

PARENTS MAKE

A Difference

Helping our teens by learning from the 2017
Youth Risk Behavior Survey of CESA 3
students

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University of Wisconsin-Extension

Preventing Drug Use: Prescriptions & Opioids

Misuse of prescription drugs can lead to addiction, hospitalization, and even overdose death.

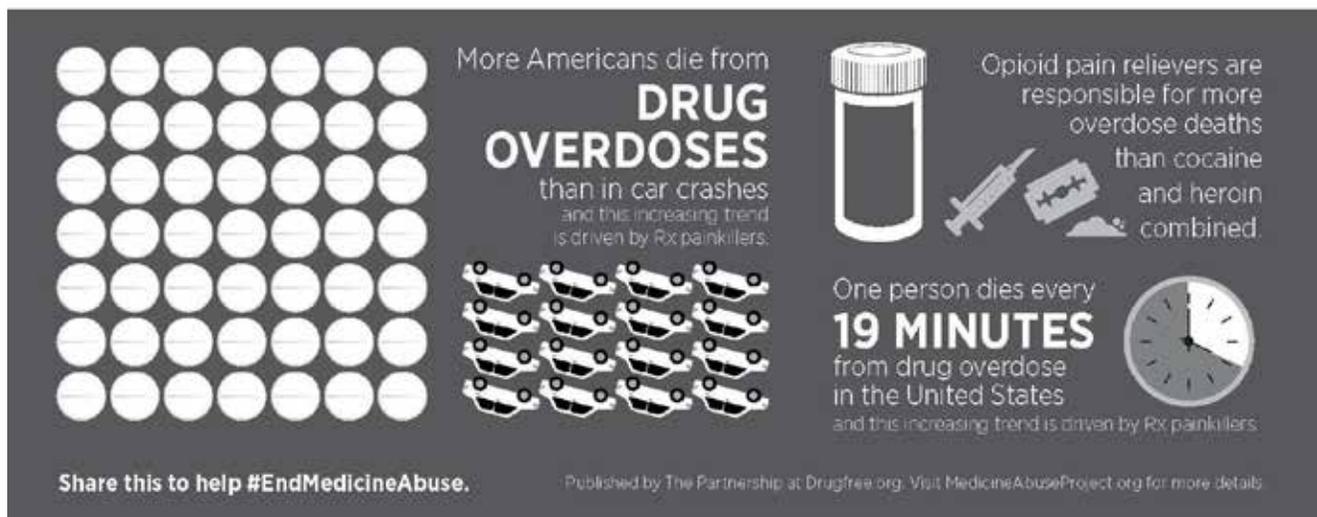
- Becoming addicted to prescription painkillers can lead to using heroin because the core ingredients are so similar.
- Teens may (incorrectly) believe that prescription drugs are safer than other drugs or try them because they are easy to find in a medicine cabinet.

Take away: teach teens about the serious dangers of prescription drug misuse and keep these drugs out of the hands of teens.

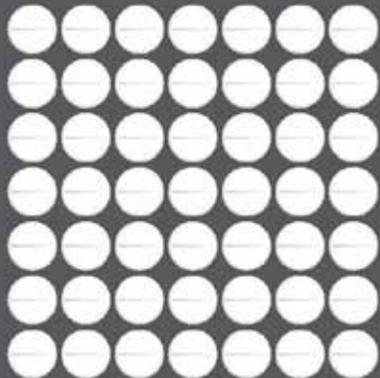
Drug Use in Southwest Wisconsin Teens

How many teens are abusing prescriptions or opioids? The 2017 Department of Public Instruction Youth Risk Behavior Survey asked 5,952 youth in grades 7 through 12 in CESA 3, at 25 schools in Southwest WI.

