



ONE ISLAND, ONE TEAM, ONE DREAM, TO BE DRUG FREE



*Kids who learn about the risks of drugs at home are up to 50% less likely to use drugs than those who are not taught about the dangers.

***But it's up to you to talk about it openly with your kids.**

*Only 1/3 of parents report discussing the risks of abusing prescription medicines with their kids. **It's time to change that!**

**Talk to your kids
about prescription
drugs!**



HOW TO TALK TO YOUR KIDS:

*Listen empathetically.

*Keep an open mind.

*Encourage your child to ask you or a doctor about the negative side effects of a prescribed medicine, how to watch for them, and what to do if a negative effect is suspected.

*Alert your family physician that you are concerned and ask him or her to speak to your teen about the importance of proper use of prescription medicines.

*Provide a safe and open environment for your child to talk about abuse issues.

AS A PARENT, TEACH YOUR CHILD TO:

***RESPECT** the power of medicine and use it properly.

***RECOGNIZE** that all medicines, including prescription medications, have risks along with benefits. The risks tend to increase dramatically when medicines are abused.

*Take **RESPONSIBILITY** for learning how to take prescription medicines safely and appropriately, and seek help at the first sign of a problem – their own or a friend's abuse.

For more information about "One Island, One Team, One Dream, to be Drug Free", go online and visit www.gi-cec.com

To express your concerns about a young person you believe to be involved in alcohol or drug use,