

TALKING TO TEENS ABOUT FENTANYL

King County is facing an unprecedented rise in overdoses caused by fentanyl, an extremely deadly opioid that is often laced into pills and powders. This discussion guide is designed to help you talk with the teens around you about fentanyl in a way that empowers them to make safer choices.

MAKE IT A CONVERSATION

Telling teens not to do drugs is NOT the way to go here. The teens that are the most at risk may just tune this warning out if they feel like they're being judged for their drug use. Focus the conversation on scientific facts and life-saving tips. Listen instead of sharing your own opinion.

EXPLAIN THE REALITY

In just two years (2018-2020), King County saw a 164% increase in the number of fentanyl overdose deaths. Impress upon teens that fentanyl isn't a distant danger—it's hurting our community and they are **very much** at risk. The idea that "only people who get drugs from random people overdose" is completely false.

BE CLEAR ABOUT THE RISK

Fentanyl is tasteless, odorless, and too small to see. In fact, an amount about the size of two grains of salt can cause an overdose. Dispel the myth of a "safe" source: Substances are laced with fentanyl long before they reach the friends, dealers, and friends-of-friends teens trust to supply them. Fentanyl can be anywhere, as distribution in pills and powders is totally random. While one pill might not be deadly, another one could be.

HELP THEM FIND NALOXONE

Naloxone can reverse an opioid overdose. The teens around you may already know what naloxone is, but they may not carry it yet. Let teens know that naloxone is legal for ALL ages without a ID. They can get free naloxone, privately, with either of these methods:

OPTION ONE: Confidentially ordering online to have naloxone mailed to any address. Naloxone will come in plain packaging for privacy.

OPTION TWO: Picking up naloxone from a local provider. For a list of locations that provide free naloxone, visit LacedandLethal.com.

Providers may ask general questions about age and gender, but the identity of anyone asking for naloxone will be completely confidential. When picking up naloxone, teens are welcome to ask any questions they may have and receive naloxone training, if they'd like it.

While it's not made specifically for teens, StopOverdose.org is another great resource for overdose prevention information.

STRESS THE IMPORTANCE OF LOOKING OUT FOR ONE ANOTHER

When someone's overdosing, they can't give themselves naloxone. By carrying naloxone at all times, letting others know they have it, and accompanying friends as they use, teens can decrease the chances of a friend suffering a fatal overdose.

ENCOURAGE TEENS TO LEARN UP

Overdoses happen fast. Learning how to administer naloxone before an overdose might help teens save a friend's life.

**FOR THE FULL
STEP-BY-STEP
GUIDE**



PEEL



PEEL BACK THE PACKAGE TO REMOVE THE DEVICE. HOLD THE DEVICE WITH YOUR THUMB ON THE BOTTOM OF THE PLUNGER AND 2 FINGERS ON THE NOZZLE.

PLACE



PLACE AND HOLD THE TIP OF THE NOZZLE IN EITHER NOSTRIL UNTIL YOUR FINGERS TOUCH THE BOTTOM OF THE PERSON'S NOSE.

PRESS



PRESS THE PLUNGER FIRMLY TO RELEASE THE DOSE INTO THE PERSON'S NOSE.

REMIND THEM TO SEEK HELP

Naloxone reverses overdoses, but it's not the ONLY medical attention someone will need. Impress upon teens the importance of calling 911 after administering naloxone. Remind teens of the Good Samaritan law: *If you seek medical assistance in a drug-related overdose, you and the victim cannot be prosecuted for drug possession.*

KEEP THE DOOR OPEN

Let teens know that you are available if they have questions. Encourage them to visit [LacedAndLethal.com](https://www.lacedandlethal.com) to learn more about opioid overdose, fentanyl, and naloxone.



WHO WE ARE & WHAT WE'RE ABOUT

Laced & Lethal is your source for information on pills laced with fentanyl. Head to [LacedandLethal.com](https://www.lacedandlethal.com) for more overdose prevention tips, and other critical tools to help create a safer community for all.