

Facts for Teens About Prescription Drugs

Chances are you have heard that taking prescription medications is safer than using illegal drugs because they are legal.

Well, we know that even acetaminophen [also known as Tylenol] is dangerous if overused and that's what most people can buy over-the-counter for a plain old headache.

Possible Side Effects

Some medicines have dangerous side effects even when taken the way a doctor prescribes them.

Deadly Consequences

You hear all the time about "accidental" overdoses. Not everyone who mixes alcohol and prescription medications know about the deadly consequences of this cocktail. Forget this: 'it won't happen to me' thought. Remember this: once you start, you may not be able to stop or worse yet-you might survive in a vegetative state. And that's not fun for anyone.

Know the Truth

Using prescription drugs not as recommended is just as dangerous as abusing illicit drugs. When someone tries to convince you that taking a prescription pill is safe-remember- The drug may not have affected them [YET], but it just might be really harmful for you.

Avoid Peer Pressure

Try these pointers:

1. Hang out with people who have the same ideas about healthy living.
2. Join a club or volunteer group. This should help you avoid boredom and be around people who share the same beliefs.
3. If you find yourself in a sticky situation-find a way to escape by:
 - Act as if you 'assume' they are joking.
 - Explain that you have another place to be and leave.
 - Suggest another activity
 - Ignore the suggestion
 - Just say "I'm not into that" or if you need to be more forceful try "I said I'm not into that-get it?"
 - Try to leave the situation-you'll be surprised by who will follow you.
4. If you feel like you can't get yourself out of a situation, text or call a trusted adult with a "**code word**" that lets them know to come and get you NOW.

YOLO so DIP before you get Merked*

*You Only Live Once so Leave before you get Drunk, High, Knocked Out.

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