

# Protect your family



Know the risks of your child's medication.\*

- ▶ Teens who were prescribed an opioid pain medication by grade 12 were at a **33% increased risk** of misusing an opioid between ages 19 and 25.<sup>1</sup>
- ▶ **14% of local teens** report misusing a prescription medication.<sup>2</sup>
- ▶ These medications carry **risks** (side effects, addiction, overdose).

**Sources:**

1. National Institute on Drug Abuse—Monitoring the Future Survey.
2. 2015 Maine Integrated Youth Health Survey (Sagadahoc County, Brunswick, and Harpswell)

**\*Medications often misused by Maine teens:**

Opioid pain medications (fentanyl, hydrocodone, hydromorphone, morphine, oxycodone, codeine), Adderall, Ritalin, Xanax.

# At the doctor's

## Ask questions...

- ▶ What are the **dangers** of this medication?
- ▶ **How much medication** should my child take?
- ▶ **How and when** should my child **stop** taking this medication?
- ▶ Are there **other options**?

# At home

## Secure...

- ▶ **Count the pills regularly** to make sure none are missing.
- ▶ **Lock the medications** in a safe place, out of sight of visitors and family members.
- ▶ **Oversee** each dose.
- ▶ Tell your teen that sharing this medication is **dangerous and illegal**.

# When finished

## Safely dispose...

- ▶ Dispose of any unused medication at a **Big Green Box**, located at your local police department.

