

let's talk about prevention!

In recognition of National Drug and Alcohol Facts Week (March 21-27), Decisions at Every Turn has prepared a prevention packet specifically for parents & caregivers of children 5-8.

Whether you are already having these conversations with your children, or are looking for tips & resources on how to start, these materials can help you communicate that making healthy decisions is a great choice!

Learn more about DAET:

ashlanddecisions.org

www.facebook.com/ashlanddecisions

twitter.com/AshlandDAET

coalitioninfo@ashlanddecisions.org

kristin.french@AshlandDecisions.org

talia.seavey@AshlandDecisions.org



REMEMBER - You know your child best and how ready they are for these conversations. Prevention discussions are not a one time thing - these are ongoing opportunities to talk with your child about staying healthy. When you're ready, these suggestions can help guide you and your family.

Building Communication for a Healthy Lifestyle

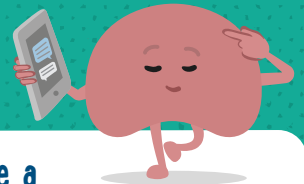
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Teach them to say YES to a healthy lifestyle and NO to underage drinking.

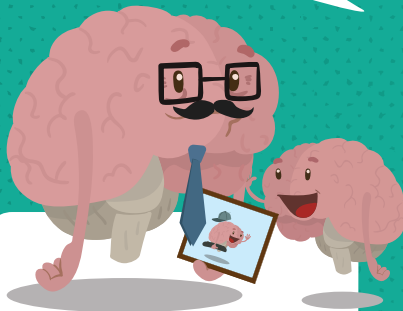


Have a silent conversation.

- For kids who may find it hard to open up face-to-face, use text messages or email to exchange sentiments and feelings.

Relax during your quality time.

- Cheer on your favorite sports team.
- Cook dinner together or try a meal service.
- Complete a home project together.



Pull out old photos or videos from when they (or you!) were young.

Stay Positive.



Plan out a weekend vacation or staycation.

- Conversations flow while you're having fun at a bowling alley, on a hike, at the beach, or during a picnic.



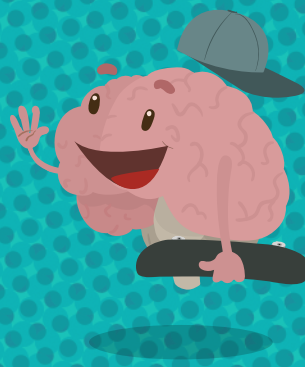
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Keep it authentic.

Ask thoughtful questions with open-ended answers.

- What was the best part of being a little kid?
- When you are a parent, what will you do differently?
- What do you think adults do all day?
- If you could start your own business, what would it be?

Alcohol and the Developing Brain



Find more free resources at asklistenlearn.org

Responsibility.org's *Ask, Listen, Learn: Kids and Alcohol Don't Mix* program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with our information about the dangers of underage drinking and how to say NO. This will help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit asklistenlearn.org for more free resources to share with your kids!



Helping Your Kids Say NO to Underage Drinking

Share these ideas with your kids and then continue the conversation by asking, "What are more ways to say NO to underage drinking?"

1 **Be blunt.**
"No, I'll pass."

2 **Divert the attention.**
"Nope, I'll go shoot some hoops instead."

3 **Keep your cool.**
"No thanks, that's not my thing."

4 **Shake it off.**
"No way, I'm not into that!"

5 **Blame mom and dad.**
"No thanks, my parents would kill me."

6 **Blow it off.**
"Nah, that's nothing but trouble."

7 **Stay honest.**
"And get grounded for life? I don't think so."

8 **Think of your future.**
"I've got to study."

9 **Make a healthy choice.**
"Not today: I'll wait."

10 **Communicate clearly.**
"No. Just no."



prevention tips for talking to kids 5-8 about alcohol & other drugs

Elementary-aged children still want close family connections, but are beginning to explore their individuality and the world around them. This may include questions about medicine, alcohol, or other substances. These suggestions can help answer questions or start important conversations about making good choices to stay healthy.



Keep your discussion focused on the present - long term consequences are too distant to have meaning for most children this age.



Set clear rules & expectations: Alcohol and other substances are dangerous for kids whose brains & bodies are still developing.



Talk to your kids about substance-related messages they see on TV, in movies, or overhear at school. Ask your kids how they feel about the things they've seen and heard.



Always keep medication and alcohol locked up in a safe place where children cannot access it.



When you use medication in the house, talk about why you are using the medicine and how it can only be used by the person who is unwell.



Discuss the differences between medicinal uses & illegal uses of drugs, and how taking any medicine the wrong way can be dangerous.



Take a two-pronged approach: Repeat simple information about the dangers of alcohol, tobacco and other drugs - but also about the benefits of nutritious food. Some things are not good for our body and some things are great - like fruit, vegetables, and lots of water.



Recognize & praise your child when they make a good decision.



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prevention resources for kids ages 5-8

for parents & caregivers

Drug Prevention Tips for Every Age

<https://drugfree.org/article/prevention-tips-for-every-age/>

Talking to Kids About Drugs

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Growing Up Drug Free: A Parents Guide to Prevention

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Parenting for Prevention: How to Talk to Your Kids at Any Age

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

for parents & kids to watch together

Wellbeing for Children: Healthy Habits

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Making Healthy Choices

<https://www.youtube.com/watch?app=desktop&v=l5akBR7k4p0>

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¡hablemos de prevención!


En reconocimiento al Mes Nacional de Concientización sobre el Alcohol, Decisions at Every Turn (Decisiones a todo momento) ha preparado un paquete de prevención específicamente para padres y cuidadores de niños de 5 a 8 años.

Si ya está teniendo estas conversaciones con sus niños, o está buscando consejos y recursos sobre como empezar, estos materiales pueden ayudarlo a comunicar que tomar decisiones saludables es una gran elección!

Más información sobre DAET
(Decisiones a todo momento por sus siglas en inglés):

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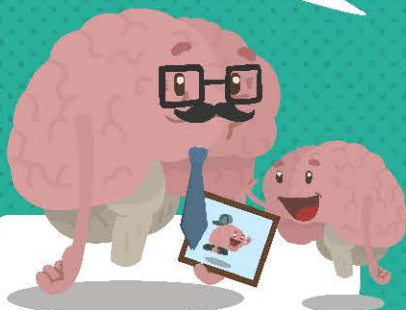
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Relax during your quality time.

