

# Did You Know ?

**66% of Children Who Abuse Prescription Drugs  
Get Them From Family Or Friends.**

*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, more children begin experimenting with prescription drugs.<sup>2</sup> Sixty-six percent of those who have abused pain medication say they get the medication from friends and family.<sup>3</sup> 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 at [www.lockyourmeds.org](http://www.lockyourmeds.org), 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.lockyourmeds.org](http://www.lockyourmeds.org).

## **TAKE ACTION**

**DOWNLOAD AN INVENTORY CARD**

Keep your children safe by monitoring your medicine cabinet.

**SIGN AN E-PLEDGE**

Take a stand.

[www.lockyourmeds.org](http://www.lockyourmeds.org)

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She gets her hair  
from her mom.

Her eyes from her dad.

And her drugs  
from her home  
medicine cabinet.

66% of people 12 and older who abuse prescription drugs get them from family or friends. Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

**BE AWARE. DON'T SHAME.\*  
LOCK YOUR MEDS.®**

For more information, go to [www.lockyourmeds.org](http://www.lockyourmeds.org)

