



### CONTACT INFORMATION

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### Hours of Operation

*Monday-Friday*  
9:00am - 4:30pm

*Saturday, Sunday and Holidays*  
CLOSED



### PARTNERS:

On November 25, 2005, the BC Centre for Social Responsibility officially opened at the University of the Fraser Valley (UFV).

This provincial resource centre at UFV coordinates, facilitates research, and evaluates programs with a focus on anti-social behaviors, such as alcohol misuse, gaming, and internet addiction prevention, FASD strategies, and social responsibility. This is a joint initiative of the Ministry of Labour and Citizenship Services, Office of the Chief Information Officer, and UFV.

Through research, referrals and resources the BC Centre for Social Responsibility supports:

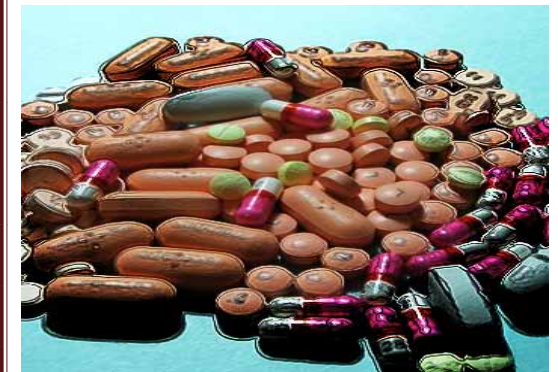
- Government Ministries
- Provincial and Community Organizations
- Law Enforcement
- Academics and Education Partners
- Local Health Authorities
- The Public



The BC Centre for Social Responsibility is also co-located with Simon Fraser University for research, and is housed in the UFV School of Criminology and Criminal Justice.



# PRESCRIPTION DRUG ABUSE



## Facts and Resources

# Prescription Drug Abuse and Youth: Information for Parents and the Public

## What is Prescription Drug Abuse?

Individuals who abuse and misuse prescription drugs will typically use them in greater amounts than prescribed, for reasons other than why they were prescribed, or without a valid prescription.

## Why are Young People Abusing Prescription Medications?

- Belief that a prescription drug is safer to use than an illicit drug because it is medicine
- To get “high”
- Easily accessible
- Inexpensive
- To cope with anxiety and stress
- To fit in or have fun with friends

### DID YOU KNOW...

In the United States, the only illicit drug abused more frequently than prescription drugs is marijuana (National Drug Intelligence Center, 2006).

## What are the Dangers of Using and Mixing Prescription Drugs?

- Death
- Coma
- Heart Attack
- Diarrhea
- Addiction
- Feelings of paranoia
- Nausea
- Physical Injury

## What are the Most Commonly Abused Prescription Drugs?

- Opioids (Tylenol 3, OxyContin, Percocet)
- Depressants (Valium and Xanax)
- Stimulants (Adderall and Ritalin)

## How are these Drugs Obtained?

- Doctor shopping (seeing multiple doctors to get the same prescription)
- Stealing or getting drugs from friends or family, especially from medicine cabinets or from dealers
- Internet pharmacy websites where you can get some medications without a prescription
- Theft from a pharmacy

## What are “pharm parties”?

A group of young people getting together, mixing prescription drugs in a bowl, taking a handful of these drugs, and ingesting all or some of them, without knowing exactly what they are taking.

## What can Parents Do?

- Educate yourself, your children, family and friends; prescription drugs can be just as dangerous and addictive as “street drugs”.
- Keep track of the quantities of medications in your home. Store them in a safe place. Discard old or unused medications; ask your pharmacist how this can be done properly.
- Follow medical directions carefully; make sure you and your children use prescription drugs only when prescribed by a medical doctor and take only the recommended dosages.

## Resources

Canadian Centre on Substance Abuse:  
[www.ccsa.ca](http://www.ccsa.ca)  
Parents: TheAntiDrug:  
[www.TheAntiDrug.com](http://www.TheAntiDrug.com)  
National Institute on Drug Abuse:  
[www.nida.nih.gov](http://www.nida.nih.gov)

For more information on this and other topics visit the BC Centre for Social Responsibility at: [www.bccsr.ca](http://www.bccsr.ca)