

warning 
 **TAKE**
ONLY
AS
DIRECTED

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Fr

Dear Students,

Did you know that 1 in 4 teens have abused a prescription drug at least once? Additionally, 56% of teens indicate that it is easy to get prescription medication from their parent's medicine cabinet, and 44% of students know someone who sells drugs at their school.*

How can you help to lower these frightening statistics?

Take steps to get educated about prescription drug abuse, and start to openly dialogue the reasons why prescription drug abuse is so prevalent in the adolescent world.

“WARNING: Take Only As Directed” uses contemporary music and modern situations, to explore the societal pressures on today’s teens that lead them to prescription drug abuse. 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 begin dialogue and help you make informed decisions about abusing prescription drugs.

You will receive information on prescription drug abuse for your parents, with a letter about the screening of the film, so that you can start discussing this important issue at home as well as school.

Only you can make choices about your future—we hope that this film will help you along the way.

Sincerely,

Trish Glowacki

Writer, Executive Producer

WARNING: Take Only As Directed

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

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

Synopsis

SCENE 1

High School Hallway and Grounds, Friday at the end of the day.

Three friends, Zach, Ian and Caroline are introduced. Zach is trying to convince Ian and Caroline to come to a party happening later that night. Caroline says she can't because she has to study—she is stressed about a test coming up. Ian starts to see the “New Kid.”

Zach wants to go to the party because he's having issues with his girlfriend, Kylie and wants somewhere else to hang out. Ian resists going to the party, and reminds his friends that last time, he got stuck taking care of Zach when he got blackout drunk.

SONG: ANOTHER FRIDAY NIGHT

In the song, Caroline and Zach pressure Ian to go to the party, singing “*what's couple of beers gonna do?*” Ian warns them that the party might get busted and that someone might get hurt. Ultimately Ian wins the argument, and they go to the movies.

SCENE 2

The Cafeteria, Monday.

Ian, Caroline and Zach are catching up in the cafeteria. Caroline tells them that the party on Friday did get busted, so it was lucky they didn't go. Zach's trouble with Kylie is worse, and Ian tells them that his parents are putting him under a lot of pressure to get good grades to get into U Penn. Caroline is exhausted, and worried about studying for her chemistry test, so Zach tells her she should take one of Ian's “addy’s” He tells her that Kylie takes her brother's when she has a big test to study for. Caroline wants one to help her stay up and study, and has heard it could help her lose weight too, by diminishing her appetite.

Ian resists, telling her it's not just a pill, it's a pill and a drug.

SONG: TAKE THIS PILL

In the song, Ian tries to decide if he should give Caroline one of his Adderall pills. The New Kid and his friends are all giving him reasons to do it, and he tries to deal with the pressure.

He gives Caroline the pill, tells her not to take it with anything else. Caroline takes the “addy” and is up all night.

Synopsis, Continued

SCENE 3

High School Hallway and Library, the next day.

Caroline aces her chemistry test, and wants more Adderall. However, she was up all night and is exhausted the next day. Ian regrets his decision and tells her she needs to see a doctor to get the right dosage. Zach tells her to “act like a space cadet” and fail a couple of tests to get an ADHD diagnosis. He tells his friends that his brother was on “addys” and he tried to get some—but his parents were so tired of doctor’s appointments with his brother, they never took him in to get any kind of prescription or diagnosis. Zach also says it doesn’t matter, because he can get whatever he wants from his Mom’s medicine cabinet, which is full of pain pills and antidepressants.

After he leaves, Ian and Caroline wonder if Zach is taking his Mom’s pills, and discuss if kids are really crushing pills up to get high. Caroline thinks it is less dangerous than meth. She asks for another “addy” and Ian refuses.

SONG: I DON’T KNOW

Caroline, exhausted in the library, sings that she took the pill “*to be more than me for a day.*”

Kylie dumps Zach. Zach gets kicked off of the lacrosse team.

SCENE 4

The Bleachers, right after.

Zach is upset and depressed has a handful of painkillers and uppers. The New Kid shows up and tells him that if he takes them, it’ll all “go away.”

SCENE 5

A Restaurant.