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Ask, Listen, Learn

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consejos para hablar a niños de 5 a 8 años sobre la prevención del alcohol y otras drogas

Los niños de primaria todavía quieren conexiones con familiares cercanas, pero están comenzando a explorar su individualidad y el mundo que les rodea. Esto puede incluir preguntas sobre medicamentos, alcohol u otras sustancias. Estas sugerencias pueden ayudar a contestar preguntas o iniciar conversaciones importantes acerca de tomar buenas decisiones para mantenerse saludable.

- ✓ Mantenga su conversación enfocada en el presente - consecuencias a largo plazo son demasiado distantes para tener significado para la mayoría de los niños de esta edad.
- ✓ Establezca reglas y expectativas claras: el alcohol y otras sustancias son peligrosos para los niños cuyos cerebros y cuerpos aún se están desarrollando.
- ✓ Hable con sus hijos sobre los mensajes relacionados con las sustancias que ven en la televisión, en las películas, u oír por casualidad en la escuela. Pregúnteles a sus hijos cómo se sienten acerca de las cosas que han visto y oído.
- ✓ Siempre guarde los medicamentos y el alcohol bajo llave en un lugar seguro donde los niños no pueden accederlos.
- ✓ Cuando use medicamentos en la casa, explique por qué los está usando el medicamento y sólo puede ser utilizado por la persona que no se encuentra bien.
- ✓ Hable de las diferencias entre los usos medicinales y los usos ilegales de medicamentos, y que tomar cualquier medicamento de manera incorrecta puede ser peligroso.
- ✓ Adopte un enfoque doble: repita información simple sobre los peligros del alcohol, el tabaco y otras drogas, sino también sobre los beneficios de los alimentos nutritivos. Algunas cosas no son buenas para nuestro cuerpo y algunas cosas son geniales, como las frutas, las verduras y mucha agua.
- ✓ Reconozca y elogie a su hijo cuando tome una buena decisión.

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recursos de prevención para niños de 5 a 8 años

para padres y cuidadores/as

Consejos de prevención de drogas para todas las edades

<https://drugfree.org/article/prevention-tips-for-every-age/>

Hablar con los niños sobre las drogas

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Crecer libre de drogas: una guía para padres sobre la prevención

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Crianza para la prevención: hablar con sus hijos a cualquier edad

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

para que padres e hijos vean juntos

Bienestar para los niños: Hábitos saludables

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Tomar decisiones saludables

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VAMOS CONVERSAR SOBRE PREVENÇÃO

Em reconhecimento pela Semana Nacional dos Fatos das Drogas e Alcool (21-27 de março), Decisions at Every Turn preparou um pacote de prevenção especialmente para os pais e responsáveis de crianças de 5-8 anos de idade.

Mesmo que voce ja esteja tendo esse tipo de conversa com sua(s) criança(s), ou ja esteja procurando por dicas e recursos em como começar, esses materiais podem ajudar na sua comunicacao que tomar decisões saudáveis e a melhor opção.

Aprenda mais sobre DAET:

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twitter.com/AshlandDAET

coalitioninfo@ashlanddecisions.org

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LEMBRE: Você conhece bem a sua criança e sabe o quanto ela esta pronta para esse tipo de conversa. A discussao sobre prevenção não são uma coisa única – são oportunidades contínuas para conversar com sua criança sobre se manter saudável. Quando voce estiver pronta(o), essas sugestões podem ajudar a orientar vocêe sua família.

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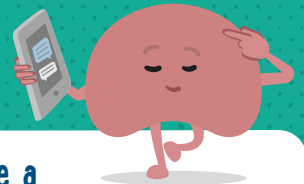
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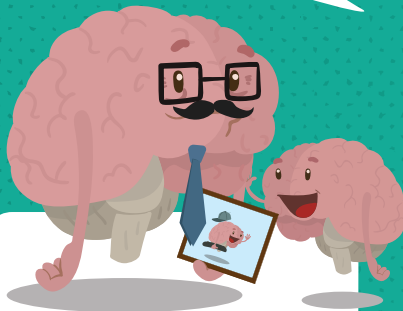


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Dicas de prevenção para conversar com crianças da idade de 5-8 anos sobre álcool & outras drogas

As crianças do ensino fundamental ainda querem conexões familiares próximas, mas estão começando a explorar sua individualidade e o mundo ao seu redor. Isso pode incluir perguntas sobre medicamentos, álcool ou outras substâncias. Essas sugestões podem ajudar a responder perguntas ou iniciar conversas importantes sobre como fazer boas escolhas para se manter saudável

- ✓ Mantenha sua discussão focada, pois as consequências atuais a longo prazo são muito distantes para terem significado para a maioria das crianças dessa idade.
- ✓ Defina regras e expectativas claras: álcool e outras substâncias são perigosas para crianças cujos corpos e cérebros ainda estão em desenvolvimento.
- ✓ Converse com seus filhos sobre mensagens relacionadas a substâncias que eles veem na TV, em filmes ou ouvem na escola. Pergunte a seus filhos como eles se sentem sobre as coisas que veem e ouvem.
- ✓ Mantenha sempre a medicação e bebidas alcólicas em um lugar seguro, onde as crianças não possam acessá-lo.
- ✓ Quando você usar medicação em casa, fale sobre o motivo pelo qual você está usando o medicamento e como ele só pode ser usado pela pessoa que está doente.
- ✓ Fale sobre as diferenças entre usos medicinais e usos ilegais de drogas, e como tomar qualquer medicamento de maneira errada pode ser perigoso.
- ✓ Adote uma abordagem em duas frentes: Repita informações simples sobre o perigo do álcool, tabaco e outras drogas – mas também fale sobre os benefícios dos alimentos nutritivos. Algumas coisas não são boas para o nosso corpo e outras são ótimas – como frutas, legumes e muita água.
- ✓ Reconheça e elogie sua criança quando ela tomar uma boa decisão.



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Para Pais & Responsáveis

Dicas de Prevenção de Drogas para todas as Idades

<https://drugfree.org/article/prevention-tips-for-every-age/>

Conversando com as Crianças sobre Drogas

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Crescendo sem Drogas: Um Guia para os Pais sobre Prevenção

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Parenting for Prevention:

Como Conversar com Suas Crianças em Qualquer Idade

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

Para pais & filhos assistirem juntos

Bem-estar das Crianças: Hábitos Saudáveis

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Fazendo Escolhas Saudáveis

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yobō ni tsuite hanashimashou!

Nashosemi arukōru au~eanesu Month o kinen shite, Decisions at Every Turn wa, 5 ~ 8-sai no kodomo-tachi no oya to hogo-sha no tame ni tokubetsu ni yobō paketto o yōi shimashita.

