

# Stressed Out Students and “Study Drugs”

## What is a “study drug”?

A “study drug” is a stimulant medication, such as Adderall, Concerta and Ritalin, that is *misused* or *abused* by students to pull all-nighters and cram for exams.

## What does it mean to *misuse* a drug?

To misuse a drug is to use a drug not for its intended purpose, or to take more than what was instructed by a doctor. The person may not necessarily be looking to ‘get high’ from their use.

## What does it mean to *abuse* a drug?

People who abuse drugs typically do not have a prescription for what they are taking. Not only do they use it in a way other than it is prescribed, but they may also use it to experience the feelings associated with ‘getting high’.

**1** in 20 high school seniors nationally *abused* a study drug in 2017.

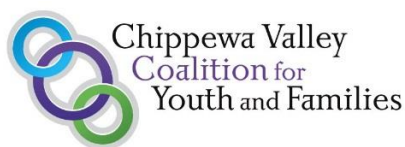
## Do “study drugs” lead to better test scores?

Data shows that *abuse* and *misuse* of stimulant medications **DO NOT** improve academic performance.



## What can I do to help my student?

- 1. TALK** with your teens about how relying on “study drugs” to help cope with stress can establish a lifelong pattern of dependency and prevent them from learning important coping skills.
- 2. EXPLAIN** to your teens that they are at a stage where exposure to drugs can create changes in the brain that can lead to addiction.
- 3.** Be sure your teens understand that there are real dangers to stimulant abuse including paranoia, psychosis and heart failure. Almost half of teens who misuse or abuse Rx medicines obtained them from a friend. Be sure your teen knows that it’s never safe to take another person’s prescription medication.



<http://monitoringthefuture.org//pubs/monographs/mtf-overview2017.pdf>