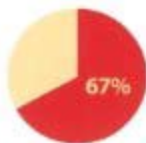


HOW COMMON IS IT?

1-in-6

North Carolina teens report taking a prescription medication without a prescription.

WHERE DO THEY GET THEM?



People who misuse prescription medications get them from family and friends. Parents can become accidental dealers by leaving their prescription medications where their children can get them.

WHAT CAN PARENTS DO?

LOCK YOUR MEDS. Only 5% of children who misuse prescription medications say they get them from a stranger, a drug dealer or the internet. Prevent your child from abusing your meds by securing them so they cannot be accessed.

EDUCATE YOURSELF & YOUR CHILD. Learn about the most commonly abused types of prescription medications. Then, communicate the dangers to your child regularly; once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR. Express your disapproval of using prescription medications without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

PASS IT ON. Share your knowledge and support with the parents of your child's friends.

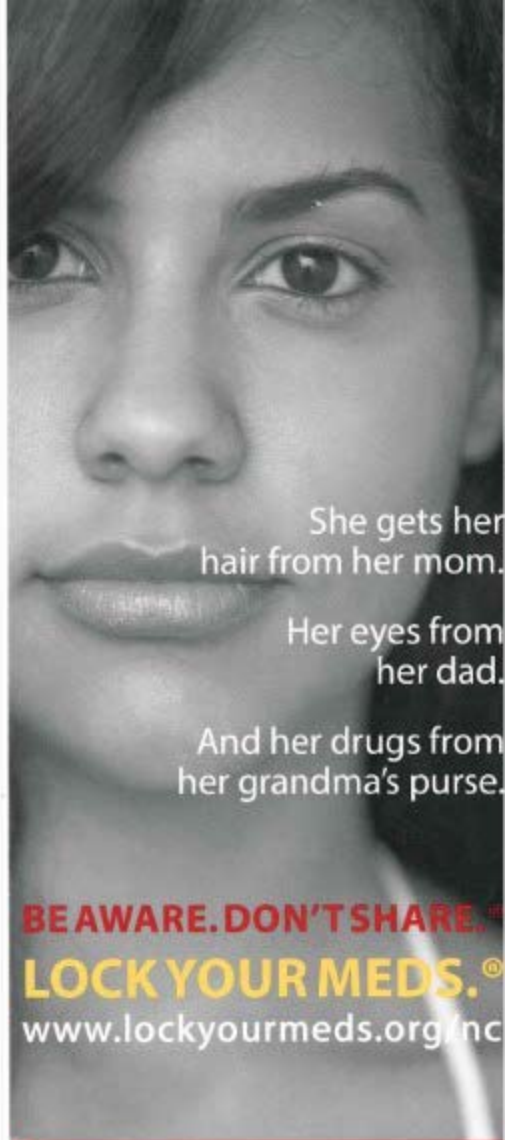
WHAT TO DO IF YOUR CHILD ALREADY HAS A PROBLEM. If you suspect your child is using drugs, call the Alcohol/Drug Council of North Carolina at 1-800-688-4232.

BE AWARE. DON'T SHARE.®

LOCK YOUR MEDS.®

www.lockyourmeds.org/nc

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She gets her hair from her mom.

Her eyes from her dad.

And her drugs from her grandma's purse.

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Parent Guide

Preventing Prescription Drug Misuse