



## Teen Prescription Misuse and Abuse for Lake Washington School District in 2018

### Background:

- Prescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor---like to stay awake, or "to get high".
- Prescription drugs that affect the brain, including opioid pain killers, stimulants, and depressants, may cause physical dependence that can turn into addiction.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications. Drug overdose deaths have been on the rise in the United States; in 2014 there were more overdose deaths than deaths from motor vehicle crashes (CDC National Center for Health Statistics).

### What can parents or caregivers do to prevent teen prescription misuse and abuse?

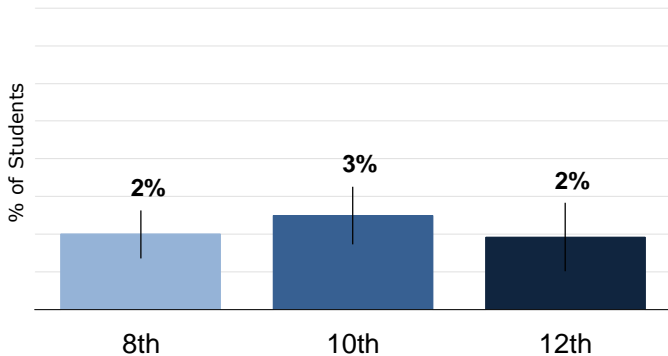
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at [www.medicineabuseproject.org](http://www.medicineabuseproject.org).
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Take steps to safeguard the most commonly abused prescription drugs (painkillers, sedatives, and stimulants) in your home: monitor their use, keep them in a lock box, and properly dispose of unused or expired medications.

### For More Information:

- Learn more at [www.drugfree.org](http://www.drugfree.org).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).
- For medication disposal locations, see [www.takebackyourmeds.org](http://www.takebackyourmeds.org).

### Student Abuse of Painkillers (in last 30 days)

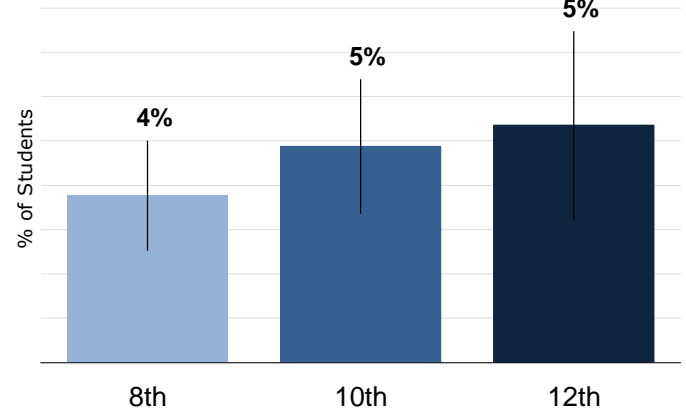
Students who report using painkillers\* to get high at least once in the past month



\*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

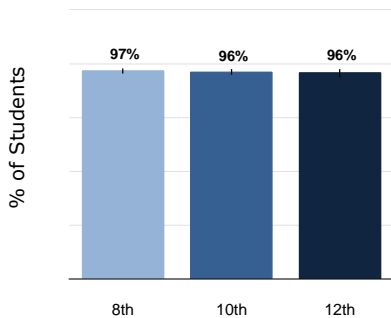
### Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

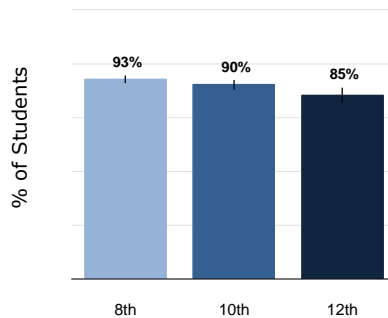


### When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

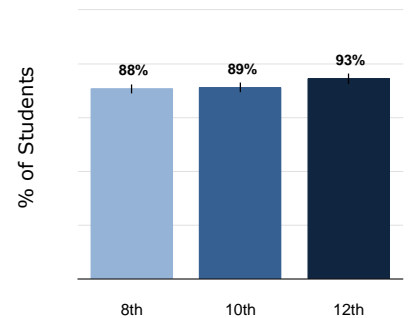
My parents would think it was wrong if I used prescription drugs not prescribed for me



My friends would think it was wrong if I used prescription drugs not prescribed for me



I risk harming myself if I use prescription drugs that are not prescribed for me



For more results from the 2018 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Lake Washington School District, 2,033 6th graders, 1,920 8th graders, 1,640 10th graders and 925 12th graders completed the survey.