Zach is late meeting Caroline and Ian, and shows up wearing sunglasses, acting erratically. He is clearly high. Caroline and Ian try to take him home, but he refuses.

SONG: I’M NOT GONNA STOP RIGHT NOW

In the song, Zach refuses his friend’s help, and acts out of control, saying he finally feels free. He gets into his car and drives off, hallucinating, and takes more pills. He is about to run into another car when the scene flashes away.

SCENE 7

The next morning.

Caroline wakes Ian up with a phone call. Zach has been in a car accident—he’s going to survive, but the other driver is in critical condition. Ian and Caroline wonder if they could’ve done anything different to change the outcome.

Warning Signs

- 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 can be normal parts of teen behavior. However, they can also be early warning signs of drug use or other risky behavior.

- Unexplained drop in grades, absences or tardies from school.
- Major change in peer group.
- Lies about his/her whereabouts.
- Trouble sleeping, or a new and abnormal sleep/wake cycle.
- Loss of interest in previously enjoyed hobbies/activities.
- Talks about different ways to get or use pills

WARNING

These are signs of trouble
These signs may indicate:

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

- Red, watery, or glassy eyes and/or dilated pupils
- Signs of cigarette smoking, or actively smokes cigarettes
- Comes to school "high"
- Steals money.
- Spent his/her personal money quickly with no explanation and/or evaded truth about spending.
- Empty medical containers in trash, room or pos-

DANGER

These are serious signs of a problem and indicate definite drug use. Tell a trusted adult, call a hotline—DO something to help, and quickly.

Fact Sheet

From the National Institute on Drug Abuse

PEERx Initiative¹



Myths About Prescription Drugs

Teens often have misconceptions about prescription drugs that may contribute to the increased abuse of these drugs in recent years. These misconceptions include:

Myth: Prescription drugs are safer to abuse than other drugs because they are prescribed by a doctor.

Fact: When used as prescribed, these medications *are* safe and effective. However, with nonmedical use, the health effects of prescription drugs can be as dangerous as those experienced from illegal drug use. Doctors take many factors into account when prescribing a drug for a person who needs it: dose size, the person's weight and height, how long the drug should be taken, and much more. The bottom line is that drugs affect everyone differently.

Myth: Using stimulant medications prescribed for attention deficit hyperactivity disorder (ADHD)—such as Adderall and Ritalin—offer an academic edge (e.g., increased energy and focus).

Fact: Stimulant medications affect people with ADHD differently than people without ADHD. For people who do not have ADHD, stimulants flood the brain with dopamine, causing a dopamine overload. So instead of having a calming effect as they would on people with ADHD, stimulants taken without a medical reason can disrupt brain communication and cause [euphoria](#). Repeated abuse of stimulants can:

- Increase blood pressure, heart rate, and body temperature.
- Decrease appetite and sleep.
- Cause feelings of hostility and paranoia.
- Increase a person's risk for addiction.²

Reasons for Abuse

Teens may cite a number of reasons to abuse prescription drugs, including:

- To get high
- To counter anxiety or sleep problems
- To boost their academic performance
- To help treat pain

Availability

Many teens who use prescription drugs for nonmedical purposes get the drugs from a friend or relative, either for free, by buying them, or taking them without asking.

² Sara Bellum Blog: "Prescription Stimulants Affect People with ADHD Differently," <http://teens.drugabuse.gov/blog/post/prescription-stimulants-affect-people-adhd-differently>