Anata ga sudeni anata no kodomo to korera no kaiwa o shite iru, matawa hajimeru hōhō ni kansuru hinto to risōsu o sagashite iru ka dō ka ni kakawarazu, korera no shiryō wa anata ga kenkō-tekina kettei o suru koto ga subarashī sentakudearu koto o tsutaeru no o tasukeru koto ga dekimasu!

DAET no shōsai:

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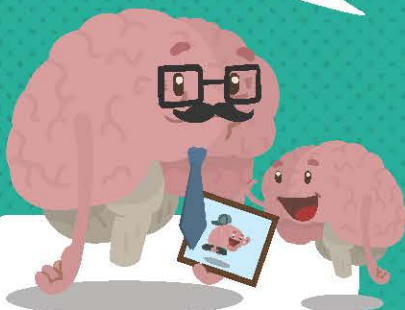
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hanasu tame no yobō no hinto 5 ~ 8-sai no kodomo-muke arukōru ya hoka no kusuri ni tsuite

Shōgakusei no kodomo-tachi wa mada kazoku to no missetsuna tsunagari o nozonde imasuga, karera no kosei to karera no mawari no sekai o tankyū shi hajimete imasu. Kore ni wa, -yaku, arukōru, matawa sonohoka no busshitsu ni kansuru shitsumon ga fukuma reru baai ga arimasu. Korera no teian wa, kenkō o iji suru tame no yoi sentaku o suru koto ni tsuite no shitsumon ni kotae tari, jūyōna kaiwa o hajimeru no ni yakudachimasu.

- ✓ Anata no giron o genzai ni shōten o awase tsudzukete kudasai - chōki-tekina kekka wa, kono nenrei no hotondo no kodomo-tachi ni totte imi o motsu ni wa tō sugimasu.
- ✓ Meikakuna rūru to kitai o settei suru: Arukōru ya sonohoka no busshitsu wa, nō ya karada ga mada hattatsu shite iru kodomo ni totte kikendesu.
- ✓ Terebi ya eiga de mi tari, gakkō de mimi ni shi tari suru busshitsu kanren no messēji ni tsuite, kodomo-tachi to hanashiatte kudasai. Kodomo-tachi ni, mi tari kii tari shita koto ni tsuite dono yō ni kanjite iru ka tazunemasu.
- ✓ Kusuri to arukōru wa, kodomo ga akusesu dekinai anzen'na basho ni tsuneni tojikomete oite kudasai.
- ✓ Ie de kusuri o tsukau toki wa, naze kusuri o tsukatte iru no ka, taichōgawarui hito dake ga kusuri o tsukau koto ga dekiru no ka o hanashiatte kudasai.
- ✓ Kusuri no shiyō to ihōna shiyō no chigai, oyobi kusuri o machigatta hōhō de fukuyō suru koto wa dono yō ni kikendearu ka ni tsuite hanashiaimasu.
- ✓ 2Tsu no apurōchi o torimasu. Arukōru, tabako, sonohoka no yakubutsu no kiken-sei ni tsuite dakedenaku, eiyōka no takai shokuhin no riten ni tsuite mo kantan'na jōhō o kurikaeshimasu. Kudamono, yasai, takusan no mizu nado, watashitachi no karada ni yokunai mono mo areba, subarashī mono mo arimasu.
- ✓ Karera ga yoi ketsudan o suru toki, anata no kodomo o ninshiki shite, shōsan shite kudasai.



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yobō risōsu 5 ~ 8-Sai no kodomo-muke

Oya to kaigo-sha no tame ni

Arayuru nenrei no tame no yakubutsu yobō no hinto

<https://drugfree.org/article/prevention-tips-for-every-age/>

Mayaku ni tsuite kodomo-tachi to hanasu

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Yakubutsu o tsukawazu ni sodatsu: Yobō e no oya no gaido

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

Yobō no tame no DAET kosodate: Arayuru nenrei no kodomo to hanasu hōhō

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

Oya to kodomo ga issho ni miru tame ni

Kodomo no tame no kōfuku: Kenkō-tekina shūkan

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Kenkō-tekina sentaku o suru

<https://www.youtube.com/watch?app=desktop&v=l5akBR7k4p0>

Kenkō-tekina sentaku o suru

<https://www.youtube.com/watch?v=br0gEMQbe0Q>



Oboete oite kudasai - anata wa anata no kodomo o mottomo yoku shitte ite, karera ga korera no kaiwa ni dorehodo junbi ga dekite iru ka o shitte imasu. Yobō ni tsuite no hanashiai wa ichido kiri no kotode wa arimasen - korera wa kenkō o iji suru koto ni tsuite anata no kodomo to hanasu keizoku-tekina kikaidesu. Junbi ga dekitara, korera no teian wa anata to anata no kazoku o michibiku no ni yakudachimasu.

TAKE ACTION



Use these tips to talk with your child:

- Plan to have many short talks;
- Choose informal times to have the conversations, such as in the car or during dinner;
- Continue talking as they get older;
- Clearly state what you expect regarding drug use;
- Create family rules together, such as expectations when hanging out with friends; and
- Let them know you are always there for them.



Exit Plan

Talk to your children about having an “exit plan” if they are offered prescription pain relievers that are not theirs. Peer pressure can be powerful among youths, and having a plan to avoid drug misuse can help children make smart choices. Talk with your children about what they would do if faced with a decision about drugs, such as texting a code word to a family member. Be sure to practice the exit plan in a safe environment.



Safe Storage and Disposal

It is important to properly store and dispose of medication. For more information about how to safely store or dispose of your family’s medicine, read *Safe Storage of Prescription Medications*⁹ or *Disposal of Unused Medicines: What You Should Know*.¹⁰

⁹ Safe Storage of Prescription Medications (<https://bit.ly/2Hwvy2k>)

¹⁰ Disposal of Unused Medicines: What You Should Know (<https://bit.ly/2luz8L1>)

TALKING WITH YOUR CHILD ABOUT OPIOIDS:

Keeping Your Kids Safe



i talk
they hear you®

www.underagedrinking.samhsa.gov



SAMHSA

Substance Abuse and Mental Health
Services Administration

SMA-18-5083

i talk
they hear you®



OPIOIDS CAN BE PRESCRIBED FOR PAIN

Opioids are a group of drugs that includes prescription pain medications and illegal drugs like heroin. The most common pain medications involved in prescription opioid overdoses include drugs such as oxycodone, hydrocodone, codeine, and morphine.¹

After marijuana and alcohol, prescription drugs are the most commonly misused substances by Americans age 14 and older.² Misuse can be described as taking someone else's medicine, taking a medicine in a way other than prescribed, taking a medicine to get high, and/or mixing medicine with other substances.

