

# What is Prescription Abuse?

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**Prescription Abuse** is when a person take too much of a medication, or relies on their medication to make them feel good, even if they are no longer sick. People abuse this medication because of the feeling that they get when taking too much of it. However, what some people don't know is that if you take too much of a medication, you can actually get even more sick!



First things first, make sure that you only take the medication that is meant to help you get better. You should never take medication “just because”, that is VERY unhealthy. Your doctor and your parents will help as much as possible, but overall it is up to YOU to make sure you never abuse this medication.

## **The 5 stages of Prescription Abuse:**

- 1) Potential - the chance to abuse a certain medication
- 2) Experimentation - try the medication once or twice
- 3) Regular Use - addiction to the medication
- 4) Overuse - too much of the medication
- 5) Burnout - the medication does not have effect anymore...search for more harmful medication



## **Interesting Facts:**

- The top abused substances are alcohol and tobacco. Prescription medicine is ranked 15
- 14.1% of kids ages 1-11 abuse at least one substance.
- If you abuse a substance, there is a high chance that your family members will also abuse substances.
- There are programs available to teach people about the harm of substance abuse.
- A large amount of kids only abuse substances because their friends tell them to. You should NEVER give into peer pressure.
- It is possible to abuse both illegal drugs AND prescription drugs.