

### Background:

- Prescription drug misuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor, like to stay awake, or "to get high".
- Prescription drugs that affect the brain, including opioid pain killers, stimulants, and depressants, may cause physical dependence that can turn into addiction.
- Most teens get prescription drugs they misuse and use from friends and relatives, sometimes without the person knowing.
- Prescription drug misuse has become an important health issue, particularly the danger of misusing prescription pain medications. Each year, there continues to be more overdose deaths than deaths from motor vehicle crashes (CDC National Center for Health Statistics).

### What can parents or caregivers do to prevent teen prescription misuse?

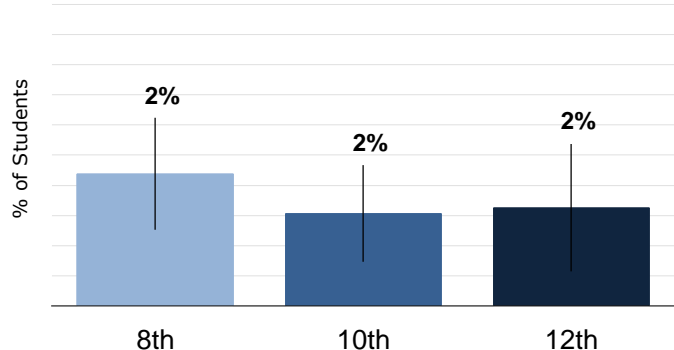
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at [www.medicineabuseproject.org](http://www.medicineabuseproject.org). Visit Starts with One Parent Toolkit <https://getthefactsrx.com/parent-toolkit>
- Keep the most commonly misused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Talk with teen about not taking pills or prescriptions not prescribed to them. Medications should not be shared with peers.
- Take steps to safeguard the most commonly misused prescription drugs (painkillers, sedatives, and stimulants) in your home: monitor their use, keep them in a lock box, and properly dispose of unused or expired medications. Parents should keep medication and only provide it to teen according to prescription.
- Follow prescriptions and seek advice from provider on when it's ok to stop taking medication.

### For More Information:

- Learn more at [www.drugfree.org](http://www.drugfree.org).
- For 24 hour help for mental health, substance use or misuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpline.org](http://www.waRecoveryHelpline.org).
- For medication disposal locations, see [www.takebackyourmeds.org](http://www.takebackyourmeds.org).

### Student Misuse of Painkillers (in last 30 days)

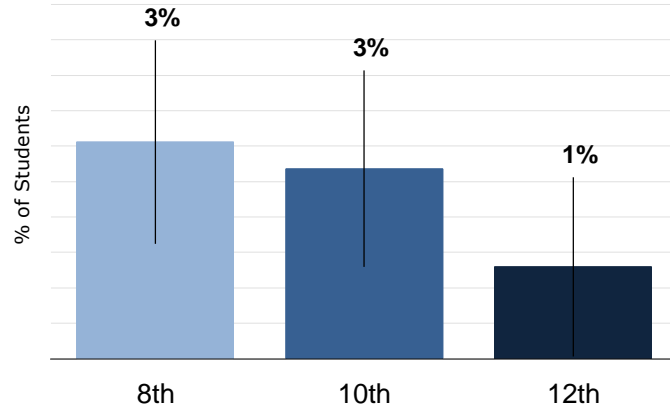
Students who report using painkillers\* to get high at least once in the past month



\*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

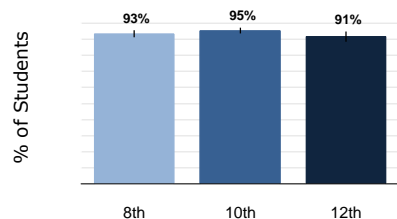
### Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

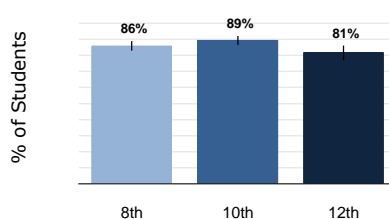


### When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

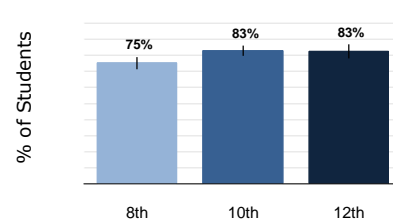
My parents would think it was wrong if I used prescription drugs not prescribed for me



