

Store drugs and alcohol safely at home

Take these steps to prevent youth from accessing substances like **marijuana**, **alcohol**, **medications**, **cigarettes** and **vaping products** at home.

Best Starts for **KIDS**  Seattle Public Schools

Public Health  Seattle & King County



1 Safely store substances

You already store things like cleaning supplies and dangerous tools in a safe place away from kids. Treat substances the same way. **Lock marijuana, alcohol, medications, and cigarettes and vaping products in a cabinet, box, or drawer.**

2 Keep track and dispose

Know the types and amounts of substances you have. **Get rid of medications that are no longer needed or expired.** Find a drop-box near you at: [takebackyourmeds.org](https://www.takebackyourmeds.org).



3 Talk to youth

Help youth make healthy decisions. **Talk about substance use and set clear expectations.** Get tips on how to have these conversations at: [starttalkingnow.org](https://www.starttalkingnow.org).

Substance Safety at home



1. Safely store substances

25% of Seattle 10th graders that report drinking alcohol say they took it from home without permission.

- Healthy Youth Survey, 2018



2. Keep track and dispose

Prescription stimulants (Ritalin, Adderall) are the most misused prescription drugs by Seattle 10th and 12th graders.

- Healthy Youth Survey, 2018



3. Talk to youth

Kids who learn about the risks of alcohol and other drugs at home are less likely to use. 85% of Washington 10th graders who report having clear family rules about alcohol and drugs don't drink.

- Healthy Youth Survey, 2018

Questions? Reach out! Public Health - Seattle & King County: [206-263-8955](tel:206-263-8955)

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