

# KNOCK OUT OPIOID ABUSE

Partnership for a  
Drug-Free New Jersey

Horizon  
Foundation for New Jersey

## FACTS

Family bonding is the bedrock of the relationship between parents and children. Bonding can be strengthened through parent-child communication and parental involvement.

# 5<sup>th</sup> grade PARENT ALERT

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## LISTEN

It's important to take time to listen to your kids. Try to find time to be with your child when he or she asks to talk to you. Try to avoid saying "In just a minute", or "not right now". Devote your attention to what your son or daughter is saying because kids know when you're pretending to listen.

### Some ideas for good listening:

- Ask open-ended questions that encourage conversation.
- Avoid questions that kids can answer with a simple yes or no.
- Tap into what your child is good at by having them teach you.

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## TALK

You've listened and you've thought about what to say. Now comes the tough part—finding the words to say and actually starting the conversation.

You don't have to follow a script word for word. Find your own words and find times and places that are comfortable for you to talk, like in the car, on walks or during a meal.

### Tips to help you improve communication:

- Get into the habit of talking to your kids every day.
- Create realistic situations where kids can practice refusing drugs or alcohol.
- Use events and circumstances in the media and daily life as opportunities to begin a conversation.
- Make it a point to praise and reward your child for his or her unique qualities and talents as often as you can.

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## RULES

Research shows that young people are less likely to use drugs if their parents set clear rules.

Don't leave your kids guessing.

Tell them very clearly that you don't want them using alcohol or illegal drugs.

Appreciate your child's individuality. Allow your child to express his or her uniqueness.

Monitor your child's activities. Get to know his or her friends, as well as the friends' parents.

Secure your medicine cabinet and educate your child about taking medicine only as prescribed.

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## LIMITS

Part of what you can do as a parent is to set limits. Provide guidance on what to do when your kids are in a risky situation. Here are some examples:

"I'm your parent, I want to keep you safe, and I'm going to ask you questions about who you're with and what you're doing because I care about you."

Ask your children what they would say or do in a risky situation. Give them examples of what they can say to someone who uses drugs.

Try role playing risky situations.

Remember, kids need their own language to help them stay away from drugs.

Help them develop their own vocabulary.

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## BE ALERT

### Know the Signs of Dependency & Addiction

#### Behavioral

- Risky behavior
- Slipping grades, lateness, skipping class
- Fights with family/friends
- Change in friends
- Change in mood, eating or sleeping patterns
- Depressed/less motivation
- Missing prescription or over-the-counter medications
- Missing money/valuables
- Trouble with the law
- Increased candle, incense, or air freshener use
- Secretive, deceptive, or manipulative behavior

#### Physical

- Neglecting appearance or hygiene
- Sudden change in weight
- Slurred speech
- Skin abrasions
- Chemical smell on breath or clothing
- Glassy or red eyes
- Drug paraphernalia

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## TRENDS

Information is available to help you speak to your children about drugs and alcohol.

### Vaping

Teen vaping has increased significantly in recent years. Nearly 40 percent of 12th grade students have reported vaping in the past year. More than 30 percent of 10th graders and 17 percent of 8th graders have vaped during the past year.

Signs of vaping include your child disappearing for long periods of time frequently, avoiding long flights or car trips, and spending more money.

### Alcohol

Research shows that the average age of first use is now 11 years old and nearly half of New Jersey 7th and 8th grade students have tried alcohol.

Children who begin drinking before age 21 are more than twice as likely to develop alcohol-related problems.

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## KNOWLEDGE

Nearly one in seven people who take a prescribed opioid for seven or more days will be addicted to opioids within a year.

Nearly one in three people who take a prescribed opioid for 30 days will be addicted to opioids a year later.

The risk of becoming dependent on opioids increases significantly after just five days of taking prescription opioids.

Nearly 6 percent of patients ages 16 to 25, who received initial opioid prescriptions for a dental procedure, are diagnosed with opioid abuse within a year.

After a tooth extraction, 60 percent of patients ages 14 to 17 are prescribed opioids.

