

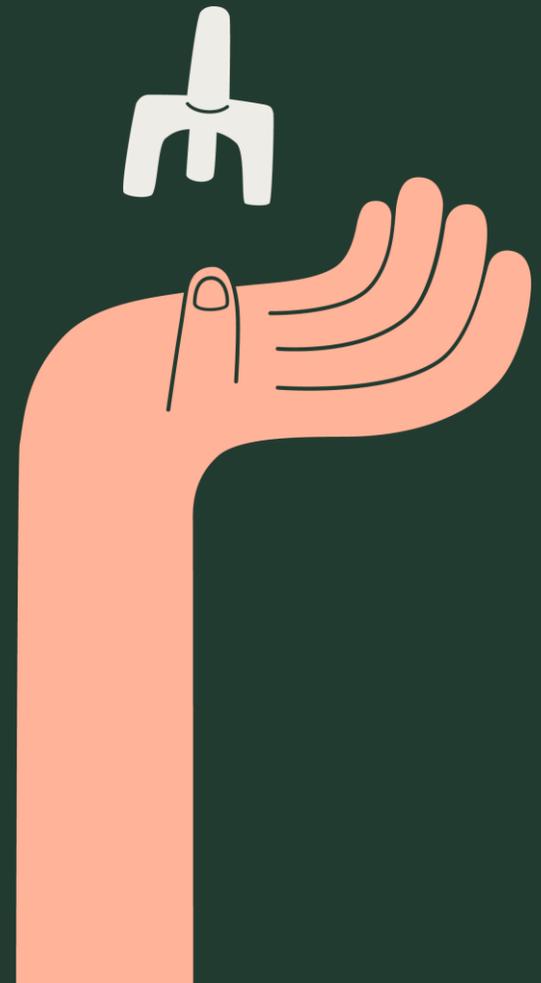


**The facts  
about fentanyl:  
student edition  
(HS)**



# What we'll cover

- 1. Basics about opioids, fentanyl, and naloxone (Narcan)**
- 2. How this issue affects people your age**
- 3. How to help keep your friends and yourself safe**



# Basics about opioids

## Regulated (legal) opioids:

- Highly controlled
- Made in official labs
- The amount of medicine in each pill is the same
- Prescribed by medical professionals
- Dispensed by pharmacies

## Unregulated (illicit) opioids:

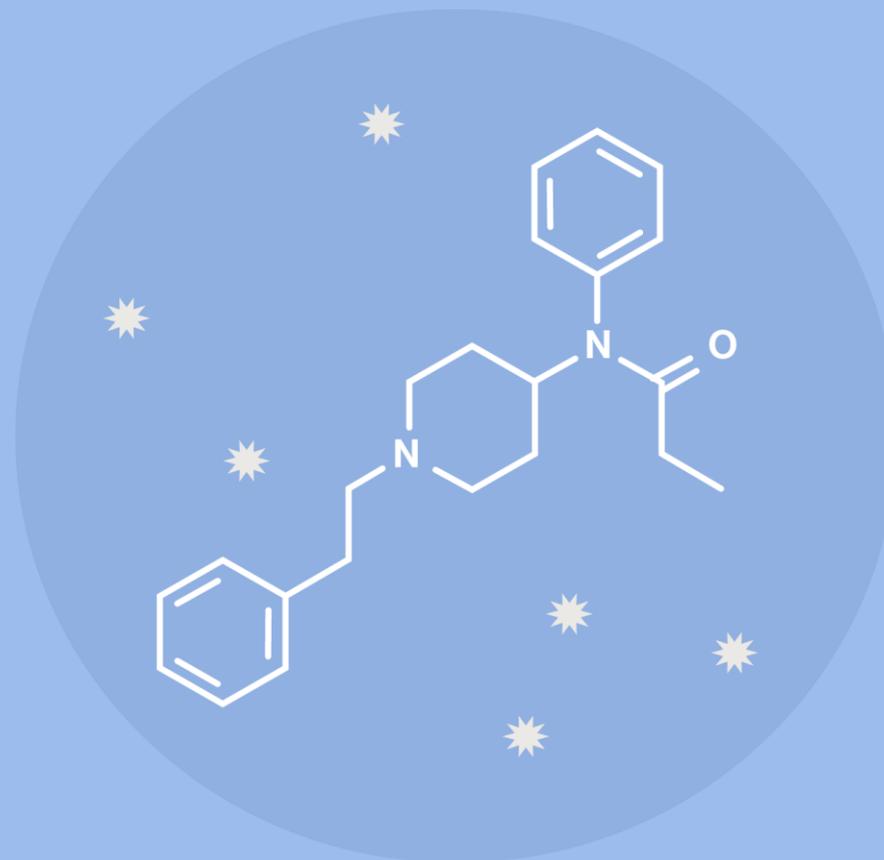
- Uncontrolled
- Made in underground labs
- The amount of medicine in each pill is different and impossible to predict
- Sold on the streets or social media

