



August/September  
2010

# Youth Leadership Institute



Different Interests- Common Cause- to be Drug-Free



## Upcoming Meetings: Youth Leadership Institute (Formerly DEFY)

"Raising awareness among youth and their peers"  
61 Spring St., 3rd Floor, Newton

Questions about YLI, Upcoming Meetings  
and Exciting Events?

Call Ayla @ 973-383-4787

*Bring a friend and get a prize!*

**Make new friends...connect with old.**

## Prescription Drug Abuse: Myth vs. Fact

Many teens are simply unaware of the dangerous risks of prescription drug abuse:



**MYTH:** Prescription painkillers, even if they are not prescribed by a doctor, are not addictive.

**FACT:** Abusing certain prescription painkillers is similar to abusing heroin.

**MYTH:** There is nothing wrong with using prescription drugs without a doctor's consent.

**FACT:** Taking prescription medicine that your doctor didn't prescribe and doesn't know about can result in a dangerous situation if he or she actually prescribes medicine for you that should not be mixed with what you are abusing "on the sly."

**MYTH:** If a prescription drug is legal and widely available, it must be safe.

**FACT:** Prescription drugs are safe when used correctly under a doctor's supervision. But taking prescription drugs that aren't intended for you and/or mixing them with alcohol or illicit drugs can result in potentially deadly consequences.

### A GOOD RULE OF THUMB:

If an adult hasn't told you to take an over-the-counter or prescription medication...**DON'T!**



Courtesy of SAMHSA publications

## When You Say No, You:

- ✔ Protect your health.
- ✔ Avoid addiction.
- ✔ Stay out of trouble with the law.
- ✔ Keep your future bright!



## August...

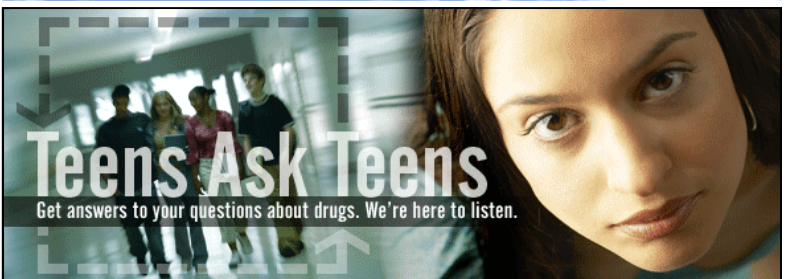
## National Medicine Abuse Month

Prescription drugs are medicines that are prescribed to a patient by a doctor to manage pain, treat or cure a health condition such as pain, mental disease, diabetes, cancer, or common infections. These drugs are regulated by the Food and Drug Administration (FDA) and are shown to have medical benefits when prescribed and taken exactly as directed by a health provider. For people who are suffering, these drugs allow them to control their symptoms, cure or treat their diseases, control pain, or fight an infection.

**However, these medicines are only safe when taken exactly as directed by a doctor, healthcare provider, or as indicated on the packaging. This includes following directions on dosages, how often to take these drugs, and never taking any drug that is not prescribed for you.**

*Courtesy of www.abovetheinfluence.com*

Have the courage to say no.  
Have the courage to face the truth.  
Do the right thing because it is right.  
These are the magic keys to living  
your life with integrity.  
~W. Clement Stone



## Teens Ask Teens

Get answers to your questions about drugs. We're here to listen.

## When you're a teen, sometimes it feels like the only one who understands you is another teen.

Peers know what you're dealing with— we face the pressures of school, social life and family every day like you do. We know what it's like to have to make decisions, including decisions about trying or taking drugs.

At Teens Ask Teens, we're a group of teens who have volunteered to answer your questions, and hear your concerns about drugs. We're representatives of DARE's Youth Advisory Committee.

**We want to know what's on your mind.**

Visit: [www.justthinktwice.com](http://www.justthinktwice.com) to ask a question or see what's on the minds of other teens across the country.

## Get Help

If you or someone you know has a problem with prescription drugs, get help. Talk with a health care provider, teacher, coach or family member. It's never too late to make good choices! Questions??? Call The Center for Prevention & Counseling, 973-383-4787.