

Keep your teen safe.

- ✓ Keep track of medicine and lock it in a safe place.
- ✓ Have an open conversation with your teen to educate them about the risks of substance use.
- ✓ Make sure your teen knows about the dangers of buying pills or drugs through social media or from friends.
- ✓ Be aware of the content your teen is seeing on TV and online.
- ✓ Watch for changes in their behavior (including eating, sleeping, energy, mood, grades, etc.).
- ✓ If you notice a change, ask them about it — then listen without judgment.



***It takes a village to raise a teen.
Add Poison Help to yours.***

1-800-222-1222



Confidential. Non-judgmental.
Fast, free, expert advice.
24/7