


Home Safety Checklist

A few simple steps that make a real difference in preventing youth substance use — and keeping your home safe overall.

MEDICATION SAFETY 			
ACTION ITEM	COMPLETE	TO DO	N/A
Secure prescription & OTC medications: Store all medications in a locked cabinet or lock box.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain original packaging: Keep medications in their original, labeled containers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Track counts: Periodically count and monitor pills, specifically opioids, ADHD medications, and benzodiazepines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safe disposal: Properly dispose of unused/expired medications at a local pharmacy or police drop box. Never flush or trash them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keep Naloxone on hand: Have naloxone in the home and ensure family members know how to use it. Find free locations at naloxoneaz.com	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NICOTINE, VAPING & MARIJUANA			
ACTION ITEM	COMPLETE	TO DO	N/A
Secure vaping products: Lock up or safely store all vape products, pods, and e-liquids.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lock up cannabis products: Store flower, concentrates, and edibles securely. Edibles can easily be mistaken for regular food or candy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understand local regulations: Stay informed regarding Arizona state laws around possession, age limits, and public use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain smoke-free spaces: Do not smoke or vape indoors or around non-users to avoid secondhand exposure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HOME & FAMILY SAFETY			
ACTION ITEM	COMPLETE	TO DO	N/A
Test alarms: Regularly check smoke detectors and carbon monoxide detectors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish pool & water safety rules: Review barriers, locks, and guidelines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ACTION ITEM	COMPLETE	TO DO	N/A
Practice a fire escape plan: Maintain a clear exit route map and run drills with family members.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set a family emergency code word: Choose a phrase or word to discreetly alert family that immediate help is needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post Poison Control information: Keep 1-800-222-1222 clearly visible in the home.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CRITICAL EMERGENCY: In the event of an immediate life-safety crisis or overdose threat, always call **911** immediately.

Warning Signs to Watch For

- Sudden changes in mood, sleep patterns, or appetite
- Withdrawal from family, friends, or preferred activities
- Declining grades or unexcused school absences
- New peer groups combined with increased secrecy
- Missing money, prescriptions, or alcohol from the home

Start the Conversation

- Download the free **Talk. They Hear You.** app for interactive, real-world conversation guidance.
- Talk early and talk often — kids who learn about risks from parents are significantly less likely to use substances.
- Make it a conversation, not a lecture — prioritize active listening.

This checklist is for general awareness and does not replace medical or professional legal guidance. If you suspect your child is using substances or you are concerned about their safety, reach out to a licensed healthcare provider.