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 Seattle Public Schools Public Health

Seattle & King County



Safely store substances

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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.

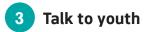


Keep track and dispose

Know the types and amounts of substances you have. **Get rid of medications that are no longer needed or expired.** Find a dropbox near you at: **takebackyourmeds.org**.







Help youth make healthy decisions. **Talk about substance use and set clear expectations.** Get tips on how to have these conversations at: <u>starttalkingnow.org</u>, <u>talkevenif.com</u>.



Substance afety at home



1. Safely store substances

Since 2014, marijuana exposures reported to the Washington Poison Center for children 6-12 years has more than tripled.

- Washington Poison Center, 2020



2. Keep track and dispose

Among elementary-aged children, antidepressants and acetaminophen are the substances most commonly used to harm themselves or attempt suicide. -Washington Poison Center, 2022



3. Talk with youth

Kids who learn about the risks of alcohol and other drugs at home are less likely to use them. Only 57% of Seattle 10th graders report talking with their parents in the past year about not using marijuana -Healthy Youth Survey, 2021

Questions? Reach out! Public Health - Seattle & King County: **206-263-8955** Brought to you by Seattle Public Schools and paid for by the Washington State Department of Health with Dedicated Marijuana Account funds, and King County Best Starts for Kids Levy