

Over **6.5 million** people age **12 and older** report abusing prescription drugs.¹ Due to the fact that prescription drugs, when used as prescribed, can improve one's health, many **teens believe they are a safe way to get high.**

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

LOCK YOUR MEDS™

Every day, 1,700 children and young adults begin experimenting with prescription drugs.² Only 4.9% of children who abuse prescription drugs say they get the medication from a stranger, a drug dealer or the internet.¹ Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

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. Learn more about ways to get involved at www.nfp.org.

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 1-800-662-HELP (4357).

1. Substance Abuse and Mental Health Services Administration. 2014 National Survey on Drug Use and Health; National Findings.
 2. Substance Abuse and Mental Health Services Administration. 2014 National Survey on Drug Use and Health; Calculated from detail table 4.6B.

Be part of the solution.
 Detach and put this home medicine inventory card in your medicine cabinet. Write down the name and the amount of medications you currently have and check to see that nothing is missing.

HOME MEDICINE INVENTORY CARD	
OVER THE COUNTER MEDICINE	QUANTITY
PRESCRIPTION MEDICINE	QUANTITY

Insert date when you have reviewed your inventory each month.

JANUARY: <input style="width: 60px;" type="text"/>	JULY: <input style="width: 60px;" type="text"/>
FEBRUARY: <input style="width: 60px;" type="text"/>	AUGUST: <input style="width: 60px;" type="text"/>
MARCH: <input style="width: 60px;" type="text"/>	SEPTEMBER: <input style="width: 60px;" type="text"/>
APRIL: <input style="width: 60px;" type="text"/>	OCTOBER: <input style="width: 60px;" type="text"/>
MAY: <input style="width: 60px;" type="text"/>	NOVEMBER: <input style="width: 60px;" type="text"/>
JUNE: <input style="width: 60px;" type="text"/>	DECEMBER: <input style="width: 60px;" type="text"/>

PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS
 For guidelines on safe and proper disposal of medications, visit lockyourmeds.org and click on Safe Disposal.

OUR PLEDGE
 To Prevent Children's Prescription Drug Abuse

1. As parents, we will talk to our children about the dangers of taking medications without a prescription.
2. We will set clear rules for our children about not sharing medicine and using medication only as prescribed.
3. We will secure our medicine to prevent our children and guests from accessing it.
4. We will take stock of our medicine, regularly checking to see that nothing is missing.
5. We will encourage family and friends to follow the same guidelines to keep children safe from prescription drug abuse.

NATIONAL FAMILY PARTNERSHIP PLEDGE

I pledge to set guidelines to help children grow up safe from prescription drug abuse.

Name:

Address:

City: State: Zip:

Phone: () Fax: ()

C H W

Email:

School your child attends:

Signature: _____

Retain the top portion of this pledge and place it in a visible location in your home. Mail the bottom portion to the National Family Partnership.