

Parent Prevention Post!

Prevention Curriculum

Today in class students learned about prescription stimulants. Here are some topics we discussed!

- Prescription stimulants are medications prescribed by healthcare providers to treat conditions like ADHD and narcolepsy.
- Prescription stimulants are controlled substances:
 - They are classified as **Schedule II Controlled Substances**, meaning they have a high potential for misuse and are strictly regulated by law.
- Sharing or using without prescription is illegal:
 - Taking a stimulant without a prescription, or sharing or selling a prescribed stimulant, is both **misuse and illegal**, even if the intention is to help with studying or staying awake.
- Misuse of stimulants:
 - High school students may feel pressure to perform academically. Prescription stimulants can be known as “study drugs”.
 - Misuse of stimulants can increase heart rate and blood pressure, increase anxiety, cause mood changes, and raise the risk of addiction or dependence.
 - Using stimulants without a prescription does not

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improve learning or academic performance, and may interfere with memory, focus and mental health.

- Warning signs to watch for:
 - Possible signs of misuse include possible changes in sleep or appetite, increased irritability or anxiety, sudden academic pressure, or extreme energy followed by crashes.
- Communication & Getting Help:
 - Ongoing, open conversations about academic stress, peer pressure, and healthy coping strategies can reduce the risk of misuse more effectively than one-time talks.
 - If there are concerns about misuse, pressure to share medication, or side effects, reaching out to a healthcare provider, school counselor or trusted professional can help prevent problems from becoming more serious.