

In the News

Directions: The information in these stories is true. The names of the teens have been changed to protect their identities. Read the each story and decide whether it is an example of proper use or misuse and explain why based on the details in the story. Then describe the negative effects of each type of drug.

► Calvin

Calvin, a 17-year-old senior, started taking his friend's prescription painkillers to help him deal with some back pain. Calvin died suddenly after mixing over-the-counter cold medicine and his friend's painkillers. Calvin's father said his son wasn't aware of the dangers of prescription drugs because they were legal drugs.

Is this an example of proper use or misuse?

Why?

► Justin

Justin was a nationally ranked high school tennis player. His parents had no idea their son was going to school and to practice high on prescription drugs. Justin started stealing and using prescription drugs when he was just 13 years old. By the time Justin was 17, he was losing a lot of weight and looking sick, and his parents finally checked him into a drug treatment clinic. Because of his drug addiction, Justin missed most of his senior year in high school and lost his national ranking as a tennis player.

Is this an example of proper use or misuse?

Why?

► Sharise

Sharise assumed that all over-the-counter medicines were safe. She took aspirin for a headache and cough syrup when she had a cold and never had any problems. So when her best friend told her she could take a lot of cough syrup to get high, Sharise thought it wouldn't be a big deal. But after she drank a large amount of cough syrup all at once, she began to feel dizzy and nauseous, and started having a seizure. Sharise's friend got scared and told her mom. They took Sharise to the emergency room.

Is this an example of proper use or misuse?

Why?

(continued)

In the News (continued)

► Kaitlyn

Kaitlyn, a middle school student, hurt her back during gymnastics practice. Her coach told her to ice her back and skip practice for a few days. Kaitlyn did this, but her back still hurt, so her mom took her to their family doctor for help. The doctor prescribed a pain medicine. Kaitlyn and her mom picked up the prescription from the pharmacy and read the directions together. Kaitlyn followed the directions on the label and took the medicine twice a day for 10 days. After a week, her back started to feel better. After 10 days, she was able to go to gymnastics again.

Is this an example of proper use or misuse?

Why? _____

► Angel

Angel was a promising baseball player. At age 16, the 6-foot-2, 180-pound athlete was told by his coach he “needed to get bigger” if he wanted to make the varsity team. Angel started taking steroids he bought from a guy at his gym. The steroids worked at first. He got bigger, stronger and faster. But there were also negative side effects. His acne got worse and he noticed that he was developing breasts and starting to lose some of his hair. Angel was also experiencing severe mood swings. He committed suicide at age 17. Experts said the suicide was due to depression caused by taking the steroids.

Is this an example of proper use or misuse?

Why? _____

Describe the negative effects (physical, emotional, social) of misusing:

Prescription medicines _____

Over-the-counter medicines _____

Steroids _____

Self-Check

- I determined whether each story showed proper use or misuse of the drug and explained why.
- I described the negative effects of each type of drug.