Start talking to your children early to ensure they understand what opioids are and the risks of misusing prescription medication.



PRESCRIPTION OPIOID MISUSE

Children who take opioid pain medication that is not prescribed to them—even just one time—can suffer serious illness or death.

Between 2004 and 2005, about 71,000 children under age 18 went to emergency rooms because they took medicines while their parent or

¹ National Institute on Drug Abuse. "Opioids." NIDA.

² NIDA for Teens. "Prescription Drugs." (March 1, 2017). Retrieved from teens.



caregiver wasn't looking.³ Taking prescription pain medications can have serious consequences, including:^{4,5}

- Allergic reactions;
- Breathing problems;
- Coma;
- Permanent brain damage; and/or
- Death.



JUST BECAUSE IT WAS PRESCRIBED, DOESN'T MEAN IT CAN'T BE HARMFUL

It is unsafe and illegal to take someone else's prescription medication, even if the drug was prescribed to someone your child knows. Doctors prescribe different dosages based on a person's size and age, and taking the wrong strength can be deadly. Studies show that 53 percent of people ages 12 or older obtained prescription pain medication for nonmedical use from a friend or relative.⁶

Talk to your children about the dangers of taking prescription pain relievers that don't belong to them.

³ Schillie, S. F., Shehab, N., Thomas, K. E., Budnitz, D. S. (2009). Medication overdoses leading to emergency department visits among children. *Am J Prev Med*, 37:181–187.

⁴ National Institute on Drug Abuse. (2016). Misuse of prescription drugs: Is it safe to use opioid drugs with other medications?

⁵ National Institute on Drug Abuse. (2017). Drug facts: Prescription pain medications (Opioids). NIDA for Teens.

⁶ Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.



ARE PRESCRIPTION PAIN MEDICATIONS ADDICTING?

Parents should also talk with their children about how addiction is a disease and misusing medications can have major, life-threatening consequences.

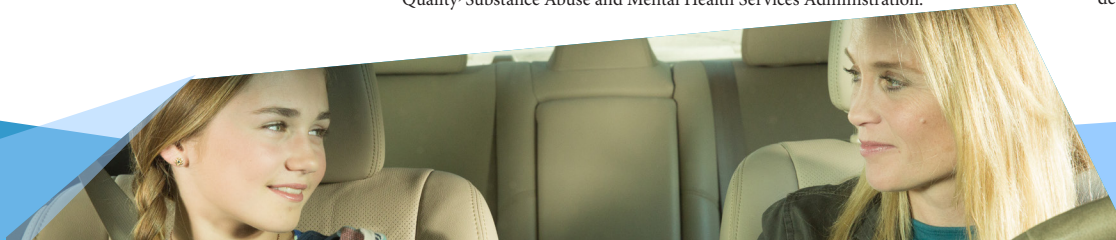
In 2017, an estimated 2.1 million people ages 12 or older had an opioid use disorder.⁷ Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug, and can be extremely addictive.

In some cases, your doctor may prescribe an opioid to your child for things like surgery or a broken bone. Talk to your doctor and your children about the risks of prescription pain relievers prescribed to them.

Research suggests that one of the most important factors when a child is growing up is a strong, open relationship with a parent.⁸ Though it may not seem like it, children really hear your concerns, and it's important that you discuss the risks of using pain medications with them.

⁷ Substance Abuse and Mental Health Services Administration. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health (HHS Publication No. SMA 18-5068, NSDUH Series H-53). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration.

⁸ National Scientific Council on the Developing Child. (2004). Young children develop in an environment of relationships. Working Paper No. 1.



The Real Truth



**About Rx and OTC
Medicine Abuse**

Rx and OTCs:

“It’s medicine, so how can it be bad for me?”

Prescription (Rx) and over-the-counter (OTC) medicines are legal products that can help you feel better. But they need to be used only as directed. When abused, when taken for non-medical reasons or in extreme amounts, these medicines can be dangerous. And mixing medications with other medicines, with illegal drugs, or with alcohol can even be deadly. You can never know how these substances will interact with one another or with any health condition you might have.

Rx Drug Abuse

Prescription, or Rx, medicines are important and safe when treating health problems. To be used safely and legally, you must have a prescription and use the medicine according to your doctor’s orders. If prescription medicines are taken for non-medical reasons or at doses not prescribed by a doctor, they can be dangerous, leading to addiction, seizures, heart attacks, or even death.

When used for medical reasons, **pain medications** (opiates or opioids) can be safe and effective when prescribed by a doctor for people with long-term conditions like arthritis or back pain or for short-term pain after surgery. These medicines, however, are the most abused prescription drug class. Since opiates affect the brain and spinal cord, abuse or misuse can lead to addiction or even death.

Another category of prescription drugs that is often abused is **stimulants**, which are used for attention-deficit hyperactivity disorder (ADHD) and severe obesity. When stimulants are abused, people can become addicted to these drugs, and may take higher and higher doses. They may feel very angry or suspicious of other people. There are also physical dangers. The stimulant abuser might experience a very high body temperature, irregularities in heartbeat, and possibly a heart attack or seizure.

Sedatives and **tranquilizers** are prescribed for people who are nervous or anxious, or who can't sleep. People who abuse sedatives and tranquilizers become dependent on them, take higher and higher doses, and may experience poor memory and judgment, lack of coordination, and even ideas about suicide. Suddenly stopping these drugs is a shock to the brain that can cause seizures. Combining sedatives and tranquilizers with painkillers can cause your breathing and your heartbeat to slow down to a dangerously low point, and even can result in death.

OTC Cough Medicine Abuse

When you are at home sick with a cough, your parents may give you over-the-counter, or OTC, **cough medicine** to help you feel better. When used as directed, it makes sense to take cough medicine when you are sick, but if you take it on purpose in large quantities to get high, you're abusing it. The side effects of abusing these medicines, which contain the active ingredient dextromethorphan, are dangerous: confusion, dizziness, blurred vision, slurred speech, lack of coordination, stomach pain, nausea and vomiting, rapid heartbeat, and not knowing who or where you are. Abusing

dextromethorphan while on certain prescription drugs or while drinking alcohol or taking illegal drugs can even be deadly.



Why Risk It?

