



Talking to Your Children About Fentanyl

Today, there is a significant risk of overdose. Any illegal drug purchased on the street or online could likely be contaminated with fentanyl. It has become critical to speak to your kids about fentanyl and its dangers.



Fentanyl Explained: What Is It?



Illegal fentanyl is made to look like fake tablets, as a powder, or in combination with other drugs like cocaine or heroin.



Fentanyl is a potent synthetic opioid, which means it is manufactured and not naturally occurring.



Fentanyl is 100 times more potent than morphine and 50 times more powerful than heroin.



Individuals aged 15 to 24 are the fastest-growing population requiring hospital care from opioid overdoses.

Tips For Parents



Make your values and rules clear about drugs and alcohol. Kids need clear rules and a message. It does not accomplish this when vague terms like “be smart” or “make good decisions” are used. Be specific with rules and personal values.



Listen to their opinions, answer their questions, and ask questions. Avoid lecturing, threatening, or using scare tactics. For example, ask them, “What do you know about fentanyl, marijuana, etc.” Or, “So you’ve heard you can easily buy illegal drugs online. Do you believe this is safe?”



Be a reliable source of factual information and correct wrong beliefs. Look up answers together, find factual data, and explore all available information.



Lead by example because actions speak louder than words. Share personal experiences and past history, and do so openly and honestly.



If your child has already used drugs or alcohol, help them explore the reasons why they chose to do this. This helps give parents a window into their possible underlying struggles.



Educate them about online safety, how to use social media in a healthy way, and how to avoid dangers on the internet, especially with fentanyl.