



Talk Early And Often About Alcohol, Tobacco
And Other Drugs. Even When It Gets Tough

Parent Tip

Know! To Talk About and Safeguard Prescription Medications

Know the Perception:

According to youth, prescription medications are **cheap** and **easy to obtain** (*forget the drug dealer, I just open my parent's medicine cabinet*), are **legal** and **less dangerous than illicit drugs** (*a doctor prescribed these pills for my friend's little brother, how dangerous could they be*) and **do not carry the negative stigma like many other substances** (*it's fine to use a prescription medication every once in a while to keep me awake to study longer or to just help me relax*).

This type of youth "logic" contributes to the fact that **one in five teens abuse prescription drugs**; and that prescription medications are now being abused more than cocaine, heroin, ecstasy and methamphetamines combined.

Share the Reality (let your child know):

"While prescription drugs may be cheap and easy to obtain, they are far from safe."

"Prescription medications can be just as addictive and dangerous as illicit drugs bought off the street (with a wide range of negative side effects, including death)."

"Though prescription drugs may be legal, it is illegal and unacceptable for you to ever use them without a doctor's (and my) permission."

Safeguard Prescription Medications:

Monitor: Keep tabs on your medications and be the control (personally handing out the medicine) if your child is prescribed a drug.

Secure: Lock up prescription and over-the counter medications (and share the word with family/friends to do the same).

Dispose: Discard expired and unused prescriptions by mixing it with kitty litter or coffee grounds in a can or bag and placing it in the trash (for environmental purposes, it is not safe to flush most medications down the toilet).

Prescription drug abuse is on the rise. It is important to talk to your child about the dangers of these drugs as well as to secure, monitor and properly dispose of these medications in your home.

For more info on preventing teen prescription drug abuse visit: www.TalkAboutRx.org

Talking regularly with kids reduces their risk of using alcohol, tobacco and other drugs. Know! urges you to encourage other parents to join Know! by taking the [Parent and Caregiver Pledge](#). For more information log on to www.HelpThemKnow.com or call 1-866-999-KNOW.

Know! is a program of:



Drug-Free Action Alliance
"Ohioans Partnering for
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In collaboration with:



Sources: Join Together, 8-6-09. NCPIE: Maximizing Your Role as a Teen Influencer: What You Can Do to Help Prevent Teen Prescription Drug Abuse 11-5-09.