



PARENTS LIGHT THE WAY for a lifestyle without substance abuse

National Drug and Alcohol Fact Week (January 23 – 29, 2017)

Teens who continue to learn about the risks of drugs at home are up to **50 percent** less likely to use drugs than those who are not taught about the dangers.

Recognize the signs:

- Fatigue, red or glazed eyes
- Sudden mood changes
- Withdrawing from family
- Decreased or obsessive interest in school work

Talk openly with your teens!

- Remind them it's illegal!
- Share the negative side effects
- Keep medicines in a safe place
- Properly dispose of any unused prescription medicines.

Teens most often get prescription medicines from friends or their parents' medicine cabinet.

For more information visit www.lightunitered.org



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