

HOPE

Health and Opioid
Prevention Education

HIGH SCHOOL
LESSON 9

Getting Help

Overview

Students will learn how to get help for themselves and/or others who have a drug addiction. They will learn how to identify warning signs regarding drug abuse and the proper steps for getting help. If they recognize these signs from a loved one, they need to act quickly and use available resources; drug addiction should never be kept a secret.

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 drug use.

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

Standard 2: Analyzing Influences

Performance Indicator 2.12.7: Analyze how school and community affect practices, behaviors related to drug use.

Performance Indicator 2.12.10: Analyze the factors that influence opportunities to obtain safe, accessible, equitable and affordable products and services that support prevention or cessation of drugs for oneself and others.

Standard 4: Interpersonal Communication Skills

Performance Indicator 4.12.2: Demonstrate effective communication skills to get the help needed to be drug free.

Healthy Behavior Outcomes (HBOs)

Support self and others to get help for drug addiction.

Lesson Objectives

Students will be able to:

Objective	Assessment
1. Identify signs of drug abuse from each category: paraphernalia, appearance, behavioral symptoms.	• Getting Help Notes Question 1; Getting Help Scenarios Question 1
2. Identify and apply the strategies to help someone (friend, family, classmate, others) suffering from drug abuse.	• Getting Help Notes Question 2; Getting Help Scenarios Question 2
3. Identify and apply how to approach safe people at school and in the community to help with drug addiction for self or others.	• Getting Help Notes Question 3; Getting Help Scenarios Question 4.
4. Use effective communication skills to support themselves and/or others who need help for their drug addiction.	• Getting Help Notes Question 2; Getting Help Scenarios Question 3

Time: 30 minutes

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Materials

Assessments and Worksheets

- Getting Help Notes Sheet ([Attachment 1](#)); Getting Help Scenarios ([Attachment 2](#)); Answers to Getting Help Scenarios ([Attachment 3](#)).

Resources

- Please refer to the Teacher Handbook for additional information to “Recognize, Reach Out, and Refer” and a table to help identify local prevention and treatment resources in your community.

Getting Help Resources:

- <http://www.narconon.org/drug-abuse/signs-symptoms-heroin-use.html>
- <http://drugabuse.com/library/symptoms-and-signs-of-drug-abuse/>
- <https://findtreatment.samhsa.gov/>
- <https://www.drugabuse.gov/patients-families>
- http://www.generationrx.org/wp-content/uploads/2016/06/5094_BDSI_Handout.pdf
- https://saferschools.ohio.gov/content/k_12_schools_training

Introduction

Today we will be identifying signs of drug abuse and what to do about it. Ignoring signs of drug abuse can have grave consequences. Knowing “who” and “how to talk to” resources can help to save a life. It is important to never keep signs of drug abuse a secret and act immediately.

Teaching Steps

Activity 1: Bell Ringer

- What signs would alert you that a loved one could be abusing drugs?
 - o **Possible Answers:** A significant change in indicators: withdraw from family and friends, not caring about their appearance, lying, stealing, paraphernalia, etc.

Activity 2: Signs of Drug Abuse

- Distribute Getting Help Notes Sheet ([Attachment 1](#))
- Here are some signs that a loved one may be abusing drugs:
 - o Paraphernalia:
 - Burnt spoons
 - Tiny baggies
 - Tan or whitish powdery residue
 - Dark, sticky residue
 - Small glass pipes
 - Syringes
 - Rubber tubing

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- o Appearance:
 - Tiny pupils
 - Sleepy eyes
 - Tendency to nod off
 - Slow breathing
 - Flushed skin
- o Behavioral Symptoms:
 - Increased aggression or irritability
 - Changes in attitude/personality
 - Lethargy
 - Depression
 - Sudden changes in a social network
 - Dramatic changes in habits and/or priorities
 - Financial problems
 - Involvement in criminal activity
 - Neglect of grooming
 - Failure to eat
 - Covering arms with long sleeves

Activity 3: How would you help?