So why would anyone take the risk of experimenting with abusing Rx and OTC drugs? Lots of kids think that if parents or friends take them, or if you can buy them at the drugstore, medicines must not be harmful. They might believe that the drugs will make their lives run more smoothly or that they will fit in better with their peers. They also might think that abusing medicines is safer than abusing illegal drugs.

Here's the truth: Medicines work because they contain active ingredients. And those active ingredients affect how your body functions and can interact with one another or other drugs in many different ways. Abusing medicines can lead to embarrassing, dangerous, or even deadly consequences.

In addition to the health risks, there are a number of other types of consequences. Abusing medications, including OTC cough medicines, and getting behind the wheel of a car could get you arrested for drugged driving. And many school districts have strict rules in place for having any sort of medications, so you might risk getting expelled from school by having medicines on you in class or in the halls. So, whether they come from the drugstore or from your family medicine cabinet, using medicines for the wrong reasons poses serious risks to your health, your life, and your future.



Take a Stand

Kids who choose to abuse drugs and alcohol are in the minority. There are a large number of kids who do not abuse drugs and other substances.

Here are some steps you can take to keep drug-free:

1. Rehearse ahead of time how you will refuse drugs if offered. If you feel okay coming on strong, say something like, “No way! I would never do any drugs!” or “Are you kidding? Don’t you know what that stuff does?” If that seems like too much at first, a simple “No, thanks” should do the trick. If it doesn’t, then walk away. The person offering you drugs or alcohol is not a true friend.
2. Avoid threatening situations. If someone’s parents are out of town and everyone is talking about the wild party planned for the weekend, you can be fairly sure drugs or alcohol will be involved.
3. Choose your friends wisely. And be prepared to say goodbye to friends who decide to drink or do drugs.
4. Find healthy ways to deal with stress and have fun. Get involved with music, try out for the school play or your favorite sports team, join a couple of school or church clubs, or volunteer in your community.
5. Get involved in a community coalition. Call 1.800.54 CADCA, ext. 257, to find a coalition near you or to learn about how to start a coalition.

Make the Right Decisions

Sometimes it's easier to make decisions if you "get it all down in black and white." There is no substitute for preparing ahead of time for how you might react or what you can say when presented with uncomfortable situations that involve drugs. The table below lays out some of the choices you might have to deal with in a specific scenario, but there are many other situations in which drugs are involved. In the table below, answer the questions regarding the sample scenario, then come up with more scenarios and the choices you might have to make to deal with that situation.

Sample scenario: You are at a friend's house with some other kids you don't know well, and suddenly someone pulls out medicines and says, "Let's see what happens if we all take these." It seems like everyone else agrees with the idea. How about you? What is the best thing to do?

Read Choice #1. Then read the questions across the top of the table and mark your answers in the boxes: yes, no, or maybe. (The table has been started for you.) Continue on through all the choices and questions. Then circle your best choice.

CHOICES	QUESTIONS TO ASK YOURSELF			
	Will this decision keep me safe?	Will other kids make fun of me?	Will I lose real friends?	Will I regret this decision later?
1. Leave immediately and walk home if you are in a safe area.	yes	maybe		
2. Tell them about the dangers of medicine abuse.				
3. Threaten to call the police.				
4. Call a parent to pick you up from outside the home if possible.				
5. Try some of the medicine, but tell yourself it will just be this one time.				
6. Go along with the group, but tell a school counselor what is going on the next school day.				

Help Others

Are you worried about a friend who is abusing? It can be difficult, but here are some suggestions about how you can help.

- Prepare what you are going to say to your friend. Be sure to explain that you are concerned, the real risks of abuse, and how you want to support your friend to get drug-free.
- Pick a place and a time for your talk during which you will not be interrupted.
- Listen, *really listen*, to what your friend says to you and offer to assist him in getting professional help or finding a trusted adult to talk with.
- Be a friend. Keep the conversation going and continue to show him you care.
- Look after yourself, as well. Get support from an adult you trust about the situation. If your friend continues to abuse and refuses professional help, you may have to limit the time you spend with him. Be sure to talk to a trusted adult for advice on what to do.

Get more Information

You can visit the following sites for more information on medicine abuse:

- StopMedicineAbuse.org
- CADCA.org
- toosmarttostart.samhsa.gov
- drugfree.org
- DXMstories.com
- teens.drugabuse.gov
- AbovethelInfluence.com



About CADCA

Community Anti-Drug Coalitions of America (CADCA) works on behalf of over 5,000 community coalitions across the country to realize its mission of building and maintaining safe, healthy, drug-free communities. Learn more at CADCA.org.



About CHPA

The Consumer Healthcare Products Association (CHPA), founded in 1881, represents the leading manufacturers and distributors of nonprescription, over-the-counter (OTC) medicines and dietary supplements, and engages in a number of initiatives to combat teen OTC cough medicine abuse. Learn more at StopMedicineAbuse.org.



About PhRMA

The Pharmaceutical Research and Manufacturers of America (PhRMA) represents the country's leading pharmaceutical research and biotechnology companies, which are devoted to inventing medicines that allow patients to live longer, healthier, and more productive lives. Learn more at PhRMA.org.

This brochure is for informational purposes. For specific questions about medicine abuse, seek professional help.

Additional copies of this brochure can be ordered free of charge from StopMedicineAbuse.org/pubs.



CADCA.org
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PhRMA.org
facebook.com/PhRMA
twitter.com/PhRMA

The Real Truth
About Rx and OTC Medicine Abuse

TAKE ACTION



Use these tips to talk with your teen:

- Check in frequently to see how they are doing;
- Choose informal times to talk, such as in the car, during dinner, or while watching TV;
- Be clear and consistent about your expectations regarding opioids and other drug use;
- Establish family agreements to spend time together doing social and extracurricular activities;
- Let them know you care and are always there for them; and
- Continue talking with your teens as they get older.



Help your teen create an “exit plan” in case he or she is offered or faced with a difficult decision about prescription opioids (such as texting a code word to a family member). Peer pressure can be powerful, so coming up with realistic action steps and practicing them together in a safe environment will prepare and empower your teen to make good choices when it matters.



Make sure to properly store and dispose of all medication. All medications that are expired, unused, or no longer needed should be removed from your home and disposed of immediately. This will reduce the chances your teen takes medication accidentally, misuses it, or shares it intentionally. Visit <https://takebackday.dea.gov/> to locate a collection site to safely dispose of your medication.

Research suggests that one of the most influential factors when a teen is growing up is a strong, open relationship with a parent or caregiver.

