

# DOSE OF REALITY FOR EDUCATORS

## FACT: YOUNG PEOPLE AGES 12-25 ARE AT A HIGHER RISK OF ADDICTION ;

And more than 70% of people who abuse prescription painkillers get them through friends or relatives.

### What kind of drugs are prescription painkillers?

Prescription narcotics ("opioids") are painkillers prescribed by doctors, typically in pill form, to help patients with severe or chronic pain. While their use and benefit is widely debated, there's one thing for certain, users are *always* at risk for addiction.

### Some common prescription painkillers include:

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|-----------------|-----------------|
| ● Oxycodone     | ● Fentanyl      |
| ● Hydrocodone   | ● Propoxyphene  |
| ● Diphenoxylate | ● Hydromorphone |
| ● Morphine      | ● Meperidine    |
| ● Codeine       | ● Methadone     |

### What are signs of addiction to watch for?

Some signs are physical, and some are behavioral.  
Common signs include:

- Noticeable elation/euphoria
- Marked sedation/drowsiness
- Constricted pupils
- Slowed breathing
- Intermittent nodding off
- Loss of consciousness
- Constipation
- Confusion
- Dramatically changing moods
- Social withdrawal or new friend group
- Loss of interest in sports or hobbies
- Change in eating, sleeping, or personal hygiene
- Taking medication for reasons besides pain
- Consistently late to school/class or increased absences

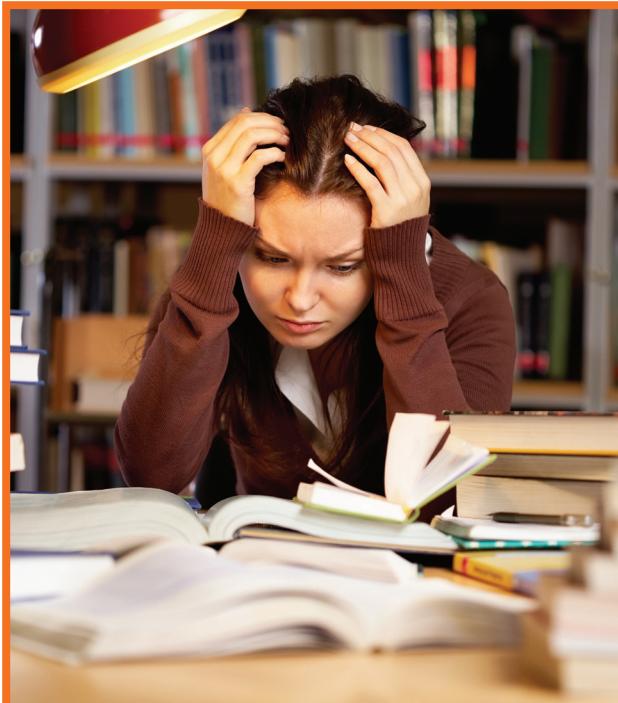


# DOSE OF REALITY FOR EDUCATORS



**FACT: IN THE U.S., PRESCRIPTION PAINKILLERS ARE INVOLVED WITH MORE OVERDOSE DEATHS THAN HEROIN AND COCAINE COMBINED.**

4 out of 10 teens believe prescription drugs are less dangerous and less addictive than street drugs.



## What educators can do:

- Understand the risk factors for abuse of painkillers: stress over schoolwork or exams, trouble with friends, depression, anxiety
- Talk with students and parents about the risks and dangers of prescription painkillers, especially opioids and narcotics
- Encourage parents and students to ask healthcare professionals for non-narcotic painkiller alternatives if prescribed
- Let parents and students know that you will stand by them and offer support if they need it
- Review your school's policies on drug use and encourage administrators to consider updating them to include use and/or abuse of narcotic painkillers
- Watch students for signs of addiction
- Visit [DoseOfRealityWi.gov](http://DoseOfRealityWi.gov) for more information and links to resources

