

# Keep your children safe and healthy



Help prevent accidental consumption of alcohol, tobacco, marijuana, and prescription drugs by following these simple steps:



1. Keep these products in child-resistant packaging (think child-proof caps on bottles)
2. Make sure your children can't see or reach these products
3. Lock these products in a cabinet or box
4. Keep these products away from other food (such as cookies, brownies, etc.)
5. Keep track of these products and any related items

Eating or drinking these substances can make children very sick. They may have problems walking, sitting up, and breathing. They could also start to vomit and feel sleepy.

If you're worried about your child, call the poison control hotline at 1-800-222-1222 as soon as possible. Calling is free and you'll be helped quickly.



Healthy Androscoggin  
[www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)



# How to Talk to Your Child About Not Using Substances

1. Not just a one-time conversation, keep talking to them
2. Find the right time- use opportunities to talk
3. Set clear rules and expectations about not using
4. Remind them that you are talking to them because you care about them, their health, safety and future

1. Be a role model- send positive messages that do not encourage use
2. Reduce access
3. Hold them accountable and be consistent
4. Give them an "out"- come up with a code word or phrase they can use when with peers to get safely out of a situation

**Tips to Help You Prevent Your Child From Using Substances**

For more information, tips, and tools  
[www.youareprevention.org](http://www.youareprevention.org)  
[www.bemyherotoday.com](http://www.bemyherotoday.com)



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