

A P A R E N T ' S
T O
G U I D E

Prescription Stimulants

axis

In This Guide . . .

- **Prescription stimulants—necessary or “necessary”?**
- **What exactly are stimulants?**
- **How are they different from meth?**
- **So abusing non-opioid prescription medications is really a thing?**
- **Ok, why would someone want to risk taking stimulants without the oversight of a doctor?**
- **What *are* the risks of taking prescription stimulants recreationally?**
- **Why do teens feel like they need to take them?**
- **Do stimulants actually help people work better?**
- **How do teens get them without a prescription?**
- **Anything else I should know about them?**

- **If my kids are on meds for ADHD, how can I help them?**
- **How can I help my non-ADHD kids not feel like they need drugs to succeed?**
- **What if I catch my kids abusing prescription stimulants?**
- **Discussion Questions**
- **Conclusion**
- **Related Axis Resources**
- **Additional Resources**

