

warning 
 **TAKE
ONLY
AS
DIRECTED**

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From the Producer

Dear Parents,

Did you know that most children today believe prescription drugs are safer than illegal, street drugs such as marijuana, cocaine, methamphetamine, heroin, or MDMA? Twelve to seventeen year olds misuse prescription drugs more than ecstasy, heroin, methamphetamine, crack and cocaine combined. More deaths are caused by prescription drug overdoses than from cocaine, heroin, methamphetamine and amphetamine overdoses combined.

How can we, as a society, help to lower these frightening statistics?

Drug and alcohol awareness programs have been part of our children's curriculums for decades, but most programs have not kept up with the times.

"WARNING: Take Only As Directed" aims to reach students on their own level. With contemporary music and modern situations, the film explores the societal pressures on today's teens related to prescription drug use. While the film raises more questions than it answers, the goal is to provoke thoughtful discussion within the home and classroom, as well as amongst peers. The accompanying guide is a key component in this effort to empower teens with tools to make informed, safe decisions as they navigate the often stressful road to adulthood.

This guide includes resource materials for parents that touches on the causes, effects and prevention of teen prescription drug abuse. Our film is available to view and download at www.warningshortfilm.com. I encourage you to watch the 26 minute film and use the provided resources to further engage your teen in a discussion about prescription drug abuse.

Prevention is the number one way to stop teen drug abuse, and parents like you are the first line of defense.

Sincerely,

Trish Glowacki
Writer, Executive Producer
WARNING: Take Only As Directed

Check the Facts

FACTS ABOUT PRESCRIPTION DRUG USE

- 1 in 4 teens have abused a prescription drug at least once. 1 in 5 of those did so before the age of 14. ¹
- 56% of teens indicate that it is easy to get prescription medication from their parents' medicine cabinet. ¹
- 44% of students know someone who sells drugs at their school. ²
- 9 out of 10 people with an addiction started using substances before they turned 18 ³
- Deaths from drug overdose have been rising steadily over the past two decades.⁴

¹ 2014 Partnership Attitude Tracking Study, sponsored by the MetLife Foundation

² CASA Columbia National Survey on American Attitudes on Substance Abuse XVII

³ CASAColumbia. (2011). *Adolescent substance use: America's #1 public health problem*.

⁴ Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2014) Available from URL: <http://www.cdc.gov/injury/wisqars/fatal.html>.

Know the Signs

My teen...

- Has frequent and sudden change in moods.
- Evades direct truth, holds back details about his/her personal life.
- Demonstrates antisocial behavior, isolates self.

CAUTION

These behaviors may be typical and normal part of adolescent growth. However, they can also be early warning signs of drug use or other risky behavior. Become or stay involved with your teen. Ask questions, have conversations about drugs and monitor for any other accompanying changes, like a drop in grades, or a change in peer groups. The more signs you see, the greater the risk.



My teen also...

- Has an unexplained drop in grades, absences or tardies from school.
- Had a major change in peer group.
- Lies about his/her whereabouts.
- Has trouble sleeping, or has a new and abnormal sleep/wake cycle.
- Has a loss of interest in previously enjoyed hobbies/activities.
- Rejection of your family values/morals, frequently oppositional or defiant.

WARNING

These are signs of trouble in your teen. These signs may indicate:

- Early drug use or experimentation.
- Stress and pressure that could lead to using or abusing.



My teen has...

- Red, watery, or glassy eyes and .
- Been caught smoking, or has signs of cigarette smoking, (bad breath, sticky fingers, smell on clothes, car or possessions).
- Stolen money from me.
- Spent his/her personal money quickly with no explanation and/or evaded truth about spending.
- Empty medical containers in trash, room or possessions.
- Defensive about drug use when questioned

DANGER

These are serious signs of a problem and indicate definite drug use. Seek help and intervention immediately. Do not delay.

Be Proactive

Take steps to reduce your teen's risk of prescription drug abuse.

1. Talk to your teen.

Awareness and intervention begins with conversation.

Need help starting a conversation?

Check out the free Intervention E-book written by the Partnership for Drug-Free Kids.

http://www.drugfree.org/wp-content/uploads/2012/04/2014-intervention_guide.pdf

Or this guide to giving advice about drugs at every age.

<http://www.drugfree.org/the-parent-toolkit/age-by-age-advice/>

2. Safeguard Your Home.

Monitor, secure and properly dispose of prescription medication

Monitor

Take note of how many pills are in your or your teen's prescription bottles or pill packets and keep track of your refills.

Secure

Secure Prescription medications in a lockbox or cabinet that your teen cannot access and tell relatives to do the same.

Dispose

Follow directions from the FDA [here](#) on properly disposing of medication.

Look for local take-back programs as your first option.



Get Support

Helplines and Hotlines

For You

National Parent Helpline

1-855- 4A PARENT • 1-855-427-2736

Boys Town National Hotline 24-7, 365 Help

1-800-448-3000

Professional advice and information on local treatment centers.

Partnership for Drug-Free Kids Parent Helpline

1-855-DRUGFREE

This is not a crisis line and is available M-F, 10am-10:00pm

<http://www.drugfree.org/get-help/helpline/>

Available in English and Spanish

Substance Abuse and Mental Health Services Locator

<https://findtreatment.samhsa.gov/locator/home>

For Your Teen

Boys Town National Hotline 24-7, 365

1-800-448-3000

Treatment Referral Line, 24/7

1-800-662-HELP

Disaster Distress Helpline

1-800-985-5990 or text TalkWithUs to 66746

National Suicide Hotline: 1-800-SUICIDE (784-2433) or the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Both toll-free, 24-hour, confidential hotlines which connect you to a trained counselor at the nearest suicide crisis center.

Educational Resources

Educate yourself about commonly used drugs, their effects, and how to talk to your teens about use.

National Institute of Health

Provides information of commonly abused prescription drugs, statistics on drug use and links related articles.

<http://www.drugabuse.gov/drugs-abuse/prescription-drugs-cold-medicines>

D.A.R.E

Provides informational resources on kinds of drugs and how to talk to your kids about drugs.

<http://www.dare.org/parents-resources/>

Partnership for Drug-Free Kids

A toolkit with Helpline Resources and advice for talking to your kids at every stage of their growth. Toolkits are available for suspected teen drug use and known teen drug use.

<http://www.drugfree.org/the-parent-toolkit/>

Parenting.org

A free online resource for parenting advice from Boys Town professionals and experts.

Wondering why your teen is turning to drugs? This article from the National Institute on Drug Abuse describes some of the science behind drug addiction.

<http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface>