

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

Questions to break the ice



Have you heard of fentanyl and drugs being laced?

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



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



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



1 in 3 teens in Virginia believe their friends could overdose

Share the overdose signs



Slow or stopped breathing



Heavy gurgling or snoring sounds



Blue, gray, or purple skin, lips, or nails

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

After the conversation



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.

