



Monday, May 11: Preventing Prescription Drug and Opioid Misuse



# Make Your Home A Super Safety Zone!

It's up to all of us to take action against medicine abuse. The best place to start is in your own home by storing medications safely and securely, disposing properly and by talking with your kids about the dangers of medicine abuse.



Two-thirds of teens and young adults who report abuse of prescription medicine are getting it from friends, family and acquaintances. Make sure the young people in your life don't have access to any medications in your home. Follow the steps in the **Medication Safety Checklist** to monitor, secure and properly dispose of unused and expired prescription and over-the-counter medicine in your home.

## Medication Safety Checklist



**Monitor your medications.** Routinely take note of how many pills are in your prescription packs & containers and keep track of refills.



**Secure your medications** like you would any other valuable such as jewelry or cash. Store medications in a lockable container or cabinet.



**Dispose properly.** Safely dispose of expired, unwanted or unused medications to protect your family. Participate in annual drug take back day events or visit your local pharmacy to access medication disposal bins. Utilize medication disposal bags to discard medications at home.

Partnership for Drug Free Kids:  
Take Action to Address Medicine Abuse

Open, honest conversations are one of the most powerful tools parents can use to connect with young people and prevent substance abuse.

Download the free **Parent Talk Kit** at *The Partnership for Drug Free Kids* to access valuable tips that will help you have a productive conversation with the young person in your life.

[drugfree.org/medicine-abuse-project/resources/](http://drugfree.org/medicine-abuse-project/resources/)

Learn more about prescription drug addiction at:

*Samhsa.gov*

## Commonly Misused Prescription Drugs Among Teens:

- **Opioids** (prescription pain medicines)
- **Stimulants** (ADHD medicines)
- **Benzodiazepines** (anti-anxiety medicines)



To receive a free, complimentary medication disposal kit to safely dispose of unused medicines at home, contact:

[pmcdaniel@d19csb.com](mailto:pmcdaniel@d19csb.com) or 804.862.8002 ext 3193.

National Prevention Week  
May 10-16, 2020