# Basics about opioids

All opioids, whether regulated (legal) or unregulated (illicit), share some effects in common. They:

- Relieve pain
- Cause drowsiness/sleepiness
- Depress, or slow down, breathing

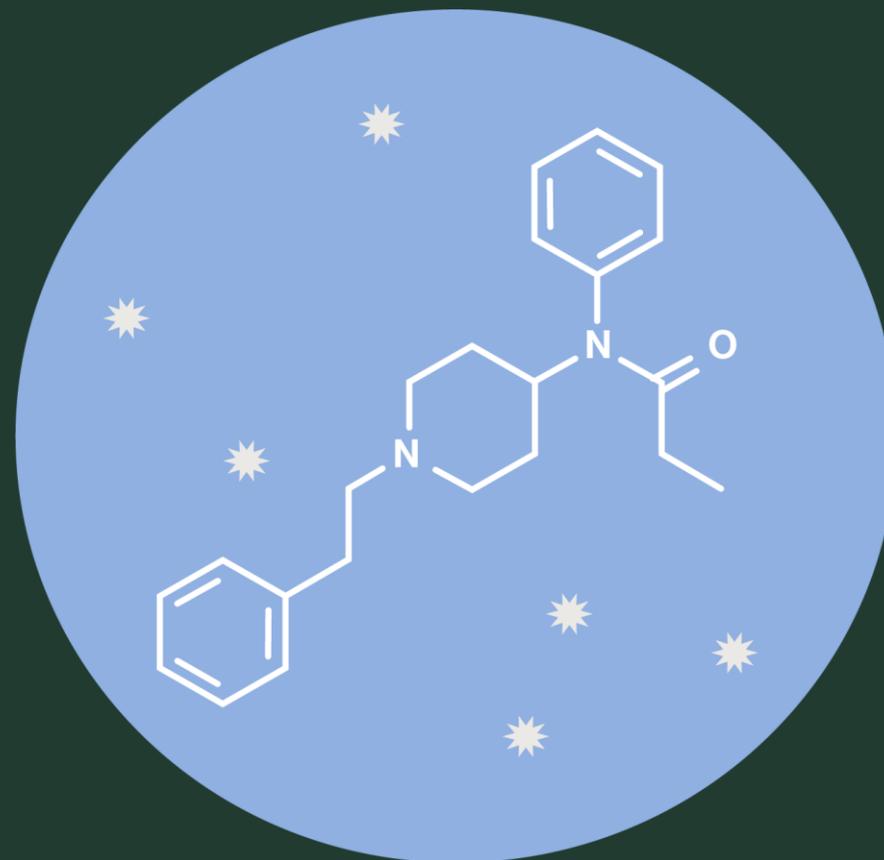
Opioids can also be habit-forming.



# Basics about fentanyl

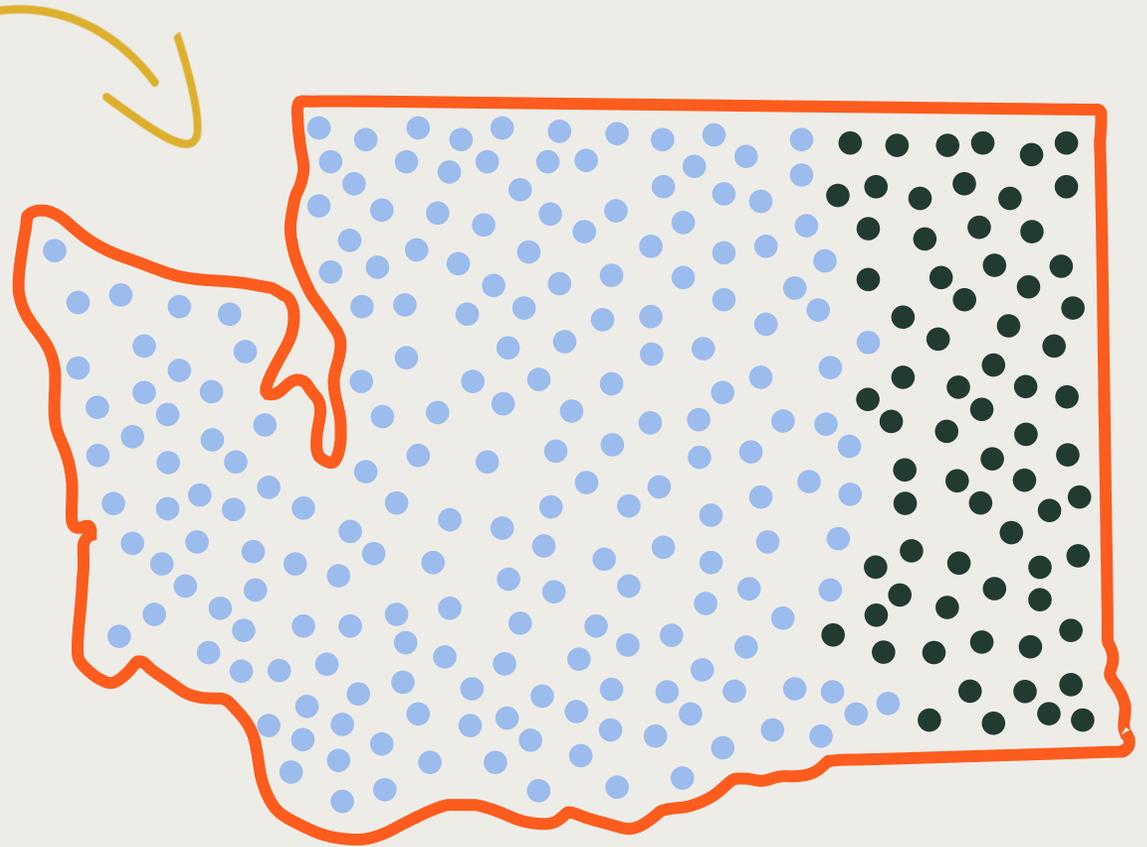
Fentanyl is a powerful, fast-acting opioid about **50 times stronger** than heroin and **100 times stronger** than morphine.

- **Regulated (legal) fentanyl** is used in medical settings
- **Unregulated (illicit) fentanyl** is sold on the streets
  - Pills can look like real prescription medication
  - Powder can be mixed into other illicit drugs like cocaine and MDMA



# How this affects people your age

- Now, most fatal overdoses in Washington involve opioids, including fentanyl.
- The rate of youth overdose has increased in recent years.
- Many youth overdoses are accidental.
- Yet, most teens (99%) say they do not use prescription pills to get high.



# How this affects people your age

## Both statements are true:

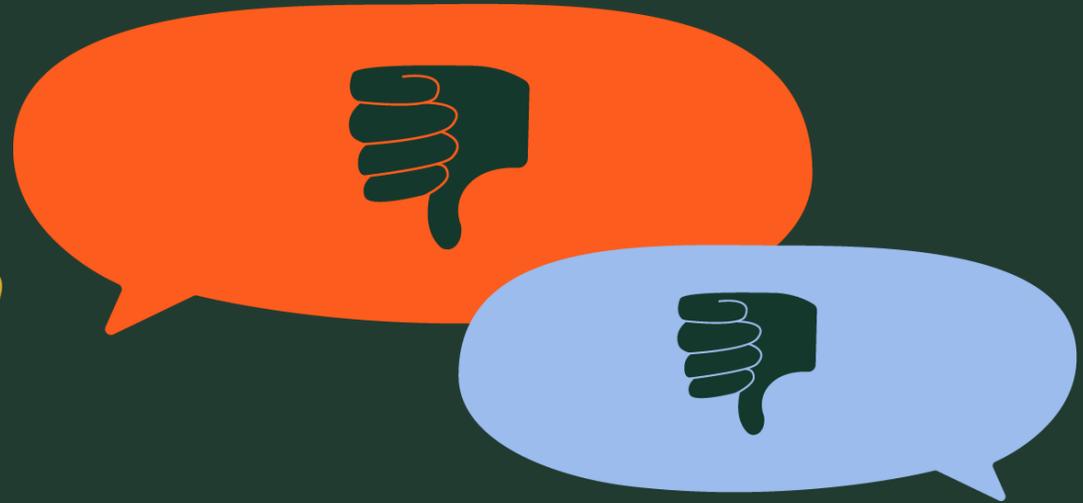
- Most teens (99%) don't experiment with pills.
- Illicit fentanyl is so unpredictable and is showing up in so many fake pills and other drugs that the number of young people who accidentally overdose or die is quickly rising.



99%

# What you can do to help

- Don't take or share pills that are not prescribed to you.
- Use practical refusal skills.
- Learn the difference between positive and negative peer pressure.
- Be a friend to others.



# Don't take or share pills



- Illicit fentanyl can be in fake prescription pills that look like Adderall, OxyContin, Percocet, or Xanax.
- These fake pills are how most young people encounter fentanyl.
- One of the best ways you can make sure you don't accidentally ingest fentanyl is to avoid prescription pills that don't belong to you.

