

Talk to your kids about fake pills and fentanyl. It could save their life.



You might not think your child would ever take pills that aren't theirs. But more and more kids are experimenting with pills to feel better, help them study, ease social anxiety and more.

What makes this especially dangerous is that fake pills with deadly levels of fentanyl are being found nationwide. Including here in Iowa. That's why it's so important to talk to your kids.

WHAT IS FENTANYL?

Fentanyl is a synthetic opioid that's 50 times stronger than heroin. It only takes 2 mg of fentanyl (an amount that can fit on the tip of a pencil) to be deadly.

Did you know

NALOXONE COULD HELP REVERSE THE EFFECTS OF AN OPIOID OVERDOSE?

Ask your pharmacist about getting naloxone for free. Find out more at NaloxoneIowa.org.

Learn more at YourLifelowa.org/Fake-Pills.

WHAT SHOULD YOU KNOW ABOUT FAKE PILLS?

- Drug cartels are mass producing fake pills and falsely advertising them as real prescription medications to trick young people.
- Cartels often put fentanyl in these pills because it's cheap and highly addictive.
- These fake pills look almost exactly like real medications, such as Percocet®, Xanax® and Adderall®.
- Many fentanyl-laced fake pills can kill those who take them almost immediately.

HOW DO KIDS GET THESE FAKE PILLS?

Oftentimes kids buy these pills on social media, believing they're real prescription drugs. Then they share them with their friends, not understanding how dangerous it can be.

HELP YOUR CHILD CREATE AN EXIT PLAN.

Together with your child, **pick an emoji or code word they can text you if they're pressured to take a pill that isn't theirs.** Then you can call them and tell them you need to pick them up, giving them an out with their friends.

Fake pills can cause real harm.

📞 CALL: **(855) 581-8111**

📱 TEXT: **(855) 895-8398**

💬 CHAT: **YourLifelowa.org**

How to talk to your kids about fake pills.



Talking to your kids about drugs can be tough, but here are some ways to get started. Remember, it's important you don't lecture. Instead, let them know you love them and just want to help them stay safe.

Learn more at YourLifelowa.org/Fake-Pills.

	ELEMENTARY (5 TO 8)	PRETEEN/TWEENS (9 TO 12)	TEENS (13 TO 18)
WHAT TO KNOW ABOUT THIS AGE	At this age, kids can't understand long-term consequences, so you don't have to go into a lot of detail about what can happen to their brain.	Preteens and tweens are trying to figure themselves out and often listen to peers over parents.	By now, teens should understand the consequences of using substances, but it's important to keep reminding them.
MAIN TAKEAWAYS FOR YOUR KIDS	Tell your kids to never take any medicines from anyone other than you or a doctor because it could hurt them.	Remind them to never take any medicines that aren't theirs. Not only could it get them in trouble at home and school — it could seriously hurt them.	Having regular conversations about drugs lets them know that you love them and are there for them.
QUESTIONS TO ASK	What should you do if a friend tries to give you medicine? Who should you tell?	What can you say if someone wants you to try something like a pill? Do you know what could happen if you take something that isn't yours?	Did you know fake pills with fentanyl are in our community? What do you think could happen if you or a friend took even just one of these pills?