



## How Much Do You Know About Prescription Pills?

**Prescription drug abuse is a serious problem among teens.** Although most people take prescription drugs like they are supposed to, many teens have misused or abused them at least once in their lifetime. Many teens mistakenly believe that if pills are prescribed by a doctor, they must be safer than taking illegal drugs like heroin or cocaine.

**Why do teens abuse prescription pills?** Teens abuse pills for many different reasons. Some take them to get “high,” to help deal with stress and anxiety, and to relieve pain. Others abuse ADHD medicine to help them concentrate and feel more focused while studying.

**Abusing or misusing prescription pills for ANY reason is unsafe and potentially dangerous to your well-being.** You could stop breathing, have a seizure or a heart attack, end up in a coma or even have a stroke. And a stroke can leave you paralyzed. In some instances, abusing prescription pills can even be deadly. Mixing prescription drugs with alcohol is even more dangerous.

**Talk to Your Parents.** Even if it feels weird or awkward, talk to your parents. They love you and want to be there for you. Don’t be afraid to start a conversation with them or ask questions—no matter what you’ve already done. Start the conversation today and let them know that you need their support without their judgment. Together with your parents, you can work through the problem.

**Manage Stress.** At some point in their lives, most people feel stressed and go through hard times. Some mistakenly believe they can manage stress and feel better by abusing prescription pills. The reality is... prescription drug abuse is not a healthy way to manage stress. Speak with a guidance counselor, doctor or a trained health professional if you need help.

### Get More Information.

[AbovetheInfluence.com](http://AbovetheInfluence.com)

[MedicineAbuseProject.org](http://MedicineAbuseProject.org)

[Teens.DrugAbuse.gov](http://Teens.DrugAbuse.gov)

[JustThinkTwice.com](http://JustThinkTwice.com)