My friends would think it was wrong if I used prescription drugs not prescribed for me



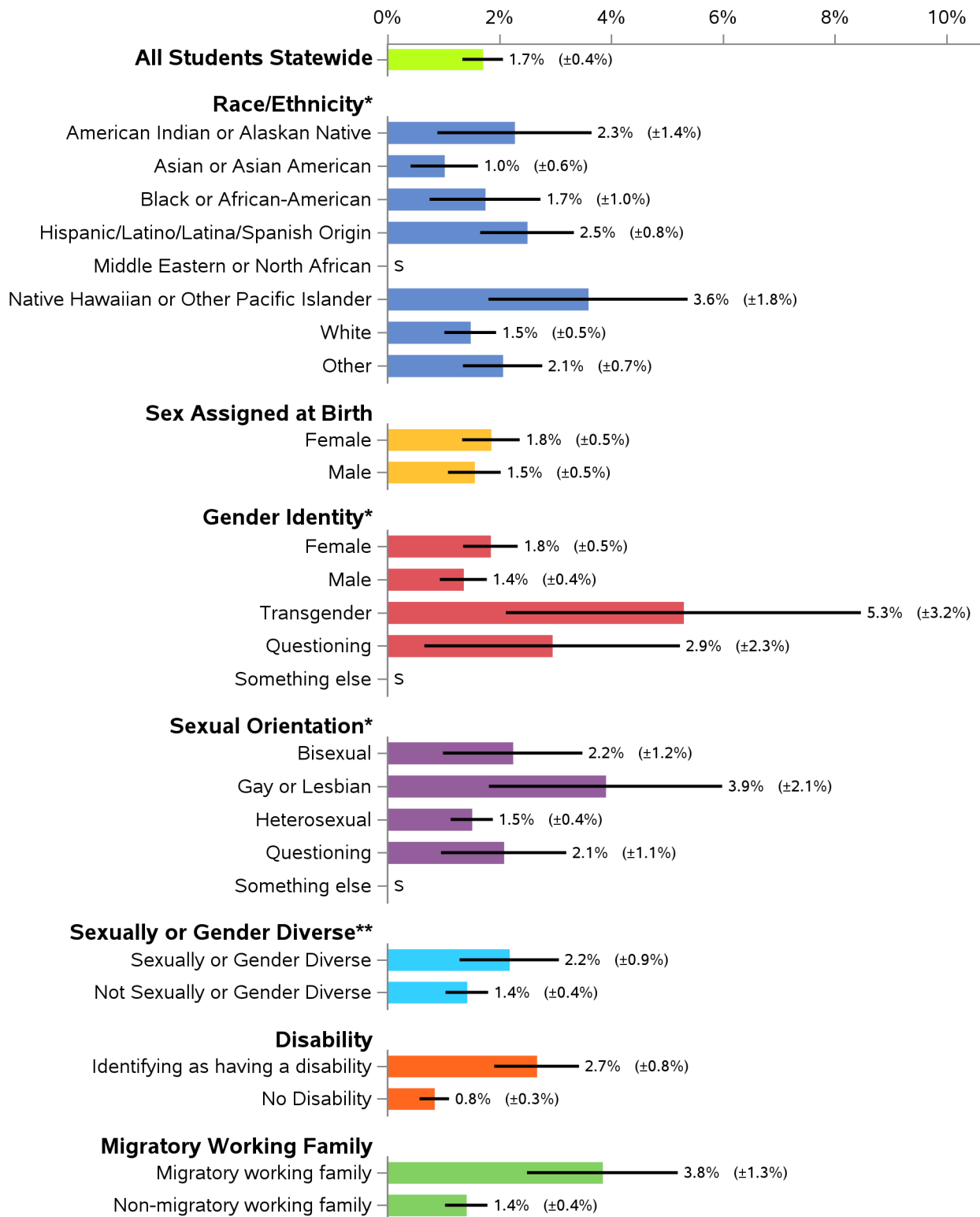
I risk harming myself if I use prescription drugs that are not prescribed for me



For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Skagit County, 1,120 6th graders, 1,126 8th graders, 1,056 10th graders and 643 12th graders completed the survey.

