



EMPOWERING PARENTS TO RAISE THEIR CHILDREN TO BE SUBSTANCE-FREE

Talk Early And Often About Alcohol, Tobacco And Other Drugs. Even When It Gets Tough



Know! To Create An Afterschool Prevention Plan

October is National Medicine Abuse Awareness month; bringing to light the dangers of prescription (and over-the-counter) medicine abuse and encouraging teachers to be a part of the solution.

With ONE in FOUR youth having misused or abused prescription drugs, the need for teachers, community leaders and parents to take immediate preventative action is without question. There are several key steps that can be taken to make a community-wide impact.

Monitor, Secure and Dispose of prescription medications in your home, and encourage parents to do the same! These are three vital steps in preventing prescription drug abuse among youth.

- Make note of how many pills are in each medicine bottle; keep track of refills and be sure you control any medication that has been prescribed to your child.
- Lock up your medications in a safe or locked cabinet or drawer.
- Take advantage of community drop boxes or drug take-back days for your unused, expired or unwanted prescription medications. [Click here](#) to find a drop box near you.
- To properly discard in household trash, remove medicine from original container, mix with undesirable substance such as coffee grounds or kitty litter and place in a disposal plastic bag or other sealed container. Before placing in the trash, be sure to conceal or remove any personal information on the medicine bottle.

Talk with your students regularly about the dangers of prescription drug abuse.

- Dispel the myth that prescription drugs are safer than illicit drugs – they're not! If you need a little help explaining why, refer to the previous Know! Tip - [Know! The Facts, Respect The Meds.](#)
- Help your students understand that even when taken as prescribed, there are health risks associated with prescription medications. When taken in an unintended manner, by an unintended user, that risk increases even further – with potentially fatal consequences.
- Make sure students are aware that responsible and appropriate use of a medicine prescribed to them means taking the medication specifically as

Talking regularly with kids about the dangers of alcohol, tobacco and other drugs reduces their risk of using.

Know! urges you to encourage other parents to join Know!.

[Click here for the Know! Parent Tip Sign-Up Page.](#)

Know! is a program of:



*Lifetime Prevention
Lifetime Wellness*

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[Link to Facebook](#)

directed, only for the purpose intended, and not sharing them with anyone else for any reason.

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Help spread the word - This is when sharing is caring! Share this information with family, friends and your network of parents. We also encourage you to consider making a brief presentation to your school or district administrators, parent groups, civic association, etc., to bring about awareness on this issue. You can visit the CardinalHealth.com/GenerationRx website for additional information and downloadable resources to assist you in spreading the word.

Teen drug abuse is an epidemic; one that needs to be stopped in its tracks. As adults whose influence greatly impacts children's lives, we ask that you use the position you're in to be a part of the solution. We must reduce access and availability of prescription drugs and educate ourselves, our students, their parents and our community about the potentially dangerous and deadly consequences of prescription misuse and abuse. We also must teach them about responsible and appropriate use, and how prescription medications can be beneficial in helping people live longer, healthier lives.

For more information on proper disposal guidelines, visit www.fda.gov or ask your pharmacist.

Source: [Cardinal Health Foundation: GenerationRx](http://CardinalHealth.com/GenerationRx)