

# Oregon School District Family Resource Newsletter

## Did you Know?

40% of 12th graders report that painkillers are easy to get.

70% of teens who abuse prescription painkillers say they get them from relatives and friends, **OFTEN WITHOUT THEIR KNOWLEDGE**

Teens may also abuse their own prescription medicines.

2.1 Million teens reported abusing prescription drugs in 2006.

## Prescription and OTC drug abuse is addictive.

**It's not just about boys: Girls are exposed to more alcohol advertising than boys in magazines, mostly for distilled spirits**

**Youth in markets with high levels of alcohol advertising increased their drinking over time, reaching a peak of 50 drinks per month by age 25.**

## Teens Don't Need a Drug Dealer to Get High

The good news: fewer teens are using street drugs like marijuana and cocaine. The bad news: abuse of prescription and over the counter drugs is increasing. Teens who abuse prescription drugs say they are readily available in their own homes, in the homes of friends and at on-line pharmacies.

What can parents do?

Safeguard your prescriptions. Monitor quantities and control access. Are your teens friends looking in your medicine cabinet when they visit?

Set clear rules for teens about drug use including not sharing

medicines, following medical provider's advice and taking the recommended dosage.

Be a good role model and don't misuse your prescription drugs.

Reach out to friends, family and neighbors. Ask them to properly dispose of old medicines and to store medicines properly.

Properly dispose of old medicines. Take advantage of Med Drop to clear out your unneeded medicines

Med Drop is a once-a-year opportunity to dispose of unneeded medicines. It is FREE to all Wisconsin households. Here are the

details:

**When:** Saturday, June 6 from 9 am to 1 pm

**Where:** City of Madison Transfer Station, 121 E Olin Ave OR

Middleton High School Parking Lot, 2100 Bristol St.

Thanks to the Madison Patient Safety Collaborative for sponsoring this event!

For more information on teens and drugs, got to: <http://www.theantidrug.com/>

## Parties And Your Teen

Now that summer has officially begun, we seem to have lots of good reasons to be at a party. Graduation is followed by Summerfest, then the 4th of July. Our teens enjoy parties with friends, too, and summer can be a time when the lure of alcohol becomes irresistible.

We know that summer is a time when many teens who had not

previously used alcohol or drugs begin to use them or increase their frequency of use.

What can parents do? Here are some ideas:

Know WHERE your teen will be, WHO they'll be with, WHAT they will be doing and WHEN they will be home.

Verify that there will be an adult at any party and that they won't

allow alcohol or drugs

Remind your teen that they should not ride with anyone who is under the influence of alcohol or any drug (including marijuana). Be available to pick them up, no questions asked.

For more tips on keeping kids safe at summer parties go to: <http://www.hazelden.org/web/public/prev61030.page>