

**COACHES™
VS
OVERDOSES**



SAFETY BLITZ FOUNDATION

PREVENTION PLAYBOOK



DSCYF
Department of Services for
Children Youth & Their Families



Delaware
Department of Education



NEVER TAKE WHAT YOU'RE NOT PRESCRIBED

**TOGETHER WE CAN STOP
OVERDOSES FROM DESTROYING OUR
FAMILIES AND OUR COMMUNITIES.**

Scan the QR code below to
learn how Delaware is tackling
substance misuse.



FAKE IS FATAL. PILLS. POWDERS. VAPES.

"I lost my son-in-law to fentanyl and am a full time dad raising two grandkids. Please help tackle fentanyl before it affects your family."



Randy White

Pro Football Hall of Famer





5 OUT OF 10

pills with fentanyl
contain a lethal dose.



60 million pills laced with fentanyl and 8,000 lbs of fentanyl powder were seized by the DEA in 2024, enough for 380 million fatal doses.



REMEMBER: FAKE IS FATAL

Scan to learn more →



ADDERALL



REAL

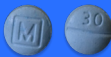


FAKE

OXYCODONE



REAL



FAKE

XANAX



REAL



FAKE

THE DANGERS OF ILLEGAL VAPES

Illegal disposable vapes are intentionally targeting youth with candy flavors, cartoon packaging and even come camouflaged as school supplies and video games.

They are unregulated and may contain unknown, possibly harmful nicotine levels.



“US seizes more illegal e-cigarettes, but thousands of new ones are launching.”

— **Associated Press**

“China floods US e-cigarette market with illegal vapes” — **Fox News**

“A new e-cigarette with built-in video games is being illegally sold in New York and other parts of the United States, critics warn.” — **NY Post**

ILLEGAL VAPING FACTS

2616%

Good News: Youth usage of vapes is down 62% since 2019.

Bad News: Youth usage **of illegal disposable vapes** has **risen 2616%** since 2019.

Find out which vapes are unauthorized here.



Currently, the U.S. vape market has been **flooded with illegal flavored disposable vapes**, overwhelmingly manufactured in China.



2MG

of fentanyl is all it
takes to kill someone.



52%

of overdoses in 2024 were from a
synthetic opioid, primarily fentanyl found
in fake pills, powders, and vapes.

FENTANYL FACTS

2MG IS A LETHAL DOSE
OF FENTANYL



50X

more powerful
than **heroin**

100X

stronger than
morphine



A trace amount of fentanyl, just two grains of salt in size, can cause a fatal overdose. Fentanyl is regularly found in counterfeit pills.



DEAD ON ARRIVAL



Watch the Documentary

Deceptive drugs made of fentanyl are killing young people across America at an alarming rate.

Learn about it now before it kills you or someone you love.



KNOW THE CODE

Teens use common emojis to communicate about prescription drugs.

Percocet & Oxycodone



Xanax



Adderall



Dealer Advertising



High Potency



Meth



Heroin



Cocaine



CONVERSATION STARTERS

TEENS RESPOND TO FACTS.

Providing factual and unbiased information in a judgment-free zone is the most effective form of communicating the dangers of drug use. As a parent, open communication is key.



Scan for
additional tips
and conversation
starters.



CONVERSATION TIPS

- Start talking when they are young and build a healthy relationship with your children.
- Plan multiple informal conversations during everyday activities.
- Don't lecture. Use active listening and show empathy and support.
- Create an exit plan for sticky situations.

KEY TAKEAWAYS

- Never share prescription drugs.
- Don't use prescription drugs to get high.
- Never take someone else's prescription.
- Don't change a prescribed dosage without consulting a doctor.



**HAVE REGULAR, INFORMAL CONVERSATIONS AND
HELP TEENS UNDERSTAND THE DANGERS OF OPIOIDS.**

SIGNS OF OPIOID MISUSE



BEHAVIORAL SIGNS

- ✓ Isolation and secretive behavior
- ✓ Loss of interest in favorite activities
- ✓ Strange sleeping hours
- ✓ Erratic and/or extreme emotions
- ✓ Neglect of personal hygiene
- ✓ Missing important appointments
- ✓ Drop in grades or work performance
- ✓ Change in attitude/personality



PHYSICAL SIGNS

- ✓ Small pupils, the size of pinpoints
- ✓ Decreased respiration rate
- ✓ Non-responsive or slow to respond
- ✓ Tired
- ✓ Intense flu-like symptoms: nausea, vomiting, sweating, shaking of hands, feet or head

**If you see these signs,
please ask for help.**
1-800-662-HELP (4357)
findtreatment.gov



THE YOUTH OPIOID CRISIS

46%

By the time they're in 12th grade, 46.6% of teens have **tried illicit drugs**.

