

## OPIOID ABUSE PREVENTION PROGRAM

PRESENTS

*Chasing the Dragon: The Life of an Opiate Addict*

Provided by the FBI Newark Citizens Academy Alumni Association

### Curriculum Overview

#### Presentation Overview:

- Teacher Curriculum: Pre-Film Lesson Plans #1-4
- Chasing the Dragon Video: (Approx. 35min)
  - FBI Agent Presenter
  - Orthopedic Doctor Presenter
  - bergenPAC Hip-Hop Artist – Art and Writing Contest
- Teacher Curriculum: Post-Film Lesson Plans #5
- Student Quiz
- Art and Writing Contest Information

**Schedule:** Film Project can be shown as scheduled per each school. Password protected link to be provided for each school with approximately one week to view the presentation.

**Student Audience:** Middle School (Grades 7-8<sup>th</sup>); High School (Grades 9-10<sup>th</sup>)

**Overall Objective of Program (Our Mission Statement):** To create awareness around the opioid epidemic and the dangers of these drugs. To provide information to help students make the right choice not to try these drugs. To provide creatively through the arts and creative writing a healthy way of expressing students' thoughts and questions around opioids.

**Learning Goals for Students:** What types of drugs classify as opioids? Where can these drugs be found? What happens if someone overdoses? What are the consequences of opioid use? What can you do to get help if you or someone you know is in danger of opioid addiction?

## Opioid Abuse Prevention Program Lesson Plan

### Pre-Film Lesson 1: Types of Drugs Classified as Opioids

#### Essential Questions and Answers for Discussion:

##### **What is an opioid?**

-An opioid comes from a class of drugs that includes the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others. Where can they be found and how are they made?

-Painkillers can be obtained from a pharmacy with a prescription, and can also be found in the medicine cabinet, they can be given to people by family and friends, and heroin is dealt illegally on the street.

-Prescription painkillers are made by drug companies, such as Endo Pharmaceuticals (makers of Percocet) and dispersed at pharmacies. Many people also have clandestine labs where pills are made out of someone's house and you do not know exactly what is in these pills. This is all incredibly dangerous.

Common Nicknames: Happy Pills, OC, Oxy, Oxycotton, Percs, Vikes

More information found here: <https://www.drugabuse.gov/drug-topics/opioids>

##### **Learning Goals for this Lesson:**

Be able to identify what an opioid is. Identify where they can be found and different ways they are made. Recognize that they are bad and to stay away from them because they are addictive and can kill you.

##### **Suggested Outline of Activities:**

Pose questions to students and lead discussions. Print out pictures of what a clandestine lab may look like as well as a pharmacy, as well as examples of what the drugs mentioned above could look like and ask students to identify them.

## Opioid Abuse Prevention Program Lesson Plan Pre-Film Lesson 2: Health Effects of Opioid Drugs

### Essential Questions and Answers for Discussion:

#### **What are names of some common opioids and how are they taken?**

-Many names are found at the link below. They are taken a variety of ways including injected with a needle, crushed and snorted, swallowed as a pill, and smoked.

#### **What are some of the side effects of opioids?**

-Drowsiness, nausea, constipation, slowed breathing, death, danger of addiction, birth defects, dangerous slowing of heartbeat, among many other issues.

#### **What can I do for pain instead of opioids?**

-A healthy age-appropriate dose of NSAIDs, such as Tylenol, Advil, or Aspirin can help when taken in moderation. Other non-drug ways to treat pain include exercise, getting enough sleep, eating healthily, stretching and massaging the area that is experiencing pain, and mental health counseling if the pain is stress related.

More information found here: <https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts#prescription-opioids>

### **Learning Goals for this Lesson:**

Be able to identify the negative health effects of taking opioid drugs. Be able to describe alternatives to managing pain without taking opioids.

