

La Estrella: Family Discussion Guide

La Estrella is a bilingual short film made by and for Latino families, created by Song for Charlie's La Nueva Drug Talk program. A national, family-led nonprofit founded by parents who lost their son to a fake Percocet pill made with fentanyl, Song for Charlie is dedicated to protecting young people through education and awareness.

La Estrella tells the story of a family dealing with love, loss and the reality of today's drug landscape, where fake prescription pills containing potentially deadly fentanyl are everywhere—sold online, on campus and in our neighborhoods.

HOW TO USE THIS GUIDE

First, gather your family at a comfortable time when you can sit together without distractions—maybe around your kitchen table or in your living room. Watch *La Estrella* together, then use this guide to start important conversations that can help protect your family by building the trust and communication that keep our young people safe.

1. Gather Your Family

When bringing everyone together to watch the film, you might say something like:

- "I found a short film I think we should watch together as a family. It's about a Latino family like ours, and I think it will help us have some important conversations."
- "Let's spend some time together tonight watching something that will help us start a conversation about keeping our family safe and connected."
- "I want us to watch this film together because family connections like this can make a real difference in protecting the people we love."

2. Watch the Film

La Estrella is 20 minutes long. Watch it together as a family.

3. Start the Discussion

After watching the film, start a discussion about it with your loved ones. Remember, you don't need to be an expert on drugs or fentanyl—what matters most is listening with empathy, validating feelings and reminding your kids that love, family connection, ancestral healing and community are their strongest protections.

You might start the discussion by saying something like:

- "We just watched a film that shows how important family is, even in difficult times. Let's take some time to talk about how we feel."
- "There are no right or wrong answers here. What matters most is listening to each other and showing support."

Note: If someone seems uncomfortable or doesn't want to talk, that's okay. You might say, "We don't have to talk about everything now. I just want you to know I'm here when you're ready."

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Below are some questions to help guide the rest of your conversation

DISCUSSION QUESTIONS FOR YOUR FAMILY

These questions are for everyone to reflect on together—children, youth, parents, caregivers and elders.

About the film:

- What moment in the story impacted you the most, and why?
- How did watching the family in the film make you feel?
- What do you think the characters were trying to hold on to or protect?

Connecting to real life:

- Why do you think some young people take pills that don't come from a doctor or pharmacy?
- How can stress, loss, or peer pressure influence the choices that young people make?
- What would help you feel more comfortable talking to us about stress, friendships, or if you have questions about pills?

Family values and support:

- What does "being safe" mean to us as a family?
- Who in our family or community can we turn to if we need help?
- What can we do together to make sure everyone in our family feels supported?

Important facts to share:

- Fake prescription pills are being sold everywhere, especially online, and many contain fentanyl
- Fentanyl is an extremely strong type of painkiller (called an opioid). Even a tiny amount of fentanyl—a few grains of sand worth—can be deadly
- Most young people who die from fentanyl overdoses did not plan to use opioids; they thought they were taking something safe

Family conversations make a difference: research shows 3 in 4 teens are less likely to misuse prescription pills if they've had an open, real conversation with their parents or caregivers. Keeping the conversation open, caring and judgment-free is one of the best ways to protect kids

4. Close Your Conversation

End with gratitude, reassurance and an open invitation to keep talking. You might say:

- "Thank you for sharing your thoughts with me. These conversations are important, and I want us to keep having them."
- "You can always come to me with questions or if a friend needs help. Your safety and well-being matter most to me."
- "Let's plan to check in about this again in a few weeks, even if it's just to see how everyone is feeling."

Additional Resources for Families

If your family wants to learn more or needs additional support, these trusted organizations and support networks can help:

- [La Nueva Drug Talk](#)
- [The New Drug Talk](#)
- [Song for Charlie](#)
- [Partnership to End Addiction](#) (Helpline for parents and caregivers)
- **Crisis Text Line:** Text HOME to 741741 for free, confidential 24/7 support
- **SAMHSA Helpline:** 1-800-662-HELP (4357)