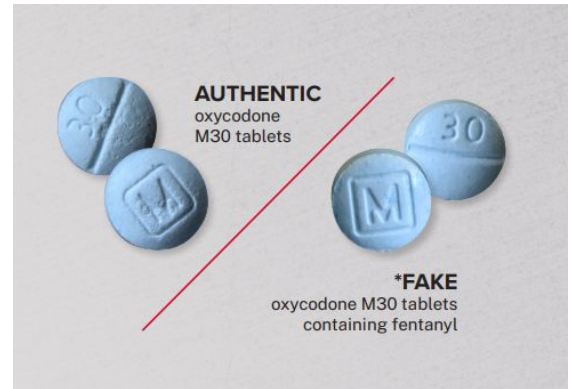


We want you safe!

One Pill of Fentanyl Can Kill

Fentanyl is currently very common in our community; it is a powerful synthetic opioid that is like morphine but is 50 to 100 times more potent. Young people think they are taking “blues,” OxyContin or Xanax, but they are often taking pills laced with fentanyl. **The best prevention is talking to your student about never taking any medication that doesn’t come from their doctor.** This includes never taking pills, even from friends. This is a conversation that can literally save your child’s life.

It is nearly impossible to tell the difference between real and counterfeit pills. Fentanyl is odorless, tasteless and colorless.



Other prevention strategies include:

- Open Communication: One of the best ways to protect youth from substances is by having open communication and educating them on the risks of substance use. Listening to them without judging is a critical tool you can provide as their trusted adult.
- Look for Changes in Behavior: Look out for changes in behavior, such as irregular eating or sleeping patterns, low energy, general signs of depression or anxiety, unusual irritability, slipping grades, lack of interest in activities they love, and even drastic clothing style changes. Trust your instincts. If you notice a change, ask about it.
- Monitor Social Media: Talk to your child and monitor their social media use. The online environment provides platforms for people to sell substances. Substances can be offered by someone met online.

Resources

- [GHS Counseling Website](#)
- [Community Resources](#)
- Multnomah County - Crisis Line 503-988-4888
- Tri-County Opioid Information: tricityopioidsafety.org
- Big Village PDX: bigvillagepdx.org/