

Medication Safety Basics For Parents



Prescription and over the counter (OTC) medication misuse continues to be a problem. Teens have increasingly turned to prescription and OTC drugs recreationally to get “high,” as a way to relax, reduce stress, even as a study aide. They may also have misperceptions that these drugs are safer than “street” drugs, are not addictive, and that “everyone” is doing it. And, unfortunately, these drugs can often be easily obtained from family or friends’ medicine cabinets or over the Internet. But, as a parent, **you have the power** to help reduce the risk your teen will misuse or abuse medication and prescription drugs. Here’s how:

- Keep medications locked and out of reach
- Properly dispose of unused or expired medication
- Monitor your medications - count them regularly
- Talk with your children, at all ages, about being safe

Take the time...they will listen

ONLY use prescription or over the counter medications as directed by your medical professional.

01

NEVER share your medications or take anyone else’s. It is not safe. And possessing someone else’ Rx medication is illegal.

02

REMEMBER, when you feel pressured, you can walk away. **MOST** teens choose not to misuse medications.

03

**3 THINGS TO
TALK WITH
YOUR TEEN
ABOUT
TODAY...**