



Parent Toolkit

Childhood Poisoning Prevention Resources
for families with children and adolescents

Blue Ridge Poison Center | www.brpc.virginia.edu | 1-800-222-1222



Did you know?

Poisoning is a leading cause of emergency department visits and injury deaths in the U.S. Most poisonings happen in the home from exposures to medicines or to common household products. All ages are at risk.

Prevention starts at home!

This toolkit contains free resources to help you protect your family. All of our programs and materials use evidence-informed strategies. If you have any questions, or need something to meet your family's unique needs, please get in touch.

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Babies and Toddlers

WHY ARE THEY AT RISK? Babies and toddlers do not know what is safe and what is dangerous. Their natural curiosity leads them to explore cabinets, purses, or drawers where harmful substances may be stored. They put things into the mouth--especially when something looks or smells like a familiar treat. And they mimic the actions of adults and older children around them. For example: if they see someone using a vaping device, they may try to put it in their mouth, too.

This age group relies on adults to create a safer environment where they can play and explore. **The most important thing you can do is store all products UP and AWAY, out of sight and reach.**

- [Stop. Ask First](#) (6-minute video for children)
- List of [children's books](#) with a poison safety theme.
- [Got Preschoolers?](#) (Flyer). In English or [Spanish](#).
- [Five Surprising Dangers Found in Most Homes](#) (8-minute video for adults)
- [Home Safe Home Checklist](#) In English [or Spanish](#).



Early School Years

WHY ARE THEY AT RISK? As growing children experience increasing independence, they may encounter poisons in spaces without close adult supervision. They may lack the knowledge or skills to avoid harm from such potential poisons as cleaning products, medicines, pesticides, even outdoor poisons like plants, mushrooms, snakes, etc.

- [Poison Prevention BINGO!](#) (up to 20 players)
- [Activity Book](#) (puzzles, games, etc.)
- List of [children's books](#) with a poison safety theme.
- [YOU Can Be a Poisoning Prevention Hero!](#) 8-minute video for young children.
- [Fill-in-the-Blank Stories](#) (if you like MadLibs, you'll like these!)
- [Home Safe Home Checklist](#) In English [or Spanish](#).
- YOU can be a [Poisoning Prevention Hero!](#) Virtual *Kahoot!* game

Kahoot! is a game-based online learning platform. Details at www.kahoot.com



Adolescents (*teens to early 20's*)

WHY ARE THEY AT RISK? As they become more independent, adolescents begin using medicines, pesticides, cleaners, and other household chemical products on their own. They may also be exposed to substances of misuse like nicotine, cannabis, alcohol, and prescription drugs.

The brain is still growing and developing until our mid-20's. Introducing substances of misuse during this vulnerable time can result in lifelong health effects.

It's more important than ever for parents and caregivers to protect adolescents' health and safety by talking to them about the risks of using and misusing substances. As a parent, teacher, coach, or other adult who has a meaningful relationship with an adolescent, your influence is powerful. Research shows they really do listen to you!

On the next page are resources FOR YOU, with the most up-to-date, unbiased medical and scientific information possible, as well as guidance from experts in adolescent mental health and development, so that you will feel more confident talking to the young people in your life about poisoning prevention and substances of misuse.

Following that page is a list of resources to share with the adolescent in your life.



Adolescents

Resources to educate parents and caregivers:

Videos

- [Deadly Dares: How Parents & Caretakers Can Help Keep Adolescents Safe from Social Media Challenges.](#) (20 minutes)
- [Poison Smarts.](#) (25 minutes)

Fact Sheets

- [Cannabis: Know the Risks](#)
- [Cannabis: What Parents and Caretakers Need to Know](#)
- [Edibles: What does a toxicologist want you to know?](#)
- [Delta-8: What are the Concerns?](#)
- [Glossary of Cannabis Terms](#)
- [Psilocybin \("Magic Mushrooms"\)](#)

A list of resources from other public health organizations:

- Cannabis information [For ADULTS](#) (parents, educators, caretakers)
- [National Institute on Drug Abuse for Teens](#) (Resources about addiction and drugs)
- [The Truth Initiative](#) (organization dedicated to preventing youth tobacco and nicotine use)



Resources to share with adolescents:

Videos

- [Poison Smarts](#) (25 minutes)
- [Cannabis: A Message for Teens](#) (14 minutes)

Kahoot Games

- [Cannabis: What Students Need to Know](#)
- [Vaping and Nicotine: How Much Do You Know?](#)
- [Toxic Trivia for Teens](#)

A **list of resources** from other public health organizations:

- Cannabis information [For TEENS](#) (including classroom activities)
- [National Institute on Drug Abuse for Teens](#) (Resources about addiction and drugs)

Kahoot! is a game-based online learning platform. Details at www.kahoot.com

Don't Miss Out!

