



NEWSLETTER INSERT

Spread the Word About Red Ribbon Week®

DID YOU KNOW? Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations.

Red Ribbon Week® (October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started.

This year's theme is **Your Future Is Key, So Stay Drug Free.®**

Visit www.redribbon.org to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.



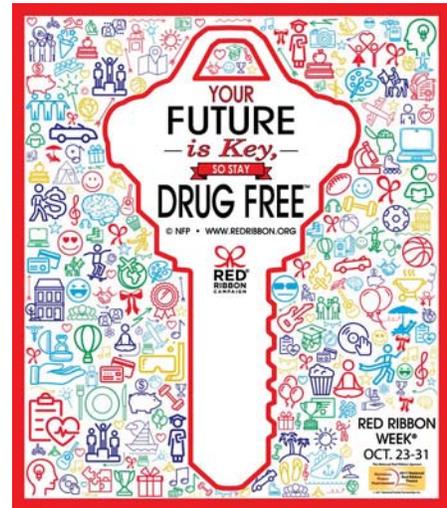
Enter The Red Ribbon Photo Contest

Win An iPad & \$1,000 For Your School

TWO WAYS TO ENTER:

1. Families may submit a photo of a home decoration and
2. Schools may submit a photo of a school decoration.

Here's how it works:



DECORATE

Families, decorate your HOME front door, mailbox or fence with a Red Ribbon (double-looped) and this year's theme: "Your Future Is Key, So Stay Drug Free.™"

Schools, decorate your SCHOOL campus with a Red Ribbon (double-looped) and this year's theme: "Your Future Is Key, So Stay Drug Free.™"



SNAP A PHOTO & UPLOAD

Take a picture of your Red Ribbon decoration (preferably with people in it!) and upload to www.redribbon.org. You must be 18 years old to enter, so parents (or for school entries, school staff or PTA members) must submit the photos.



GET VOTES!

Ask your friends, family, colleagues and school contacts to vote for your photo on our website.

Entries with the most votes will win an iPad and \$1,000 for a local K-12 school.



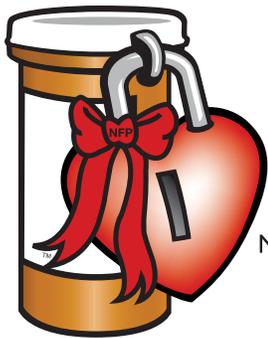
Get Started Today!

For more details and a list of terms and conditions, visit www.redribbon.org

Did You Know ?

66% of Children Who Abuse Prescription Drugs Get Them From Family Or Friends.

Review the following guidelines for prescription drug abuse prevention and discuss them with family & friends.



**LOCK
YOUR
MEDS®**

National Family Partnership

LOCK YOUR MEDS

Every day, more children begin experimenting with prescription drugs.² Sixty-six percent of those who have abused pain medication say they get the medication from friends and family.³ Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

TAKE INVENTORY

Download your Home Medicine Inventory Card at www.lockyourmeds.org, write down the name and amount of medications you currently have and regularly check to see that nothing is missing.

EDUCATE YOURSELF & YOUR CHILD

Learn about the most commonly abused types of prescription medications (pain relievers, sedatives, stimulants and tranquilizers). Then, communicate the dangers to your child regularly; once is not enough.

SET CLEAR RULES & MONITOR BEHAVIOR

Express your disapproval of using prescription drugs without a prescription. Monitor your child's behavior to ensure that the rules are being followed.

PASS IT ON

Share your knowledge, experience and support with the parents of your child's friends. Together, you can create a tipping point for change and raise safe, healthy and drug-free children.

PROPERLY DISPOSE OF OLD AND UNUSED MEDICATIONS

For guidelines on safe and proper disposal of medications, visit www.lockyourmeds.org.

TAKE ACTION

DOWNLOAD AN INVENTORY CARD

Keep your children safe by monitoring your medicine cabinet.

SIGN AN E-PLEDGE

Take a stand.

www.lockyourmeds.org

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She gets her hair from her mom.

Her eyes from her dad.

And her drugs from her home medicine cabinet.

66% of people 12 and older who abuse prescription drugs get them from family or friends. Prevent your children from abusing your own medication by securing your meds in places your child cannot access.

**BE AWARE. DON'T SHARE.®
LOCK YOUR MEDS.®**

For more information, go to www.lockyourmeds.org.

