

# commonly abused substances

## PRESCRIPTION DRUGS

<b>PAINKILLERS</b>	Oxycontin Percocet Morphine	Tylenol with Codeine Fentanyl
<b>SEDATIVES</b>	Klonopin Valium Xanax	Ativan Soma
<b>STIMULANTS</b>	Ritalin Concerta Adderall	Dexadrine Metadate

## HOUSEHOLD CHEMICALS

<b>OTC MEDICATIONS</b> DEXTROMETHORPHAN	Robitussin Coricidin HBP	Vicks Formula 44 Nyquil
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<b>INHALANTS</b>	<b>VOLATILE SOLVENTS</b> Paint Thinners and Removers Degreasers Gasoline Glue Correction Fluid Markers
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<b>AEROSOLS</b> Spray Paints Deodorant and Hair Sprays Cooking Sprays
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<b>GASES</b> Whipped Cream Dispensers Butane Lights Refrigerants
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<b>NITRITES</b> Room Deoderizer Leather Cleaner Video Head Cleaner
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# resources

## SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

[www.family.samhsa.gov](http://www.family.samhsa.gov)

## SAMHSA REFERRAL HELPLINE FOR TREATMENT 1-800-662-HELP

## THE PARTNERSHIP AT DRUGFREE.ORG

[www.drugfree.org](http://www.drugfree.org)

## NATIONAL INSTITUTE ON DRUG ABUSE (NIDA)

[www.nida.nih.gov](http://www.nida.nih.gov)

## AMERICAN ASSOCIATION OF POISON CONTROL CENTERS

1-800-222-1222

## for additional information

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# LOCK IT UP!

preventing teen abuse of prescription drugs, alcohol, & household products



# STOP YOUR CHILD FROM ABUSING COMMON HOUSEHOLD SUBSTANCES

## PRESCRIPTION DRUGS



- Prescription drugs are emerging as a common and easily accessible means of getting high
- 1 in 5 teens used a prescription drug not prescribed to them by a doctor
- More teens abuse prescription drugs than any illicit drugs, except marijuana
- In 2010, there were 2.4 million persons aged 12 or older who used psychotherapeutics nonmedically for the first time within the past year, which averages around 6,600 initiates per day
- Over one-half of people 12 or older who used prescription drugs recently reported they got the drugs from “a friend or relative for free”
- Over one-half of teens believe that there is little risk in using prescription drugs

## ALCOHOL



- Alcohol is the most commonly abused drug among teens
- Slightly more than half of Americans ages 12 or older reported being current drinkers of alcohol (~131.3 million people)
- The rate of alcohol use among youth ages 12 to 17 was 13.6% in 2010
- 10 million persons age 12-20 reported drinking in the past month
- In 2010, nearly one quarter (23.1 percent) of persons aged 12 or older participated in binge drinking.
- Heavy drinking is associated with illicit drug use and tobacco use
- Half of teens see no problem drinking 5 drinks a day

## HOUSEHOLD PRODUCTS



- A number of household products can be inhaled to get high quickly by “snuffing”
- Household products are easy to access and abuse
- In 2010, 793,000 youths aged 12 and older used inhalants for the first time
- 68.4% were under the age of 18 at first time of use
- Among new users aged 12-15, the most commonly abused inhalants are glue, shoe polish, spray paints, gasoline, and lighter fluid
- Among new users aged 16-17, the most commonly abused substances are nitrous oxide or whippets (whipped cream dispensers, gas cylinders)

Stats from the National Study on Drug Use and Health 2010 and the Partnership Attitude Tracking Study 2010

## SIGNS YOUR CHILD MAY BE ABUSING DRUGS, ALCOHOL, OR HOUSEHOLD PRODUCTS

### Changes in Personality

Mood swings - excessively happy or depressed  
Irritability  
Rage

### Physical Changes

Dilated or constricted pupils  
Slowed or increased rate of speech  
Lack of coordination  
Flushing of skin  
Loss of appetite  
Change in sleep pattern

### Changes in Personality

Secretive  
Change in appearance  
Academic decline  
New set of friends  
Seeking money

## STEPS TO PREVENTION



### AWARENESS

- Most parents are not aware of the dangers of prescription drug abuse and household chemicals and therefore do not include these drugs in their “Say No to Drugs” conversations with their children
- Monitor the number of pills in medication bottles
  - Monitor the amount of alcohol in your home
  - Read labels of household products to ensure safety and risks of use
  - Carefully supervise the use of medications or household products

### LOCK IT UP!

Carefully and securely lock up and store prescription drugs, alcohol, and other potentially hazardous substances, such as cough medicine, glue, paint thinner, and cleaning products



- Remove medications with potential for abuse from the medicine cabinet
- Use child-proof locks to securely lock up drugs, alcohol, and household chemicals in the home
- Educate family members whose homes your child may visit about locking up products with the potential for abuse

### DISCARD

Throw away old prescriptions and household products that are not being used

- Throw away unused/ old prescription bottles and household products
- Toss medications and products outside of your home to prevent retrieval from the trash
- Remove your personal information before discarding

