

# Protect Your Children

## Information for Parents

### You Should Know

Nationally, 1 in 5 teens have taken prescription drugs without a doctor's prescription one or more times in their life. (MMWR June 8, 2012)

- The majority of both teens and young adults obtain prescription drugs they abuse from friends and relatives, sometimes without their knowledge.
- Despite what many teens think, abusing prescription drugs is not safer than misusing illicit drugs.
- Prescription drugs can be addictive and lethal when misused.
- Combining prescription drugs/over-the-counter medications and alcohol can cause respiratory failure and death.
- Nonmedical use of prescription drugs among youth ages 12 to 17 and young adults ages 18 to 25 in 2011 was the second most prevalent illicit drug use category, with marijuana being first. (NSDUH 2011)

### What Can You Do?

- Safeguard all prescription drugs and medications at home.
- Monitor the quantities on a regular basis to control access.
- Dispose of old or unused medications.
- Be a good role model; follow the same rules with your own use.
- Ask family and friends to safeguard their medications.
- Talk to your teen about alcohol and drug abuse and the risks of misusing prescription and over-the-counter drugs.

Brochures are available to download, print and distribute at:

[www.oasas.ny.gov/stoprpxmisuse/](http://www.oasas.ny.gov/stoprpxmisuse/)  
[www.health.ny.gov/professionals/narcotic/](http://www.health.ny.gov/professionals/narcotic/)

New York State HOPEline

1-877-8-HOPENY (1-877-846-7369)  
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