



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER ABUSE IN FLORIDA.

**DoseOfRealityFL.com**

## TALKING POINTS FOR COACHES

*Coaches and Athletic Directors, please see below for some talking points about the prescription painkiller abuse epidemic that can be shared with your community.*

- Prescription opioid misuse in our communities is a public health crisis in Florida.
- The DOSE OF REALITY campaign was adopted by Florida Attorney General Ashley Moody to raise awareness of this issue and to begin the work toward prevention.
- The DOSE OF REALITY campaign has the following goals:
  - Inform and educate about the improper use of prescription opioids
  - Warn about the dangers of inadequate storage of prescription opioids, including prescription cough syrups
  - Inform each audience as to the role they play in education and misuse prevention, from medical providers and parents to high school students and young adults
  - Encourage positive action, such as safe disposal, alternative pain therapy, family conversations about substance use, and committing to do well in school
- Those at highest risk for becoming addicted to opioids and narcotics are young people, age 12-25.
- Reasons young people might misuse prescription painkillers:
  - Peer pressure
  - To relieve depression
  - To cope with stress
  - To increase alertness so they can do better in school
  - To manage their weight
  - To relieve pain
  - To experiment
  - To escape reality or make reality more bearable
- Misperceptions about prescription painkillers:
  - Safe to use because they were prescribed by a doctor
  - More effective than over-the-counter painkillers
  - It's ok to take a prescription from someone else because they are just painkillers



# DOSE OF REALITY

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[DoseOfRealityFL.com](http://DoseOfRealityFL.com)

- The DOSE OF REALITY about prescription painkillers:
  - ONLY safe to use when the prescription is followed, AND the prescription should ONLY be used by the person for whom it was prescribed.
  - Studies show that over-the-counter painkillers, such as ibuprofen or even aspirin, are just as effective, if not more so, than prescription painkillers, for relieving most pain, AND there is less risk of addiction.
  - It is ILLEGAL to share your prescription opioids (or narcotics) with anyone else.

## More Facts:

- According to the 2020 Florida Substance Abuse Survey, nearly 1/3 of surveyed Florida students (6<sup>th</sup> - 12<sup>th</sup> grade) reported at least one instance of illicit drug use in their lifetime.
- About 3 out of 4 people seeking treatment for heroin use disorder misused prescription opioids first.
- Nearly 60% of young adults who misuse prescription painkillers get them through friends or relatives.

## What you should do:

- Encourage students to call the free, confidential, 24/7 national substance misuse hotline at **1-800-662-HELP (4357)**.
- Safely store all prescription medications by locking them up.
- Safely dispose of unused or unwanted medications by going to a drug disposal location or Drug Take Back location nearest you.
- Encourage students to ask their doctor for a non-opioid or non-narcotic alternative for pain, if prescribed.
- Spread the word and raise awareness about the dangers of opioid misuse on social media.
- Let your student know that you will stand by them and offer support if they need it.
- Visit [www.DoseOfRealityFL.com](http://www.DoseOfRealityFL.com) for more resources including drug take back locations, treatment locators, and other information.