TEEN KIT · GUIDE 1

Look Out for Your Friends

Notice. Check in. Get help.

Signs a friend might be struggling

- Pulling away from friends or things they used to love
- Big changes in sleep, eating or grades
- Seeming down, angry or anxious most of the time
- Talking about pills, or using drugs or alcohol
- Saying they feel hopeless or like a burden
- Giving things away or saying goodbye (get help right away)

TEEN KIT · GUIDE 1

Look Out for Your Friends

Notice. Check in. Get help.

How to check in

- **Pick a private, chill moment.** A walk or a ride works better than a big talk.
- **Say what you noticed.** "Hey, you've seemed off lately. I'm here if you want to talk."
- **Listen more than you talk.** You don't have to fix it.
- **Don't judge or lecture.** "That sounds really hard" goes a long way.
- **If you're worried about suicide, ask straight out:** "Are you thinking about killing yourself?" Asking won't put the idea in their head. It shows you care.

TEEN KIT · GUIDE 1

Look Out for Your Friends

Notice. Check in. Get help.

Some secrets aren't okay to keep

If a friend might hurt themselves or someone else, is being hurt, or is using pills or drugs, tell a trusted adult: a parent, teacher, counselor, coach or mentor. That isn't snitching. It's having their back.

Not sure who to tell?

- A parent, relative or another adult you trust
- Your school counselor, nurse, a teacher or a coach
- A mentor (you can ask us for one)
- Call or text 988 for advice, any time, even if you're just worried about a friend

TEEN KIT · GUIDE 1

Look Out for Your Friends

Notice. Check in. Get help.

Signs of an overdose

- Won't wake up or can't talk
- Slow, shallow or no breathing
- Choking or gurgling sounds
- Tiny pupils
- Blue or gray lips and fingertips

What to do

1. **Call 911.** Say they won't wake up or aren't breathing. Give the address.
2. **Give naloxone (Narcan) if there is some.** One spray in the nose. It can't hurt them.
3. **Turn them on their side.** So they don't choke.
4. **Stay with them.** Until help arrives. Naloxone wears off, so they still need a doctor.

Not sure it's an overdose? Act like it is. Call 911.

TEEN KIT · GUIDE 1

Look Out for Your Friends

Notice. Check in. Get help.

California's Good Samaritan law protects you: when you call 911 for an overdose, you and your friend can't be charged for being high or for having drugs for personal use. (It doesn't cover selling or sharing drugs.) Call.

Naloxone (Narcan) is sold at pharmacies without a prescription, and it's free in San Diego County: call 2-1-1 to find it. California law lets middle and high school students carry it at school, and every school keeps some: ask your school nurse where.

Sources: DEA One Pill Can Kill (2024 lab testing); CDC; SAMHSA; FDA (OTC naloxone); 988lifeline.org; Crisis Text Line; Teen Line (Didi Hirsch); The Trevor Project; San Diego County HHSA; Calif. Health & Safety Code §11376.5; SB 997 (2024); CDPH; CA DHCS (Soluna); StopBullying.gov; reportingonsuicide.org (safe messaging).