- **What would you do if you recognized someone you care about needed help with their drug misuse or abuse?**
 - o Review strategies in notes
- **Treatment Centers – (listed on PowerPoint)**
 - o Review various treatment centers and contact information
 - o Students can list resources in their notes
 - Who can you ask? How to ask for help?
- **Let's Practice Reaching Out: How would you help?**
 - o Students will read and analyze each scenario ([Attachment 2](#))
 - o Write out your possible responses.
 - If time, role play with your partner what you will say in the scenario.
 - o Report out answers as a class.
- **Summarize**
 - o **Exit Ticket** – What would you do if your friend who was abusing drugs begged you not to say anything? Students can write their answer on a Post-it and stick it on the wall to be reviewed at the start of the next class.

GETTING HELP NOTES

1. List at least 3 signs of drug use for each category:

Paraphernalia	Appearance	Behavioral
1.	1.	1.
2.	2.	2.
3.	3.	3.

2. Strategies to help a friend suffering from a drug addiction:

- ✓ Build empathy. Think of what they are going through and the events that led them to the road of addiction. Do not judge the person due to their drug addiction. They are struggling with the sickness of addiction and they need help.
- ✓ Make sure the friend is not under the influence of drugs when you talk to them.
- ✓ Establish a time and a place to talk when the two of you can have more than a few minutes alone. This will help to facilitate a productive dialogue.
- ✓ Let your friend know that you are concerned about them.
- ✓ In a calm, caring way, tell your friend the signs of drug abuse you have observed.

GETTING HELP NOTES (CONTINUED)

- Tell a trusted adult your concerns about your friend. They are there to help you.
 - “I’m worried about you because (withdrawn from family/friends, hanging out with people who use drugs, change in appearance, marks on arm, etc.)”
 - “I’m concerned about you because (drug use is dangerous, your school work is suffering, you are not yourself anymore, etc.).”
- Tell your friend you want to help them. Encourage them to talk to an adult. Offer to go along for support.
 - People you can turn to: *parents, school counselor, school social worker, etc.*
 - How to ask for help:
 - Let the trusted adult know you need to talk.
 - Tell them that you need resources to help with your or a friend’s drug abuse.
 - The trusted adult will guide you in the conversation.

List a trusted adult you could talk to: _____

✓ **Remember:** You do not have the training of a drug counselor. It is important for you to report their drug use to a trusted adult so they can receive the professional help they need. Their health is in danger and you should never keep signs of drug use a secret.

Getting Help. List two resources you could use to help.

GETTING HELP SCENARIOS

Name: _____

Scenario 1 – KELLY

Kelly has been your friend since second grade. She is a very talented singer and has started a band with two other friends. You went to support her at one of her gigs, went backstage, and saw her take a couple pills from her band mate and swallow them down with a beer. You are shocked and scared. After the concert, she is excited to see you and hear what you thought of the show.

What will you do/say when you see Kelly?

Signs of drug use you recognize in the scenario:

Things you should consider before talking to the person. (When is a good time or place to talk? Who can I talk to for more information, strategies or support)?

Write what you will say to help this person (*or when you are contacting a person who can help*):

Identify resources you can use to help support others who need help (*people, resources, etc.*)

GETTING HELP SCENARIOS

Name: _____

Scenario 2 – RAUL

Your friend Raul had his wisdom teeth removed about three months ago, and was prescribed Vicodin as pain reliever. Although he is healed from his procedure, he still craves the Vicodin. He wakes up in the middle of the night nauseous, with chills, and very irritable. He convinced his parents that he is still having pain and needs more Vicodin. As his friend, you notice that he is losing focus and direction at school. You asked him at lunch, “Is everything okay?” He looks at you with despair and covers his face with his hands to hide the tears.

What will you do/say to support Raul?

Signs of drug use you recognize in the scenario:

Things you should consider before talking to the person. (When is a good time or place to talk? Who can I talk to for more information, strategies or support)?

Write what you will say to help this person (*or when you are contacting a person who can help*):

Identify resources you can use to help support others who need help (*people, resources, etc.*)

GETTING HELP SCENARIOS

Name: _____

Scenario 3 – BENJAMIN

Your friend Benjamin hasn't been himself since his parent's divorce. He has been skipping basketball practice, not turning in homework assignments, and wears long sleeves even when it is 90 degrees outside. You went up to him after school to see how he is doing and he lashed out at you and told you, "Mind your own business!"

