

# Caregiver's Guide to Shatterproof Families



# Yes, They Really Are Still Listening

**You're still one of the biggest influences in your preteen's or teen's life, especially when it comes to substance use, including alcohol.**

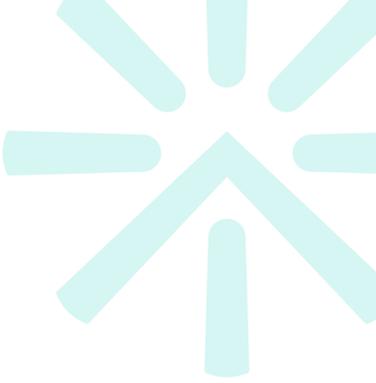
As kids get older, they may become curious or feel pressure from their friends, and turn to you for advice.

Short, frequent discussions, being clear about your expectations, and helping them have a plan to avoid substances creates a safe space where you can navigate it all, together.

This guide gives you straight **facts**, **signs to watch for**, and **real-life conversation tips** you can start using today.

Even as your child becomes more independent, your voice is still one of the strongest tools to support their health and future.





# What to Watch For

Preteens and teens are going through so many physical and emotional changes. *But drastic changes can be a sign they need your support.*

# 1

## **Behavior Changes:**

Sudden mood swings, pulling away more than usual, secrecy, refusing rules, slipping grades.

# 2

## **Body Changes:**

Constant fatigue or low energy, red eyes, sudden weight changes, caring less about their hygiene.

# 3

## **Other Changes:**

Odd smells from their clothes or room, missing medicine, new friends who avoid adults, fighting with friends or breaking up with someone they care about.



What Parents Need to Know:

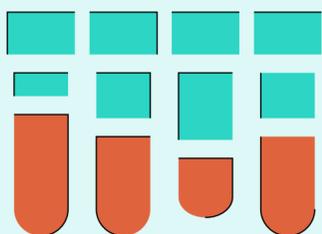
# Substances to Watch

## Alcohol & Cannabis



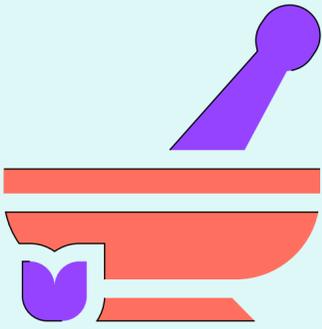
**Still the most commonly used among teens.** Both can mess with developing brains. Today, THC products (like marijuana) are available in gummy or “edible” forms, making them easy to use or hide.

## Delta-8 THC



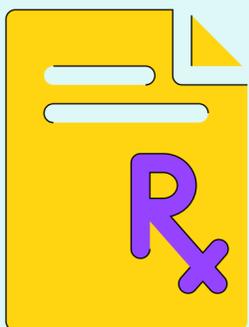
A chemical made from hemp that’s **often sold in gas stations and vape shops, so they’re easy to get.** While they are legal in some places, they can still be harmful and addictive.

## Kratom



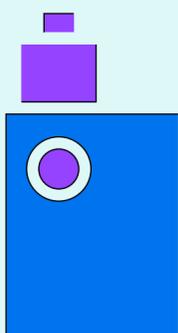
An herbal product **marketed as “natural” but with addictive, opioid-like effects.** Sold legally in many stores and mostly unregulated, making it easy to get but hard to know what’s in them.

## Prescription Meds



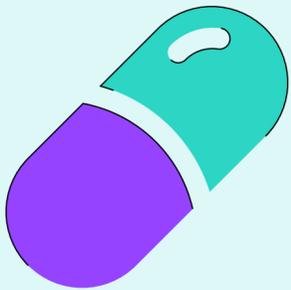
Misuse of pills like Adderall, Xanax, and Percocet is common. **Many teens get these from parents’ medicine cabinets or by sharing prescriptions.**

## Nicotine Vapes



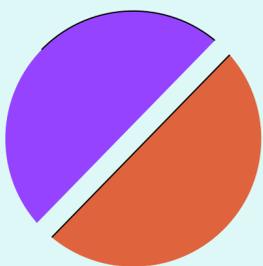
**Easy to hide, highly addictive, and widely used by teens.** Often flavored to appeal to young people.

## Illicit Fentanyl



Extremely dangerous synthetic opioid. Often mixed into counterfeit pills (fake Adderall, Xanax, Percocet) or powders like cocaine without people knowing it. **Even a tiny amount can be fatal.** The only way to tell if pills or drugs contain fentanyl is by testing them.

## Nitazenes

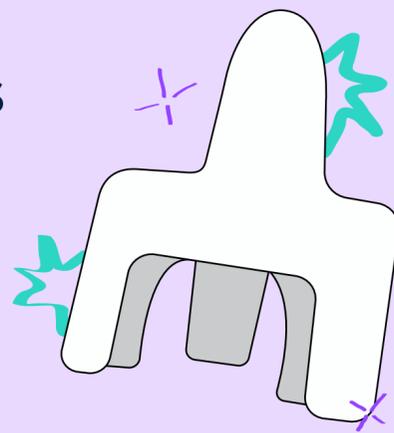


**A type of synthetic opioid that's 5-7 times more potent than fentanyl.** Often mixed into other drugs without people knowing it, drastically increasing the risk of overdose.

