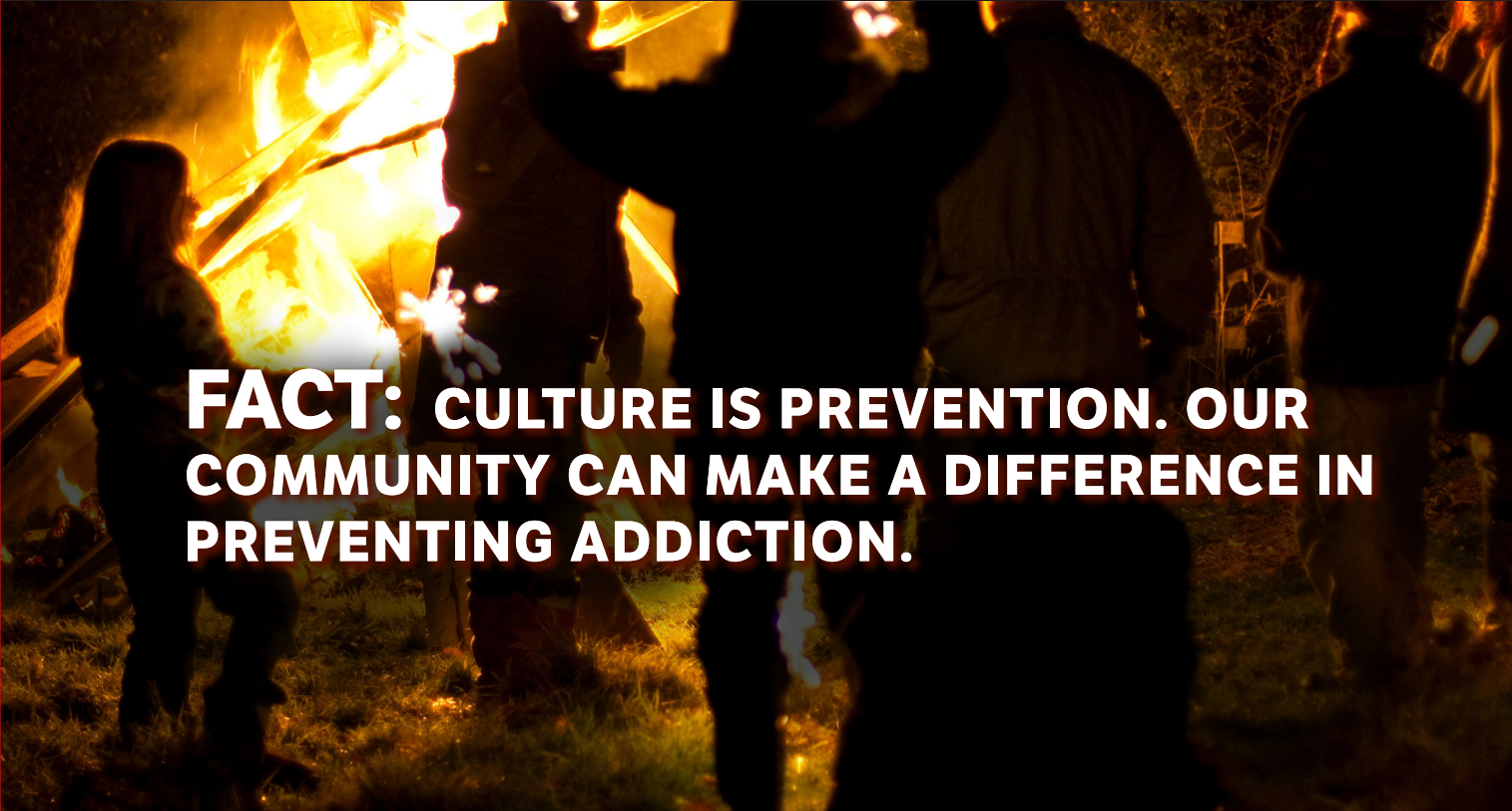


# DOSE OF REALITY FOR COMMUNITIES AND FAMILIES



**FACT: CULTURE IS PREVENTION. OUR COMMUNITY CAN MAKE A DIFFERENCE IN PREVENTING ADDICTION.**

## What kind of drugs are prescription painkillers?

Prescription opioids or narcotics are painkillers prescribed by doctors, typically in pill form, to help patients with severe or chronic pain. When they're taken as directed, they're relatively safe and can be beneficial...but there's always a risk of addiction.

### Some common prescription painkillers include:

- Oxycodone
- Hydrocodone
- Diphenoxylate
- Morphine
- Codeine
- Fentanyl
- Propoxyphene
- Hydromorphone
- Meperidine
- Methadone

## What are signs of addiction to watch for?

Some signs are physical, and some are behavioral. Some common telltale signs include:

- Noticeable feeling of extreme happiness
- Marked sleepiness/drowsiness
- Small pupils
- Slowed breathing
- More frequently nodding off
- Loss of consciousness
- Constipation
- Confusion
- Dramatically changing moods
- Social withdrawal or new friend group
- Loss of interest in sports or hobbies
- Change in eating, sleeping, or personal hygiene
- Taking medication for reasons besides pain
- Consistently late to school/work or increased absences



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




Learn more at:  
[DoseOfRealityFL.com](http://DoseOfRealityFL.com)

A message from the Office of the Florida Attorney General.



# DOSE OF REALITY FOR COMMUNITIES AND FAMILIES



**FACT: RECENT TRENDS SHOW A DECLINE IN MISUSING PRESCRIPTION OPIOIDS AMONG NATIVE YOUTH AGED 12-17, WHILE MISUSE AMONG NATIVE YOUNG ADULTS AGED 18-25 IS ON THE RISE.**

**Adverse childhood experiences can put Native American youth at higher risk for developing addictions to opioids, heroin, and other substances.**

## What our community can do:

- Understand that generational trauma is likely to contribute to the risk of addiction and address generational trauma in our families and community
- Seek ways to engage young people in our culture and community to generate pride and connection
- Respect our elders and their medications - it is illegal to share or steal prescriptions
- Realize that prevention is possible and join together to educate
- Teach families about Adverse Childhood Experiences and what we can all do to take action with those at-risk
- Encourage those misusing medications to seek help and support treatment
- Adverse childhood experiences are: stressful or traumatic events, such as abuse, neglect, and witnessing household dysfunction, including substance abuse



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