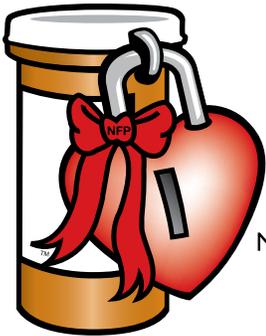


# Did You Know ?

**70% 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.*

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**LOCK  
YOUR  
MEDS®**  
National Family Partnership

## LOCK YOUR MEDS

Every day, 3,300 more children begin experimenting with prescription drugs.<sup>2</sup> Seventy 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)



She gets her hair from her mom.  
Her eyes from her dad.  
And her drugs from her grandma's medicine cabinet.

70% of children 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 SHARE.**  
For more information, go to [www.lockyourmeds.org](http://www.lockyourmeds.org).