¹<http://teens.drugabuse.gov/peerx>

Commonly Abused Drugs Fact Sheet

From the National Institute on Drug Abuse



NIDA <small>NATIONAL INSTITUTE ON DRUG ABUSE</small>		Commonly Abused Prescription Drugs <small>Visit NIDA at www.drugabuse.gov</small>		<small>National Institutes of Health U.S. Department of Health and Human Services</small>	
<small>Names</small> Category and Name	Examples of Commercial and Street Names	DEA Schedule/How Administered	Intoxication Effects/Health Risks	Intoxication Effects/Health Risks	Intoxication Effects/Health Risks
<small>Sedatives</small> Barbiturates	Amytal, Nembutal, Seconal, Phenobarbital; barbs, rebs, red birds, phemnies, toolies, yellows, yellow jackets	II, III, IV/injected, swallowed	Sedation/drowsiness, reduced anxiety, feelings of well-being, lowered inhibitions, slurred speech, poor concentration, confusion, dizziness, impaired coordination and memory/slowed pulse, lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol	Sedation/drowsiness, reduced anxiety, feelings of well-being, lowered inhibitions, slurred speech, poor concentration, confusion, dizziness, impaired coordination and memory/slowed pulse, lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol	for barbiturates— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Sedatives</small> Benzodiazepines	Alivan, Halcion, Librium, Valium, Xanax, Klonopin; candy, downers, sleeping pills, tranks	IV/swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Sedatives</small> Zolpidem	Ambien (zolpidem), Sonata (zaleplon), Lunesta (eszopiclone)	IV/swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Morphine Derivatives**	Empirin with Codeine, Fiorinal with Codeine, Robitussin A-C, Tylenol with Codeine; Captain Cody, Cody schoolboy; (with glutethimide: doors & fours, loads, pancakes and syrup)	II, III, IV/injected, swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Roxanol, Duramorph; M, Miss Emma, monkey, white stuff	II, III/injected, swallowed, smoked	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Hydrocodone	Mehidose, Dolophine; fizzies, amidone, (with MDMA: chocolate chip cookies)	II/swallowed, injected	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Codeine	Actiq, Duragesic, Sublimaze; Apache, China girl, dance fever, friend, goodfella, jackpot, murder & TNT, Tango and Cash	II/injected, smoked, snorted	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Fentanyl	Tylox, Oxycotin, Percocet, Percocet; Oxy, O.C., oxycotton, oxycet, hillbilly heroin, percs	II, III, IV/chewed, swallowed, snorted, injected, suppositories	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Methadone	Vicodin, Lortab, Lorcet; vike, Watson-387	II/injected, smoked, snorted	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Propoxyphene	Dilaudid; juice, smack, D, footballs, dillies	II/injected, smoked, snorted	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Opana, Numorphan, Numorphone; biscuits, blue heaven, blues, Mrs. O, octagons, stop signs, O Bomb	II, III, IV/chewed, swallowed, snorted, injected, suppositories	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Demerol, meperidine hydrochloride; demmies, pain killer	II, III, IV/chewed, swallowed, snorted, injected, suppositories	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Darvon, Darvocet	II, III, IV/chewed, swallowed, snorted, injected, suppositories	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Buprenorphine, Buprenex, Butrans; bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	II/injected, swallowed, smoked, snorted	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Concerta, Ritalin; JIF, MPH, R-ball, Sippy, the smart drug, vitamin R	II/injected, swallowed, snorted	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Found in some cough and cold medications: Robitripping, Robo, Triple C	not scheduled/swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users
<small>Opioids</small> Oxycodone	Schedule I and II drugs have a high potential for abuse. They require greater storage security and have a quota on manufacturing, among other restrictions. Schedule I drugs are available by prescription and require a new prescription for each refill. Schedule III and IV drugs are available by prescription, may have refills in 6 months, and may be ordered orally. Most Schedule V drugs are available over the counter. Drugs by injection can increase the risk of infection through needle contamination with staphylococci, HIV, hepatitis, and other organisms. Injection is a more common practice for opioids, but risks apply to any medication taken by injection.	not scheduled/swallowed	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	Pain relief, euphoria, drowsiness, sedation, weakness, dizziness, nausea, impaired coordination, confusion, dry mouth, itching, sweating, clammy skin, constipation, slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants	for benzodiazepines— <i>euphoria, unusual excitement, fever, irritability/life-threatening withdrawal</i> in chronic users

Prescription Drug Abuse Fact Sheet



From the National Institute on Drug Abuse

Facts About Prescription Drug Abuse

Medications can be effective when they are used properly, but some can be addictive and dangerous when abused. This chart provides a brief look at some prescribed medications that—when used in ways or by people other than prescribed—have the potential for adverse medical consequences, including addiction.