- **Nearly 9%** of High School (9-12 grade) students reported they have taken, at least once, a prescription painkiller like OxyCotin, Percocet, Vicodin, or codeine without a doctor's prescription.
- **Over 7%** of High School students have taken other prescriptions like Adderall, Ritalin, or Xanax without a prescription.
- The rate is nearly 6% for Middle Schoolers (7-8 grade) for both of these.
- The only substances that they report using at higher rates are alcohol (52%) and marijuana (16%).
- These substances can be the gateway to other drug use, so working to prevent underage drinking and marijuana use in teens can also help reduce the use of harder drugs.



More Americans die from **DRUG OVERDOSES** than in car crashes and this increasing trend is driven by Rx painkillers.



Opioid pain relievers are responsible for more overdose deaths than cocaine and heroin combined.

One person dies every **19 MINUTES** from drug overdose in the United States and this increasing trend is driven by Rx painkillers.



Share this to help #EndMedicineAbuse.

Published by The Partnership at Drugfree.org. Visit MedicineAbuseProject.org for more details.

Staying safe at school

School should be a place for learning and personal development, yet many Southwest WI students have encountered drugs at school or elsewhere in the community. Over a third of YRBS surveyed High Schoolers believe that illegal drugs are a problem at their school. One in five surveyed Middle Schoolers say they've been offered, sold, or given an illegal drug on school property. One in ten surveyed High Schoolers have *attended* school under the influence of alcohol or other drugs. Remind your teen that they have the power to help make their school a healthy place. Are there student and parent groups to combat drug and alcohol abuse? Join with others to reduce prescription drug and opioid use in your community.



REMEMBER – PARENTS MAKE A DIFFERENCE!

Although the media and peers are big influences on teens, they also hear their parents' voices! Kids who continue to learn about the risks of drugs at home are up to 50 percent less likely to use drugs than those who are not taught about the dangers². So what has your teen heard *from you* about prescription drugs?

89% of High Schoolers and 91% of Middle Schoolers (7th & 8th grades) in Southwest WI feel their parents would think it is "wrong or very wrong" for them to take prescription drugs without a prescription. Make sure they hear this message from you and keep prescriptions in a safe place so that they are not easy to misuse in your home.

Tips from "Talking to your Kids About Prescription Drug Abuse: Not Worth the Risk"

- Provide a safe and open environment for your teen to talk about abuse issues.
- Tell your teen that prescription medicines can be addictive and are NOT safer than other illegal drugs.
- Keep prescription medicines in a safe place and avoid stockpiling them.
- Promptly and properly dispose of any unused prescription medicines.
- If you think your teen may be abusing prescription medication, talk to your family physician or call SAMHSA's National Helpline: 800-662-HELP (800-662-4357)

Drug Abuse Prevention Resources:

Check out these websites for videos and helpful tools:

<https://drugfree.org/medicine-abuse-project/resources/>

Sources

1. <https://www.dhs.wisconsin.gov/publications/p4/p45718-16.pdf>, pg94
2. <https://store.samhsa.gov/shin/content//SMA12-4676B1/SMA12-4676B1.pdf>

"Parents Make a Difference" is a product of the Southwest Wisconsin Youth Risk Behavior Survey (YRBS), a program of the Department of Public Instruction, University of Wisconsin-Extension and local school districts. This newsletter is adapted from the UW-Extension newsletters "Whose Kids?...Our Kids!" This issue of "Parents Make a Difference" was written by Chelsea Wunnicke, UW-Extension Richland County. This issue was reviewed by Bev Doll, UW-Extension Grant County; Amy Mitchell, UW-Extension Crawford County; Lori Wick, UW-Extension Lafayette County; Karleen Craddock, UW-Extension Richland County; and Sarah Weier, UW-Extension Iowa County. Thanks are extended to the 5,952 7th to 12th graders from Southwest Wisconsin who participated in the 2017 YRBS survey. Contact UW-Extension for further information: Grant County (608) 723-2125; Lafayette County (608) 776-4820; Crawford County (608) 326-0223; Iowa County (608) 930-9850; or Richland County (608) 647-6148. Or visit our website at: <http://www.cesa3.org/yrbs.html>

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