# Statewide Relationship between Current (past 30 day) Painkiller Use and Demographics, Grade 8, 2023

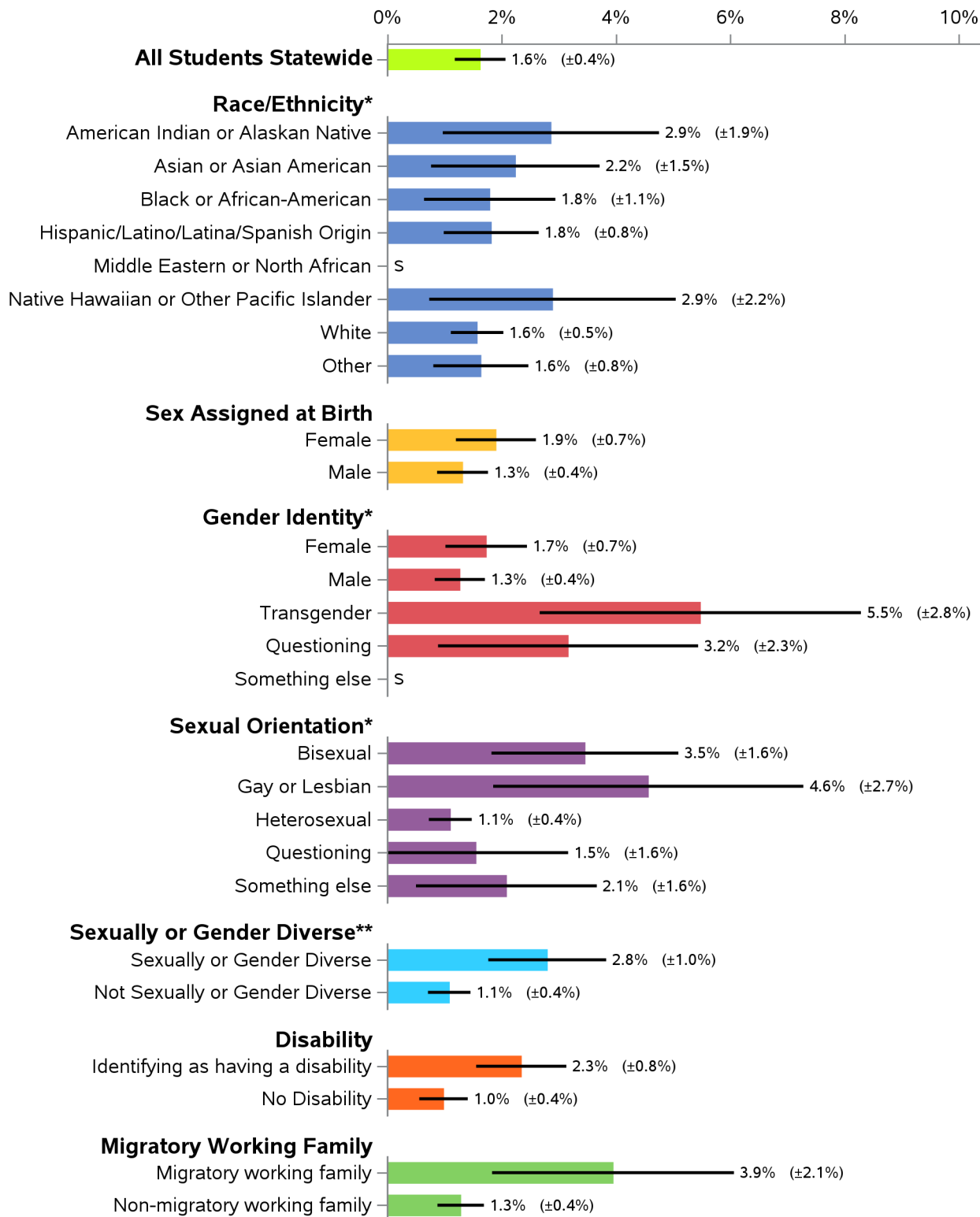


\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

# Statewide Relationship between Current (past 30 day) Painkiller