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## ACTION

Talk to your child's doctor about the medicine they are being prescribed, as well as possible alternatives. Secure and dispose of prescription drugs. Take the American Medicine Chest Challenge to safeguard your home.

Know the signs and symptoms of opioid and other drug misuse.

Visit [KnockOutOpioidAbuse.DrugFreeNJ.org](http://KnockOutOpioidAbuse.DrugFreeNJ.org) for information.

If you need assistance for your child, ask for help.

### TAKE APPROPRIATE ACTION.

Have a conversation with your child. Talk to someone you trust. There are individuals in your community, who can help and offer advice, including:

- Local Prevention Specialists
- Student Assistance Counselor
- Family Physician
- Religious Leaders
- Employee Assistance Program

### Prevention Starts with Parents

Find out more about substance trends and signs and symptoms of abuse.

[KnockOutOpioidAbuse.DrugFreeNJ.org](http://KnockOutOpioidAbuse.DrugFreeNJ.org)



# Resources for Parents

The Partnership for a Drug-Free New Jersey

973-467-2100  
www.drugfreenj.org  
www.talknownj.com  
KnockOutOpioidAbuse.DrugFreeNJ.org

The Partnership for Drug-Free Kids

www.drugfree.org

American Medicine Chest Challenge

A resource for information on prevention of prescription drug-abuse.  
AmericanMedicineChest.com

Governor's Council on Alcoholism & Drug Abuse

www.state.nj.us/treasury/gcada  
KnowAddiction.NJ.Gov

NJ Connect for Recovery

(855) 652-3737  
hearing impaired (877) 294-4356  
njconnectforrecovery.org/

New Jersey Division of Addiction Services

www.state.nj.us/humanservices/das/home

New Jersey Prevention Network

www.njpn.org

Supporting New Jersey's Military Families

732-367-0611

Drug Identification Guide

www.streetdrugs.org

National Institute on Drug Abuse

www.drugabuse.gov

Substance Abuse & Mental Health Services

www.samhsa.gov

NJ Addiction Services Hotline

1-844-276-2777

Parent Check New Jersey

www.parentchecknj.com

The New Jersey Legislature enacted P.L. 2000, Chapter 33, allowing municipalities "to enact local ordinances making it unlawful for any person under the legal age who, without legal authority, knowingly possesses or knowingly consumes an alcoholic beverage on private property." A complete list of ordinances, with county by county and municipal breakdowns, can be found by visiting [www.drugfreenj.org](http://www.drugfreenj.org).



**Take the American Medicine Chest Challenge... in 5 easy steps.**

- 1- Take inventory of your prescription and over-the-counter medicine.
- 2- Secure your medicine.
- 3- Safely dispose of your unused, unwanted, & expired medicine.
- 4- Do not share the medicine prescribed to you.
- 5- Talk to your children and physician about the dangers of prescription drug abuse... they are listening.

**To find out more, visit...**

**AmericanMedicineChest.com**

Find a Rx disposal location near you!

Download the American Medicine Chest Challenge Permanent Collection Site App "AMCC RxDrop" on your Droid or iPhone today! Use the QR code to the right, or visit **AmericanMedicineChest.com**



## The opioid crisis impacts every community in New Jersey.

## Learn how to be part of the solution.

*The Partnership for a Drug-Free New Jersey and Horizon Blue Cross Blue Shield of New Jersey, through its philanthropic arm, The Horizon Foundation for New Jersey, have collaborated to create Knock Out Opioid Abuse, an initiative to address the opioid epidemic through community outreach, prescriber education, parent education and a statewide media campaign to increase awareness of the crisis.*

## KNOCK OUT OPIOID ABUSE

Partnership for a Drug-Free New Jersey

Horizon Foundation for New Jersey

[KnockOutOpioidAbuse.DrugFreeNJ.org](http://KnockOutOpioidAbuse.DrugFreeNJ.org)

