



# Prescription Drugs

## Let's Stop Prescription Drug Abuse

Abusing prescription drugs like, pain killers, depressants, and stimulants, can lead to a variety of harmful health effects, **including addiction.**

### What are these drugs?



**Opioids-** Painkillers such as Vicodin, OxyContin, or codeine.

**Depressants-** Drugs used to relieve anxiety or help a person sleep, such as Valium or Xanax.

**Stimulants-** Drugs used for treating ADHD, such as Adderall or Ritalin.

Youth prescription drug abuse is a problem.

### What are the risks?

Increased drug treatment admissions, emergency room visits, and overdose deaths. Prescription drug abuse has also led to an increase in heroin use, especially among young adults ages 18-25.

#### People who are addicted to...



...more likely to become addicted to heroin.

Opioid painkillers and heroin essentially have the same active ingredient. Heroin is much cheaper to buy. But equally as **deadly.**

# Talk to Your Kids

## Many Youth Falsely Assume a Doctor Prescribed Medication is Safe to Abuse

**Tell them:** Some people think prescription drugs are safer and less addictive than street drugs. But prescription drugs are only safe when used as prescribed by the doctor and when used only by the individuals who actually have a prescription for them.

**Tell them:** These drugs can be highly addictive.

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## Abusing Prescription Drugs is RISKY!

**Tell Them-** Opioids can make you feel sleepy, sick to your stomach and constipated. At higher doses, opioids can make it hard to breathe properly and can cause overdose and death.

**Tell Them-** Depressants can cause slurred speech, shallow breathing, sleepiness, disorientation, and lack of coordination. At higher doses depressants can also cause overdose and death, especially when combined with alcohol.

**Tell them:** Stimulants can make you feel paranoid (feeling like someone is going to harm you even though they aren't). Taken in larger doses, they also can cause your body temperature to get dangerously high and make your heart beat too fast.

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## Be a Good Role Model

- Take medications only as prescribed.
- Monitor and lock medications in your medicine cabinets.
- Safely dispose of unwanted medications



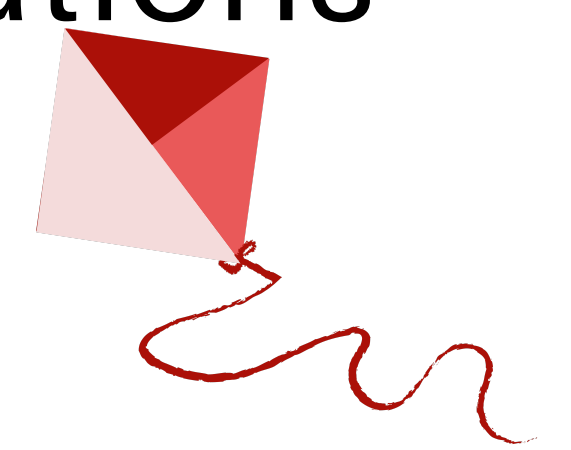
D.F.C.C.



CIRCLES OF PEACE  
CÍRCULOS DE PAZ

Want to know more?

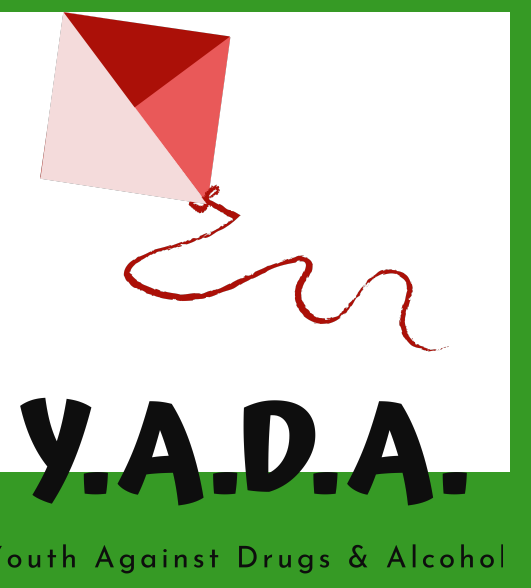
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**Y.A.D.A.**

Youth Against Drugs & Alcohol

Santa Cruz County Drug Free Community Coalition



# MARIJUANA

## Youth and Marijuana

### It's a Bad Mix

- Impairs memory
- Impairs thinking
- Impairs problem-solving
- Impairs attention
- Impairs coordination



