

DOSE OF REALITY FOR COACHES



FACT: YOUNG PEOPLE AGES 12-25 ARE AT A HIGH RISK OF ADDICTION;

And more than 70% of people who abuse prescription opioids get them through friends or relatives.

What kind of drugs are prescription opioids?

Prescription narcotics (“opioids”) are painkillers prescribed by doctors, typically in pill form, to help patients with severe or chronic pain. While their use and benefit is widely debated, there’s one thing for certain, users are *always* at risk for 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. Common signs include:

- Noticeable elation/euphoria
- Marked sedation/drowsiness
- Constricted pupils
- Slowed breathing
- Intermittent 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 practice or increased absences



DOSE OF REALITY
TOGETHER, WE CAN PREVENT OPIOID ABUSE IN GEORGIA.

Learn more at:
DoseOfRealityGA.org

DOSE OF REALITY *FOR COACHES*

FACT: IN THE U.S., PRESCRIPTION OPIOIDS ARE INVOLVED WITH MORE OVERDOSE DEATHS THAN HEROIN AND COCAINE COMBINED.

4 out of 10 teens believe prescription drugs are less dangerous and less addictive than street drugs.



What coaches can do:

- Talk with your athletes and their parents about the dangers of prescription painkillers, especially opioids and narcotics
- Encourage parents and athletes to ask healthcare professionals for non-narcotic painkiller alternatives if prescribed
- Let your athletes know that you will stand by them and offer support if they need it
- Review your athletic program or your school's policies on drug use and consider updating them to include use and/or abuse of narcotic painkillers
- Watch athletes for signs of addiction
- Visit DoseOfRealityGA.org for more information and links to resources



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