

Talk to your kids about Fentanyl!

Children whose parents talk to them about the risks of drugs and alcohol are 50% less likely to use substances.

What to know

- It can come in pills, powder, and liquid and can't be identified by look, smell, or taste.
- It is about 100 times more potent than morphine and 50 times more potent than heroin.
- It is powerful and can cause overdose without people knowing they are taking it.

How to talk to your kids

- Stay calm and non-judgemental. Think of it as an open-ended conversation, and listen.
- Avoid scare tactics.
- Tell them how much you care.
- Help them prepare to respond to pressure to try drugs.
- Choose places to talk where you can focus, like a car ride.
- Keep the conversation going rather than having one big talk.



WHATCOM HAS
HOPE

**OPIOID MISUSE
IS PREVENTABLE**