For more information about how to talk with your teen about prescription opioids, visit www.underagedrinking.samhsa.gov and www.samhsa.gov.

i talk
they hear you®

www.underagedrinking.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration

#TalkTheyHearYou

PEP20-03-01-002

TALKING WITH YOUR TEEN ABOUT OPIOIDS:

Keeping Your Kids Safe



i talk
they hear you®



It's never too late to start talking with your teen about the risks of prescription opioid misuse. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you help them understand what prescription opioids are, why they shouldn't misuse them, and why you shouldn't combine them with alcohol or other drugs such as benzodiazepines.



WHAT ARE OPIOIDS?

Opioids are a group of drugs that include synthetic opioids like fentanyl, illegal drugs like heroin, and legal prescription pain relievers such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, and morphine. Prescription opioid pain medications can be helpful when used correctly under the guidance of a healthcare provider, but misuse can lead to dependence and addiction.



WHAT IS PRESCRIPTION OPIOID MISUSE AND HOW PREVALENT IS IT?

Prescription opioid misuse includes taking someone else's medicine, using medicine in a way other than prescribed, taking medicine to get high, or mixing medicine with alcohol or other substances. Oxycodone, hydrocodone, codeine, and morphine are some of the most commonly misused prescription pain medications.

After alcohol, tobacco, and marijuana, prescription drugs are the most commonly

used/misused substances among Americans ages 12 and older. In 2019, more than 567,000 youths ages 12–17 and 1.8 million young adults ages 18–25 reported misusing prescription pain medication in the past year.



WHY ARE YOUNG PEOPLE MISUSING PRESCRIPTION OPIOIDS?

Young people may misuse prescription opioids for many reasons, including curiosity, peer pressure, and wanting to fit in. Another reason teens and young adults may decide to take prescription opioids is because they can be easier to get than other drugs. Studies show that more than 50 percent of people ages 12 or older who obtained prescription pain medication for nonmedical use obtained them from a friend or relative.

There are also some situations that may increase your teen's risk of misusing prescription opioids.



KNOW THE RISKS AND HARMS OF PRESCRIPTION OPIOID MISUSE

Using prescription opioids long term or incorrectly can cause the brain to become reliant on them and quickly lead to addiction. In fact, dependence on prescription opioids can happen after just 5 days. Misusing prescription opioids or taking them in combination with alcohol or other drugs can also have other major, life-threatening consequences. Make sure you know the risks of prescription opioid misuse and are prepared to talk with your teen about them.

Risks include, but are not limited to:

- Allergic reactions;
- Breathing problems;
- Coma;
- Permanent brain damage; and
- Death.

The misuse of opioid pain medication—even just one time—can lead to serious illness or death. In 2016, 1 in 5 deaths among young adults were opioid related. Talk to your teen about the dangers of taking prescription pain relievers that don't belong to them.





FACT SHEET

Teen Medicine Abuse

The medicine abuse problem:

Each generation of kids looks for new ways to get high. Recent trends indicate they are increasingly turning to prescription (Rx) or over-the-counter (OTC) medicines. Teens report getting many of these medicines from home medicine cabinets and mistakenly believe that abusing them is “safer” than other drugs.

According to surveys from the National Institute on Drug Abuse, 20 percent of teens say they have taken a prescription drug without having a prescription for it themselves, and 3 percent report abusing OTC cough medicine to get high.

What types of medicines do teens abuse?

Rx Drugs: While prescription medicines benefit many different people – for many different conditions – when used appropriately, they are being increasingly misused and abused. In fact, behind only marijuana, the most common drugs teens abuse are prescription medications. The most commonly abused prescription medications are listed below, and all can be dangerous or deadly when abused:

1. Opioids and pain relievers: examples include hydrocodone (Vicodin®), oxycodone (OxyContin®)
2. Barbiturates and benzodiazepines: examples include diazepam (Valium®), alprazolam (Xanax®)
3. Btimitulants: examples include dextroamphetamine (Dexedrine® or Adderall®), methylphenidate (Ritalin® or Concerta®)

OTC Cough/Cold Medicine: While millions of Americans safely rely on OTC cough medicine to temporarily relieve their cough, some teens intentionally take large amounts – sometimes more than 25 times the recommended dose of these medicines – to get high. This means some teens ingest multiple packages or bottles of OTC cough medicines that contain dextromethorphan (DXM).

- DXM is the active ingredient in most OTC cough medicines. Approved by the FDA in the 1950s, DXM is the most widely used cough suppressant ingredient in the United States.

- When taken in excessive amounts DXM can cause serious side effects including rapid heartbeat, high blood pressure, memory problems, nausea and vomiting.
- More than 100 OTC medicines containing DXM are on the market today. These medicines come in the form of liquids, capsules, gels, capsules, lozenges, and tablets. Common DXM- containing cough medicines include many forms of Coricidin™, Delsym™, Dimetapp™, Mucinex DM™, Robitussin™, Triaminic™, Tylenol Cough & Cold™, Vicks DayQuil™/NyQuil™, Vicks Formula 44™ and more.

Help prevent medicine abuse:

TALK to your teen about prescription and OTC cough medicine abuse. Teens listen, even if they act like they don't. In fact, teens who learn about the risks of drugs from their parents are 50 percent less likely to use drugs.

SAFEGUARD your medicine cabinets. Take steps to protect your teens by safeguarding all the medicines you have in your home. Know what you have and how much, so you will know if anything is missing. Discard any medicines you no longer need.

SHARE what you have learned.

SPEAK UP at school meetings, sports events, community events and other gatherings of parents – to make sure others active in your teen's day-to-day activities know about the dangers of medicine abuse. Circulate articles via your school listserv or write an opinion editorial to your local newspaper. Blog, Facebook or Tweet about it to alert your friends and peers.

Learn more at:

www.PreventRxAbuse.org
www.StopMedicineAbuse.org



To help protect your kids, talk to them about opioids.

STOP
Addiction
BEFORE IT STARTS

Learn what you can say...

You've always protected your kids.



Prescription pain meds.

Heroin.

Opioid addiction.

As a parent, you're probably wondering how to keep your teen safe. You're not alone if you're asking,

“What can I do to protect my kid?”

4 out of 5 people who use heroin began by misusing prescription pain meds.



1 in 4 teens has reported misusing or abusing a prescription drug at least once.*

Because their brains are *still* developing, teens are at **HIGH RISK** for opioid addiction.



*Partnership for Drug-Free Kids

Simply talking to your kid helps protect them from misusing prescription pain meds, as well as alcohol and other drugs.

TEENS WHO TALK TO THEIR PARENTS about prescription pain meds are up to

42%
LESS LIKELY
to misuse them

Talk. It makes a difference.

