

What Parents Need to Know to Help Keep their KIDS SAFE!

EDUCATE

COMMUNICATE

INFORM

PLAN

EDUCATE YOURSELF

According to the **BC Coroners Service**, there have been **309 illicit drug overdose deaths** with Fentanyl detected in Fraser Health in 2016. Fentanyl is a deadly opioid (painkiller) 100x more toxic than morphine. **Emergency services in Langley responded to 484 events in 2016**

- It is currently laced into **86% of BC's party drugs**
- It can be **found** in liquids, powder, patches, or pill form
- It can be found in Heroin, Cocaine, Ecstasy/MDMA, Speed, Crystal Meth, Oxycodone, and more
- Even stronger variants are starting to emerge
- **83% of overdose deaths** in Fraser Health happened inside (68% private residences, 15% other locations)-**Single Males 19+**
- **NALOXONE** is an assist to an opioid overdose, it can keep you alive long enough to get to the hospital
- Naloxone can be free! Find out where you can get it: www.towardtheheart.com
- You do not have to be using it to be **exposed; wear gloves !**



How to COMMUNICATE with YOUR TEEN

You could save your child or a child you care about!

- **Don't** judge them
- **Listen** to what they are telling you!
- **Be open** to them going out and being teenagers
- **Don't assume** they are using drugs and alcohol
- Ask what they know about **fentanyl**
- **Educate** them on what you know about fentanyl!
- Let them know why you are **worried**
- **Focus** on their future rather than their past

INFORM-DID YOU KNOW?

Police will not charge someone for drug possession when they use 911 to help a sick friend

TELL YOUR TEENS

If they see the following signs of a possible overdose in any of their friends:

ADVISE them to call 911 immediately:

- Severe sleepiness – can't wake them
- Breathing is slow or not breathing at all
- Nails and/or lips are blue
- Making gurgling sounds cold, clammy skin;
- Trouble walking or talking



What is TEXT 'X' PLAN

Often teenagers find themselves in an uncomfortable situation at a party, dating or out with friends, but they stay because they have **no way out and don't want to be judged.**

Plan a way for your child to get home safe BEFORE they go out!

PLAN: teens can **text 'X'** to a parent or friend to show they are in a sticky situation, and the parent/friend can call them with an excuse for them to leave and be picked up right away. This allows the teen to have a way out!

Text 'X' comes with the **agreement** that parents will pass **no judgments** and ask **no questions**- just pick up the teen!

TEXT X