In 2010, approximately 16 million Americans reported using a prescription drug for nonmedical reasons in the past year; 7 million in the past month.

What types of prescription drugs are abused?

Three types of drugs are abused most often:

- Opioids—prescribed for pain relief
- CNS depressants—barbiturates and benzodiazepines prescribed for anxiety or sleep problems (often referred to as sedatives or tranquilizers)
- Stimulants—prescribed for attention-deficit hyperactivity disorder (ADHD), the sleep disorder narcolepsy, or obesity.

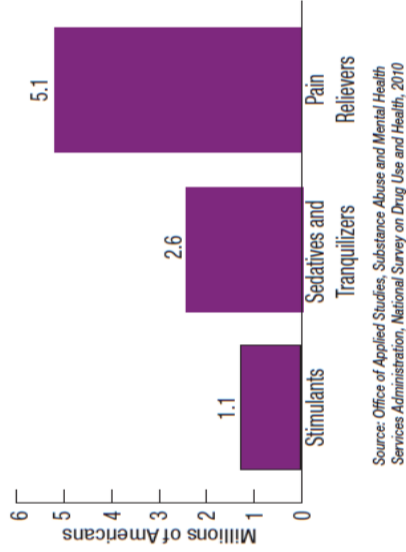
How can you help prevent prescription drug abuse?

- Ask your doctor or pharmacist about your medication, especially if you are unsure about its effects.
- Keep your doctor informed about all medications you are taking, including over-the-counter medications.
- Read the information your pharmacist provides before starting to take medications.
- Take your medication(s) as prescribed.
- Keep all prescription medications secured at all times and properly dispose of any unused medications.



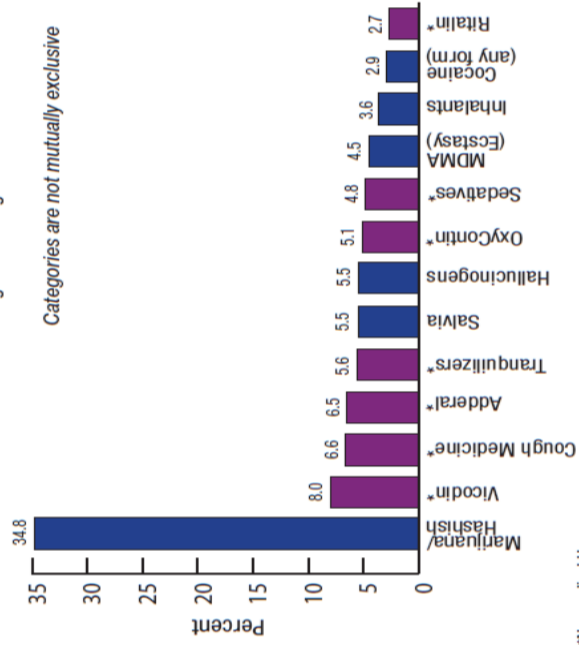
Order NIDA publications from DrugPubs:
1-877-643-2644 or 1-240-645-0228 (TTY/TDD)

~7.0 Million Americans Reported Past-Month Use of Rx Drugs for Nonmedical Purposes in 2010



After Marijuana, Prescription and Over-the-Counter Medications* Account for Most of the Commonly Abused Drugs

Prevalence of Past-Year Drug Use Among 12th Graders



Resources

Ask For Help

If you think you have a problem, or suspect that someone you know does, tell a trusted adult in your life. They can help you find the right resources that might help save a life.

Boys Town National Hotline

24-7, 365 Help

1-800-448-3000

Professional advice and information on local treatment centers.

Substance Abuse and Mental Health Services

Locator

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

Treatment Referral Line, 24/7

1-800-662-HELP



Educate Yourself

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>

National Institute on Drug Abuse for Teens

Learn more about prescription drug abuse and the PEERx prevention program.

<http://teens.drugabuse.gov/peerx>

Partnership for Drug Free Kids

www.drugfree.org/prevent

Quiz Yourself!

Find out if you are above the influence:

www.abovetheinfluence.com

Take the quiz and find out how much you know about medicine abuse.