TEEN KIT · GUIDE 2

Handle Pressure

Fake pills, saying no, and getting out

Fake pills look exactly like real ones

- Pills from friends, social media or "a guy" are not safe, even if they look like Xanax, Percocet, Oxy or Adderall.
- Fentanyl also gets mixed into powders like cocaine and molly.
- The only safe pill is one from a pharmacy with your name on the label.

5 in 10	fake pills tested by the DEA in 2024 had a deadly dose of fentanyl.
2 mg	of fentanyl, the size of a few grains of salt, can kill.
0	ways to see, smell or taste fentanyl in a pill.

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Ways to say no

"Nah, I'm good."

"I've got a game (or work, or a test) tomorrow."

"My parents would find out. Not worth it."

"I've seen what fentanyl does. Hard pass."

"Let's go get food instead."

You don't owe anyone an explanation. Real friends won't push.

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Have a way out

- **Set up a code word or an "X" text** with a parent or trusted adult ahead of time.
- **Text it when you want to leave.** They call with an "emergency" and come get you.
- **Agree on no questions that night.** Talk the next day, when everyone is calm.

Online offers

Dealers use emojis and disappearing messages. Don't reply. Block, report, and tell an adult you trust.

Already tried something?

You're not a bad person, and it's not too late. Talk to someone you trust, or call or text 988; they help with drugs and alcohol too. You can also ask us for a mentor at nobodyplansondying.org.