at first, but the rest are sitting in the medicine cabinet. Consult with your pharmacist about how to properly dispose of medication.
- Talk to your doctor if you suspect your child is abusing drugs. He/she can help you identify warning signs of drug use.

Helpful Organizations and Websites

The Partnership for a Drug Free America

www.drugfree.org

Community Anti-Drug Coalitions of America

www.cadca.org

Stop Medicine Abuse

www.stopmedicineabuse.org

Consumer Healthcare Products Association

www.chpa-info.org

**As a parent, you have a tremendous influence on the decisions your child makes. Your constant communication and caring may inspire your child to walk away from drugs.*

DATES TO REMEMBER

9/8 - 1st Day School-1/2 Day
10/1 - 1/2 Day
10/2 - 1/2 Day
10/30 - 1/2 Day
11/12 - 1/2 Day
Parent Conferences
11/26 - 11/27 - Thanksgiving
12/14 - 1/2 Day
12/21 - 1/1 - Christmas Break
1/28 - 1/2 Day Exams
1/29 - 1/2 Day Exams
2/12 - 1/2 Day
2/15 - No School
3/10 - 1/2 Day
3/12 - 3/15 - No School
4/2 - 4/9 - Spring Break
4/15 - 1/2 Day
Parent Conferences
5/13 - 1/2 Day
5/14 - 1/2 Day
5/28 - 5/31 - Memorial Day
No School
6/16 - 1/2 Day Exams
6/17 - 1/2 Day Exams

