Safe medication practices for life.

Misusing medication is:

• Taking more medication than instructed
• Taking medication for a different reason than instructed
• Sharing or taking someone else’s medication

You’re not alone:

75% of college students HAVE NEVER MISUSED PRESCRIPTION MEDICATIONS in their lifetime¹

Need help saying no?

Give a reason: No way...that’s illegal! I don’t want a drug-related offense on my record!

Leave the situation: If you feel uncomfortable, leave the situation and seek a safe way to have fun.

Suggest alternative: No...these pills can cause some serious side effects. Instead, how about we go to the football game?

1 McDaniel, A., College Prescription Drug Study Executive Summary, 2015
STIMULANT MISUSE:

81% of college students DO NOT MISUSE PRESCRIPTION MEDICATIONS AS STUDY AIDS¹

Research indicates that the majority of students misusing prescription stimulants as study aids EARN LOWER GRADES

Try sustainable approaches to study:

Stay current with class material  Don’t skip class
Create a study schedule  Get a tutor  Start a study group
Utilize your instructor’s office hours  Access online tutorials
Make flashcards  Try to teach it  Prioritize tasks

¹ McDaniel, A., College Prescription Drug Study Executive Summary, 2015
OPIOID MISUSE:

90% of college students DO NOT MISUSE PRESCRIPTION OPIOIDS

Take action in a drug overdose situation:

1. Call 9-1-1
2. Move individual to recovery position
3. If available, administer naloxone
4. Stay with the person until help arrives

If you’re prescribed an opioid pain reliever, be your own advocate:

• Don’t hesitate to ask questions
• Only use as directed
• Never share with others
• Secure medication in lockable spaces
• Follow safe disposal practices

1 McDaniel, A., College Prescription Drug Study Executive Summary, 2015