## Learning and Marijuana

### It's a Bad Mix

- Students who use regularly:
- Tend to get lower grades
- More likely to drop out of school
- Can lose **8 IQ points** when they start young and use long-term

### It's a Mistake to Think it's Safe

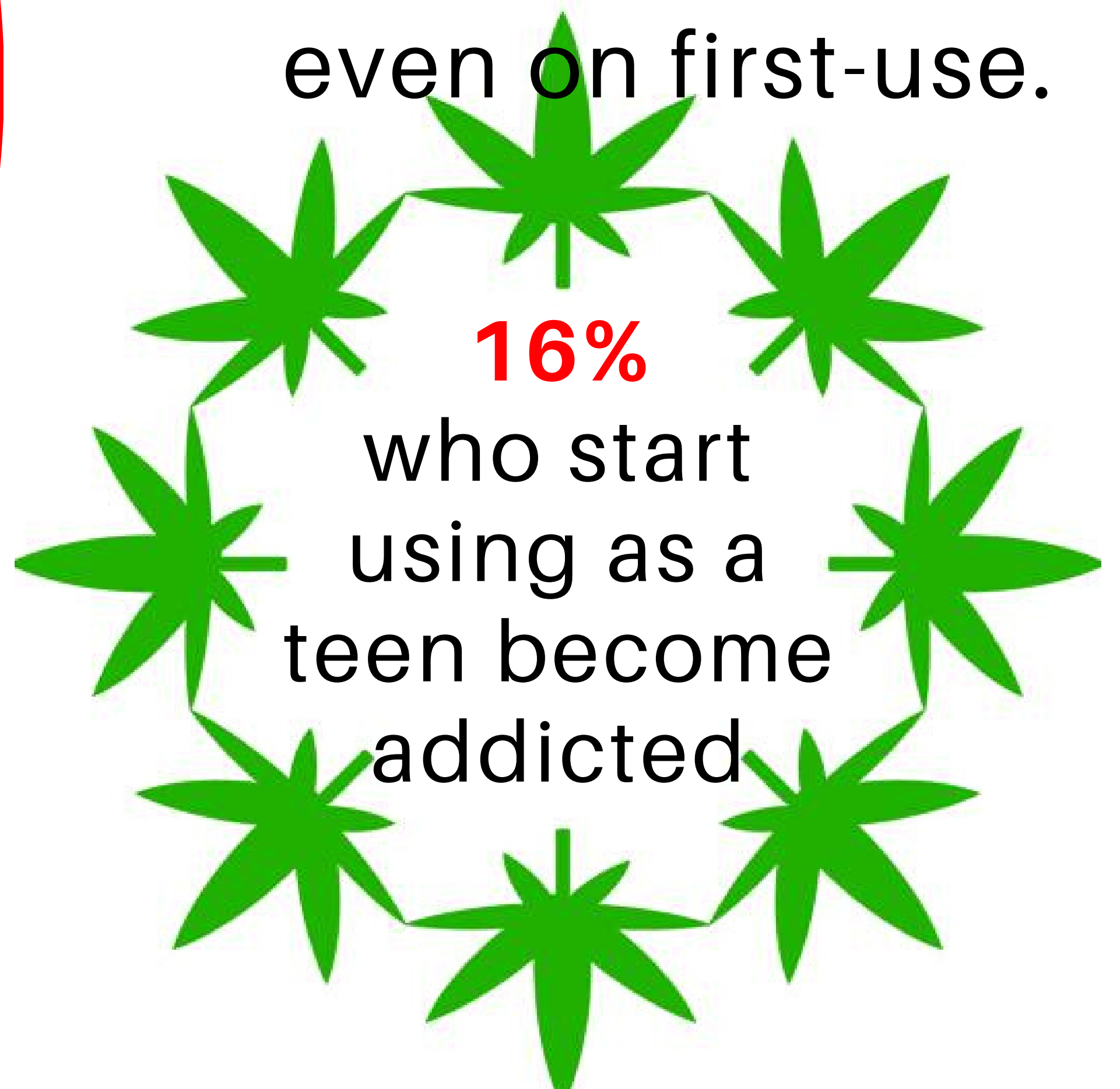
The drug marijuana contains a mind-altering chemical called **THC**, which over-activates certain parts of the brain.

### Psychosis?

The increased potency of today's marijuana increases the chance of psychotic episodes, even on first-use.

