



Tips For Keeping Your Child Safe From Prescription Drug Abuse

Review the following guidelines for prescription drug abuse prevention and discuss them with family & friends.

LOCK YOUR MEDS™

Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

TAKE INVENTORY

Download your Home Medicine Inventory Card, write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

EDUCATE YOURSELF & YOUR CHILD

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

PASS IT ON

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

For guidelines on safe and proper disposal of medications, visit lockyourmeds.org/tips/safe-disposal/.

WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM

If you suspect your teen is using drugs, do not wait to do something about it. Visit the Substance Abuse & Mental Health Services Administration at www.findtreatment.samhsa.gov for a listing of treatment centers in your area, or call (800) 662-HELP (4357).

