



## DID YOU KNOW?

Over 8.9 million people age 12 and older abused prescription drugs in the past year.<sup>1</sup>

## LOCK YOUR MEDS™

Every day, 5,749 children and young adults begin experimenting with prescription drugs.<sup>2</sup> Only 14 percent of children who abuse prescription drugs get them from a stranger, a drug dealer or the internet.<sup>3</sup> Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

## TAKE INVENTORY

Using your Home Medicine Inventory Card, 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. Learn more about ways to get involved at [www.InformedFamilies.org/Campaigns/Lock-Your-Meds](http://www.InformedFamilies.org/Campaigns/Lock-Your-Meds).

## PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

Visit [www.Store.InformedFamilies.org](http://www.Store.InformedFamilies.org) to purchase a Vaultz® Lockbox to properly secure your medication.

## 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. Visit Thriving Mind South Florida to find Substance Use Services and Support in South Florida at [www.ThrivingMind.org/Get-Help/Substance-Use](http://www.ThrivingMind.org/Get-Help/Substance-Use).

1. Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2024 National Survey on Drug Use and Health. Table A.10B.

2. Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2024 National Survey on Drug Use and Health. Figure 23 and Table A.16B.

3. Substance Abuse and Mental Health Services Administration. Results from the 2023 National Survey on Drug Use and Health: Detailed Table A13.A.

