

For many parents today it seems like uphill battle trying to keep their teens safe. Every day they are faced with dangers when they leave home. Traffic accidents, child molesters, bullying that can lead to severe hidden depression behaviors, just to name a few. But could you be unknowingly exposing them to danger before they even leave your house?

A new fad is sweeping through the teenage community.

It is called Pharming. This is when these tends go through the medicine cabinets of every house they can, yours, grandparents, aunts and uncles, even family friends. Then have what the call pharm parties. You cannot attend unless you have some pills.

These parties are extremely dangerous. The pills are jumbled together and offered up as trail mix. More often than not they have no idea what they are taking and mixing. Whether it be pharming or underage drinking or cutting another not so hidden teen concern among parents.

First step to prevention= make a check of your medicine cabinet and secure dangerous prescriptions. These legal drugs can be as deadly as guns around kids.



What is a Pharm Party?

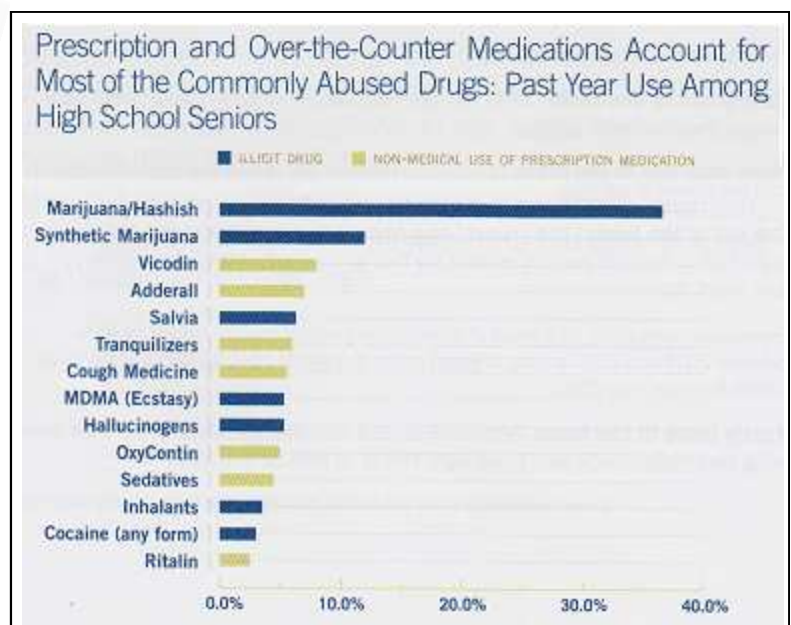
It's not a keg party out on the farm!

Today, when young people talk about a "Pharm Party," they are not necessarily referring to a keg party in someone's barn out on the family farm. The new term "Pharm Party" refers to a party where prescription drugs are readily available in a potentially deadly mixture. The term "Pharm" is short for pharmaceuticals, which includes such drugs as Xanax, a strong tranquilizer and powerful pain killers like Vicodin and Oxycontin. Often times mind altering psychotropic drugs like Zoloft, Prozac, and Wellbutrin, commonly advertised on television, are taken in concert with other powerful pain pills and tranquilizers at these pharmaceutical cocktail parties. Pharm party goers often refer to this potentially lethal concoction as "trail mix". The "trail mix" is usually served up in large bowls or baggies and handed out to guests in the same fashion as a hostess serves snacks and drinks at a cocktail party.

How Teens Abuse Medicine



Because the U.S. Food and Drug Administration puts its seal of approval on prescription drugs, many teens mistakenly believe that using these drugs – even if they are not prescribed to them – is safe. However, this practice can, in fact, lead to addiction and severe side effects. The Center for Drug Evaluation and Research cites the following most commonly abused prescription drugs:





Kids are attending these parties all over the United States. Make sure your kid is not one of them. Talk to your kids about drugs and the dangerous of them.

Ten Tips for Parents:

1. Talk to your kids about drugs.
2. Ask your kids if they have any problems or stress at school. Or if they might be feeling depression or anxiety all the time.
3. Find out who your child is hanging out with.
4. Set a curfew for your child.
5. Make your child get a job. Most jobs do a drug test before hiring anybody. The job will give your child focus and a drive to succeed in life.
6. Know the facts about drugs. Search online and find out about teenage drug abuse.
7. If your kids are being legally prescribed drugs from their doctor for depression or physical pain, make sure they are taking the correct doses.
8. Make your child join a community youth group, after school club, or sport. If your kid is busy with something they really enjoy, then they won't have time to think about drugs or doing illegal activities.
9. Keep a record of what medicines you have in your medicine cabinet. If you have prescribed painkillers, sedatives, or anxiety medicine, you might want to keep them locked up.
10. The most important thing is to love your children no matter what. Express how much you love your children. Take them out to lunch or spend a day with them. Love is the most important thing.

Recent drug surveys also provide evidence that the problem of intentional medicine abuse has grown. Six of the top ten drugs abused by 12th graders are prescription and over-the-counter medications. After marijuana, prescription and over-the counter medications account for most of the top illicit drugs abused by 12th graders in the past year.

In 2011, **22% of 12th graders** indicated misuse of a prescription drug without medical suppression in their lifetime; and 15% over the past year.

One in 12 high school seniors reported past year non-medical use of the prescription pain reliever, Vicodin.

Additionally, recent drug surveys found that teens generally get their prescription drugs from friends and family; **70% of 12th graders** said they were given the drugs by a friend or relative.

One in 20 high school seniors reported abusing OxyContin



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