### YES It's Addictive

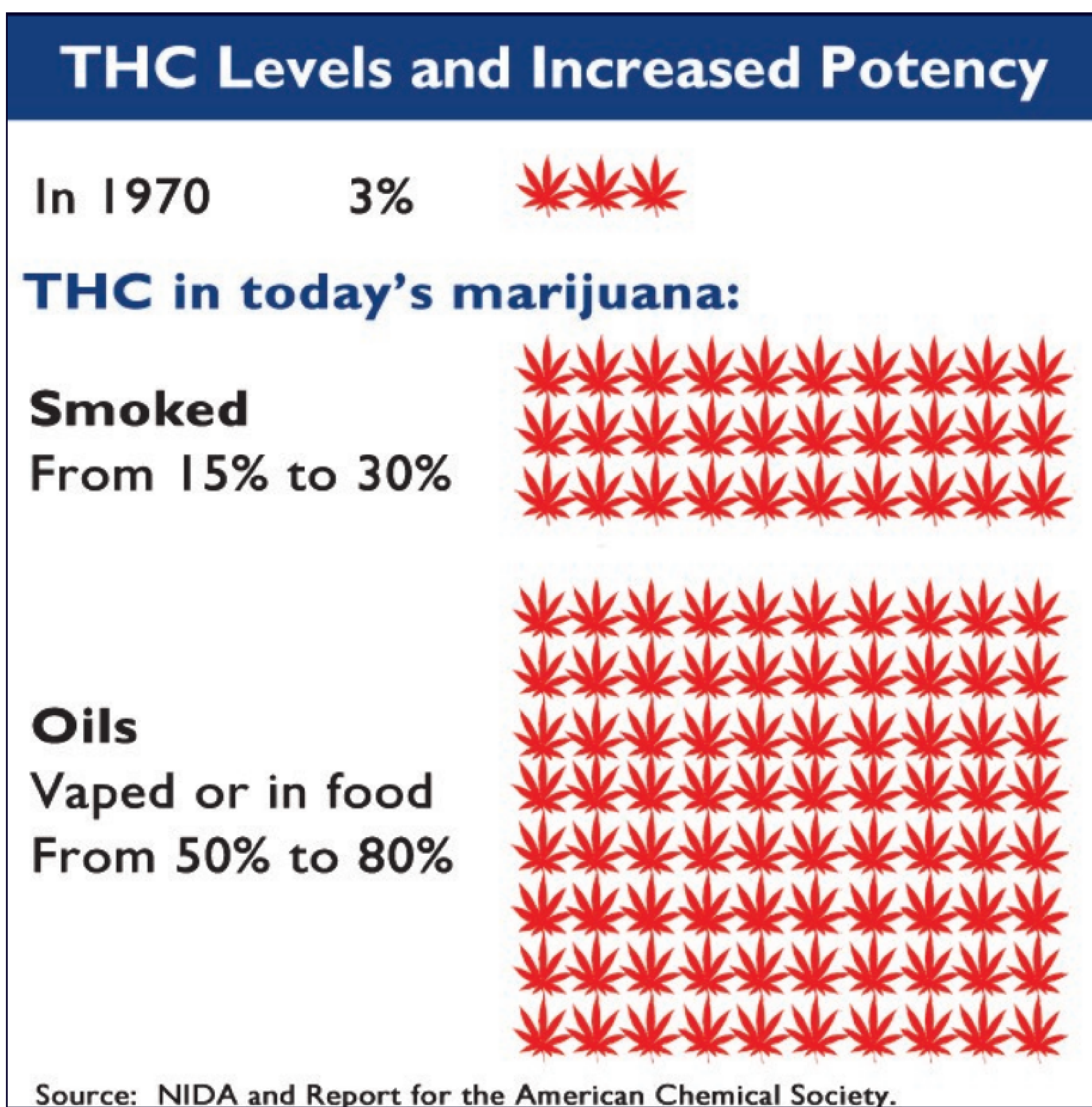
61% of youth under age 15 and 56% ages 15-19, who are in drug treatment, are there for marijuana drug dependence.



