TEEN KIT · GUIDE 4

Lead at Your School

Start a club or campaign that helps

Start something in 5 steps

1. **Find an adult adviser.** A teacher, counselor or coach who cares about this.
2. **Get a few friends in.** Three to five people is plenty to start.
3. **Pick one goal.** For example: everyone at school knows the fake-pill facts and where to get help.
4. **Get it approved.** Ask your adviser how your school approves clubs and events.
5. **Plan it, do it, share it.** Then ask what worked and do it again.

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Ideas that work

- Host a screening of Nobody Plans On Dying's documentary with a Q&A.
- Invite Nobody Plans On Dying to give a school presentation.
- **Red Ribbon Week** (Oct. 23–31): ribbons, a pledge wall, morning announcements.
- **National Fentanyl Awareness Day** (spring): share the fake-pill facts.
- **Mental Health Awareness Month** (May): a kindness or check-in campaign.
- **International Overdose Awareness Day** (Aug. 31): purple ribbons to remember people lost.
- Put this kit's QR code on posters so anyone can grab it.

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Posting about it, the right way

- Share facts and help lines, not scary or graphic pictures.
- Never post someone's photo or story without their OK.
- Don't share where or how to get drugs, even as a joke.
- Add "Call or text 988" to posts about hard topics.
- Celebrate the good choices people make.

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Captions you can use

Fake pills look real. One can kill. Only take pills from a pharmacy with your name on them. 💊🚫

Check on your friends. A simple "you good?" can change someone's day. Need to talk? Call or text 988.

We look out for each other. Free Teen Kit: nobodyplansondying.org/teen-kit

We can help

Need materials, a speaker or the documentary for your event? Email info@nobodyplansondying.org or visit nobodyplansondying.org.