

# HOW TO TALK TO KIDS ABOUT DRUGS



## **Overdose: A Public Health Emergency**

There is a public health emergency in BC. People are overdosing on illegal substances in high numbers. Drugs like heroin, fake oxys and other illegal opioids can contain toxic fentanyl or carfentanil. Other illegal drugs may be contaminated too.

Keeping communication open and staying informed can help build resiliency and help when your kids or other youth in your life face important decisions about drugs.

# HOW TO HAVE AN OPEN CONVERSATION

- **Stay Calm:** Be less critical. Be a good listener, be positive and problem solve as a team. Give room to ask questions. Respect their opinions. Ask what they are seeing, hearing and feeling. When asking, be open and respectful.
- **Conversation starters:** Talk about what you've seen in social media, the news and in movies. Talk in the car, while making dinner or while walking.
- **Ask open ended questions** such as, "What do you think about this?" or "Tell me what you've heard about this?" Look for the answers together. If they won't talk, find another trusted adult they would feel comfortable with: relative, teacher, counsellor or neighbour.
- While talking to kids about drugs can be tricky, there is expert help available. Find out more on how speak to youth about drugs and building resiliency at **StopOverdoseBC.ca**

## Call 8-1-1



CARRY NALOXONE



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#STOPOVERDOSE

Visit **StopOverdoseBC.ca** and join the conversation online **#STOPOVERDOSE**

