

# FACING FENTANYL

Presented by  
**Facing Fentanyl**  
Prevention  
Education



## A Simple Toolbox for Talking With Kids

For parents, caregivers, and teachers of children 10 and under

Children do not need scary details. They need simple, honest safety messages, calm adults, and repeated reminders that help them make safe choices.



### Quick tools you can use



#### 1. Keep it simple

Use clear words like:  
“Only take medicine from a parent, doctor, or nurse.”



#### 2. Teach one safety rule

Never eat, drink, or swallow something someone else gives you without asking a safe adult first.



#### 3. Practice what to say

“No thank you. I need to ask my mom, dad, teacher, or another safe adult first.”



#### 4. Name trusted adults

Help kids identify 3 safe adults they can go to when they feel unsure.



#### 5. Use everyday moments

Talk during car rides, bedtime, or after school so the conversation feels natural.



#### 6. Stay calm and open

Let kids ask questions. Praise them for speaking up when something feels confusing or unsafe.

### Helpful phrases for kids 10 and under



“I only take medicine from a safe adult.”



“If I am not sure, I stop and ask.”



“Pills are not candy.”



“I can always tell a trusted adult.”



### For parents and teachers



Keep medicines locked up and out of reach.



Avoid scary lectures; use short, repeated conversations.



Explain that things shared by friends are not always safe.



Talk about online safety and why kids should never trust unknown products or messages.



Small, calm conversations  
can build safer habits.

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