Fake pills look real

- 5 in 10 fake pills tested in 2024 had a deadly dose of fentanyl.
- You can't see, smell or taste it.
- Only take pills from a pharmacy with your name on them.

Ways to say no

- "Nah, I'm good."
- "I've got a game tomorrow."
- "Let's go get food."
- Have a code word to text home.

Check on your friends

- Say what you noticed.
- Listen. Don't judge.
- Worried? Tell a trusted adult. That's having their back.

Someone won't wake up?

- 1. Call 911
- 2. Naloxone (Narcan) if there is some
- 3. On their side
- 4. Stay with them

Take care of you

- Breathe in 4, out 6.
- Move. Text a friend.
- Being bullied? Save proof, block, report, tell an adult.

Help, any time

- 911: emergency
- 988: call or text
- Text HOME to 741741
- SD Access & Crisis: 1-888-724-7240

Nobody plans on dying.

But you can plan to look out for each other.

nobodyplansondying.org/teen-kit · info@nobodyplansondying.org

How to fold: fold in half the long way, then into 8 boxes. Cut the middle slit, fold, and push the ends together.

NOBODY PLANS ON DYING · TEEN KIT

Look Out for Each Other

A pocket guide for teens