NOBODY PLANS ON DYING · TEEN KIT

Look Out for Each Other

A Teen Kit from Nobody Plans On Dying

Real talk about fentanyl, pressure, hard days and having your friends' backs. Save it on your phone. Share it with a friend.

1 **Look Out for Your Friends**
Notice, check in, and what to do in an overdose

2 **Handle Pressure**
Fake pills, ways to say no, and how to get out

3 **Take Care of You**
Stress, grief, bullying, and where to talk

4 **Lead at Your School**
Start a club or campaign that helps

Nobody plans on dying. But you can plan to look out for each other.

nobodyplansondying.org/teen-kit
2026–27 edition

nobodyplansondying.org · info@nobodyplansondying.org

Facts checked October 2026

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.

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).

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.

TEEN KIT · GUIDE 2

Handle Pressure

Fake pills, saying no, and getting out

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.

TEEN KIT · GUIDE 2

Handle Pressure

Fake pills, saying no, and getting out

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.

TEEN KIT · GUIDE 3

Take Care of You

Hard days, grief, bullying, and where to talk

Stress, sadness, anger and loneliness are part of being human. Feeling them doesn't mean something is wrong with you.

2-minute resets

- Breathe in for 4, out for 6. Do it five times.
- Step outside or move your body.
- Text someone you trust.
- Write down what's on your mind.
- Put your phone down for a bit. Put on music you love.

TEEN KIT · GUIDE 3

Take Care of You

Hard days, grief, bullying, and where to talk

If you're being bullied

- **It's not your fault.** No one deserves it, online or in person.
- **Save proof:** screenshots, dates, names.
- **Block and report** on the app.
- **Tell an adult you trust.** Schools have to take bullying seriously.
- **See it happen to someone?** Don't join in, check on them after, and report it.

If you've lost someone

There's no right way to grieve, and no timeline. Talk about them. Let people help. Nobody Plans On Dying was started by families who lost someone they love, so we get it.

TEEN KIT · GUIDE 3

Take Care of You

Hard days, grief, bullying, and where to talk

When it's more than a bad day

- Feelings that last two weeks or more
- Hard to get through school, sleep or eat
- Thinking about hurting yourself

Tell an adult you trust, and call or text 988. You don't have to be in crisis to reach out.

Where to talk, any time

Emergency or overdose

Call 911

Right away. Don't wait.

Feeling hopeless, in crisis, or worried about a friend

Call or text 988

Free, 24/7, private. Also for drugs and alcohol. Chat at 988lifeline.org.

Rather text?

Text HOME to 741741

Crisis Text Line. Free, 24/7.

TEEN KIT · GUIDE 3

Take Care of You

Hard days, grief, bullying, and where to talk

Talk to another teen

Teen Line: text TEEN to 839863

Or call 800-852-8336. Teens trained to listen: calls 6–10 pm, texts 6–9 pm (Pacific), every night.

LGBTQ+ and need support

The Trevor Project: 1-866-488-7386

Or text START to 678-678. Free, 24/7.

In San Diego County

Access & Crisis Line: 1-888-724-7240

Free, 24/7, many languages.

Free coaching app

Soluna (ages 13–25)

Free for everyone in California.

Want a mentor?

nobodyplansondying.org

Request a Mentor or Request Support.

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.

TEEN KIT · GUIDE 4

Lead at Your School

Start a club or campaign that helps

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.

Lead at Your School

Start a club or campaign that helps

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.

TEEN KIT · GUIDE 4

Lead at Your School

Start a club or campaign that helps

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.

TEEN KIT

Help, any time

Save these in your phone.

Emergency or overdose

Call 911

Right away. Don't wait.

Feeling hopeless, in crisis, or worried about a friend

Call or text 988

Free, 24/7, private. Also for drugs and alcohol. Chat at 988lifeline.org.

Rather text?

Text HOME to 741741

Crisis Text Line. Free, 24/7.

Talk to another teen

Teen Line: text TEEN to 839863

Or call 800-852-8336. Teens trained to listen: calls 6–10 pm, texts 6–9 pm (Pacific), every night.

LGBTQ+ and need support

The Trevor Project: 1-866-488-7386

Or text START to 678-678. Free, 24/7.

In San Diego County

Access & Crisis Line: 1-888-724-7240

Free, 24/7, many languages.

Free coaching app

Soluna (ages 13–25)

Free for everyone in California.

Want a mentor?

nobodyplansondying.org

Request a Mentor or Request Support.