

STAND OUT

THROW IT OUT.

PROTECTING

OUR

FRIENDS

Backed by years of research and statistics, health professionals have found that 90% (nine in every ten) of addictions start in the teen years. We also know that two out of every three teens who abuse pain relievers get them from friends or family members. A few more national stats:

- More Americans die from drug overdoses than car crashes (with the trend increasing due to Rx painkillers)
- One person dies every 19 minutes from drug overdose in the US (with the increasing trend being driven by Rx painkillers)
- Opioid pain relievers are responsible for more overdose deaths than cocaine and heroine combined.

It's no secret that drug abuse trends, particularly prescription drug abuse trends, have increased over the past several years—and the ones in the most danger are our nation's youth. Addiction, abuse, and overdose pose a very real and dangerous threat to upcoming generations. This is why it is more crucial than ever that youth accept the challenge to Stand Out: Throw It Out. The health of our friends and relatives are threatened by the rising numbers of prescription drug abuse.

Prevention programs all over the State of Idaho recognize the power and strength in our youth; today's teen voices hold more influence than ever and have the potential to change the trajectory. Help educate your peers on the truths of drug abuse; there's no telling how many lives it may save.

What messages about drugs are you and your friends being fed through your daily media? Music often shares drug-related themes, topics, or thoughts, normalizing it in our minds without us even noticing. How can we recognize these messages?

