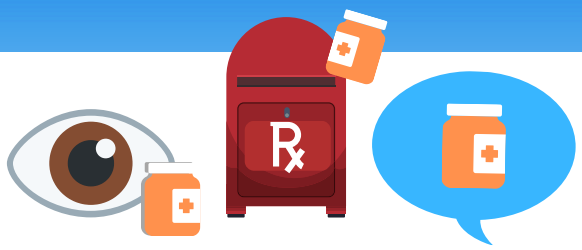

WATCH. DROP. TALK.
& HELP PROTECT OUR KIDS

We can help protect everyone, especially kids & teens, from accidental poisonings, overdoses, & even addiction by using "Watch, Drop, Talk" to prevent prescription drug misuse.

WATCH

- Only buy prescription medicine from a pharmacy
- Never buy pills off the street - it's very dangerous and illegal
- Keep track of which prescription medicines you have in your house and how many
- Store prescription painkillers, stimulants, and depressants in a secure place only you know about, preferably one with a lock
- Don't keep prescription or over the counter medicine in your bathroom medicine cabinet where anyone can find & access it

DROP

- When you have unused, unwanted, or expired prescriptions, don't keep them in your home
- Keeping these types of medication out of the house entirely will drastically limit the serious risks to kids & teens!
- Dispose of these medicines at your nearest drop box location in the Kansas City Northland
- Find your nearest drug drop box with our updated list at ParentUpKC.com/Prescription-Drugs
- You can also dispose of prescriptions in your household trash by dropping the medicine in a sealable bag mixed with something gross, like used kitty litter or coffee grounds, then seal the bag and toss!

TALK

- Talk to your friends, family, & especially young people about prescription medication safety
- Many youth report thinking it's safe to share medications because they see family members doing so
- Use your own prescription medications only as prescribed by your doctor
- Adults, teens, and children should know that they should never share their prescription medication with anyone and to never take anyone else's prescription medication
- **With fentanyl in our communities, this message is the most important to share with everyone!**

WATCH. DROP. TALK.
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Learn more & find free tools to help protect our kids at

ParentUpKC.com/Prescription-Drugs

PARENT UP BEACON MENTAL HEALTH
Northland Coalition

Parent Up is a program of Beacon Mental Health and the Northland Coalition Prevention Network that empowers and equips KC Northland parents to care, connect, communicate, and pay careful attention to their child in order to prevent youth substance use.
Get tips and tools at ParentUpKC.com or on Facebook @ParentUp.