

Painkiller Abuse Fuels  
Rise in Heroin Addiction  
— **Lock Up Your Meds!**  
**It could save a life!**

For more information  
on keeping your child  
safe, visit [drugfreenh.org](http://drugfreenh.org)  
or our website shown  
on the back of this  
brochure.



The Surgeon General's  
Call to Action says "**It's  
time to change how  
we all think, talk, and  
act when it comes to  
underage drinking.** We  
need to stop accepting it  
and to start discouraging  
it. It's time to help young  
people understand that it is  
not okay for them to drink  
alcohol. The discussion  
needs to start long before  
youth start thinking about  
drinking."

Prescription Drug Misuse and Underage Drinking  
are serious risk factors for our youth that  
can have lifelong unintended consequences.  
Please talk to your kids — they listen! **Visit**  
**[drugfreenh.org](http://drugfreenh.org) for information and  
resources.**

## SPONSORED BY:



Anonymously dispose of unneeded medications at  
the Amherst, Hudson, Litchfield, Merrimack, Nashua  
or Pelham police departments.

To access an online treatment locator in your area  
please visit [www.nhcenterforexcellence.org](http://www.nhcenterforexcellence.org)

## ACKNOWLEDGEMENT & THANK YOU TO:

Vanessa DeZorzi, Graphic Artist, who revised this  
brochure, Nashua Prevention Coalition, The CoRe  
Youth Leaders who designed and developed the  
artwork for this brochure.

**Restrict Access to Alcohol  
and Prescription Drugs**

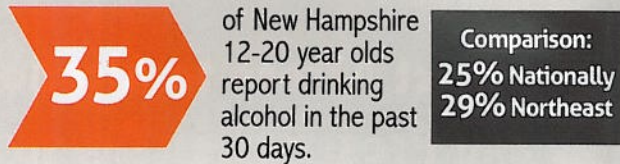
# LOCK IT UP!

**Keep Youth Safe and Healthy**



# THE PROBLEMS FACING YOUTH AND HOW TO HELP

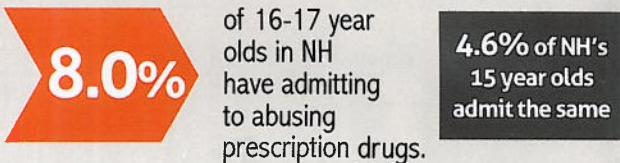
## ALCOHOL USE 12-20 year olds



Source: 2012 National Survey on Drug Use and Health (NSDUH).

## PRESCRIPTION DRUG USE

12-17 year olds



Source: 2013 Youth Risk Behavior Survey

## NH YOUTH: 1ST TIME ALCOHOL USE

When Asked:  
How old were you when you had your first drink of alcohol other than a few sips?



Responded: 12 or younger    Responded: 13 or 14    Responded: 15 or 16    Responded: 17 or older

Source: 2013 Youth Risk Behavior Survey

## DID YOU KNOW?

Children of parents who talk to their teens regularly about alcohol and other drugs are 42% less likely to use drugs than those who don't. Visit "Talk. They Hear You" at [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov) for age appropriate conversations.

Source: 2013 Youth Risk Behavior Survey

## ACCESSIBILITY

When Asked:

If you wanted to get a prescription drug (such as Oxycontin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription, how hard or easy would it be for you to get some?

NH Teens Responded:



Source: 2013 Youth Risk Behavior Survey

72.4%



Compared to 90.5% nationally, only 72.4% of NH teens think their parents would strongly disapprove of them having one or two drinks of an alcoholic beverage nearly everyday.

Source: 2013 Youth Risk Behavior Survey

## CASES

The following are incidents of two children in NH who accidentally ingested prescription medication in 2014

<b>Age</b>	3	2
<b>Gender</b>	Female	Female
<b>Substance</b>	Insulin	Synthroid/ Vicodin
<b>Action</b>	Observed/ Released	Treated/ Released
<b>Cost</b>	\$1,833.43	\$2,662.76

All info graphics courtesy [checkthstatsnh.org](http://checkthstatsnh.org)

## MONITOR:

**Keep track** of how many pills you have in the bottle or medication dispenser.

Don't keep alcohol where teens can access it.

Always know how many beers you have in the fridge right now.

Don't allow your teen to have unsupervised parties.

Make sure other parents, grandparents, and adults take the same precautions.

## SECURE:

Keep prescription drugs and medications in a secure (locked) location.

**Lock** your liquor cabinet, especially when your child or teen will be unsupervised.

Make sure other parents, grandparents, and adults take the same precautions.

## DISPOSE:

Take an inventory of all the prescription drugs in your home. Discard all expired or unused medications.

**Discard** unused or expired medications by bringing them to local "Take Back Events".

If your local community does not currently support a "Take Back Event", put the unused medication in a plastic bag with used kitty litter, used coffee grinds, or another undesirable substance. Place in the trash.

DO NOT flush medications, unless otherwise specified on the bottle.

Ensure your families privacy. Remove and destroy the labels on the prescription bottle.