**Partnership for a Drug-Free New Jersey**

In Cooperation with the Governor's Council on Alcoholism & Drug Abuse, and the New Jersey Department of Human Services

For information on this and other PDFNJ programs in the School, the Community and the Workplace, please visit

**[www.drugfreenj.org](http://www.drugfreenj.org)**

**Horizon**

Foundation for New Jersey

*The Horizon Foundation for New Jersey is committed to working alongside those who can help us improve our neighbor's health, inform their health decisions and inspire them to lead healthier, more fulfilling lives. The Foundation's funding pillars are Caring, Connecting and Creating. Horizon Blue Cross Blue Shield of New Jersey is the sole member of The Horizon Foundation for New Jersey, both of which are independent licensees of the Blue Cross and Blue Shield Association. For more information please visit <http://www.Community.HorizonBlue.com>*

## Enter to Win an Apple iPad for Your Family

The Partnership for a Drug-Free New Jersey is asking parents to rate the effectiveness of this prevention pamphlet. All parents of fifth grade students who attend a school participating in the "Fifth Grade Parent Alert" program are eligible to enter for a chance to win an Apple iPad by completing an online survey!

One entry per household.

To participate, please visit [www.drugfreenj.org/parentsurvey](http://www.drugfreenj.org/parentsurvey)

# Do you know?

## The CDC has declared prescription drug abuse a public health epidemic.

Every day, 129 people in the U.S. die from an opioid overdose.

Prescription pain medication can become a gateway to heroin use, with research showing that 4 out of 5 new heroin users abused prescription pain relievers before turning to heroin.

According to the American Academy of Pediatrics legitimate opioid use before high school graduation is independently associated with a 33 percent increase in the risk of future opioid misuse after high school. This association is concentrated among individuals who have little to no history of drug use.

Male adolescent athletes who participated in competitive sports had two times greater odds of being prescribed painkillers during the past year and had four times greater odds of medically misusing painkillers (i.e., using them to get high and using them too much) when compared to males who did not participate in competitive sports.

According to the CDC, opioid pain relievers that are abused were most often obtained via prescription from physicians.

Would you give your child **HEROIN** for a broken arm?

**Ask Your Doctor How Prescription Drugs Can Lead to Heroin Abuse.**

BEFORE THEY PRESCRIBE - YOU DECIDE.™

Would you give your child **HEROIN** to remove a wisdom tooth?

**Ask Your Dentist How Prescription Drugs Can Lead to Heroin Abuse.**

BEFORE THEY PRESCRIBE - YOU DECIDE.™

Would you give your child **HEROIN** for a sports injury?

**Ask Your Doctor How Prescription Drugs Can Lead to Heroin Abuse.**

BEFORE THEY PRESCRIBE - YOU DECIDE.™

For more information, please visit

**[DrugFreeNJ.org/DrugFacts](http://DrugFreeNJ.org/DrugFacts)**

# 5<sup>th</sup> grade PARENT ALERT

**Partnership for a Drug-Free New Jersey**  
in Cooperation with the Governor's Council on Alcoholism and Drug Abuse and the NJ Dept. of Human Services

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Foundation for New Jersey

## KNOCK OUT OPIOID ABUSE

## Prescribed opioid use before high school graduation increases the risk of future opioid misuse after high school by 33 percent.

# Information for Parents

- Nearly one in three parents of New Jersey middle school students do not believe there is a link between painkillers prescribed for things like sports injuries and wisdom tooth removal and the rising use of heroin in New Jersey. The study also found that less than 50 percent of parents feel they are knowledgeable about heroin.
- According to the National Institute of Drug Abuse (NIDA), upwards of 9 million people use prescription medication for non-medical uses.
- In New Jersey alone, nearly 4.3 million prescriptions for highly addictive opioids were potentially prescribed – to children, friends, and family members, and unfortunately, many times without the benefit of any information of their addictive qualities.
- 47 percent of New Jersey parents of middle school students said they know little or just about nothing about prescription drug abuse.
- About 11.1 million Americans age 12 and older misused prescription pain medicine.