# Today's Changing Marijuana

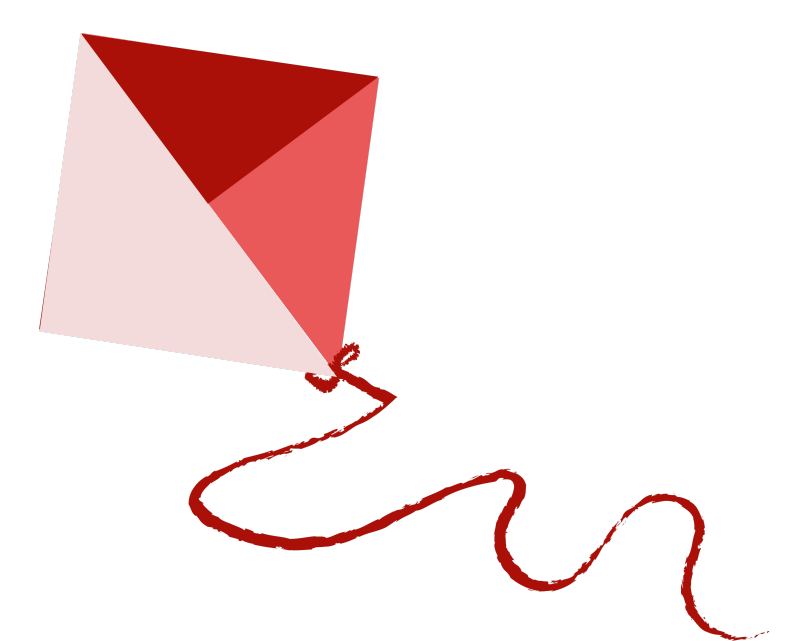
Marijuana drug use is changing. Today marijuana is far more powerful than it was in the 1970's, as manufacturers are increasing the potency.

Today marijuana is smoked or vaped using vaporizing pens. Also, its highly potent oil is infused into edible products. Marijuana manufacturers are putting the drug into candies and cookies and drinks. In Colorado, almost half of the marijuana consumed is in edible form (Denver Post 10/20/14)



## Behavior of Someone Using Marijuana

- ▶ Acting euphoric or silly (high).
- ▶ Memory impairment, lethargy, listlessness.
- ▶ Adverse mental reactions can include anxiety, fear, mistrust, or panic, some may even experience psychosis, which includes hallucinations, delusions and paranoia.
- ▶ Users may have red or bloodshot eyes, increased appetite, increased heart rate and sleep issues.



Want to know more?

Youth Against Drugs & Alcohol

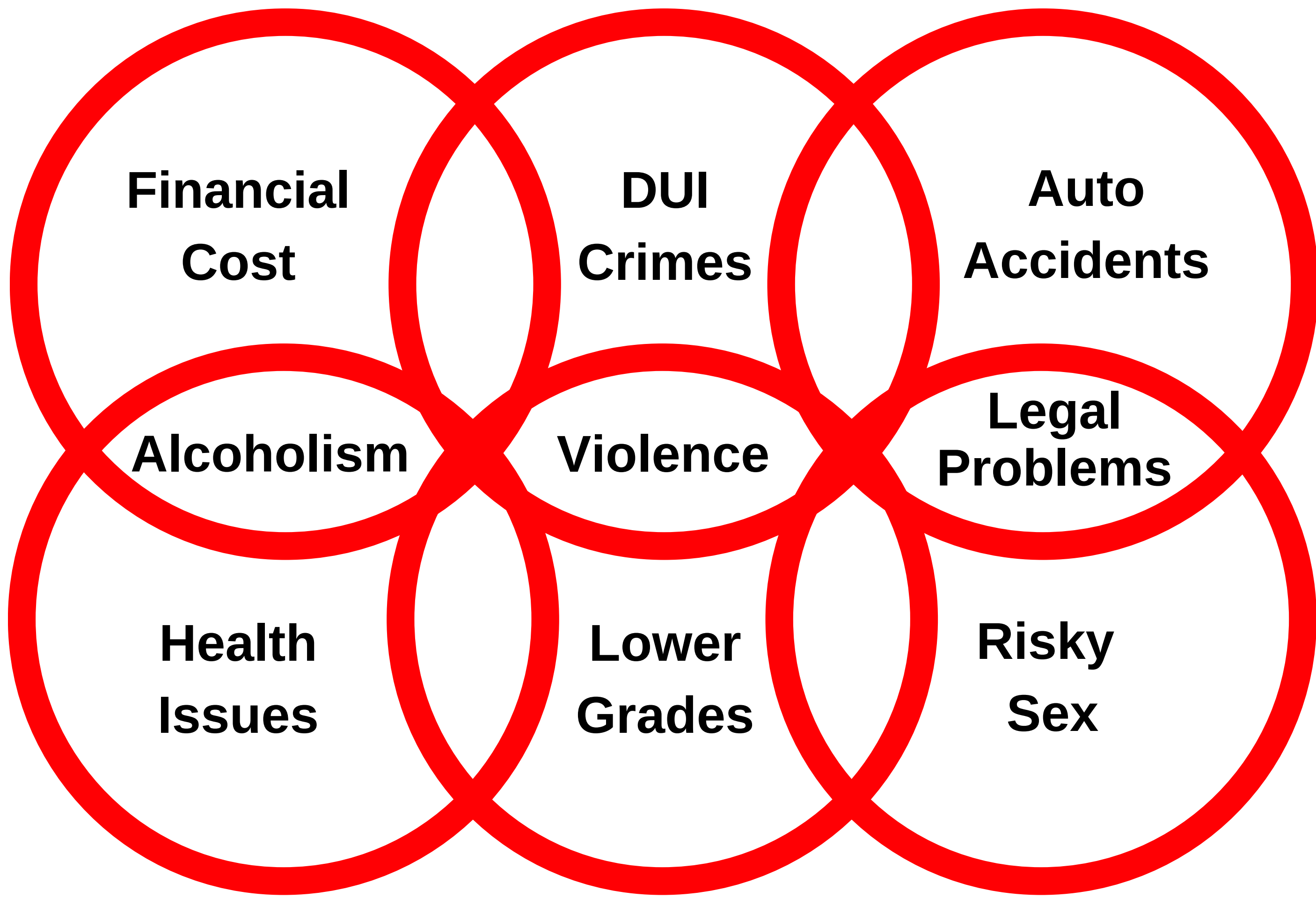
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# Underage Drinking

