

I I would like to know about
Prescription Medication

K **KNOWLEDGE – What I need to know**

- Addictive medications come in three categories: Stimulants, Opioids & Sedatives.
- Many over the counter medications like cough, cold, allergy and motion sickness medications can be abused and drive risky behavior in teens.

N **NOW – What can I do as a parent/caregiver?**

Today is a good day to explore the family medicine cabinet and explore the family rules around medicine safety.

- Discuss your family's rules around who is allowed to give medications.
- Consider what medications your family members are on and what questions you may want to explore with your provider or pharmacist.
- Model responsible medication management by following doctor's orders, not sharing and throwing away unused prescriptions.

O **OBSERVE – What should I look out for?**

- Watch for curiosity, answer any questions that come up.
- Observe your child's behavior patterns around their physical and mental health, do they prioritize good nutrition and lifestyle habits?
- Know the latest #hashtags & emoji's & Know the terms they are using for drugs in their conversation and be on alert for pro-drug emoji.



Party



Drug Dealer



Marijuana



MDMA



Drugs



Pills/Heroin



High Potency

W **WHERE to turn for help - Resources**

- **Poison Control Center** 1-800-222-1222
- **211 Palm Beach County** <https://211palmbeach.org>
- **Never hesitate to go to your pharmacist or medical provider with any questions regarding prescription medication interactions and/or side effects**