What will you do/say to help your friend Benjamin?

Signs of drug use you recognize in the scenario:

Things you should consider before talking to the person. (When is a good time or place to talk? Who can I can talk to for more information, strategies or support)?

Write what you will say to help this person (*or when you are contacting a person who can help*):

Identify resources you can use to help support others who need help (*people, resources, etc.*)

GETTING HELP SCENARIOS

Name: _____

Scenario 4 – JALIYAH

You and your friend Jaliyah just started college and are excited to be dorm roommates. Everything is so exciting and you are meeting so many new people. Lately, Jaliyah has been staying out late partying and missing her classes the next day. You figure she is just adjusting to her surroundings and needs a little time before she settles down and starts to focus on school. After another month goes by, Jaliyah is still following the same pattern and now you are seeing prescription pill bottles in the mess on her side of the room.

What will you do/say to Jaliyah?

Signs of drug use you recognize in the scenario:

Things you should consider before talking to the person. (When is a good time or place to talk? Who can I talk to for more information, strategies or support)?

Write what you will say to help this person (*or when you are contacting a person who can help*):

Identify resources you can use to help support others who need help (*people, resources, etc.*)

ANSWERS TO GETTING HELP SCENARIOS

SCENARIO 1 – KELLY	SCENARIO 2 – RAUL
Signs of drug use you recognize in the scenario: Taking pills with beer.	Signs of drug use you recognize in the scenario: Craves Vicodin; withdrawal symptoms: nauseous, chills, irritable; lying to parents; losing focus at school; emotional when confronted about problem.
Steps or strategies you will use to help: Ask to hang out the next day; this will be a better time to talk about your concerns.	Steps or strategies you will use to help: Comfort Raul; reassure him that everything will be okay.
Write what you will say to help this person (<i>or when you are contacting a person who can help</i>): “Kelly, I’m concerned because I saw you take some pills and drinking beer. We have been friends a long time and I really care about you. You are so talented and I don’t want you to risk your future.”	Write what you will say to help this person (<i>or when you are contacting a person who can help</i>): “Raul, it’s okay. How about we walk together to talk to the school counselor. I will be here for you. Everything will be okay.”
Identify resources you can use to help support others who need help (<i>people, resources, etc.</i>) “We need help from an adult — this is a big problem. I would be happy to go with you to talk to your parents, school counselor, or drug rehab center in our community.”	Identify resources you can use to help support others who need help (<i>people, resources, etc.</i>) School counselor, parents, trusted adult, teacher, community resource, other resources: 1-800-662-HELP (4357)

ANSWERS TO GETTING HELP SCENARIOS

SCENARIO 3 – BENJAMIN	SCENARIO 4 – JALIYAH
Signs of drug use you recognize in the scenario: Acting different since parents' divorce; skipping practice; not turning in homework; wears long sleeves in hot weather; combative/agitated.	Signs of drug use you recognize in the scenario: Adjusting to new environment (independence; living on own), out late, partying, missing class, ongoing troubling behavior, random prescription pill bottles.
Steps or strategies you will use to help: Talk to his parents, a teacher, or school counselor on your own about the signs you have noticed.	Steps or strategies you will use to help: Talk to Jaliyah when she is sober; talk to resident advisor about concerns.
Write what you will say to help this person (<i>or when you are contacting a person who can help</i>): "I am concerned about Benjamin because he has been very agitated and hasn't been going to practice lately. I also noticed he always wears long sleeves in very hot weather, when he usually wears short sleeves."	Write what you will say to help this person (<i>or when you are contacting a person who can help</i>): "Can I speak with you Jaliyah? I have been very concerned about you staying out late and missing class, and now I see different prescription bottles without your name on them. I care about you and this behavior is scaring me. Please go with me to talk with someone."
Identify resources you can use to help support others who need help (<i>people, resources, etc.</i>) Parents, school counselor, social worker, health department, 1-800-662-HELP (4357)	Identify resources you can use to help support others who need help (<i>people, resources, etc.</i>) Resident advisor, parent, community resource, professor, medical clinic on campus, or call 1-800-662-HELP (4357)