Keep Talking.

» One talk isn't enough — especially for teens. Talk about it often.

» Your kid may not seem like they're listening, but keep talking. It could take several conversations to make an impact.

Get the conversation started.



“Pain meds are **highly addictive.**”

“Addiction can happen even if you have a **prescription.**”

“You can overdose on pain meds, **just like heroin.**”

Many teens think prescription pain meds like Percocet®, OxyContin®, and Vicodin® are safer than illegal street drugs.*

SA5800

There is no “perfect” time

Take advantage of everyday moments, like driving in the car together. Refer to a news story about opioid addiction, a TV show or movie, or something that happened in your community to start a conversation.

You can ask:

“Do you have any questions about that?”



Talking Points: Let Them Know You Care

1

“Opioid addiction and overdose deaths are a big problem. But I want you to know that we can talk about it.”

2

“I care about you, and I want you to be safe and healthy.”

3

“You (or someone you know) could get hurt playing sports. A doctor might prescribe a pain med that’s an opioid. No one should EVER share their prescription.”

4

“If you were injured or had surgery, and needed pain relief, we’d talk with your doctor about whether prescription opioids are necessary.”



Join the conversation

#stopaddiction
#parentpower

Learn more about protecting your kids from opioids and other substances:

mass.gov/StopAddiction

STOP
Addiction
BEFORE IT STARTS



Massachusetts Department
of Public Health

Para ayudar a proteger a sus hijos, hables sobre los opioides.

PARE
La Adicción
ANTES DE QUE COMIENCE

Usted siempre ha protegido a sus hijos.



Pero la adicción a los opioides puede sucederle a cualquier adolescente.

Los opioides incluyen heroína y algunos medicamentos para el dolor.

Algunos nombres comunes para estos medicamentos (opioides recetados) son OxyContin®, Vicodin® o Percocet®.



4 de cada 5 personas que consumen heroína, comenzaron abusando de los opioides recetados.



1 de cada 4 adolescentes ha reportado que usó incorrectamente o abusó de un opioide recetado al menos una vez.*



Debido a que sus cerebros aún se están desarrollando, los adolescentes tienen un **ALTO RIESGO de adicción a los opioides.**



*Partnership for Drug-Free Kids

Tan solo hablar con su hijo ayuda a protegerlos contra el uso incorrecto o abuso de opioides recetados, además del alcohol y otras drogas.

LOS ADOLESCENTES QUE HABLAN CON SUS PADRES acerca de opioides recetados tienen hasta

42%
MENOS DE
probabilidad de usarlos incorrectamente o abusar de ellos.

Continúe Hablando con Ellos.

» Una charla no es suficiente, sobre todo para los adolescentes. Hables de este tema con frecuencia.

» Quizás parezca que su hijo no lo está escuchando, pero continúe hablándoles. Quizás se necesiten muchas conversaciones para tener un impacto.

Hable con ellos. Hace una diferencia.

Aprenda qué puede decir...

Inicie la conversación.



“Los opioides recetados son **muy adictivos**”.

“Puedes hacerte adicto incluso si tienes **una receta**”.

“Puedes sufrir una sobredosis de opioides recetados, **al igual que con la heroína**”.

Muchos adolescentes piensan que los opioides recetados como Percocet®, OxyContin® y Vicodin® son más seguros que las drogas ilegales.*

(Spanish) SA5801
January 2018

No existe un momento “perfecto”

Aproveche los momentos cotidianos, como cuando van juntos a algún sitio. Para iniciar la conversación, haga referencia a una noticia acerca de una adicción a opioides, un programa de televisión o una película o algo que sucedió en su comunidad.

Puede preguntar lo siguiente:

“¿Tienes alguna pregunta acerca de eso?”



Temas de discusión: Hágales saber que le importa su bienestar

1

“La adicción a los opioides y las muertes por sobredosis son problemas graves. Pero quiero que sepas que podemos hablar acerca de ello”.

2

“Me importas y quiero que estés seguro y sano”.

3

“Tú (o alguien que conozcas) podrías lesionarte practicando deportes. Un médico podría recetarte un opiode. Nadie JAMAS debería compartir su receta”.

4

“Si te lesionaras o sometieras a una cirugía y necesitaras un medicamento para el dolor, hablaríamos con tu médico acerca de la necesidad de recetar opioides”.



Únase a la conversación

#stopaddiction
#parentpower

Obtenga más información sobre cómo proteger a sus hijos contra los opioides y otras sustancias:

mass.gov/StopAddiction

PARE

La Adicción

ANTES DE QUE COMIENCE



Departamento de Salud
Pública de Massachusetts

We are facing an epidemic of opioid addiction and overdose deaths in Massachusetts.

For youth, opioid addiction may start when a clinician prescribes opioids following an injury; through having access to painkillers in the family medicine cabinet; or by borrowing from friends.

Opioids are powerful prescription painkillers. Examples of commonly prescribed opioids include **Oxycontin, Percocet, Vicodin and Fentanyl.**

Although these medications are effective when prescribed and taken appropriately, they can be misused and lead to significant negative consequences, including overdose and addiction. Some people who are addicted may even transition to heroin, which is less expensive and widely available.

Get More Information

If you suspect your child is having a problem with prescription opioids or heroin, call the **MA Substance Abuse Information and Education Helpline** for free and confidential information about substance abuse, education and counseling resources for adolescents, families and adults.

With your help we can
Stop Addiction
In Its Tracks

Call:
1-800-327-5050
TTY: Use MassRelay at 711
or 1-800-720-3480

Or Visit:
mass.gov/stopaddiction

Tips for Protecting Your Kids from **Addiction**



STOP
Addiction
IN ITS TRACKS



Massachusetts Department of Public Health

Some people who are addicted may even transition to heroin, which is less expensive and widely available.

Parents: Prevent Opioid Prescription Abuse

- 1. Talk to your teen** and warn them about the potential dangers of taking medications that are not prescribed for them, including addiction and overdose.
- 2. Be clear with your expectations** about drug and alcohol use and follow through by supporting healthy decisions that they make.
- 3. If your son or daughter needs medications while at school,** request an 8-12 hour dose so you can administer them at home. If medications must be taken during school hours, give them to the school nurse.
- 4. Ask your doctor** if any medications prescribed for your family have a potential for abuse.
- 5. Take a regular inventory** of medications that are kept in your home that can be abused.
- 6. Keep medications in a secure location** away from your children. Consider purchasing a locked box at your local pharmacy to store medications that can be abused.

