



## What Can I Do as a Parent?

by NEWLIFEOUTLOOK TEAM

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### Stop Prescription Abuse

If you have prescriptions you take regularly and you have a teen in your household, you should talk openly about your drugs. Be specific about why you're taking prescription drugs, what they do, and what they could do if someone who doesn't need them takes them. Take actions to make sure that your teen doesn't have easy access to your medications. Throw them away when they're expired, lock them up, and become educated about the types of drug abuse and the signs to look for. Be mindful that even if your teen doesn't have access to your drugs, other teens may have access to their own drugs and might try to pass them along to others.

**STOP Rx ABUSE**  
Ignorance is NO excuse

