How can you prevent prescription drug misuse?

It’s simple—use medications safely and turn down the invitation to misuse. Need some advice for how to do this? Keep reading!

Use Medications Safely

- **Keep for yourself** — like any personal item, prescription medications are for you only.
- **Follow instructions** — instructions keep us safe and reduce the chance of experiencing negative side effects, like becoming dependent on the medication.
- **Be a good role model** — set a good example for others, and share these messages with family and friends.

Some things aren’t meant to be shared...

- Have fun by...enjoying your hobbies
- Handle stress by...exercising, eating ice cream
- Relax by...taking a nap, watching TV or a movie
- Study smart by...meeting with your teacher
- Deal with pain by...working with a trainer, resting

**Help Others**

Visit [GenerationRx.org](http://GenerationRx.org) for information on how you can help others and share these messages through peer-to-peer education.