

# FENTANYL DISCUSSION POINTS

*One Pill  
Can Kill*

1

Start an immediate and ongoing conversation with your child(ren) about the dangers of Fentanyl and other illicit substances! If they aren't comfortable discussing with you, identify and connect them with other trusted adults.

2

Communicate our real Fentanyl danger risk, including both national and local risks. Fentanyl deaths are higher than auto-related deaths and gun-related deaths. For more Fentanyl facts & to stay up to date - scan our QR code to be directed to our informational page. Also, follow Alex's Story on Facebook.

3

Look for signs if your child may be at risk! Signs and symptoms include: isolation, changing moods, and sleep patterns and decreased engagement in school and with family. Check for additional signs at [hearalexstory.org](http://hearalexstory.org)

4

If you have concerns for your child, check their phone! Conversations around drug use, drug sells, and/or drug delivery can be simply found on a phone. Common apps to look into: Snapchat, Twitter, TikTok, Whatsapp, Instagram, Grindr, Whisper, and Discord. ALWAYS STAY INVOLVED WITH YOUR CHILD'S DEVICES!

5

Store Narcan in case of an overdose as it can be a lifesaving measure. However, discuss with your child(ren) that Narcan is not a "pass" to use drugs safely. Administering Narcan does NOT save every life.  
Narcan Free Dispensary: Max's Mission, Medford

## DISCUSS WITH YOUR KIDS

Scan the QR code to visit the website for Alex's Story or visit [hearalexstory.org](http://hearalexstory.org)



HEAR  
**ALEX'S**  
STORY

# PROTECTING OUR KIDS AGAINST FENTANYL

Tip sheet on saving our children



## PHYSICAL

- Extreme mood swings
- Interrupted and changing sleep patterns
- Changes in eating - loss of appetite, binge eating
- Complaints of physical pain (stomach pain, headaches)
- Changes in appearance
- Suicidal ideations
- Feelings of depression and isolation

## SOCIAL

- Change in friends or social group
- Secret friends and/or calls/visits
- Avoids friends and family who are concerned
- Disinterest in hobbies and school
- Becomes secretive and defensive

## HOME/FAMILY

- Avoids being around family and family activities
- Ignores curfew and other rules
- Isolates from family members
- Underestimates drug or alcohol use (if discovered)
- Tells lies to avoid responsibility or to hide use

## SCHOOL/WORK

- Repeated skipping school or being tardy
- No longer interested in school
- Misses assignment deadlines or fails to complete assignments
- Noticeable decrease in GPA
- Behavioral issues at school
- Decreased interested in school activities

## FINANCIAL & LEGAL

- Immediate need for extra cash
- Unexplained cash loss or cash influx
- Unexplained missing cash or other valuables at home
- Runaway from home
- Increased police presence

WHAT TO LOOK OUT FOR  
NATIONAL RESOURCE



A PARENT TOOLKIT

Concerned that someone you care for may be at risk of Fentanyl Overdose? Use the anonymous Oregon Tip line

[yourchoiceprevention.org](http://yourchoiceprevention.org)

**SEE SOMETHING  
SAY SOMETHING  
SAVE SOMEONE**

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