### **Suggested Outline of Activities:**

Share the chart at the link above and go through the different types of opioids. Discuss the side effects and discuss other ways to manage pain. Ask students if they are comfortable sharing if any of them experience pain or know of a family member and if they have examples of non-opioid ways of managing pain.

## Opioid Abuse Prevention Program Lesson Plan Pre-Film Lesson 3: Consequences and Dangers of Addiction

### Essential Questions and Answers for Discussion:

#### **What is drug addiction?**

-Drug addiction is a chronic disease characterized by compulsive, or uncontrollable, drug seeking and use despite harmful consequences and changes in the brain, which can be long-lasting. These changes in the brain can lead to the harmful behaviors seen in people who use drugs. Drug addiction is also a relapsing disease. Relapse is the return to drug use after an attempt to stop.

-The path to drug addiction begins with the voluntary act of taking drugs. But over time, a person's ability to choose not to do so becomes compromised.

#### **What is withdrawal and what are symptoms?**

-When your body attempts to detoxify itself or rid itself of the drugs in the system. Symptoms include nausea, shaking, vomiting, extreme pain, headaches, diarrhea, sweating, fast heartrate, death, and much more.

#### **What are some treatments for drug addiction?**

-Mental health counseling, rehab treatment centers, consistent follow up and therapy.

More information found here: <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>

#### **Learning Goals for this Lesson:**

Be able to identify what it means to be addicted and what it means to relapse. Identify withdrawal symptoms and what it means to come clean.

#### **Suggested Outline of Activities:**

Discuss addiction and show some videos of people in Narcotics Anonymous-type groups speaking about their experiences with addiction. Discuss why it is so important to never take that first hit.

## Opioid Abuse Prevention Program Lesson Plan

### Pre-Film Lesson 4: Overdose, Symptoms and How to Get Help

#### Essential Questions and Answers for Discussion:

##### **What is an overdose?**

- Overdose (OD) happens when a toxic amount of a drug, or combination of drugs overwhelms the body. Opioid overdoses happen when there are so many opioids or a combination of opioids and other drugs in the body that the victim is not responsive to stimulation and/or breathing is inadequate.

This happens because opioids fit into specific receptors that also affect the drive to breathe. If someone cannot breathe or is not breathing enough, the oxygen levels in the blood decrease and the lips and fingers turn blue- this is called cyanosis. This oxygen starvation eventually stops other vital organs like the heart, then the brain. This leads to unconsciousness, coma, and then death.

More information found here: <https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/what-is-an-overdose/>

##### **What are Symptoms and What Do You Do?**

-Some symptoms include shaking, foaming at the mouth, unresponsive, vomiting, blue in the face, fainting. Do not attempt to move or touch the person.

##### **What is the Good Samaritan Law in New Jersey?**

-This means that if you are at a party or around someone who is experiencing an overdose, you will not get arrested if you call 911, even if you have taken drugs.

##### **Learning Goals for this Lesson:**

Be able to identify what an overdose is, symptoms, and how to get help if someone is experiencing an overdose.

##### **Suggested Outline of Activities:**

Discuss the questions and role play calling the police if someone is experiencing an overdose. One student should play the caller and another student should play the police officer on the phone.

## Opioid Abuse Prevention Program Lesson Plan Post-Film Lesson 5: Reflection

### Suggested Outline of Activities:

1. Have students complete the Quiz after they watch the film. Once complete, go through each question and engage in discussion.
2. Go around the room and ask each student to say one major thing they learned from the presentation.
3. Ask each student to come up with one question they have after watching the presentation. This can be turned in anonymously or can be an open discussion. If students do not want to speak out loud, they can write about their experience as well.
4. Ask students to role play saying no to opioids. Have one student play the person trying to give them a pill and another student play the person saying no. Discuss the importance of not giving in to peer pressure and always making the choice to say no.
5. Once completed, please make sure to go over resources available to students in case they have questions or know someone who needs help. Please list specific administration that is available to answer any questions.