

THE PARTNERSHIP *presents*
BREAKING POINTS
TOOLS TO TAKE ACTION



ACTION 1: MIND YOUR MEDS

Research shows that **73% of teens say that it's easy to get prescription drugs from their parent's medicine cabinet.** Parents confirmed this, with 47% of them saying anyone can access their medicine cabinet. Limiting access to and properly disposing of unused or expired medicine is an important step in ending teen medicine abuse. Here's how:

1 MONITOR

- **Take note of how many pills are in each of the prescription bottles in your home.** These could be medicines for you, your partner, kids or any grandparents who may be living with you.
- If your teen has been prescribed a controlled substance (stimulant, opioid, sedative/tranquilizer, etc.), **be sure that you or a responsible adult are the ones controlling and administering the medicine.** Your teen should never dispense her own pills, or bring the bottle in her backpack to take at school, camp or elsewhere.
- Make sure that friends and relatives, such as grandparents who may be prescribed multiple medications, are also aware of the risks. Encourage them to regularly monitor their medicines.

2 SECURE

- Take prescription medicines out of the medicine cabinet and **secure them in a place only you know about.**
- If possible, **keep all medicines in a safe place**, such as a locked cabinet that your teen can't access. One way to think of it is to safeguard medicine in the same way you would keep cash or expensive jewelry locked away in your home.
- **Do not share medicines with friends or family members**, and if your teen has a prescription, communicate to her that she shouldn't share her medicines. Almost half of teens who misuse or abuse Rx medicines obtained them from a friend.

3 DISPOSE

- Take an inventory of all the medicine in your home, and **determine what expired or unused prescription or over-the-counter medicine can be disposed.**
- Teens won't think twice about retrieving discarded medicines from the trash. Learn more about safe disposal at: <http://medicineabuseproject.org/what-you-can-do/safeguard-your-home>

Take the Pledge to #endmedicineabuse.
Learn more at drugfree.org/MedicineAbuseProject

