

Overview

In this lesson, students will identify the consequences associated with opioid use. Students will analyze the impact opioid use has on an individual's health, relationships with loved ones, career opportunities, academic success and the communities we live in.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator 1.12.6: Summarize the harmful short- and long-term physical, psychological, and social effects of opioid use.

Performance Indicator 1.12.7: Describe the effects of opioid use on school performance, job performance, job absenteeism and job loss.

Performance Indicator 1.12.16: Analyze the relationship between using opioids and other health risks, such as unintentional injuries, violence, suicide and sexual risk behaviors.

Standard 2: Analyzing Influences

Performance Indicator 2.12.2: Analyze how culture supports and challenges drug use beliefs, practices and behaviors.

Healthy Behavior Outcome (HBO)

Prevent the use of opioid drugs such as heroin.

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Identify negative short- and long-term physical, psychological and social effects of opioid use.	<ul style="list-style-type: none">Video Summary Questions; Letter to a Friend; Exit Ticket
2. Identify the impact of opioid use on relationships with others; the community; health of the user; other risky behaviors; academic success; and future goals, including finances and career opportunities.	<ul style="list-style-type: none">Video Summary Questions; Letter to a Friend
3. Analyze how culture supports and challenges drug use beliefs, practices and behaviors.	<ul style="list-style-type: none">Video Summary Questions; Exit Ticket

Time: 45-55 minutes

Materials

Attachments and Worksheets

- Fill-in Notes ([Attachment 1](#)); Video Reflection Questions ([Attachment 2](#)); Letter to a Friend Template and Rubric ([Attachment 3](#)); Letter to a Friend Rubric ([Attachment 4](#)).

Resources

- The Truth About Drugs: <http://www.drugfreeworld.org/drugfacts/heroin/international-statistics.html>
- Overdose Lifeline Video: <https://youtu.be/21Fltc9x4VI>
 - Link from: <http://www.overdose-lifeline.org/opioid-heroin-prevention-education-program.html>
- Fentanyl Information Sheet: <https://mha.ohio.gov/Portals/0/assets/ResearchersAndMedia/Combating%20Opiate%20Abuse/092015-fentanyl-background.pdf?ver=2018-11-29-104631-017>
- The Facts on America's Opioid Epidemic: <https://youtu.be/oHlaz0kQIRE>
- Heroin & the Opioid Epidemic: From Understanding to Action: <https://drugfree.org/heroin-opioid-epidemic/>
- Drug Overdose Data (from the CDC): <https://www.cdc.gov/drugoverdose/data/statedeaths.html>
- Opioid Overdose Crisis (from the National Institute on Drug Abuse): <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-overdose-crisis>
- Fentanyl vs. Heroin: The Similarities and Differences between Two Powerful Opioids (from American Addiction Centers): <https://americanaddictioncenters.org/fentanyl-treatment/similarities/>
- Fentanyl FAQs (from the United States Drug Enforcement Administration): <https://www.dea.gov/factsheets/fentanyl>
- New Requirements for Opioid Prescriptions (from State of Ohio Board of Pharmacy): <https://mha.ohio.gov/Researchers-and-Media/Combating-the-Opioid-Crisis/Opioid-Prescribing-Guidelines>

Introduction

Today we are going to take a closer look at the impact of opioids and the consequences associated with them. Students will have a better understanding of the scope of the problem, how they affect the body and what users lose because of their opioid addiction.

Teaching Steps

Activity 1: Bell Ringer and Opioid Background

- What are opioids?
 - Opioids are a class of drugs that include the illicit drug heroin as well as the licit prescription pain relievers oxycodone, hydrocodone, codeine, morphine, fentanyl and others.
- Review the HBO and objectives of the lesson:
 - HBO: Prevent use of opioid drugs, such as heroin.
 - Objectives:
 - Identify negative short- and long-term physical, psychological and social effects of opioid use.
 - Identify the impact of opioid use on relationships with others; the community; health of the user; other risky behaviors; academic success; and future goals, including finances and career opportunities.

