For Our Lives

Social media captions

Copy and paste the caption content for each graphic into your social media post. Post each graphic along with its corresponding caption.

[1]

(graphic)

WE CAN BUILD COMMUNITY.

Connect with

our cultures   
and our people.

(caption)

Native identity is a source of strength. Whether we’re sharing a meal or a ceremony or learning a traditional skill, connections to our culture and people help protect us. Learn more at [ForNativeLives.org/safety](http://fornativelives.org/safety).

[2]

(graphic)

WE CAN BUILD CONNECTIONS.

Keep working

at recovery. Keep

supporting others.

(caption)

People in recovery from opioid dependence and addiction are changing their lives. Many Native people find that recovery programs that include Indigenous healing practices and traditional activities help make them more resilient. To learn more about recovery, go to [ForNativeLives.org/recovery](http://fornativelives.org/recovery).

[3]

(graphic)

WE CAN HEAL FROM ADDICTION.

Find treatment

that works for   
Native people.

(caption)

For people with opioid dependence or addiction, medication can help. It can bring stability into their lives so they can work on healing trauma and relationships, building resilience and learning coping skills. If you or someone else needs treatment, look for a program that combines medication, counseling and Indigenous healing practices in a community-based setting. Learn more at [ForNativeLives.org/treatment](http://fornativelives.org/treatment).

[4]

(graphic)

WE CAN MOVE PAST STIGMA.

Listen to people

rather than judging

them for drug use.

(caption)

Talking with someone about their drug use without judgment, whether it’s with family or in community spaces, can make it easier for them to get treatment. Caring about someone who uses drugs might be complicated. But stigma often prevents us from supporting people and sharing information. Learn more at [ForNativeLives.org/treatment](http://fornativelives.org/treatment).

[5]

(graphic)

WE CAN PROTECT FUTURE GENERATIONS.

Talk with kids

about fentanyl in

the drug supply.

(caption)

Sharing information about fentanyl and other opioids helps our kids and teens decide not to use them. We also can teach them about the signs of opioid overdose and carrying naloxone. Young people can save their friends’ and family members’ lives. Learn more at [ForNativeLives.org/safety](http://fornativelives.org/safety).

[6]

(graphic)

WE CAN PROTECT THE PEOPLE WE LOVE.

Keep opioid

medication

away from others.

(caption)

To help prevent misuse of prescription opioids, don’t share medication and keep it locked up in your home. When you no longer need the medication, get it out of your home. Drop it off at a take-back location or mail it to a mail-back program. Learn more about preventing opioid misuse at [ForNativeLives.org/safety](http://fornativelives.org/safety).

[7]

(graphic)

WE CAN REVERSE OPIOID OVERDOSES.

Carrying naloxone,

also called Narcan,

can save a life.

(caption)

If you carry naloxone, you can reverse a fentanyl overdose and save someone’s life. Naloxone is a medicine you can get free of charge through your Tribe, pharmacy or elsewhere. Learn how to use naloxone at [ForNativeLives.org/overdose](http://fornativelives.org/overdose).

[8]

(graphic)

WE CAN SAVE LIVES.

Recognize   
and respond   
to overdose.

(caption)

A fentanyl overdose can happen anywhere. If you know the signs and what to do, you can save someone’s life. 1.) Know the signs. 2) Call 911. 3.) Give them naloxone. 4.) Do CPR. Learn the signs of fentanyl overdose and how to respond at [ForNativeLives.org/overdose](http://fornativelives.org/overdose).

[9]

(graphic)

WE CAN TALK ABOUT OPIOIDS.

Share the facts.

Fentanyl is powerful

and addictive.

(caption)

Fentanyl is a highly addictive and potent opioid, 50 times stronger than heroin and 100 times stronger than morphine. A tiny amount can cause overdose or death. And it’s causing deaths in our Native families, Tribes and communities. Learn about what some Native people in Washington are doing to help end overdose deaths at [ForNativeLives.org](http://fornativelives.org).

[10]

(graphic)

WE CAN WARN OTHERS ABOUT FENTANYL.

Share the facts.

The drug supply

is unpredictable.

(caption)

Fentanyl is a powerful and addictive opioid that is commonly mixed with other drugs. No one can tell by look, taste or smell whether something has fentanyl in it or how much. A tiny amount can cause overdose or death. Learn about what some Native people in Washington are doing to end overdose deaths at [ForNativeLives.org](http://fornativelives.org).