



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

Know! To Prescription-Proof Your Home

FAST FACT: *Sixty-four percent of 12 to 17-year-olds who report abusing prescription medications say they obtained their drugs from a friend or relative.*

You can automatically limit your child's access and availability by taking certain precautions within your home and encouraging your friends and family to do the same.

SECURE: All medications should be safely stored in a lock box, including those that require refrigeration. There are a variety of medication lock boxes available for purchase. But it can be as basic as a tool box or fishing tackle box, so long as you can put a lock on it.

MONITOR: It is important to know what's inside that lock box and to regularly monitor its contents. Take extra care if you store any type of prescription pain medication, anti-anxiety or sleep medication, medication to treat ADHD or over-the-counter cough or cold medicine, as these are the most highly abused drugs by youth.

DISPOSE: Properly disposing of your unused or expired medication is another key to preventing prescription misuse and abuse. When available, local drug take-back programs are the ideal method to safely dispose of medications.

Or follow these guidelines for proper self-disposal: Refer to the prescription label or patient information for specific disposal instructions. Unless instructed to do so, do not flush unused medications or pour down the drain. Instead, *prepare them for your household trash.*

1. *Remove medicine from original container.* To protect your identity and privacy, be sure to scratch out your information on the prescription label before tossing.
2. *Mix the medication with water and an undesirable substance such as coffee grounds, sawdust or kitty litter.* This will discourage youth and pets from retrieving it as well as make it more difficult to detect by people who intentionally go through trash looking for drugs.
3. *Secure contents in a sealable bag or other container to prevent leakage.* Now you can safely place in a garbage bag with the rest of your trash.

Don't mistakenly be your child's drug supplier. With a few extra steps, you can effectively limit your child's access and availability in your home. SECURE, MONITOR and PROPERLY DISPOSE. And above all, talk early and often with your children about the dangers of prescription and other drug abuse.

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:



Drug-Free Action Alliance
Lifetime Prevention
Lifetime Wellness

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With funding support from:



United Way
of Central Ohio

Sources:

Office of National Drug Control Policy: [Prescription for Danger, 2008. SMARxT DISPOSAL TM. FDA: How to dispose of prescription medications.](#)