

# Fairfax County School Health Promotion May & June Newsletter Articles



## “Some Things Are Not Meant to Be Shared”

### Newsletter and/or KIT

More than 20,000 kids a year need medical attention due to medicine misuse. Medications can help us, but only when used as directed by a healthcare professional. Teens need guidance to avoid the hazardous consequences of medication misuse.

Prescription drug misuse involves three behaviors:

1. Taking more of a prescription medication than prescribed,
2. Taking a prescription medication for a reason different than prescribed, and
3. Sharing or taking someone else’s prescription medication.

Help prevent prescription drug misuse by keeping your medications secure, following the instructions on the label and being a good role model. Stick to these safe practices and encourage your family, friends and students to do the same.

### Mindfulness Corner

#### Students:

Your peers can be a positive force in your life – but, sometimes friends can influence you to do things that you may not want to do. Negative peer pressure can lead you to skip class, cheat on a test or abuse substances, like drugs or alcohol. Here are a couple of tips to help you steer clear of harmful situations:

- Avoid peers that influence you to do things that seem wrong or dangerous – for example, some friends may convince you to use medication for its unintended purpose. Trust your instincts and speak with an adult if you feel like something isn’t right.
- Learn how to say “no” – advocating for yourself is one of the best decisions you can make. Try spending time with like-minded peers. This may mean avoiding the group that experiments with drugs or alcohol, and joining in with those who participate in extracurricular activities like basketball, musical theater or track and field.

#### Staff:

To help your students navigate peer pressure, remind them to speak to a trusted adult like a counselor or teacher when they are feel pressured. Maintain open communication with your students so they feel safe enough to speak with you about their concerns. Talk to your students about certain behaviors that may impact their wellbeing so they can learn to take positive steps towards maintaining good health.

#### References:

<https://www.hhs.gov>

<https://www.safekids.org/medicinesafety>

#### Hashtag:

#ffxhealthykids

Rev.  
5/1/18



A Fairfax County, Va., publication.  
May/June 2018. If you would like this  
information in another format please call  
703-246-2411, TTY 711.

This resource is provided by the Fairfax  
County Health Department for use by the  
Fairfax County Public Schools and other  
community organizations.

