



## **1 out of 5 teens uses prescription drugs without a doctor's order**

*What can you do?*

- Safeguard all drugs at home. Monitor quantities and control access
- Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages
- Be a good role model by always following these same rules with your own medicines
- Properly dispose of old or unused medicines by concealing them in the trash by mixing them with coffee grounds or kitty litter
- Ask friends and family to safeguard their prescription drugs as well

# **Parenting *is* prevention**

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Parenting for Prevention Tip #9

Kindly offered by The BAY Team  
Barrington's Substance Abuse Prevention Task Force  
<http://www.Barrington.ri.gov>