

# one

## honest conversation

Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.<sup>1</sup>

You can be the one to help keep your family safe. Talk with your kids and share the facts with other parents.

Learn more at  
[GetTheFactsRx.com](https://www.getthefactsrx.com)

### STOP OPIOID MISUSE Your influence matters

- ✓ Young people in Washington say that their parents are one of the biggest influences on their decision to use or not use drugs.<sup>2</sup>
- ✓ Talk to your kids about the risks of opioid misuse.
- ✓ Encourage your kids to talk with their doctor about other ways to treat pain.
- ✓ Lock up your medications.
- ✓ Dispose of unused medications safely at a take-back program near you. Find one at [MedTakeBackWashington.org](https://www.MedTakeBackWashington.org).

<sup>1</sup>Source: Substance Abuse and Mental Health Services Administration  
<sup>2</sup>Source: 2021 Healthy Youth Survey