LOCK & TALK
MEDICATIONS

SUICIDE IS PREVENTABLE
Putting time and distance between youth and access to lethal means may save a life.
If you are concerned about a family member or friend, call the National Suicide Prevention Lifeline:
1-800 273-TALK (8255)

1. Properly secure and monitor your meds
   Prevent your child, friend, or loved one from abusing your medications by securing them so they cannot be accessed.
   They can be secured in a medication lockbox, locked cabinet or closet, or out of reach.
   Further safeguard all medicines by monitoring quantities.

2. Safely and properly dispose of old, expired, and unused meds
   Prevent your child, friend, or loved one from abusing your medications by disposing of them through a permanent drop box in your community or mix them with an inedible substance, such as kitty litter or coffee grounds, and tossing them into the trash.
   NEVER flush your medications down the drain or toilet, unless the label says it is safe to do so.

3. Educate yourself, family members, and friends
   Learn about the most commonly abused types of prescription medications and their associated signs and symptoms and communicate the dangers to your child, friends, and loved ones regularly.
   Make time to talk and create an environment where others feel safe to talk to you about Rx drug misuse and abuse.

PASS IT ON
Share your knowledge and support with friends, family, and others. Together, you can create a tipping point for change.

I pledge to follow these guidelines and share the Lock & Talk initiative:
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1. Properly secure and monitor your meds.
   Secure in a medication lockbox, locked cabinet or closet, or out of reach.

2. Safely and properly dispose of old, expired, and unused meds.
   Dispose of in a permanent drop box or mix them with an inedible substance like kitty litter.

3. Educate yourself, family members, and friends.
   Learn about commonly abused Rx drugs and communicate the dangers with others regularly.

GUNS

1. A gun in the home increases the risk of firearm homicide, suicide, and unintentional shootings.

2. 3 tips for securing firearms
   - Store firearms unloaded.
   - Store ammunition separately.
   - Change lock combination or key location often.

3. If you choose to have a firearm in your home, it is important to safeguard against unauthorized access.

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GUN SAFETY

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KNOW
the risks of gun ownership before bringing guns into the home.

SECURE
all guns to ensure that minors cannot access them.

You should also specifically talk to children about what to do if they find a gun - inside or outside of the home. Develop a simple, firm plan they can follow any time they encounter a firearm.

BE S.A.F.E
1. Secure your firearms when not in use.
2. Be Aware of those around you who should not have unauthorized access to guns.
3. Focus on your responsibility as a gun owner.
4. Educate yourself and others about safe firearm handling and storage.

TIPS FOR LOCKING UP FIREARMS
1. Store firearms unloaded.
2. Store ammunition separately.
3. Change combination or key location often.

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