Use and Demographics, Grade 10, 2023

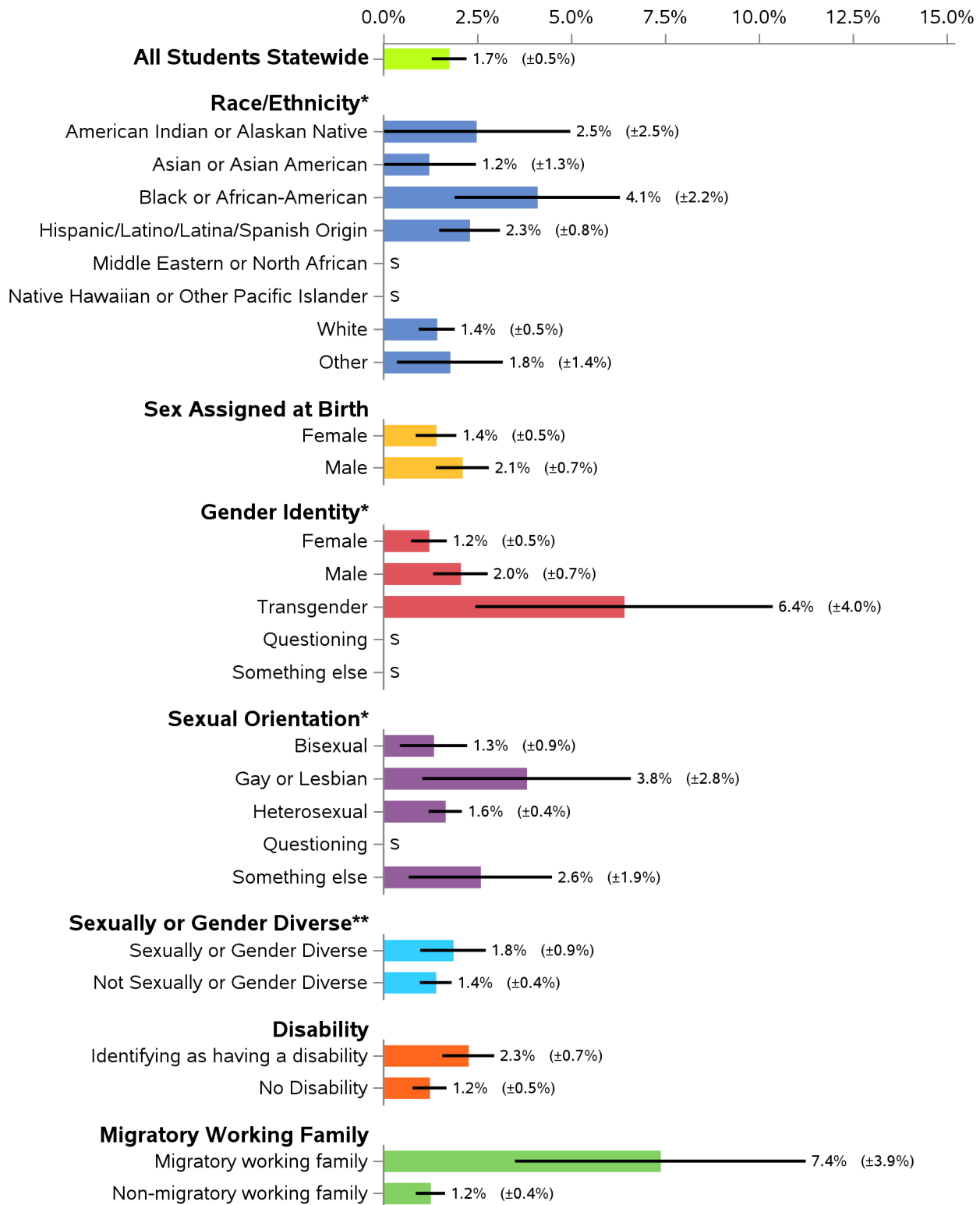


\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

# Statewide Relationship between Current (past 30 day) Painkiller Use and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way