

You Hold The Key To Your Child's Drug Free Future

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



LOCK YOUR MEDS

National Family Partnership

LOCK YOUR MEDS

Every day, 3,300 more children begin experimenting with prescription drugs.² Seventy percent of those who have abused pain medication say they get the medication from friends and family.³ 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 on www.nfp.org/lockyourmeds, 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 www.nfp.org/safemeddisposal.