



You Think
You Know

It only takes ONE pill! If it's fake, it can be a devastating mistake.

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Where Do Teens & Young Adults Get Prescription Pills?



Friends & Family: 49% of teens report getting RX drugs from a friend and 42% reported getting them from their parent's medicine cabinet.

Social Media: Some teens and young adults have turned to social media, mostly Snapchat and Instagram, to buy what they believe are RX drugs.



Why Are They Using Them?

A young person may turn to drugs for many reasons including:

- Self-medicating for anxiety/depression
- Study aid or professional success
- Stress
- Boredom
- Ease social anxiety and have fun
- Weight loss
- Improve sports performance / pain
- To fall asleep or stay awake

What You Can Do

Conversations and modeling good behavior are keys to prevention!

- Have an honest conversation about the dangers of RX drug misuse.
- Make them aware of that ANYONE can encounter a counterfeit pill and it only takes **one pill** to cause serious illness or death.
- If your kids take RX drugs, let them know it's dangerous to share their medications.
- Lock up all RX medications in your home and safely dispose of unused/expired ones.

Visit YouThinkYouKnowCT.org for more resources and tips.