

Skittles Parties - A Dangerous Trend



Have you heard of Skittles Parties? We don't mean the brightly colored candies that give kids a mere sugar high -- Skittle Parties are a dangerous drug abuse trend among youth that parents need to know about.

Skittles Parties (also known as Pharm Parties) are where kids raid their parents' medicine cabinets for prescription drugs to steal and they take them to a party where everyone throws their pills into a big bowl. The bowl is stirred and the brightly colored pills look like candy, giving the Skittles Party its name. Kids then take a scoop of drugs to get high.

It's easy to see that skittles parties are dangerous -- kids blindly swallowing a mixed cocktail of drugs like pain killers, tranquilizers, blood pressure medicine, antibiotics and whatever else gets thrown in. Kids don't care what's on the label. It's an easy way to get high. Little do they realize that this behavior can hurt them...and it could kill them.

So, what can we do to protect our youth? We live in a time where powerful drugs are frequently prescribed and easier than ever to access. Kids think prescription drugs are safer because they are legal and doctors prescribe them. They don't understand that taking medication without a prescription is illegal and incredibly dangerous. Parents, talk to your kids early and often about drugs and drug abuse. This [Parent Talk Kit](#) from the Partnership at Drug Free is a great resource on how to start the conversation with your kids.

There is something that all adults can do to help prevent youth prescription drug abuse: Don't let expired or unused medications sit in a cabinet or drawer. Safely dispose of your medications. Prescription drugs can't be flushed or poured down the sink as they contaminate the water supply, and simply throwing the drugs in the trash keeps them accessible to youth. However, medication return programs are becoming more common. A growing number of pharmacies will dispose of unused medications, and many communities offer Drug Take Back programs.

On April 27th, BACODA's Coalitions in Brazoria County and Southeast Harris County are partnering with the Drug Enforcement Agency for National Prescription Drug Take Back Day. This day gives citizens the opportunity to easily -- and anonymously -- return their unused medications, which are later incinerated by the DEA. For a list of Brazoria County and Southeast Harris County locations, [visit our website](#).

Every day in the United States, an average of 2,000 teenagers use prescription drugs without a doctor's guidance for the first time. With statistics like this, we must take action as a community to solve this problem. We hope that you will [join us](#) for National Take Back Day or [find a location in your area](#).

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