

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

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

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.

For more information about talking to your kids and loved ones about drug and alcohol abuse, visit www.medicineabuseproject.org

Take The Pledge to #EndMedicineAbuse.
Learn more at medicineabuseproject.org