

What Parents Can Do

- Set a clear family rule: Drug use is statistically less frequent in homes where the parents have a clearly stated family rule.
- Know the consequences. It will give you confidence when you speak to your kids.
- Although it is never too late, start talking to kids at an early age and repeat often. Make sure your kids know the risks and consequences.
- Let kids know that the majority of students do not use prescription drugs. A 2009 survey of the DHS students shows that 90% are not current users.



Parental Monitoring

There is much less drug use where students report high parental monitoring. This includes such parental activities as:

- Always knowing where your kids are; who they are with.
- Insuring parents are home if kids are at a friend's home.
- Always being up when your kids come in at night so they know they will face you if they have been using drugs.
- Monitoring your medicine cabinet so that you can identify when even a few pills are missing.
- Being alert for "signs" when cleaning their room or doing laundry.



Resources

Dover Coalition for Youth
603-516-3279
www.DoverYouth.com

Dover Schools
DHS Main Office - 516-6924
DMS Main Office - 516-7200

**Dover Police Department
Community Outreach Bureau
Dover Youth to Youth**
603-516-3274
www.DoverYouth.com

Dover Police Department
(to report drug information)
742-4646

Website resources for more info:
www.theantidrug.com
www.drugfree.org



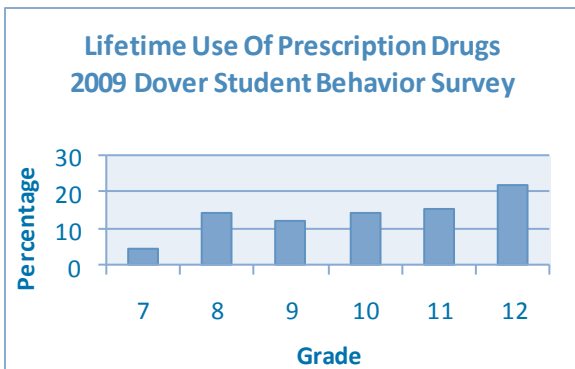
Medicine Abuse: *What Dover Parents Can Do*



Why Does It Matter?

Teens are abusing some prescription and over-the-counter (OTC) drugs to get high. This includes painkillers, such as those drugs prescribed after surgery; depressants, such as sleeping pills or anti-anxiety drugs; and stimulants, such as those drugs prescribed for attention deficit hyperactivity disorder (ADHD). Teens are also abusing over-the-counter drugs, such as cough and cold remedies.

More teens abuse prescription drugs than any illicit drug except marijuana. In 2008, nearly 2 million teens age 12 to 17 reported abusing prescription drugs. Among 12- and 13-year-olds, prescription drugs are the drug of choice.



Recent surveys of Dover students have showed that:

- 10% of high school students have reported abusing prescription drugs in the past 30 days
- 55% of students report that prescription drugs are easy or very easy to get

70%
of teens get
prescription drugs
from a friend or
relative

Know the Consequences

Emergency room visits involving prescription and over-the-counter drug abuse grew 81 percent from 2004 to 2008. A single large dose of prescription or over-the-counter painkillers or depressants can cause breathing difficulty that can lead to death.

Stimulant abuse can lead to hostility or paranoia, or the potential for heart system failure or fatal seizures. Even in small doses, depressants and painkillers have subtle effects on motor skills, judgment, and ability to learn, which can increase the risk of injury.

The abuse of over-the-counter cough and cold remedies can cause blurred vision, nausea, vomiting, dizziness, coma, and even death.

It isn't always the drugs you suspect kids will abuse. In Swanzey, New Hampshire a 16-year-old teen overdosed on 18 Dramamine pills and nearly died.

Many teens report mixing prescription drugs, over-the-counter drugs, and alcohol. Using these drugs in combination can cause respiratory failure and death.

Many of these drugs can be addictive. Teens who first abuse prescription drugs before age 16 have a greater risk of drug dependence later in life.

“Medicine abuse is a growing problem that demands parents’ immediate attention. Parents can inadvertently become their child’s drug dealer by failing to dispose of the unused portion of a prescription or neglecting to keep track of their medications. Just because these drugs are “legal” doesn’t mean they’re not lethal.”

— Vice President Joe Biden
Op-ed published in the *Delaware State News*

Disposing of Medicine

Most teens get prescription and over-the-counter drugs from friends or family. It is important for parents to remove all unused or unneeded medications from the home and encourage friends and family to do the same.

The New Hampshire Department of Environmental Services promotes not storing unneeded medicine, not flushing medicine or pouring it down the drain. Below are the guidelines provided.

- 1) Pour medicine into a sealable plastic bag.
- 2) If the medication is a solid, add a small amount of water to dissolve it.
- 3) Add any undesirable substance (such as dirt, coffee grounds or kitty litter) to the liquid medicine in the plastic bag.
- 4) Seal the bag and immediately dispose of it in the trash for regular pick-up.
- 5) Use marker to block out any personal contact information on the empty medicine container prior to disposing of it in the trash.

For more information visit
www.nh.gov/medsafety

