

America's biggest drug problem is not on the streets, it's in our medicine cabinets.

What can you do to help prevent prescription drug abuse?

1. **Take your medication as prescribed:**
Understand how your doctor wants you to take your medicine. Do not take more or less medication than prescribed. Avoid self-diagnosis and self-prescribing.
2. **Don't share your medication:** Never share your medicine. Just because a medication is safe for you, doesn't mean it will be safe for others. Prescription drugs should only be used under medical supervision.
3. **Lock up your medicines:** Store prescription drugs in locked and secure locations. Purchase a lockbox, safe, cash box or install a lock on your cabinet. Don't forget to lock up over-the-counter drugs, such as cough medications.
4. **Understand the power and danger of medications.**

R.E.A.L.I.T.Y. 

Teens Talk about Rx Drug Danger

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REALITY.

Teens are especially at risk and often abuse prescription drugs for misguided reasons:

- to enhance performance on academics as they compete for grades, college admission and placement in honor courses.
- to improve physical appearance or performance.
- to self medicate for anxiety and depression.
- to get high.

Where do teens get these drugs?

1. The medicine cabinet at home, or a friend or relative's home.
2. Friends or on the street.
3. Internet pharmacies.

Know how to properly dispose of old or unneeded medicine:

1. Do not flush old medicine down the toilet! This practice contaminates our water supply.
2. Crush and mix old medicine with undesirable substances such as coffee grounds or kitty litter.
3. Turn in old medicine during a Drug Take Back Day. Consult local law enforcement to find out when one will be held in your area.



Office of the Attorney General
Mark R. Herring
www.ag.virginia.gov