

As someone who cares about you, I hope you'll stop using these substances. They can cause long-term, serious effects. It might not seem like a big deal right now, but using these products can impact the options you have for your future. Do you have questions about how this affects your body or your mood?

If they've tried it once or twice: Thank them for being honest, then be honest back.

MEET YOUR KID WHERE THEY ARE



You're making a good call, and most kids your age are making it too. If you ever have questions, let's discuss them together. I'd prefer you not get your facts from marketing and instead we can investigate what scientific sources have to say about these gas station products.

If they aren't using substances: Say so out loud with praise, plus the promise of an open door for dialogue.

MEET YOUR KID WHERE THEY ARE



It's never too early to start healthy conversations

Elementary school: Build emotional regulation and healthy coping. Help them solve social problems without checking out, and support academic success.

Middle and High school: Keep communication open and honest. Help them build confidence through activities and academics. Encourage healthy friendships, and remind them that plenty of kids choose to stay substance-free despite perceptions "everyone is doing it."



Learn more about Gas Station Drugs and access free resources:



stopgasstationdrugs.org
onechancetogrowup.org

How do I talk to my child about Gas Station Drugs and substance use?

MEETING YOUR KID WHERE THEY ARE



- "Have you seen [product] at a store? What do people you know say about them?"
- "What do you think the appeal of products like these are?"
- "What would you do if a friend offered you something like this?"
- "What's the part of this you'd want to know more about?"
- "If you were making the rules, what would you want me to know and keep in mind?"

QUESTIONS THAT OPEN A CONVERSATION

Gas Station Intoxicants 101



Intoxicating Hemp

THC-based products chemically synthesized from small amounts of CBD in industrial hemp crops, including delta-8, delta-10, THC-P, and HHC products. Health impacts can include dependence, anxiety, depression, paranoia, hallucinations, vomiting, loss of consciousness, Cannabinoid Hyperemesis Syndrome (CHS), and psychosis.



Kratom & 7-OH

Kratom is derived from the powdered leaf of a South Asian plant, and 7-OH is a highly potent opioid synthesized from kratom with 13x the potency of morphine. Health impacts can include dependence, withdrawal, insomnia, anxiety, seizures, liver injury, and (as with other opioids) fatal respiratory depression.



Nitrous Oxide

Nitrous oxide (N_2O), commonly called "laughing gas," is an inhalant used medically in dentistry that is sold recreationally in small "whippet" cartridges and flavored "culinary" whipped cream canisters. Health impacts can include asphyxiation, paralysis, nerve damage, blood clots, impaired bowel function, and mental health symptoms.



Amanita Muscaria Mushrooms

Amanita muscaria, or "fly agaric," is a red-capped, white-spotted mushroom. Unlike psilocybin, it is not federally illegal, so producers borrow the iconography of psychedelic mushrooms to market it in candy form. Health impacts can include sedation, poisoning, altered perception, nausea and vomiting, seizures, and acute psychosis.

If it's becoming a habit: Name what you see without accusing them. Then make a clear recommendation with a small ask. If use is frequent or you're worried, bring in a professional and tell your child you'll stay with them through it.

It seems like you're relying on this to handle stress, and it also seems like it's causing problems at home and at school. Would you be willing to stop for a couple of months and see how you feel?

Wrap it up with a clear message.

End the conversation by making your expectations known: you expect them to stay away from these products, but **you're always available to talk.**

Keep the dialogue going in the future. One talk is a start, but ongoing conversation is what protects kids.

