

STUDENT DRUG USE

- In 2013, 40 per cent of Ontario students (Grade 9-12) reported using at least one drug (any drug excluding tobacco, high-caffeine energy drinks, or alcohol) over the previous 12 months.¹
- Reports in Canada show nearly six per cent of students (Grades 7-12) used a prescription opioid pain reliever, stimulant, sedative, or tranquilizer to get high in the past 12 months (2008/09 school year).⁵
- Of students who misuse prescription drugs, an estimated 40 per cent are misusing drugs from two or more different classes of drugs (e.g. sedatives/tranquilizers, pain relievers, or stimulants).⁵
- The misuse of prescription stimulates is increasing among athletes and high-school students because these drugs can increase alertness, energy and perceived focus.³
- Over time, the misuse of prescription medication is harmful. Problems can include: nausea and vomiting, memory loss, muscle weakness, difficulty breathing, elevated heart rate, anxiety, delusions, hallucinations, paranoia, withdrawal symptoms, physical dependence, addiction, and overdose/death.²⁻⁴

HKPR District includes Haliburton County,
Northumberland County and
City of Kawartha Lakes

Results from the 2013 Ontario Student Drug Use and Health Survey

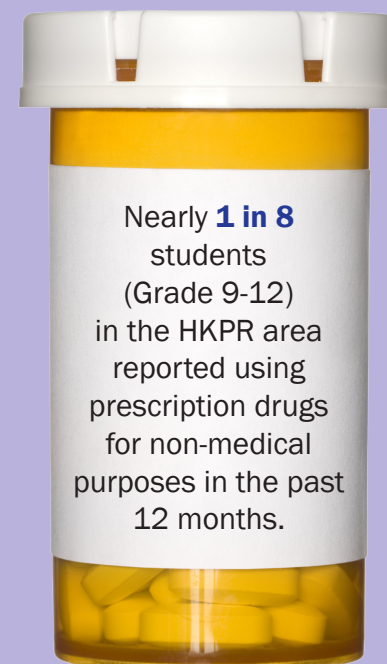
Medical Prescription Form

Name _____ Age _____
Address _____ Date _____

Rx 10.5% of Grade 9-12 students in the HKPR area reported using prescription opioid pain relievers – without a prescription or without telling their doctor – in the past 12 months.

Signature _____

Refill 0 1 2 3 4 5 PRN



Nearly **1 in 4** students (Grade 7-12) in the HKPR area reported using cannabis (marijuana) in the past 12 months.

Nearly **40%** of students (Grade 9-12) in the HKPR area reported using at least one drug* (excluding tobacco, high caffeine energy drinks and alcohol) during the past 12 months.



* Drug could include: cannabis, synthetic cannabis, inhalants, LSD, mushrooms/mescaline, cocaine, crack, heroin, ecstasy, ketamine, BZP pills, methamphetamine, methoxetamine, jimson weed, salvia divinorum, mephedrone, tranquilizers/sedatives (non-medical), ADHA drugs (non-medical), and over-the-counter cough/cold medication to get high.



Grade 7-12 students in the HKPR area were less likely than their peers in the rest of Ontario to report using an over-the-counter cough or cold medicine in the past 12 months to get high.

References

- 1) Boak A, Hamilton HA, Adlaf EM, & Mann RE (2013). Drug Use among Ontario students, 1977-2013: Detailed OSDHUS findings (CAMH Research Document Series No. 36). Toronto, ON: Centre for Addiction and Mental Health.
- 2) Opioids [Internet] 2014 [updated 2014 Sep 30; cited 2015 Oct 14]. Available from: <http://www.healthycanadians.gc.ca/healthy-living-vie-saine/substance-abuse-toxicomanie/prescription-abuse-abus-ordonnance/opiods-opiodes-eng.php>
- 3) Prescription Stimulants [Internet] 2014 [updated 2014 Sep 30; cited 2015 Oct 14]. Available from: <http://www.healthycanadians.gc.ca/healthy-living-vie-saine/substance-abuse-toxicomanie/prescription-abuse-abus-ordonnance/stimulants-eng.php>
- 4) Benzodiazepines [Internet] 2014 [updated 2014 Sep 30; cited 2015 Oct 14]. Available from: <http://www.healthycanadians.gc.ca/healthy-living-vie-saine/substance-abuse-toxicomanie/prescription-abuse-abus-ordonnance/benzodiazepines-eng.php>
- 5) Currie CL, Wild TC. Adolescent use of prescription drugs to get high in Canada. Can J Psychiatry 2012 Dec;57(12):745-751.

The data used in this resource came from the Ontario Student Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health and administered by the Institute for Social Research, York University. Its contents and interpretation are solely the responsibility of the author and do not necessarily represent the official view of the Centre for Addiction and Mental Health.