

# DOSE OF REALITY FOR EDUCATORS/COACHES

## FACT: YOUNG PEOPLE AGES 12-25 ARE AT A HIGHER RISK OF ADDICTION ;

About 3 out of 4 people seeking treatment for heroin use disorder misused prescription opioids first.

### What kind of drugs are prescription painkillers?

Prescription opioids (also known as prescription painkillers) are a category of commonly-prescribed narcotics. Prescription opioids are typically in pill form, but can also be patches or liquids, such as codeine cough syrup. When taken as directed by a medical professional, they're relatively safe and can be beneficial. However, there is always a risk of addiction, and that risk increases greatly with duration of use and misuse.

#### Some common prescription painkillers include:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Oxycodone     | <input checked="" type="checkbox"/> Fentanyl      |
| <input checked="" type="checkbox"/> Hydrocodone   | <input checked="" type="checkbox"/> Propoxyphene  |
| <input checked="" type="checkbox"/> Diphenoxylate | <input checked="" type="checkbox"/> Hydromorphone |
| <input checked="" type="checkbox"/> Morphine      | <input checked="" type="checkbox"/> Meperidine    |
| <input checked="" type="checkbox"/> Codeine       | <input checked="" type="checkbox"/> Methadone     |

### What are signs of addiction to watch for?

Some signs are physical, and some are behavioral. Common signs include:

- Noticeable feeling of extreme happiness
- Marked sleepiness/drowsiness
- Small pupils
- Slowed breathing
- More frequently nodding off
- Loss of consciousness
- Constipation
- Confusion
- Dramatically changing moods
- Social withdrawal or new friend group
- Loss of interest in sports or hobbies
- Change in eating, sleeping, or personal hygiene
- Taking medication for reasons besides pain
- Consistently late to school/work or increased absences



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN FLORIDA.

Learn more at:  
[DoseOfRealityFL.com](http://DoseOfRealityFL.com)

A message from the Office of the Florida Attorney General.



# DOSE OF REALITY *FOR EDUCATORS/COACHES*

**FACT: OVERDOSE DEATHS DUE TO PRESCRIPTION OPIOIDS HAVE QUADRUPLED SINCE 1999.**

Teens are among those with the highest risk to misuse painkillers.



## What educators and coaches can do:

- Talk with young people about the dangers of prescription painkillers, especially opioids and narcotics
- Ask your healthcare professionals for non-narcotic alternatives if prescribed for the young people under your care
- Let young people know that you will stand by them and offer support if they need it
- Do not supply young people under your care with a steady supply of money if you are not certain about where and how it will be spent
- Rather than staging an “intervention,” focus on creating incentives to get young people to a doctor or substance abuse counselor
- Bring young people to a medical professional or counselor who can check for signs of drug use (including drug testing) and other mental health issues
- Consider taking away a young person’s phone or device if you suspect drug use
- If you suspect drug use, try to get young people to be evaluated by a doctor or counselor
- Visit [DoseOfRealityFL.com](http://DoseOfRealityFL.com) for more information and links to resources



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