

### Parents of Student Athletes:

We need your help to fight prescription pain medication misuse, addiction, and overdose. Prescription opioid pain medication can be addictive and dangerous.

### The danger of addiction is closer than you think...

A growing number of student athletes are becoming addicted to pain medication after being prescribed opioids after an injury. Common opioids include Vicodin, OxyContin, and Percocet. These drugs are similar in makeup to heroin, which is also an opioid.

### If your child is injured, ask questions.

Your child may need pain medication, but you can ask your child's provider for alternatives to opioids or smaller doses. New research shows that often the best pain relief is found through over-the-counter drugs, like ibuprofen, which are effective and do not cause addiction.

#### Some good questions to ask your provider:

- What are the pills' side effects?
- Do I have to take all the pills?
- When can I switch to acetaminophen or ibuprofen?

### Parents can help stop addiction and overdoses.

- Work with your child's coach to keep athletes upbeat as they heal. Traumatic events and depression are connected to addiction.
- Children who learn about the dangers of drugs at home are 50 percent less likely to misuse drugs.
- Count the number of pain pills in your home and keep them secured. When you're done with the prescription, drop it off at a drug drop box – you can find a location near you at [ncdoj.gov/rxtakeback](http://ncdoj.gov/rxtakeback)

### WHY THIS MATTERS

It only takes a little to lose a lot.

Males who participate in organized sports are three times more likely to misuse prescribed opioids than non-athletes.

For some, it can take as little as a week to become dependent on prescription pain medications.

People aged 12-49 who become dependent on prescription pain medication were 19 times more likely to have used heroin.

Prescription and street opioids like heroin and fentanyl are causing a record number of overdose deaths – an average of approximately 4 people each day in NC.

Learn more at  
[ncdoj.gov/opioidresources](http://ncdoj.gov/opioidresources)

