

Having conversations is sharing information.

We can talk about fentanyl and other opioids with friends or relatives, in talking circles, with elders, or at traditional gatherings. Any setting that's comfortable is a good place to talk.

Some ways to start:

- "We should talk about fentanyl, because it's hurting people in our community."
- "What have you heard about fentanyl?"
- "If someone offered you pills or fentanyl, do you know what you might say? Do you have advice for others?"
- "I'm here if you want to talk."



ForNativeLives.org/safety

Learn more about protecting our Native families and communities against misuse of fentanyl and other opioids.

A woman with long dark hair, wearing a white short-sleeved button-down shirt, a wide brown leather belt with a large circular buckle, and a patterned skirt. She is standing outdoors with trees in the background. The image is framed by a decorative border of colorful dots and blue brushstrokes.

FOR OUR LIVES

**Talking and listening
help us prevent
substance use.**

**We can start
the conversation.**



Talking about fentanyl helps protect us all.

Conversations bring us closer together.

Talking about illegal fentanyl and opioids is one way to protect people in our families, Tribes and communities from addiction and overdose.

We can share what we know and ask questions one-on-one or in larger groups. Conversations about fentanyl can include people of all ages and walks of life. Young people often want adults to start the conversation.



Talking about opioids gives you the strength you need to make the right choices.

Tamika LaMere (pictured on the front) is the director of Native education for Spokane Public Schools and a member of the Little Shell Tribe of Chippewa Indians. She leads community conversations about fentanyl.

HOW TO TALK ABOUT FENTANYL WITH PEOPLE YOU KNOW

Be curious and open. Ask them what they know or would like to know about fentanyl. Listen without judgment.

Use neutral language. We can reduce stigma by talking about substance use as a safety issue, not a moral issue.

Share your personal experiences. If you or someone you know has chosen sobriety or is living in recovery, talk about that along with the ways fentanyl affects families and communities.

Support friends and relatives living with mental health challenges. Mental health and substance use are often connected. Listen to people when they're struggling and help them get care. This can help prevent substance use.

Share facts. Make sure you know the facts about the unsafe and unreliable supply of illegal drugs. Explain how fentanyl and other opioids affect the body and brain.

Talk about ways we all can protect our communities. Locking up prescribed opioid medications and safely disposing of unused medications can prevent opioid misuse. Find a place to drop them off at **MedTakeBackWashington.org**.

Keep checking in. You don't have to cover every topic at once. Keep talking over time.

