



# MY GENERATION RX

## Tips & Advice

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### 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...



### Turn Down the Invitation to Misuse

**Leave the Situation**  
Nah...hey, I need to run. I'll see you later...

**Simply Say "No"**  
No thanks, I know that I could get in serious trouble for taking those pills, and I have too much at stake right now.

**Make a Joke**  
Nah, I'd rather sleep in my bed tonight instead of the cots in the police station...

**Give a Reason**  
No thanks...coach will kick me off the team if I take those pills.

**Suggest an Alternative**  
Do you really think that's a good idea? I've got a better idea! Lets \_\_\_\_\_ (insert alternative)...

**You want some of my \_\_\_\_\_?**

- 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.