

FACTS ABOUT OPIOIDS

4 out of 5 individuals who use heroin reported misusing prescription drugs first. Take medication only as directed.*

*Source: DEA.gov



STAY IN THE KNOW

PREVENTING SUBSTANCE MISUSE IN FREDERICK COUNTY



Frederick County Health Department

Visit StayInTheKnow.org/Opioids for more information on opioid misuse

Talking to Teens about Opioids

TIPS FOR DISCUSSING OPIOIDS

As a parent, teach your teen to:

- Respect the power of medicine and use it properly.
- Recognize that all medicines, including prescription medications, have risks as well as benefits. The risks can increase dramatically when medicines are abused or misused.
- Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

What to discuss with your teen:

- Don't assume that illegal drugs are the only threat to them. Taking someone else's prescription medications is dangerous and unlawful as well.
- The dangers of misusing prescription medicine include addiction, slower brain activity, irregular heartbeat, dangerously high body temperature, heart failure and lethal seizures
- Stress that the following popular beliefs are absolutely FALSE:
 - Prescription medicines are much safer than illegal drugs
 - Prescription pain relievers cannot be addictive or fatal
 - There is nothing wrong with using prescription drugs without a doctor's prescription.
- Encourage your teen to ask you or a doctor about the negative side effects of prescription medicine, how to watch for them, and what to do if a negative side effect is suspected.
- Ask your family physician to speak to your teen about the importance of properly using prescription medicines.
- Provide a safe and open environment for your teen to talk about abuse issues.

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[StayInTheKnow.org/Opioids](https://www.StayInTheKnow.org/Opioids)

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