



# THREE THINGS TO KNOW ABOUT TEENS AND PRESCRIPTION DRUG ABUSE



Prescription drug abuse is the use of a prescription medication for any reason other than what it was prescribed for. This includes using a medication that was prescribed to someone else.

Every Tempe parent should know three things about prescription abuse. **According to the 2018 Arizona Youth Survey:**

- 1 One in seven Tempe teens say they have taken a prescription medication, at least once in their life, that was not prescribed to them.
- 2 Teens who abuse prescription pain relievers in Tempe get the drugs from the following:
  - **30 percent:** from friends
  - **20 percent:** from family members
  - **19 percent:** from their own homes
- 3 Tempe teens report the following reasons for abusing prescription medications:
  - **51 percent:** to have fun
  - **42 percent:** to get high or have a good feeling
  - **34 percent:** to cope with academic, social or emotional stress
  - **28 percent:** to keep from feeling sad or down
  - **17 percent:** to increase focus or think better



Visit [TempeCoalition.org](http://TempeCoalition.org) for more information



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## WHAT TEMPE PARENTS CAN DO

To reduce the likelihood your teen will abuse prescription drugs, The Partnership for Drug-Free Kids recommends you:

### 1 Know the risks. These include:



**Overdose:** Prescription drug overdose can lead to accidental death or an emergency room visit.

**Harmful Drug Interactions:** Mixing prescription drugs with other medications or alcohol can be life threatening, and in some cases fatal.

**Addiction:** Prescription pain relievers called opioids are potentially addictive.

**Dependency:** Prescription drug abuse at a young age can establish a lifelong pattern of dependency.

**Lack of Coping Skills:** Teens who take prescription medications not prescribed to them miss out on learning important coping skills



**2 Teach your children the risks.** Children who learn about the dangers of drug use at home are at least 20 percent less likely to use drugs than their peers whose parents do not discuss the dangers of using drugs.

**3 Safeguard your medicines.** Keep prescription medicine in a secure place and monitor the number of pills you have. When you are done taking a prescription, dispose of leftover pills properly. **You can get rid of unwanted medication at the Tempe Police Headquarters and Apache Substation during regular business hours.**



For guidance, contact CARE 7 at (480) 350-8004



Tempe Coalition is a grant-funded program of  a registered 501(c)(3) nonprofit

This flyer was developed, in part, under grant number SP018222-06 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration, Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors, and do not necessarily reflect those of ONDCP, SAMHSA or HHS.

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