



TALK TO YOUR CHILD

Teens who learn about the dangers of misusing prescription drugs from their parents or grandparents are 42% less likely to abuse prescription drugs than teens who do not.

Have an open conversation with your teen about prescription drug risks using the following prompts:

- ① **Start now.** Make it a point to read the dosage on their over-the-counter medications or your prescriptions. Explain to them why it's so important to take medicines as prescribed.
- ② **Be honest.** If you have any family members who have trouble with addiction or who have died from overdose, be honest with your child about this history and how it connects to proper use of medication.
- ③ **Keep the conversation going.** Having a single “talk” is not enough. Keep the conversation going.
- ④ **Ask questions.** One of the best ways to engage children is to ask them questions. Ask about how their friends might respond if offered a random medication from another student. Ask if they know anyone who has shared medications. Let their answers guide the conversation.
- ⑤ **Educate yourselves together.** For example, if you have an upcoming surgery, ask for their help researching non-opiate pain treatments.
- ⑥ **Set clear rules: NEVER SHARE PRESCRIPTIONS.** Express a clear household rule so they understand what behavior is expected of them.

Finally, model safe behavior by asking your provider about alternatives, proper use, and potential side effects of your own prescriptions.