

## WARNING SIGNS TO LOOK FOR

### Physiological:

- **Pain Relievers:** Constricted pupils, nausea, and a slower respiratory rate
- **Sedatives:** Slurred speech, sluggishness, disorientation, and lack of coordination
- **Stimulants:** Increased alertness and energy, lack of appetite, flushed skin, shaky hands, and restlessness
- **OTC, cough and cold medicine:** Slurred speech, vomiting, dizziness, disorientation, hallucinations, and tachycardia

### Behavioral:

- Truancy
- Loss of interest in school work
- Loss of interest in extra curricular activities
- Failure to fulfill responsibilities in school
- Complaints from teachers

## REFERENCES

Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2009). *Monitoring the Future national survey results on drug use, 1975–2008: Volume I, Secondary school students* (NIH Publication No. 09-7402). Bethesda, MD: National Institute on Drug Abuse.

Partnership for a Drug-Free America. (2007). *Drug Guide for Parents: Learn the Facts to Keep Your Teen Safe* [Brochure]. New York, NY: Partnership for a Drug-Free America. Retrieved October 3, 2009 from [http://www.timetotalk.org/Downloads/ttt\\_drug\\_chart.pdf](http://www.timetotalk.org/Downloads/ttt_drug_chart.pdf)

Office of National Drug Control Policy Executive Office of the President. (2007). *Teens and Prescription Drugs: An Analysis of Recent Trends on the Emerging Drug Threat*. Retrieved on September 14, 2009, from [http://www.theantidrug.com/pdfs/prescription\\_report.pdf](http://www.theantidrug.com/pdfs/prescription_report.pdf)

Henslin, J. M. (2008). *Social Problems: A Down-to-Earth Approach* (8th Edition). Upper Saddle River, NJ: Pearson Publishing.

Pleasant Valley High  
School  
102 Mason St,  
Pleasant Valley, CA  
Phone (704) 555-0125  
Fax (704) 555-0145

## Prescription Drug Abuse and Misuse in Schools

A guide for teachers



PREVENTION STARTS WITH YOU

## STATISTICS

*Drug Abuse* is defined as using drugs in such a way that they harm one's health, impair one's physical or mental functioning, or interfere with one's social life.

Nearly 1 in 5 Teens report abusing prescription Medication to get high.

1 out of 10 Teens report abusing cough medicine to get high.

In 2005, 2.1 million teens abused prescription drugs.

Prescription Drugs are the most commonly abused drugs among 12-13 year olds.

## COMMONLY USED DRUGS

**Prescription Pain Relievers:** OxyContin; Vicodin; Percocet; Demoral

**CNS Depressants/ Sedatives:** Valium; Xanax; Klonopin; Soma; Quaaludes

**Stimulants:** Ritalin; Dexedrine; Adderall

**OTC Cough & Cold:** Vicks, Robitussin

## PREVENTION

### ➤ **School Based Prevention**

- Educate students on risk of misuse
- Science Education Prevention shown to positively impact knowledge and attitudes regarding drugs of abuse

## WHAT TEACHERS CAN DO TO HELP

- **Know your students**
- **Have a plan**
- **Know your school's protocol**



## PROGRAM EXAMPLES

The Strengthening Families Program: For Parents and Youth 10–14

Early Risers “Skills for Success” Risk Prevention Program

Brain Power! The NIDA Junior Scientist Program

Promoting Alternative Thinking Strategies (PATHS)

Skills, Opportunity, and Recognition (SOAR)

Guiding Good Choices (GGC)

Life Skills Training (LST) Program

Project ALERT

Project STAR

## RESOURCES FOR TEACHERS

**Prescriptions for Disaster? *Creating Public Service Campaigns About Prescription Drug Abuse Among Teens:***

<http://www.nytimes.com/learning/teachers/lessons/20051227tuesday.html>

**Medicines in My Home:**

<http://www.fda.gov/medsinmyhome/teacher-resources>

**Prescription for Trouble:**

<http://school.discoveryeducation.com/lessonplans/programs/prescriptionForTrouble/>

**Mind Over Matter:**

[www.drugabuse.gov/MOM/MOMindex.html](http://www.drugabuse.gov/MOM/MOMindex.html)