The talk guide every parent needs **to protect teens from fentanyl**

Let's Talk FENTANYL

Be prepared and follow these talk tips to make this conversation easier for you and your teen

Your teen and their friends **are at risk**

6in10 — Teens have been offered pills by people they know in the past year

1in2 — Illicit pills in the area contain fentanyl



Teens who talk to their parents about drugs are less likely to try them

Having these convos and check-ins could save them or their friends from overdose

How to **start the conversation**

TIP 1 Find a time when there's no rush and just you two

TIP 2 Talk side by side to avoid a face-to-face confrontation

TIP 3 Be a mentor by sharing important advice

TIP 4 Avoid making them feel shame or judgment

TIP 5 Be prepared by knowing the facts and risks

Questions to break the ice

Have you heard of fentanyl and drugs being laced?

What are the risks and how do those make you feel?

911 — Do you know what to do if someone overdosed?

Know what to **talk about**

Start with the risks

- 50x — Fentanyl is 50x stronger than heroin
- Laced pills look identical to what doctors prescribe
- Just one laced pill or a few salt-sized grains can turn fatal in 3 minutes
- Two teens die from accidental fentanyl overdoses every day in the U.S.

Share the overdose signs

- Slow or stopped breathing
- Heavy gurgling or snoring sounds
- Blue, gray, or purple skin, lips, or nails

After the **conversation**

Explain how to respond

- Call 911 and stay with them until help arrives
- Use naloxone nasal spray to stop the overdose
- Start rescue CPR breathing

Remind & reassure them

You trust them and just want them to be informed and safe. Any time they have more questions, they can come to you. They won't get in trouble for doing the right thing.