12-25

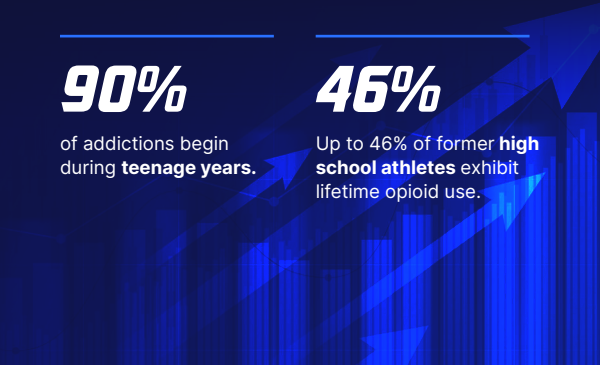
Youth and young adults between the ages of 12 and 25 are **more likely to use illicit drugs** than adults 26 and older.

90%

of addictions begin during **teenage years**.

46%

Up to 46% of former **high school athletes** exhibit lifetime opioid use.





988

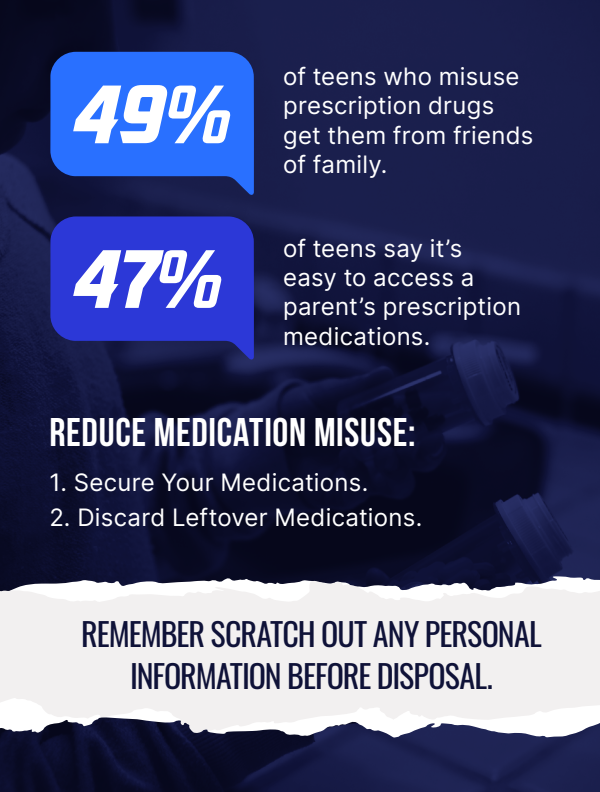
***CALL OR
TEXT 988***

Call or text any time.
Open 24 hours a day.

Don't be afraid to ask for help.

IT'S A CONFIDENTIAL CALL. NO ONE WILL KNOW YOU CALLED BUT YOU.

988 SUICIDE & CRISIS
LIFELINE

A dark blue background with a faint image of a hand holding a pill bottle. Two blue speech bubble shapes are positioned on the left side of the image.

49%

of teens who misuse prescription drugs get them from friends of family.

47%

of teens say it's easy to access a parent's prescription medications.

REDUCE MEDICATION MISUSE:

1. Secure Your Medications.
2. Discard Leftover Medications.

**REMEMBER SCRATCH OUT ANY PERSONAL
INFORMATION BEFORE DISPOSAL.**

GET RID OF LEFTOVER PILLS BEFORE THEY HARM YOUR LOVED ONES



IN-HOME

Use an in-home drug disposal device such as DisposeRx® or consult with local officials on other safe methods of in-home disposal.



TAKE BACK EVENTS

National Drug Take Back Day is always the last Saturday in October and April.



DROP OFF

Use the QR code to find local disposal drop off boxes, often located in pharmacies and law enforcement agencies.



NALOXONE CAN REVERSE AN OVERDOSE

Naloxone can reverse an overdose from opioids—including heroin, fentanyl and prescription opioid medications—when given in time. Naloxone is safe to administer to anyone. Even if they are not having an overdose, it won't hurt them.

If you suspect someone is experiencing an overdose, always call 911 first.

Popular names for naloxone nasal sprays include Narcan® and Kloxxado®. Pack naloxone with your child before they go off to school. They too can save a life.

Naloxone is available over the counter at your local pharmacy and online.





DELAWARE'S CHILD CRISIS RESPONSE PROGRAM

Have a child experiencing a behavioral health crisis? Call our 24/7 Mobile Response Stabilization Services hotline.

You are not alone.

CALL 1-800-969-HELP (4357) OR TEXT/CHAT 988.

*"It's never too late, or too early,
to start talking to your kids."*



**LEARN MORE AT
COACHESVSOVERDOSES.COM**

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