

I started with
my dad's pain
relievers but
quickly graduated
to heroin.

He gets his music online.
His t-shirts at the mall.
And his drugs from
his mom's purse

She gets her hair
from her mom.
Her eyes from her dad.
And her drugs from her
parent's kitchen cabinet.

BE AWARE. DON'T SHARE.®

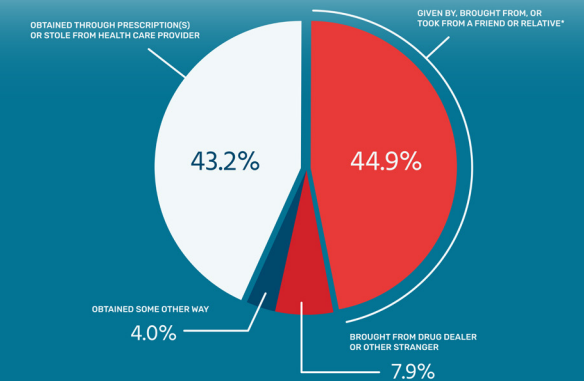


PARENTS GUIDE
To Prescription Drug Abuse

44.9%

of people 12 and older who
abuse prescription drugs get
them from family or friends.²

Source of Pain Relievers for Misusers Ages 12 or Older



*Percentage do not add to 100 due to rounding of individual sources.
Source: SAMHSA 2021 National Survey on Drug Use and Health (October 2021)

*“Some parents can become inadvertent
drug pushers by leaving their prescription
opioids, stimulants and depressants in
places where their kids can get them.”*

Joseph A. Califano, Jr.,
Chairman and President,
The National Center on Addiction and
Substance Abuse at Columbia University

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www.nfp.org

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Over 8.7 million people age 12 and older report misusing 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, 9,236 children and young adults begin experimenting with prescription drugs.³ Only 9.3% of children who misuse prescription medications say they get them from a stranger, a drug dealer or some other way.² Prevent your child from misusing your meds by securing them so they cannot be accessed.

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 medications 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. Key Substance Use and Mental Health Indicators in the United States: Results from the 2021 National Survey on Drug Use and Health.
2. Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2021 National Survey on Drug Use and Health. Calculated from Figure 24.
3. Substance Abuse and Mental Health Services Administration. Results from the 2021 National Survey on Drug Use and Health: Detailed Tables; Table 1.19A.

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:

FEBRUARY:

MARCH:

APRIL:

MAY:

JUNE:

JULY:

AUGUST:

SEPTEMBER:

OCTOBER:

NOVEMBER:

DECEMBER:

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.