

HAVE THE OTHER TALK.

An easy-to-use guide to start the conversation.

Open and honest conversations about drug use give kids and teens the facts and support they need to be safer. Having that talk might not be easy for you, but with this Q&A cheat sheet, you can lead a conversation free of judgment and full of trust.

1. Do you know anyone who uses or misuses drugs?

People use drugs for different reasons: stress, pain, curiosity, or peer pressure. If you've seen this or heard about it, it doesn't mean you did anything wrong. Talking about it helps us understand what's going on and how to stay safe.

2. Do you know what opioids are?

Opioids are a type of drug that can be used to treat pain. Some are prescribed by doctors, and others are illegal, like heroin. Even when they start as medicine, opioids can be risky because they can be addictive.

3. What about fentanyl? Have you ever heard about that?

Fentanyl is a very strong opioid. Doctors sometimes use it in hospitals, but illegally made fentanyl is often used to make fake pills or mixed into other drugs without people knowing. Because it's so powerful, even a tiny amount can be very dangerous and lead to overdoses and death.

SET THE STAGE

First off, let the kids or teens know they are in a safe space. And that they won't get into trouble for sharing their experience and opinions.

"Before we jump in, I want you to know this is a safe space. You're not in trouble for anything you share, and I'm not here to judge. My goal is to make sure you have the facts and know how to stay safe. You can be honest, ask questions, or say if you don't know."

4. Do you know what an overdose is? Or how to spot one?

An overdose happens when someone takes more of a drug than their body can handle. Signs can include slow or stopped breathing, blue or gray lips or fingernails, choking or gurgling sounds, or not waking up when you try to get their attention.

5. What can you do when you spot an overdose?

The most important thing is to get help right away. Call 911, even if you're scared. Try to wake the person, and if you have naloxone, better known as Narcan®, use it. Naloxone is the only way to stop an opioid overdose. Always stay with the person until help arrives, it can save their life.
Remember: In Minnesota, you can not get in trouble for helping in an overdose situation.

6. Where can you get naloxone (aka NARCAN®)?

Naloxone is affordable and widely available. You can get it at pharmacies, many stores, online, and at community organizations (often for free). It's safe, easy to use, and is the only way to reverse an opioid overdose.

7. Where can you go to find help and support?

If you or someone you know needs help, there are trusted adults, school counselors, doctors, and community organizations who can support you. There are also confidential hotlines and text lines where you can ask questions or get help without judgment.



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