



Our Strength is in Our Vision

Prevention First is committed to improving the lives of Monmouth County children so they can thrive and grow to be strong, responsible individuals in any environment.

Our Strength is in Our Mission

Prevention First is a non-profit agency dedicated to strengthening the foundations of children and families by empowering them to successfully handle difficult, everyday life situations and extraordinary challenges such as violence and substance abuse.

Did you know...

Teens abuse prescription drugs more than any illicit drug except marijuana?

Prescription drugs are the drug of choice for 12 and 13 year olds?

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If you are worried about your child, talk to a health care professional or call Narcotics Anonymous, 24-hours a day, 7 days a week at 800.974.0062.

For more information on the harmful effects of prescription drugs, visit:

- www.painfullyobvious.com
- www.rx.samhsa.gov
- www.theantidrug.com
- www.drugfreeamerica.com
- www.laantidroga.com (en Espanol)



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Prescription and Over-the-Counter Drug Abuse: The New Party Drugs



Facts and Tips for Families

www.preventionfirst.net

THE NEW “PARTY” DRUGS

Prescription and over-the-counter (OTC) drugs are important and helpful products that can improve and save lives when used the right way, for the right reason, and taken in the right dosage.

Many parents are not aware that their own medicine cabinets and computers can be a source of a variety of drugs for abuse, and information about how to misuse them.

Inappropriate use of these items can cause increases in blood pressure and heart rate, addiction, organ damage, difficulty breathing, seizures, and possibly death.

Youth Prescription Drug Abuse Statistics

Youth prescription drug abuse is a problem in New Jersey. About 1 in 5 New Jersey youth grades 9-12 report having used a prescription drug not prescribed to them to get high.

- 1 in 5 teens has tried Vicodin.
- 1 in 10 has tried Oxycontin (Oxycondone).
- 1 in 10 has abused Ritalin or Adderall.
- 1 in 11 has admitted getting high on cough medicine.

But...

- Children who learn about the risks of these and other drugs from their parents are half as likely to abuse them.

Non-medical use of prescription drugs is the second most popular category of drug abuse after marijuana.

Prescription drugs (especially opiates) can be addictive and a gateway to other drugs like heroin.

Many prescription drugs can be addictive. Some prescription pain relievers like OxyContin, Demerol, Tylenol with Codeine, Percocet and Vicodin contain opioids — they are opiates like heroin. You might hear children calling them by their street names (o.c., oxy, oxycotton, percs, vics, etc).

Addiction can have rapid onset with opiates, especially among young people.

Some youth swallow the pills; others crush them first and then snort or smoke the powder; some melt or dissolve the medications and then inject them. Once children become injection drug users, they have overcome a major barrier to trying heroin.

PARENTS: ARE YOU AWARE?

Some of the most dangerous drugs might be in your own home in your medicine cabinet.

Many children who abuse prescription drugs start by experimenting with whatever they find around the house.

Children get access to powerful prescription drugs in their own homes, in the homes of friends, neighbors and relatives, on the internet and even from their own doctors or dentists.

Prescription drugs can be dangerous — they are not safer than “illegal” drugs.

Prescription drugs may seem safe because they are “legal” and prescribed, but they are not.

Used improperly alone or taken with other drugs or alcohol, prescription drugs can have serious physical side effects such as vomiting, diarrhea, severe shaking and loss of consciousness — **and result in addiction or even death.**

It is illegal to distribute or use prescription drugs without a valid prescription. The penalties associated with the abuse or illegal distribution vary depending upon the drug type.

What To Look For

- Change in friends, appearance, eating or sleeping habits.
- Declining grades.
- Unusual or medicinal smells on your child or in their room.
- Empty packages of pills or bottles of cough syrup in backpacks or bedrooms.
- Disappearing medications from your (or relatives) medicine cabinets.

What You Can Do

- **Monitor and secure your medicine cabinet:** Know what’s in your medicine cabinet — keep track of it, and keep it safe from children and teens
- **Monitor all medications your children are taking:** An adult — like a parent or a school nurse — should administer your child’s medication.
- **Educate yourself and talk to your children:** Many kids don’t believe a prescription drug can be addictive or dangerous.

Children who receive education about drugs from their parents are less likely to use them. Tell your children about negative effects prescription drug abuse can have on their physical appearance, health, relationships and their self respect. **Know they are listening, even if it seems like they aren’t.**

MYTHS AND FACTS

Myths

- These drugs are safe; after all, our doctor prescribed them.
- It’s OK; my kid brother takes this.
- They are safer than illegal drugs.
- They are not addictive.

Facts

- Medications don’t always react the same way in every person.
- Combining one drug with alcohol or other medications can produce unpredictable reactions.
- Teens abuse narcotic pain relievers more than any other prescription medications.
- Abuse can lead to addiction.

Do You Know These Terms?

- **Pharming** - using prescriptions drugs or over-the-counter drugs to get high.
- **Bowling Parties** - mixing medications and taking them randomly.
- **Happy Little Pill Time** - sharing and taking these substances on the way to school.
- **OTC** - Over-the-counter medications (i.e. cough and cold medications, pills or liquids).
- **DXM (Dextromethorphan)** - the active ingredient in over 100 drug products, including cough medicine.
- **Robo-tripping, Robo-fizzing, Skittling or Dexing** - terms for the abuse of cough medicine.
- **Smurfing** - buying medications from more than one retail store.

Slang:

- **Pain Relievers** - Oxycodone (*Hillbilly heroin*); Percocet (Percs); Vicodin (Happy Pills, Vikes).
- **Depressants** - Benzodiazepines (Candy, Downers, Sleeping Pills, Tranks); Xanax (Totem Poles); Barbiturates (Barbs, Reds, Blue Birds, Phennies, Yellow Jackets, Tooties).
- **Stimulants** - Ritalin (Kiddy Cocaine, Vitamin R, West Coast); Amphetamines (Bennies, Crosses, Black Beauties, Hearts, Speed, LA Turnaround, Truck Drivers, Uppers).



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