Subscribe to our Newsletter

- Be aware of emerging or seasonal poisoning concerns.
- Be the first to know about new educational resources.
- Stay up-to-date on the latest substance use trends.

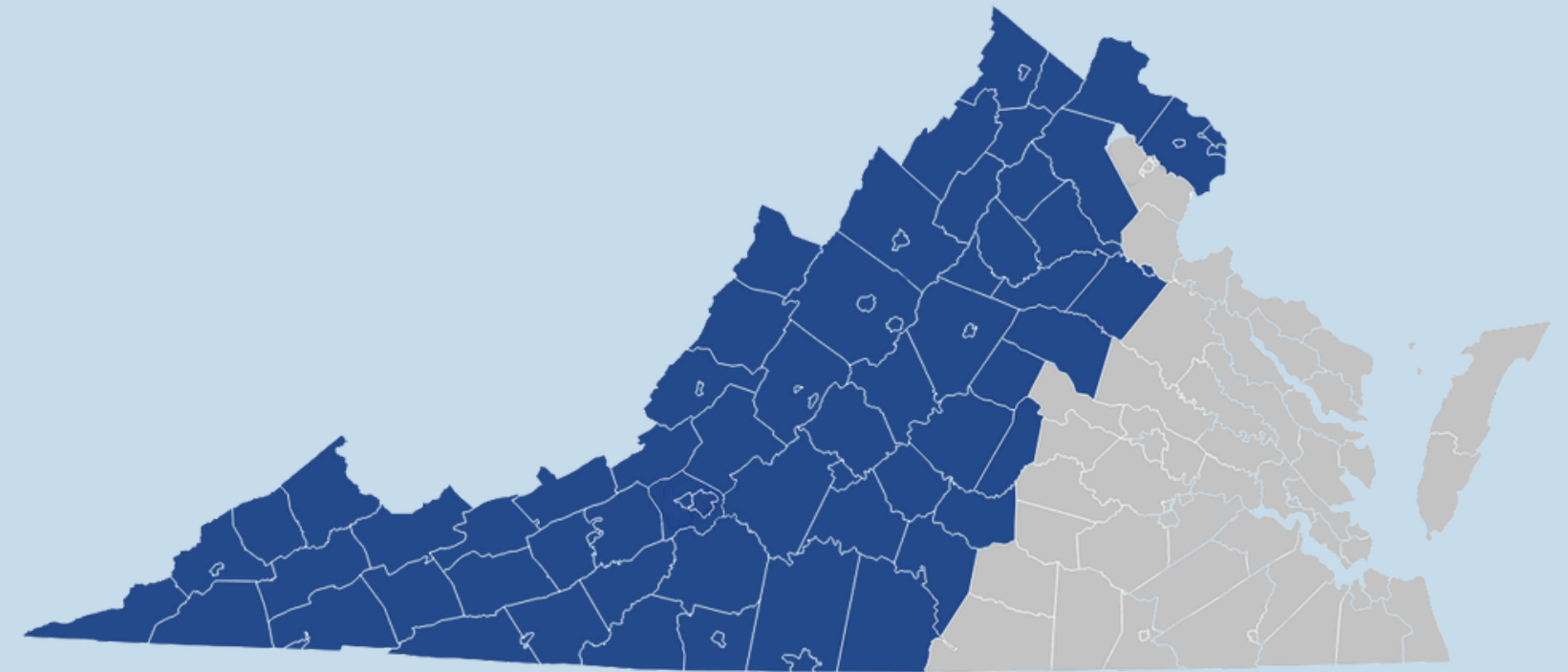


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About Us:

The Blue Ridge Poison Center is staffed by healthcare providers with additional training in managing poisoning exposures from all sources. We also answer non-emergency questions about poisoning. Our service area includes all of the cities & counties shaded blue on this map of Virginia.



Call **1-800-222-1222** any time, day or night. Your call is FREE AND CONFIDENTIAL. Scan this image to save that number into your smartphone. *Save the number, save a life.*

The Blue Ridge Poison Center is located in Charlottesville, VA. We are affiliated with University of Virginia Health, who provides most of our operational support. We also receive funding from the Virginia Department of Health and the Health Resources Services Administration (HRSA). We are certified by America's Poison Centers.

