

# Who's your child's dealer....

## Make sure it's NOT you!

### 1 in 10 Nebraska teens are abusing prescription drugs

#### HELP BE THE DIFFERENCE

##### Safeguard All Prescriptions

- Monitor quantities
- Control daily access

##### Set Clear Rules

- No medication sharing
- Inform relatives

##### Properly Dispose of Old Medications

- Follow FDA disposal guidelines
- No flushing unless indicated
- Mix in coffee grounds or cat litter

##### Protect Your Family

- Remove identifiable information
- Educate yourself & caregivers

For more information visit [bethedifference.fm](http://bethedifference.fm)

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