- **PowerPoint:** Use the PowerPoint to guide discussions about:
 - o The **statistics:**
 - o Unintentional drug poisoning is the leading cause of injury death in Ohio.
 - o The majority of drug overdose deaths in Ohio involve an opioid. 8 of 10 intentional overdose deaths involved fentanyl, a powerful synthetic opioid.
 - o While the death rate decreased in 2018 compared to 2017, almost 11 people per day died of an unintentional overdose death in Ohio.
 - o Nationally 78 Americans dies every day from an opioid overdose, equal to every 19 minutes.
 - o The age group with the most overdose deaths was 25-34 (1,063 or 68.8 per 100,000). Age 15-24 had 246 or 16.2 per 100,000)
 - o The **effects:**
 - Opioids dull pain by boosting dopamine
 - Heroin & the Opioid Epidemic: From Understanding to Action (<https://drugfree.org/article/opioids-risks-explained/>).
 - <https://youtu.be/UtMi9ciJN70>
 - Opioids are highly addictive
 - o What does it mean to be addictive?
 - Opioids can cause slow and shallow breathing, coma and death.
 - o Why have there been more deaths from opioid or heroin overdoses?
 - *The highly addictive nature of opioids led those addicted to seeking more potent and cheaper alternatives such as heroin, fentanyl or carfentanil.*
 - Opioids work by binding to the body's opiate receptors, highly concentrated on areas of the brain that control pain and emotions. Producing a state of euphoria and relaxation.
 - o **Heroin** is made from morphine, a natural substance from the seed of an opium poppy plants.
 - o **Fentanyl & Carfentanil** are synthetic opioids that are much more deadly.
 - Carfentanil is 100 times stronger than fentanyl and can be deadly to even touch.
 - o **Naloxone** is an opiate receptor antagonist, meaning it blocks the effects of opiate drugs.
 - Narcan is the brand name for Naloxone.
 - People combine other risky behaviors, like drinking alcohol, that increase the risk of overdose death
 - Injecting heroin puts the user at risk for infection
 - Using other substances puts the user at higher risk for heroin addiction

- In 2016, unintentional drug overdoses caused the deaths of 4,050 Ohio residents, a 32.8 percent increase compared to 2015 when there were 3,050 overdose deaths. Ohio's opioid epidemic continued to evolve in 2016 to stronger drugs, driving an increase in unintentional overdose deaths. The data shows a significant increase in overdose deaths involving the opioid fentanyl, the emergence of more powerful fentanyl-related drugs like carfentanil, and indications that cocaine was used with fentanyl and other opiates. The data also shows some promising progress – the fewest unintentional overdose deaths involving prescription opioids since 2009 (excluding deaths involving fentanyl and related drugs).
- Illegally produced fentanyl can be hundreds of times stronger than heroin, and carfentanil and other related drugs can be stronger than fentanyl.
- o Social Negative Effects
 - Relationships damaged
 - Future goals lost
 - Financial pressures/debt
 - Violence
 - Homelessness
 - Legal issues
 - Criminal activity

Activity 2: The Truth About Heroin (Distribute Attachment 2: Video Reflection Questions)

- **The Truth About Heroin: The Impact**
 - o Watch the videos from **The Truth About Drugs** and **Overdose Lifeline**
 - The Truth About Drugs:
<http://www.drugfreeworld.org/drugfacts/heroin/international-statistics.html>
 - Overdose Lifeline Video:
 - o <https://youtu.be/21Fltc9x4VI>
 - o <http://www.overdose-lifeline.org/opioid-heroin-prevention-education-program.html>

- o Video reflection questions:
 - **Describe the impact of their heroin use on:**
 1. Their relationships with others
 - Causes hurt, pain, and regret. Lying and stealing from family; break down in trust. Financially, physically, and mentally taxing on the family.
 2. Their Health
 - addiction, intense sickness from withdrawal, loss of appetite, destroys teeth, restlessness, joints ache, etc.
 3. Academic Success
 - Hard to focus or concentrate; grades drop.
 4. Their Future
 - Felonies, drugs take everything away; it is the only thing you can focus on.
 5. Other Risky Behaviors
 - Selling drugs, stealing, violence.