# Naloxone Saves Lives

## What Is It:

Naloxone (aka Narcan) is a medication that can reverse an opioid overdose in seconds. Commonly a nasal spray, it works on fentanyl, nitazenes, and other opioids. It's easy to use and should be given if someone is unresponsive, even if you're not sure what they've taken.



## How to Use It:

If someone isn't responding when you shake them, call 911. Then, spray naloxone into their nose and stay with them while you wait for help.



## Why Carry It:

Even if your child isn't using opioids — someone they're with might be or might be by accident. It's small enough to keep in their purse, backpacks, or pockets when they're out with friends.

## How to Get It:

At pharmacies without a prescription in most states.



**TAP  
HERE**

*to find naloxone near you and watch a short video with your kids on how to use it.*

# When to Talk & What to Say

Use these scripts as part of the small, regular talks you have with your kids.

## In The Car, or Anytime It Feels Right



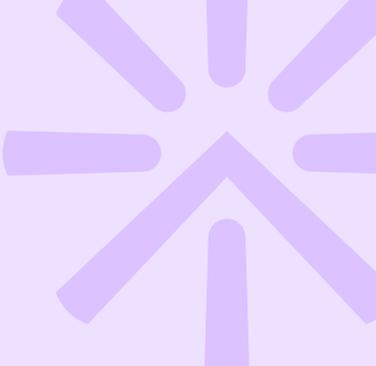
“As you get older, you might be places where there are drugs or alcohol. I get it if you’re curious. Do you have any questions I can answer?”

“You know my expectation is that you won't drink or do drugs, but if you ever do, I want you to be safe and talk to me about it. No judgement. Have you been around or tried anything with your friends? What was that like?”

“I read that a lot of stuff is being sold at gas stations now that can actually be pretty bad — like Delta-8 and Kratom. I’m curious what you know about them.”



## At The Dinner Table



“Do you have a plan or know what you’ll say if you’re ever pressured to drink or try drugs? What might you say if someone offered you a weed gummy?”

“I know you don’t use opioids, but someone you know might, or might by accident. What do you know about naloxone (aka Narcan)?”



“Just to be safe, I picked up some naloxone to carry with you when you go out. After dinner, let’s learn how to use it together.”

## Before a Party or Night Out

“I know you’re heading out — just a quick reminder to have a plan if you’re around drugs or alcohol. I trust you. If anything feels off, call or text me no matter what. No judgment, no questions asked.”

“I’d like to help you and your friends stay safe. This is naloxone (aka Narcan) — it’s that nasal spray that can reverse an overdose from opioids. Do you remember how to use it? Keep it on you tonight, just in case.”





## Leading Up to College

“This is a time for freedom and fun — but also when people might try new things, like new drugs. I trust you. And I want you to have the facts to make healthy choices. Have you heard of Delta-8 or Kratom? Let’s talk about them and why they’re risky.”

“If someone offers you a pill at a party — even if they say it’s just Adderall or Xanax — you can’t really know what’s in it. Fake pills can contain fentanyl without anyone knowing it. Have you ever heard of this before?”



## **IF YOU'VE NOTICED BIG CHANGES**

“I’ve noticed *[add the specific change, like: you’re hanging out with new friends, you’ve been acting different lately]*. I care about you and want to check in about how you’re doing and feeling. Is now a good time to talk about what’s going on?”



## **IF YOU THINK THEY MAY NEED HELP**

“This is a lot to handle and you don’t have to do it alone. I’m here, and there are people who really understand and want to help. Can we look at some options together?”



# Reminders You Can Text Your Kids

Screenshot the reminders on the following pages to save them. Text them to your kids before they go out or whenever it feels right.



# IF YOU SUSPECT AN OVERDOSE

Shake and shout

Call 911

Use naloxone (Narcan) —  
spray into nose

Stay until help arrives

**Tip:** If someone is not waking up, you can use naloxone even if you don't know what they've taken. If they don't respond after 2-3 minutes, it's safe to give them a second dose while you wait for help.

[Shatterproof.org/find-help](https://shatterproof.org/find-help)



# What to Say Instead...

## With Humor:

 *“No thanks, I need all the brain cells I’ve got.”*

## With Reason:

 *“I have to be up early tomorrow.”*

## With an Out:

 *“My parents would freak, not trying to be locked down.”*



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Stronger than addiction

# **Fake** **OR** **Real?**

*That Xanax or Adderall  
might be fentanyl.*

**You can't tell by looking.**

**Even one pill can  
be deadly.**

**When in doubt, just don't.**



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# IF YOU Need Help:

**For support with drugs and alcohol:  
Text “HELLO” to 741741 or call 1-800-662-HELP.**

**To talk to someone, confidentially, about how  
you’re feeling: Text or call 988.**

**In an emergency: Call 911.**



# Where Parents & Caregivers Can Turn

## Get Help or More Info:

- [Shatterproof Addiction and Treatment Hub](#)
- [988 Suicide & Crisis Lifeline](#) — Call or text “988”
- [SAMHSA Treatment Helpline](#) — 1-800-662-HELP
- [Crisis Text Line](#) — Text “HELLO” to 741741

## You Got This:

These years can be really hard — but you’re not alone. Learning what you can about newer drugs and keeping an open dialogue with your kids helps them *now and down the road*.

### If this Guide helped you:

- **SHARE IT** with another parent.
- **SIGN UP** for more prevention tips and resources.
- **JOIN A SHATTERPROOF WALK**  
to connect with other families.

Every conversation, every shared resource, and every time we come together as a community brings us closer to a more *shatterproof* future for all our kids.



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