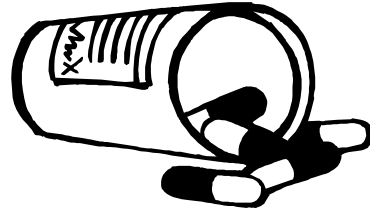


Parents of Teens:

# Watch your Medicine Cabinet!



*Prescription and over-the-counter (OTC) medications are fast becoming the new “party” drugs for kids. One in five teens have used prescription medication to get high.\* It is often easy for kids to get these from home, stores and the web.*

\*2005 Partnership Attitude Tracking Study (PATS)

## What to do:

- Set an example: Do not be casual about using prescription or OTC drugs.
- Tell your kids that getting high on legal prescription and OTC drugs is NOT safer than getting high on illegal street drugs.
- Check out the drugs in your home – do a **“Medicine Inventory”**
  - Look at the contents of your medicine cabinets, kitchen cabinets, bureau tops, purses or anywhere in the house where you may store medicines.
  - Put medications away. If you currently need these drugs, put them in a place where you can get to them easily, but where your child or others are unlikely to look.
  - If necessary, monitor the pill quantities and medicine levels in your prescription and OTC drug containers.
  - If you have left-over prescription medications in your house, get rid of them.
  - Only buy OTC drugs when you need them.
- Urge your friends – especially the parents of your children’s friends – to perform medicine inventories of their own.
- Take special precautions if someone in your home is at risk for suicide or substance abuse.

## For more information:

Alcohol, Tobacco and Other Drug Abuse Clearinghouse  
800-804-0909 (NH) or 603-271-2677

Partnership for a Drug Free America / NH  
[www.drugfree.org](http://www.drugfree.org)

For medication abuse & pill identification call the  
Northern New England Poison Center at 1-800-222-1222



[www.chadkids.org/goto/childhealthmonth](http://www.chadkids.org/goto/childhealthmonth)

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Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,  
NH Department of Education, NH Pediatric Society, NH SAFE KIDS & Partnership for a Drug Free NH