Activity 3: Letter to a Friend

- **Activity – Write a Letter to a Friend**

- o Your friend has started hanging out with some kids you know use heroin. You are concerned about your friend. Write them a letter using the information you learned from class.
- o **Criteria:** Your letter must include (Refer to Attachment 3: Letter to Friend Rubric):
 - The dangers associated with heroin (the rate of use, risk of addiction, and dangers of combining heroin use with other risky behaviors).
 - The impact it will have on their relationships, academic performance and health.
 - The consequences it will have on their future (career, goals, finances, etc.).
 - Concluding statement about the choices you want them to make.
- o **Summarize**
 - Options to share with the class:
 - Pair & Share – Share one important statement from your letter with a partner. Choose one from your group to share with the class.
 - Verbal around the room
 - Write it on a post-it note and place on board at front of room.

Name: _____

OPIOID ABUSE PREVENTION NOTES

What are opioids?

List 3 statistics you found interesting:

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-
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- _____ work by binding to the body's opiate receptors, highly concentrated on areas of the brain that control pain and emotions. Producing a state of euphoria and relaxation.
- Heroin – made from _____, a natural substance from the seed of an opium poppy plants.
- Fentanyl & Carfentanil – are synthetic _____ that are much more deadly.
- Carfentanil is _____ times stronger than Fentanyl and can be deadly to even touch.
- _____ is an opiate receptor antagonist, meaning it blocks the effects of opiate drugs.
- _____ is the brand name for Naloxone.
- Heroin is an _____, highly _____ opioid drug.
- A heroin overdose can cause slow and shallow breathing, coma, and _____.
- People often use heroin along with other drugs or alcohol. This practice is especially _____ because it increases the risk of overdose.
- Heroin is typically injected but can also be smoked and snorted. When people inject heroin, they are at risk of serious, long-term viral infections such as _____, Hepatitis C, and Hepatitis B, as well as bacterial infections of the skin, bloodstream, and _____.

List 2 Short Term Negative Effects of Heroin:

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OPIOID ABUSE PREVENTION NOTES

List 2 Long Term Negative Effects of Heroin:

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-

List 2 Social Negative Effects of Heroin:

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-

List 2 at Risk Populations for Heroin Addiction:

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- Nearly all people who used heroin also used at least _____ other drug.
- Most used at least _____ other drugs.
- People who are addicted to alcohol are _____ more likely to be addicted to heroin.
- People who are addicted to marijuana are _____ more likely to be addicted to heroin.
- People who are addicted to cocaine are 15x more likely to be addicted to heroin.
- People who are addicted to opioid painkillers are _____ more likely to be addicted to heroin.

I will not use opioids because...

Name: _____

LETTER TO A FRIEND

Your friend has started hanging out with some kids you know use heroin. You are concerned about your friend. Write them a letter using the information you learned from class.

RAFT Criteria:

Role: You as a friend

Audience: Write a letter to a friend about your concern with their association with others who use heroin

Format: Letter template

Topic: Your letter must include:

- The dangers associated with heroin (the rate of use, risk of addiction, and dangers of combining heroin use with other risky behaviors).
- The impact it will have on their relationships, academic performance, and health.
- The consequences it will have on their future (career, goals, finances, etc.)
- Concluding statement about the choices you want them to make.



LETTER TO A FRIEND RUBRIC

Category	Level of Performance		
	3 Advanced	2 Proficient	1 Limited
Dangers of Heroin Use	Lists four or more specific and accurate dangers associated with heroin.	List three dangers associated with heroin.	Does not list at least three appropriate dangers associated with heroin.
Impact of Use on Health	Identifies multiple ways heroin negatively impacts at least two different categories including: physical, psychological, and social health.	List two ways heroin negatively impacts health.	Does not list at least two negative impacts on health.
Consequences on future goals	Identifies at least two specific ways heroin use and describes the consequences on future goals.	Identifies a consequence of heroin use on their future.	Does not identify or describe the consequences of heroin use on their future.
Concluding Statement to be drug-free	Concluding statement is clear, provides specific reasons and encourages the drug-free choice you want your friend to make.	Concluding statement about the choices you want your friend to make.	Does not include an appropriate concluding statement to encourage your friend to make a drug free choice.

HOPE