

# How can we protect our teens?

There are specific and effective strategies we **all** can adopt to decrease the likelihood of youth opioid abuse.

## Talk, Talk, Talk!

Children and teens whose parents/caregivers talk with them early and often about the dangers of drugs and alcohol use are less likely to use them. Despite what adults may think, kids **do listen** and are less likely (by as much as 50%) to use drugs as a result.

## Set clear rules.

Make sure your teen knows that s/he should always take medication as prescribed and should NEVER share



medications with others. (It's unsafe AND illegal!)

## Monitor and secure.



Regardless of whether you have teens in the home, adults should carefully monitor and secure their own prescriptions and ask family members and neighbors to do the same. In some cases, teens may use prescription drugs not prescribed to them believing that it is 'safer' to use than an illicit drug.

## Understand.



If a teen is prescribed an opioid for a medical or dental reason, it is tantamount that the parent/caregiver talk to the prescribing doctor. Be sure to understand: what the prescription is for; when, how, and for how long it should be administered; monitor

the dispensing; and any risks or side effects associated with the opioid. Teen opioid abuse often starts with the use of a legitimately prescribed drug.

## Safe Disposal.



Dispose of unused or unwanted prescriptions and over the counter medications safely in secure drug disposal boxes at one of the three tri-town police stations.

## Learn more, find support.



For more information or support, please contact the TTC office [\(978\) 887-6512](tel:978-887-6512) or go to our website [www.tritowncouncil.org](http://www.tritowncouncil.org).