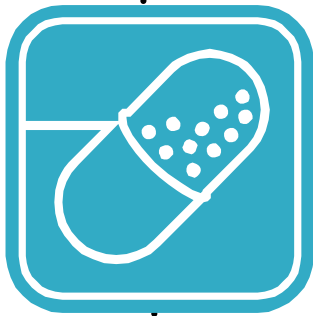


Tahoma School District Drug and Alcohol Prevention Newsletter



DID YOU KNOW:

- 1 in 5 teens has abused a prescription pain medication like Vicodin or OxyContin
- 1 in 10 teens report abusing prescription stimulants like Adderol or Ritalin
- 1 in 10 teens has abused cough medicine

Prescription and Over the Counter Medications are quickly becoming one of the most popular drugs that are being abused by teens. A lot of teens begin using these drugs because of the thought that they aren't harmful, but don't realize that when taken incorrectly or without a prescription they can be as harmful as illicit drugs like heroin or methamphetamine.

Everyday over 2,500 teenagers use prescription drugs for the first time to get high. A lot of these medications are taken right out of the medicine cabinet of their own home. Make sure to help protect these teens by monitoring the medications that you have in your home and not allow teens to have access to the medications- prescription or over the counter. Lock them up!!!

Did you know that 60% of teens that abused prescription medications did so before the age of 15. It is never too early to start talking about the dangers of drug use.

Helpful Tips for Parents:

- Educate yourself about prescription drugs so that you can share correct information with your teen
- Talk to your teen about the dangers of abusing prescription medication and other drugs
- Lock up prescriptions and dispose of prescription and over the counter medications that you no longer need
- Let your teen know that you care— you have more influence in his/her life than you may think

All statistics are from the Partnership for Drug Free America. To find out more information, go to their website at www.drugfree.org

If you have any questions or concerns about this issue or any other issues surrounding at risk behaviors of the teens in your life, please feel free to contact me for confidential assistance.

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