



Parent's Guide to Fentanyl!

There is a significant risk for today's generation because of fentanyl. It is a deadly hidden threat. Fentanyl-laced drugs are extremely dangerous.

Parents, guardians, educators, and anyone responsible for children must rely on drug prevention education to safeguard children and teens from this growing threat.

www.learnwithsupe.org



Speak honestly with your kids about choices and risky behaviors.



Stay educated on current drug trends so you can teach your children.



Be clear and consistent about family rules, boundaries, and guidelines.



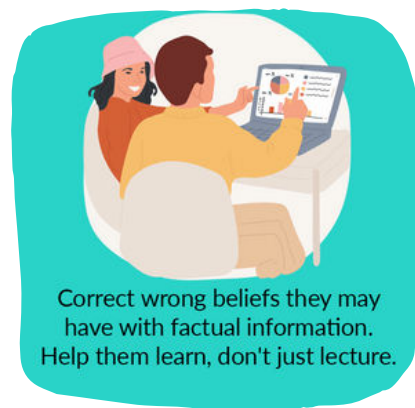
Listen to what they have to say, respect their opinions, and do not be judgmental.



Encourage positive friendships and encourage them to find things that interest them.



Create a safe space for them to ask questions. Never make them feel wrong for wanting to know more about drugs.



Correct wrong beliefs they may have with factual information. Help them learn, don't just lecture.



Educate them about online safety and safe and healthy social media use.

How are Kids Getting Fentanyl?



Drug dealers use social media apps for advertising and selling their products. Prospective buyers use the apps and can easily search for drugs using codewords, emojis, hashtags, and other means. Drug traffickers also advertise using posts and stories; as quickly as accounts are shut down, a new one takes its place.

The buyer will direct message or comment on the post using code words or emojis. Conversations will then move to encrypted messaging platforms like Signal, WhatsApp, or Telegram. Once the deal is made, payment is made through Venmo, Paypal, or cryptocurrency. The packages are then shipped via standard post.

This disturbing trend becomes even worse when you realize that the majority of the drug bought this way are usually tainted with fentanyl. Unsuspecting adolescents who think they are experimenting with a non-lethal drug are in grave danger.

Why Fentanyl is Hard to Avoid

While fentanyl is sold by itself, it is very rarely sought out by kids looking to experiment with drugs. Unfortunately, many individuals who aren't trying to use fentanyl end up in contact with it. This is because it is used as an additive to many illicit drugs. There have been traces of fentanyl found in heroin, cocaine, meth, and even marijuana. There are even fentanyl pills that are pressed to look like other legitimate prescription drugs. Adolescents who are experimenting with drugs are becoming more and more at risk.



Talking to Your Kids About Vaping



PARENT'S GUIDE TO VAPING

Tips for Parents



Become educated and know the facts. There are a lot of myths about vaping, and two-thirds of teens do not even realize e-cigarettes have nicotine. Become comfortable with the information and express care and concern.



As with anything else you may speak to your children about, put yourself in their shoes. Consider their viewpoint. Youth and teens face significant peer pressure, especially through social media. Relate to them using empathy and understanding. Imagine the obstacles and pressure they may face.



Avoid lecturing, scare tactics, and using fear. Take a calm and open approach to speaking with them. Ask questions, or ask them what they know about vaping. Avoid casting judgment.



Make this conversation frequent; it should not be a one-time talk. Kids should be able to speak to you openly about what they are facing, which is accomplished by having frequent conversations.



Help your child manage stress and peer pressure. Provide them with resources that can help them manage peer pressure. Follow up with them frequently.

Learn the Health Effects of Vaping

Health officials have pointed out that vaping nicotine poses serious and avoidable health risks. Exposure to it at a young age causes long-term harm to brain development.

Other health risks may include some of the following:

- Addiction because e-cigarettes contain nicotine.
- Nicotine can worsen anxiety and depression and create sleeping problems.
- E-cigarettes can lead to smoking regular tobacco cigarettes.
- Users are exposed to cancer-causing chemicals.
- It can lead to chronic bronchitis and lung damage.

Resources To Help Parents





Set Clear Expectations of Privacy

It is natural for kids to become increasingly private as they age. While this is normal, many aspects of online activity pose dangers. Here are some tips for managing your child's expectation of privacy and ways to monitor their activity.

- Parents should make it clear that they will monitor all online activity, whether with a tablet, home computer, smart TV, or smartphone.
- Take advantage of tools that manage and monitor screen time. The software available for this has come a long way and effectively oversees what kids view online.
- Require of your children to give you their passwords or create their social media profiles with them so you are aware of how they are presenting themselves online.
- Screen social media accounts and look for unusual profiles that may use drug emojis or certain terms in their bios.

Learn the Drug Emoji Code

Emojis are used to communicate in code with minors. The emoji drug code published by the DEA gives parents and kids an idea of what these codes look like. The more educated parents become, the better equipped they are to spot illegal activity online.

FAKE PRESCRIPTION DRUGS



DEALER SIGNALS



OTHER DRUGS



Understand the Dark Web

The dark web is real, and anyone can access it; illicit drugs are easily found there, among other things.

Parents should be aware of the following:

- Devices or computers that have TOR software (The Onion Router), which is the main browser to access the dark web.
- Crypto currency is the common payment method.
- Pay attention to what is arriving in the mail, such as strange packages or deliveries they are trying to hide.

PROTECTING CHILDREN FROM ONLINE DRUG DEALERS

Tips for Parents