Dispose of Unused Prescription Drugs:

- Bring unused medications to secure medication drop off boxes around the state. To find a drop box in your area, visit www.mass.gov/DrugDropbox.
- Do not flush medicines down the drain unless the label or accompanying patient information specifically instructs you to do so.
- Remove medications from their containers, crush them and mix them with coffee grounds or kitty litter. Place the mixture in an unmarked container, like an empty can or sealable bag, and throw the container in the trash.

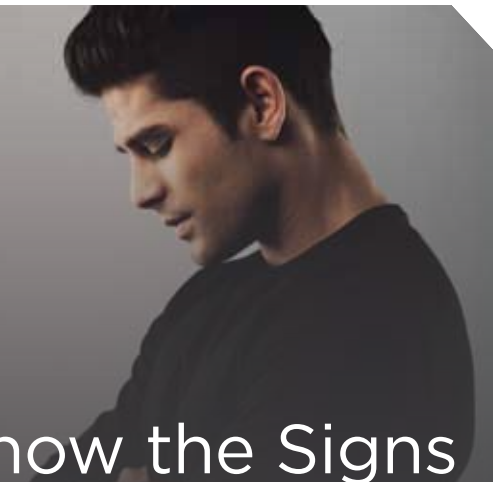


Know the Signs

Many parents are often reluctant to believe that their children may misuse or develop an addiction to prescription opioids. But anyone who experiments with these powerful medications is at risk for negative consequences, including overdose and addiction.

Signs your child may be abusing or misusing opioids:

- Pills or medication bottles are missing from your home
- Taking medication in excess of how it has been prescribed
- Abrupt changes in their finances
- Dramatic mood changes
- Lower grades, changes in friends, or changes in sleep or appetite
- Loss of concern about appearance
- Physical signs such as fatigue, confusion, weight loss, slurred speech, dizziness and changes in pupil size



En Massachusetts estamos enfrentando una epidemia de adicción a opiáceos y de muertes por sobredosis.

En los jóvenes, la adicción a opiáceos puede comenzar cuando un médico los receta después de una lesión o cuando tienen acceso a medicamentos para el dolor en el botiquín del hogar o se los da un amigo.

Los opiáceos son medicamentos recetados para el dolor muy potentes. Algunos ejemplos de opiáceos que se recetan comúnmente son **Oxycontin, Percocet, Vicodin y Fentanyl.**

Aunque estos medicamentos son efectivos cuando se recetan y toman correctamente, pueden usarse en forma indebida y tener consecuencias muy negativas, como sobredosis y adicción. Algunas personas que terminan adictas pueden pasar a usar heroína, que es más barata y se consigue fácilmente.

Obtenga más información

Si sospecha que un hijo tiene un problema con opiáceos recetados o con heroína, llame a:

Línea telefónica de Massachusetts de información gratuita y confidencial sobre abuso de sustancias, recursos educativos y consejería para adolescentes, familias y adultos.

Con su ayuda,
podemos parar la adicción
desde el comienzo

Llame:
1-800-327-5050

TTY: llame al servicio
de MassRelay al 711 o al
1-800-720-3480

o visite
mass.gov/stopaddiction

Consejos para proteger
a sus hijos de
la adicción



PARE
la adicción
DESDE EL COMIENZO



Massachusetts Department of Public Health

Algunas personas que terminan adictas pueden pasar a usar heroína, que es más barata y se consigue fácilmente.

Padres: **Prevengan el abuso de opiáceos recetados**

1. Hablen con sus hijos adolescentes y adviértanles acerca de los peligros potenciales de tomar medicamentos que no fueron recetados para ellos, como sobredosis y adicción.

2. Expliquen claramente sus expectativas con respecto al consumo de drogas y alcohol y sean consecuentes apoyando las decisiones saludables que ellos tomen.

3. Si su hijo o hija necesita medicamentos mientras está en la escuela, pidan dosis de 8 a 12 horas para poder administrarlas en el hogar. Si no queda otra alternativa que tomar los medicamentos en el horario escolar, pida que la enfermera de la escuela se lo dé.

4. Pregúntele a su médico si alguno de los medicamentos recetados a su familia podría ser abusado fácilmente.

5. Hagan regularmente un inventario de los medicamentos que hay en su casa que podrían abusarse.

6. Guarden los medicamentos en un lugar seguro fuera del alcance de los niños. Consideren comprar una caja con llave en su farmacia local para guardar los medicamentos que podrían ser abusados.

Como desechar los medicamentos recetados no usados:

- Lleven los medicamentos sin usar a los buzones para desechar medicación en forma segura que hay en todo el estado. Para encontrar uno en su zona, visiten www.mass.gov/DrugDropbox.
- No tiren medicamentos por el inodoro (toilet) a menos que la etiqueta o la hoja informativa para el paciente lo indique así específicamente.
- Retiren los medicamentos de sus recipientes, tritúrenlos y mézclenlos con restos del café o arena para gatos. Coloquen la mezcla en un recipiente sin marcar, como una lata vacía o una bolsa con cierre, y tírenla en la basura.



Conozcan las señales

Muchos padres se resisten a creer que sus hijos puedan usar indebidamente o desarrollar una adicción a opiáceos recetados. Pero cualquier persona que experimente con estos medicamentos potentes está en riesgo de consecuencias negativas, como sobredosis y adicción.

Señales de que un hijo podría estar usando opiáceos en forma abusiva o indebida.

- Faltan pastillas o frascos de medicamentos de su casa.
- Toma más medicamento del que se le ha recetado.
- Cambios repentinos en sus finanzas.
- Cambios drásticos en su estado de ánimo.
- Sus notas empeoran, tiene amigos diferentes o cambia su forma de dormir o su apetito.
- No le preocupa su apariencia.
- Señales físicas como cansancio, confusión, pérdida de peso, dificultad para hablar, mareos y cambios en el tamaño de las pupilas.

Help & Hope by Text

Parents and caregivers concerned about their child's substance use or addiction can receive customized resources and skills delivered via text. Messages include evidence-based skills and strategies to help you better communicate with your child and motivate them to get the help they need.

You can access:



Reminders to take care of yourself



Strategies to help motivate your child



Lifesaving information



Live support

How it works:

1. Text **JOIN** to **55753**.
2. Answer a quick series of questions about your child and their substance use.
3. Receive messages with information and support specific to your family's needs.

*Msg and data rates may apply. Msg frequency varies.
Text **HELP** for help or **STOP** to opt out. [Terms](#) and [Privacy](#).*

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