

## **“Out Of Reach” Tools to Take Action and #EndMedicineAbuse**

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### **Action 3: Talk to Your Family, Friends and Other Parents**

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It is important to talk to your kids about the risks of abusing prescription drugs and over-the-counter cough medicine. Children who learn a lot about the risks of drugs from their parents are **up to 50 percent less likely to use drugs** than those who do not get this information at home.

#### **Practical Advice for Parents:**

As a parent, teach your teen to:

- ✓ Respect the power of medicine and use it properly.
- ✓ Recognize that all medicines, including prescription medications, have risks.
- ✓ Take responsibility for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem for their own or a friend's abuse.

#### **Share What You Know:**

If you're a parent, share information with family, friends and neighbors. If you're a doctor or other health care provider, share educational materials with your patients. If you're a community leader or law enforcement official, share information with the people in your community. If you're a teacher, school nurse or administrator, share information with the parents and students in your school.

#### **If you are a parent you should:**

- Learn how to say it- Conversations are the most powerful tools parents can use to connect with and protect their kids from the dangers of drugs and alcohol.
- Learn what to say about the dangers of street drugs and alcohol; it's also essential to address the abuse of prescription and over-the-counter cough medicine.
- Learn how to answer the question, “Did you do drugs?” It isn't about your past; it's about your child's future.
- Learn how to teach your kids to turn down drugs- there's no way you can shield your kids from finding out that street drugs, alcohol and tobacco exist- but you can help your child reject offers to try them.

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For more information about talking to your kids and loved ones about drug and alcohol abuse, visit [www.medicineabuseproject.org](http://www.medicineabuseproject.org)

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***Take The Pledge to #EndMedicineAbuse.  
Learn more at [medicineabuseproject.org](http://medicineabuseproject.org)***