

Protect your teen from fentanyl.

Know the facts.

What is fentanyl and why is it dangerous?

Fentanyl is a powerful opioid that is sometimes mixed with other drugs. You can't tell if it's in a pill or powder just by looking at it. A very small amount can cause a fatal overdose. People who aren't seeking opioids might encounter fentanyl through fake prescription pills sold as Xanax, Adderall, or other substances.

Where do teens get opioids?

While some intentionally use fentanyl, many more take it by accident when they think they're using real prescription pills. Teens can access fentanyl through:

- Medicine cabinets at home.
- Peers at school.
- Unregulated online pharmacies that claim to sell legitimate prescriptions. These often advertise on social media but can't guarantee dosage or pill content.

What might make a teen more at risk of overdose?

- Mental health challenges. Teens experiencing anxiety, depression, or other mental health conditions may self-medicate. They also might use drugs alone, increasing the risk of fatal overdose.
- Social pressure. Teens may experiment with pills or other drugs in social settings.
- Physical pain. Teens who've been injured or experience physical pain may self-medicate.

How can I keep my teen safe?

- Have open, nonjudgmental conversations about substance use. Learn how at wafriendsforlife.com/talk-to-teens.
- Talk to your teen's healthcare provider if you're concerned about their mental health, physical pain, or substance use.
- Store prescription medications at home in a secure location and get rid of unused pills when you no longer need them. Learn about Washington's free medication takeback program at medtakebackwashington.org.
- Keep naloxone at home and teach your teen how to use it. It's available at participating pharmacies and community organizations. It's safe, easy, and legal for anyone in Washington to carry and use. Studies show carrying naloxone doesn't increase the likelihood teens will use drugs. Learn more at fentanylfacts.org/naloxone.

Where can my teen and I learn more?

- Fentanyl Facts—fentanylfacts.org. Tacoma-Pierce County Health Department's fact-based info about fentanyl and resources for treatment and overdose prevention.
- Friends for Life—wafriendsforlife.com. A statewide effort to help teens, young adults, parents, and caregivers.
- Laced & Lethal—lacedandlethal.com. King County's youth-focused fentanyl overdose prevention campaign, designed to teach teens about the risk of buying pills and powders.
- Teen Health Hub—doh.wa.gov/teenhealthhub. Youth behavioral health info and resources.

