

National “Lock Up Your Meds” Day **October 27, 2008**

Part of the National Red Ribbon Week



Lock Up Your Medicine to Prevent Children's Prescription Drug Abuse

More than 3.1 million teens ages 12 to 17 report abusing prescription drugs. Read below for guidelines for prescription drug abuse prevention and discuss them with your family and friends.

DID YOU KNOW?

OVER 3 MILLION U.S. TEENS
ABUSE PRESCRIPTION
DRUGS.

EVERY DAY, 3,300 MORE
CHILDREN BEGIN
EXPERIMENTING WITH
PRESCRIPTION DRUGS.

70% OF CHILDREN WHO
ABUSE PRESCRIPTION DRUGS
ADMIT TO GETTING THEM
FROM FAMILY OR FRIENDS.

1. Substance Abuse and Mental Health Services Administration. 2007, National Survey on Drug Use and Health: National Findings.
2. Substance Abuse and Mental Health Services Administration. 2007a. A Day in the Life of American Adolescents: Substance Use Facts.
3. Substance Abuse and Mental Health Services Administration. 2006 National Survey on Drug Use and Health: National Findings.

YOU HOLD THE KEY TO YOUR CHILD'S DRUG-FREE FUTURE

Review the following guidelines for prescription drug abuse prevention and discuss them with family & friends.

LOCK YOUR MEDS

Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

TAKE INVENTORY

Use the [Home Medicine Inventory Card](#), (a copy to print out is below) 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 the latest guidelines on safe and proper disposal of medications see the NPF website.

WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM

If you suspect your teen is using drugs, do not wait to do something about it. Please contact Nicole Sealy if you have any questions or concerns at 859-292-0001 or nsealy@ncchs.com

This information was taken from the following website:

<http://www.nfp.org/redribbon.htm>

HOME MEDICINE INVENTORY CARD

OVER THE COUNTER MEDICINE

QUANTITY

PRESCRIPTION MEDICINE

QUANTITY

INSERT DATE WHEN YOU HAVE REVIEWED YOUR INVENTORY EACH MONTH.

JANUARY:	/ /
FEBRUARY:	/ /
MARCH:	/ /
APRIL:	/ /
MAY:	/ /
JUNE:	/ /

JULY:	/ /
AUGUST:	/ /
SEPTEMBER:	/ /
OCTOBER:	/ /
NOVEMBER:	/ /
DECEMBER:	/ /



LOCK YOUR MEDS
National Family Partnership
ALPHARMA
Pharmaceuticals

