

# We're Doing It!

Committed to a Stronger, Healthier Princeton

## PADA Board 2009-10

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Funding for Princeton Alcohol and Drug Alliance programs is provided through the Mercer County Office on Addiction Services and the Governor's Council on Alcoholism and Drug Abuse.

## Talk to Your Teen Beginning with Your Medicine Cabinet

### According to the Partnership for a Drug Free America Annual Tracking Survey:

- 1 in 5 teens has abused a prescription pain medication
- 1 in 5 teens reports abusing prescription stimulants and tranquilizers

### Why the rise in prescription and over-the-counter drug abuse?

- Teens think they are safer than street drugs because they have a "legitimate" use
- Teens have easy access from home medicine cabinets and availability on the Internet
- Teens seeking to feel less depressed, less stressed, and more focused
- There are an abundance of ad campaigns that promote taking pills to "feel better"

### The National Survey on Drug Use and Health found 4 types of prescription medications commonly abused:

- Pain Relievers
- Amphetamines (includes ADD and ADHD drugs)
- Sedatives
- Cough/Cold Medicine

## Tips for Parents

- **Talk** to your teen about the dangers of prescription and OTC (Over-the-Counter) drug use.
- **Safeguard** medications at home. Other teens can be guests in your home so do not leave medications out in view or in easily accessible places like a medicine cabinet.
- **Take inventory** and pay attention to quantities of what you have.
- **Be aware** that drugs can be bought on the Internet without prescriptions.
- **Be alert** if your child takes medication and is running out of pills too quickly, losing pills or requesting refills before he/she should need it. Teens report getting these drugs from friends who are prescribed these medications.

**It is important to know that teens are not the only ones at risk for prescription drug abuse.** The National Institute on Drug Abuse (NIDA) has tracked prescription and OTC abuse trends among older adults as well. Seniors are at risk because they are more likely to be prescribed numerous long term prescriptions that can result in unintentional misuse or abuse.

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



**PADA is a volunteer organization comprised of teens, parents, professionals, government officials, local school and university representatives, and other community stakeholders. We are dedicated to the reduction of alcohol, tobacco, and other drug use/abuse through prevention, education, and community programming.**

For more information on how you can support the PADA, contact the PADA, contact Alliance Coordinator Gary De Blasio:  
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Visit: [www.cornerhousenj.org](http://www.cornerhousenj.org)

Preventing Addictions...Developing Awareness

