Denial, OH.
Where no one talks to their kids about opioids.

Facts About Student Athletes and the Risk of Prescription Drug Misuse and Abuse

- **90%** of student athletes report some type of sports injury.
- **2,700** teens try a prescription pill to get high for the first time each day.
- **12.8%** of teens have used prescription pain pills without a prescription one or more times.

DontLiveinDenial.org
What Parents and Coaches Can Do to Prevent Misuse and Abuse

1. Talk to your kids about proper prescription medication use.
   - Talking can reduce their risk of misuse and abuse by up to 50%.

2. Dispose of leftover prescription pills in your home.
   - 42% of teens who misuse prescription drugs get them from their parents’ medicine cabinet.

3. Know the signs of possible drug misuse and abuse.
   - Watch for changes in your child's appearance, including cleanliness, weight loss or tiredness.
   - Notice behavioral changes like decreased motivation or increased anger.
   - Be aware of routine changes like new friends, loss of interest or skipping school.

If Your Child is Prescribed Opioids to Manage Pain, Follow Best Practices for Safe Use

**MONITOR**
- Medications should be taken only as directed by the medical provider.
- Do not let anyone else take this medicine.
- Keep count of the pills.

**SECURE**
- Keep this medicine in a locked cabinet or lock box.

**TRANSITION**
- The sooner your child can get on the combination of acetaminophen and ibuprofen and off the opioid medication, the less likely they are to become dependent.

**DISPOSE**
- Opioids and other medications should be disposed when they are no longer needed.
- Visit Don'tLiveinDenial.org to find a nearby collection location.