We can prevent prescription drug misuse by engaging in **SAFE MEDICATION PRACTICES FOR LIFE**

1. **SAFE MEDICATION PRACTICES**
   - Only use prescription medications as directed by a health professional.
   - Medication affects friends differently—never share or use someone else's medication.
   - Secure medications in lockable spaces and safely dispose.
   - What others see you doing matters—model safe medication practices for friends and family.

2. **IMPACT OF MISUSING PRESCRIPTION OPIOIDS**
   - Drug overdose is the **leading cause of accidental death** in the U.S.
   - Some individuals who misuse prescription opioids transition to using heroin...
   - Drugs with similar chemistry produce similar effects in the body...

3. **IMPACT OF MISUSING PRESCRIPTION STIMULANTS**
   - When we ask someone to share their medication, they may perceive it as you...
   - Using our friendship to obtain drugs...
   - Disrespecting my health needs...
   - Putting me at risk for getting in trouble...

   **FLIP IT!**
   - Need help saying "no"?
     - I've got some pain pills… want one?
     - No way… that's illegal!
     - I don't want a drug-related offense on my record.
   - Leave the situation: If you feel uncomfortable, leave the situation and seek a safe way to have fun, study, etc.
   - Suggest an alternative: No… these pills can cause some serious side effects.
     - Instead, how about we...

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**REFERENCE**


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