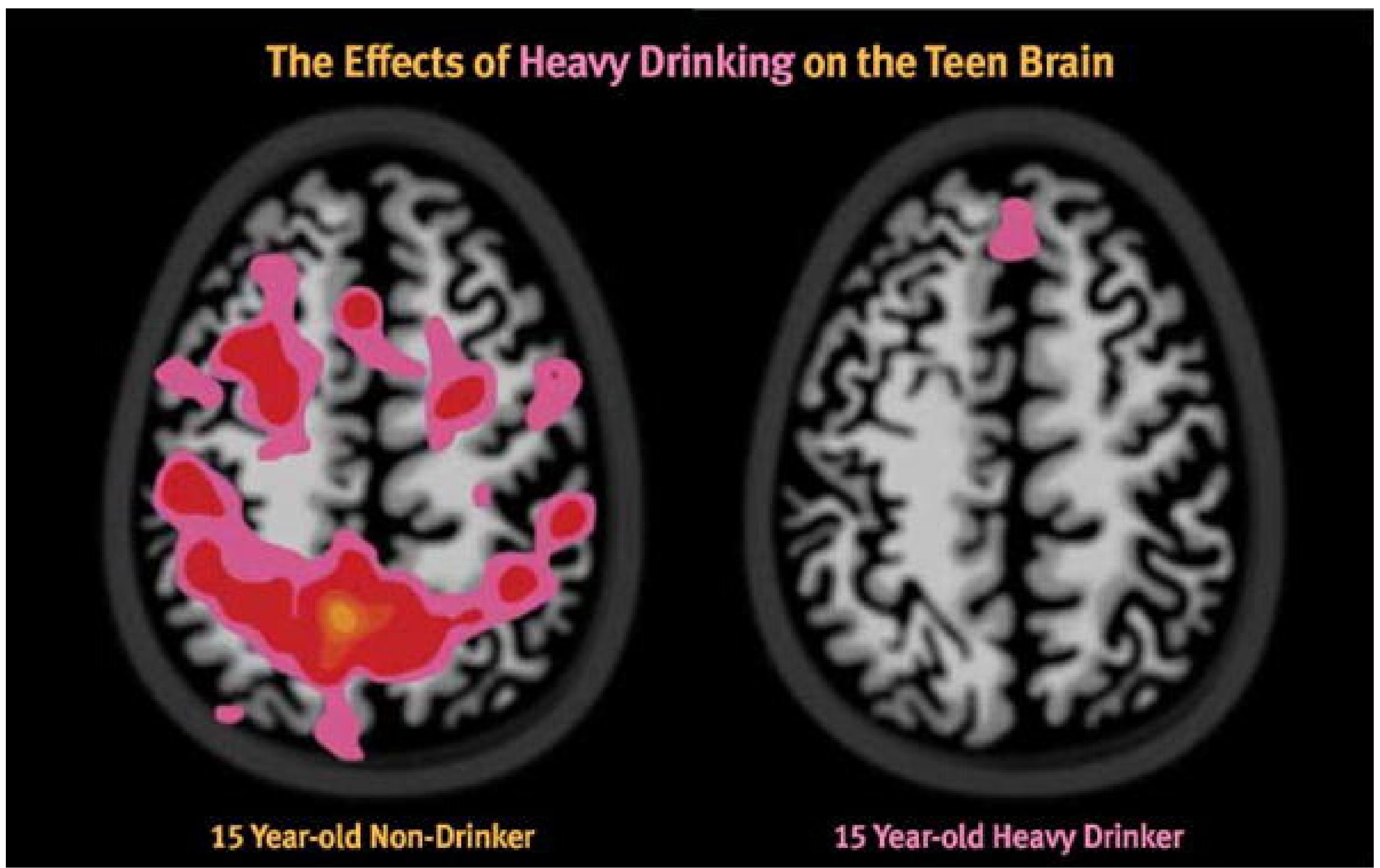
## Underage Drinking Risks



## Damage to a Young Person's Brain

Developing brains of youth are more sensitive and subject to damage by the toxic effects of drugs and alcohol.

### The Effects of Heavy Drinking on the Teen Brain



# Help Your Kids

- Be aware of the risks. Educate yourself!
- Be a positive adult role model.
- Use 'natural' opportunities to start open, honest conversations about the dangers of drinking. Use everyday "teaching moments."
- Create an emergency plan to help your child get out of a harmful situation, like a text code.
- Help your child practice ways to say 'no,' like —my parents would kill me or I am studying for a big test.



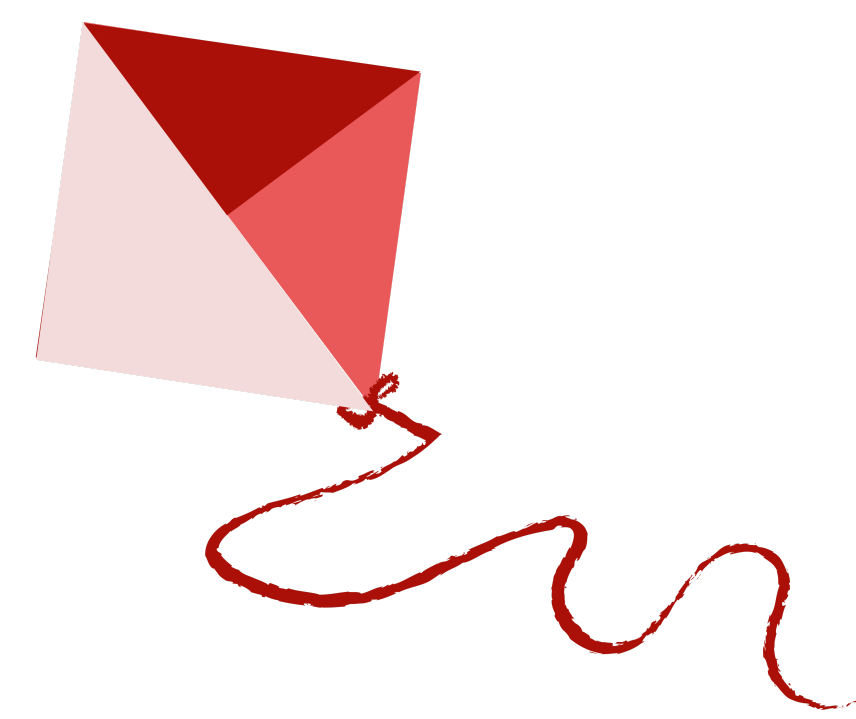
**Even though the legal drinking age in Mexico is 18, the body is considered a container. If someone under the age of 21 (US legal drinking age) has consumed alcohol in Mexico, crossed to the US, and police have a reasonable suspicion that they have been consuming alcohol, police can cite or even arrest you. Don't risk it!**

## Hosting Parties Where Minors are Consuming Alcohol

Q: What are the consequences if my teenager and their friends drink alcohol in my house and I know about it and or provide them with alcohol?



A: State law prohibits hosting underage drinking parties. By permitting underage drinking, furnishing the alcohol, or just leaving your child home and up to their own devices can result in a misdemeanor charge for **you**, the legal guardian. Underage consumption is also the charge that can be put against your child and his or her friends. In most cases, the one charged with the bill for each underage drinker caught at the party is the homeowner!



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Want to know more? Youth Against Drugs & Alcohol

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