

Talking points about prescription drugs

CHECKLIST

□ Define prescription drug abuse

- Prescription drug abuse is the use of prescription drugs in ways other than prescribed, which includes:
 - Taking prescription drugs without a prescription.
 - Taking prescription drugs in a different method than prescribed.
 - Taking prescription drugs for reasons other than prescribed.

□ Emphasize the impact of prescription drugs on the brain

- Prescription drugs are strong and powerful and change the way a person's brain functions. Prescription drugs need a doctor's supervision to be safely used.

□ Discuss prescription drug abuse consequences

- Prescription drug abuse has many consequences, including physical/emotional, legal, academic, and future options. Prescription drug abuse is just as dangerous as abusing street drugs, like cocaine and heroin. A person can become addicted to prescription drugs, overdose, and even die.
- Share the INFOGRAPHIC: Think prescription drug abuse is safe? Think again! with your teen.

□ Address common prescription drug abuse myths

- Prescription opioid painkillers are NOT a safe high. They are highly addictive and overdose can lead to coma and death.
- Prescription stimulants are NOT an effective study aid. Research suggests that the prescription stimulants do not increase cognitive function and abuse may lead to unfavorable academic outcomes.
- Prescription depressants are NOT for simple stress such as the worry over a test, game, or relationship.