



**Your child's phone has a deadly connection. Counterfeit pills laced with fentanyl are bought and sold on social media sites popular with teens.**

According to the latest research more and more youth are getting drugs from social media apps, like Snapchat and Instagram. And the drugs are being delivered right to their front door.

#### **What can parents and caregivers do?**

**Talk. They Hear You.** | You have influence over your child's decisions. When talking with your children, a good way to start is, "Do you use Snapchat or Instagram with your friends?" "What do you think? What are your friends saying?" "What kinds of questions do you have about it?" It's best to ask these questions in an informal way, rather than calling a family meeting. While listening to your child, refrain from making any judgments about what they are saying and let them finish without interruption. Let your child know to beware of ads they may see on YouTube and social media platforms.

**Use Parent Controls** | Contact your cell phone provider regarding what parental controls come with your plan and how to use them

on your child's phone. Or download parental control apps, like Web Watcher or Mama Bear. Turn locator off on children's phone. And report any inappropriate information to the authorities.

**Seek Help If Needed** | Teens use drugs for many reasons, including curiosity, peer pressure, and wanting to fit in with friends. Some use it to cope with anxiety, stress, and even depression. Ultimately, many things factor into why some people decide to use drugs, including their environment at home, at school, and in the community. Set clear rules with your child about your expectations around substance use.

**MATFORCE**  
Building Healthier Communities

**matforce.org**

By talking with your kids about drugs and alcohol, you can help them make better choices and live safer, healthier lives.

Discover how to start the conversation and keep it going along with resources geared towards helping parents educate their children on the harms of drug and alcohol use at **matforce.org**.

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**Partnership**  
to End Addiction

**drugfree.org**

From tips for parents and caregivers on preventing substance use to guidance on managing recovery from addiction, find information and resources you need at every step of the way. Servicio disponible en Español.



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