Denial, OH.

Where no one talks to their kids about opioids.

DontLiveinDenial.org

Facts About Student Athletes and the Risk of Prescription Drug Misuse and Abuse

90% of student athletes report some type of sports injury.

2,700 teens try a prescription pill to get high for the first time each day.

12.8% of teens have used prescription pain pills without a prescription one or more times.
What Parents and Coaches Can Do to Prevent Misuse and Abuse

1. **Talk to your kids about proper prescription medication use.**
   - Talking can reduce their risk of misuse and abuse by up to 50%.

2. **Dispose of leftover prescription pills in your home.**
   - 42% of teens who misuse prescription drugs get them from their parents’ medicine cabinet.

3. **Know the signs of possible drug misuse and abuse.**
   - Watch for changes in your child’s appearance, including cleanliness, weight loss or tiredness.
   - Notice behavioral changes like decreased motivation or increased anger.
   - Be aware of routine changes like new friends, loss of interest or skipping school.

If Your Child is Prescribed Opioids to Manage Pain, Follow Best Practices for Safe Use

**MONITOR**
- Medications should be taken only as directed by the medical provider.
- Do not let anyone else take this medicine.
- Keep count of the pills.

**SECURE**
- Keep this medicine in a locked cabinet or lock box.

**TRANSITION**
- The sooner your child can get on the combination of acetaminophen and ibuprofen and off the opioid medication, the less likely they are to become dependent.

**DISPOSE**
- Opioids and other medications should be disposed when they are no longer needed.
- Visit [DontLiveinDenial.org](http://DontLiveinDenial.org) to find a nearby collection location.