

Denial, OH.

Where no  
one talks to  
their kids  
about  
opioids.

[DontLiveinDenial.org](http://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.

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

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**12.8%** of teens have used prescription pain pills without a prescription one or more times.

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## 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](https://DontLiveinDenial.org) to find a nearby collection location.