



PARENTS, HAVE YOU TALKED TO YOUR KIDS ABOUT OPIOIDS?

Start the Conversation

1. Have open and honest conversations to understand your teen's questions, pressures, and concerns.
2. Help your teen create an "exit plan." Peer pressure can be powerful, so coming up with realistic action steps and practicing them together in a safe environment will prepare your teen to make good choices when it matters.
3. Encourage your child to carry medication that can reverse an overdose – such as NARCAN® as a precaution.

What to look for if you suspect your child is misusing opioids:

Adverse changes in grades or skipping school.

Dropping longtime friends or developing sudden new, intense friendships.

Loss of interest in usual activities.

Changes in appearance, such as lack of concern for personal hygiene.

Changes in general behavior, including sleeping and eating habits.



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