# Using refusal skills

Make an excuse

Avoid the situation

Send a signal

Pass the blame

Offer an alternative

Be honest

Be an advocate



**Activity time**



<b>Groups</b>	<b>Percentage 0 – 100%</b>
<b>Doctors, nurses, other health care providers</b>	
<b>Friends or peers</b>	
<b>Parents or other adult guardians</b>	
<b>Counselors or therapists</b>	
<b>Teachers or other educators</b>	

**Peer  
pressure  
isn't all bad.**

**And it's  
important  
to know the  
difference.**



## **Positive**

- Convincing a friend to study to help them get better grades.
- Encouraging a friend to apply for an after-school job or try out for a sport.
- Pushing your friend to try something outside of their comfort zone.

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## **Negative**

- Convincing someone to skip class or school.
- Encouraging someone to bully or gossip about one of your classmates.
- Pushing someone to take an unsafe risk, especially with things like drinking or taking drugs that can cause real harm.

# Building healthy friendships

**Your friends are a big part of your success and safety. And you are a big part of theirs too.**



As you meet new people and form friendships, ask yourself:

- Does this person seem to genuinely care about me?
- Does this person respect me?
- Is this person open and honest with me?
- Does this person share or support my goals and values?

# Understanding risk factors

## Mental Health

Teens experiencing stress, anxiety, or depression may take pills to try to cope with those feelings and are likely to be alone when they take them.

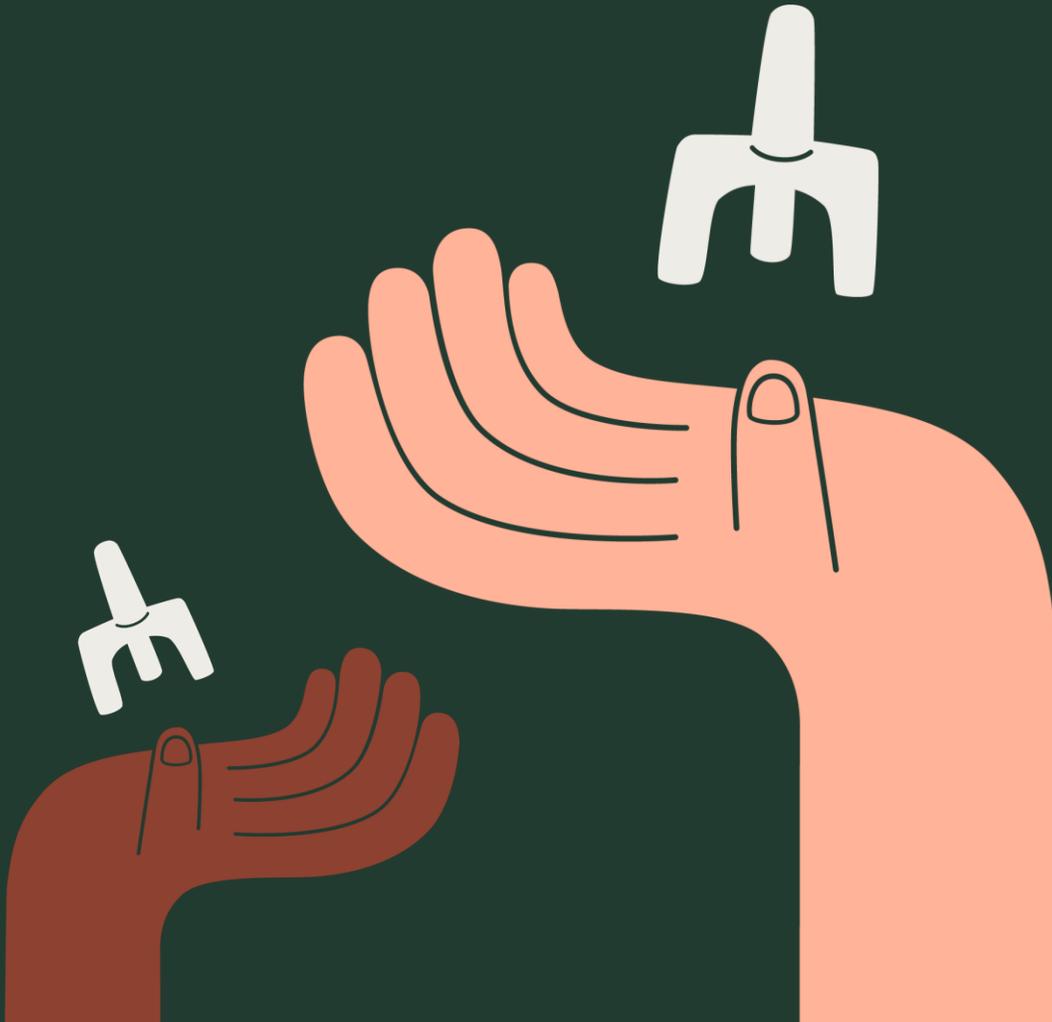
## Physical Pain

Teens who have been injured or are experiencing physical pain may try pills to help with the pain.

## Social Pressure

Teens may experiment in social settings with peers who are drinking, taking pills, or using other drugs.

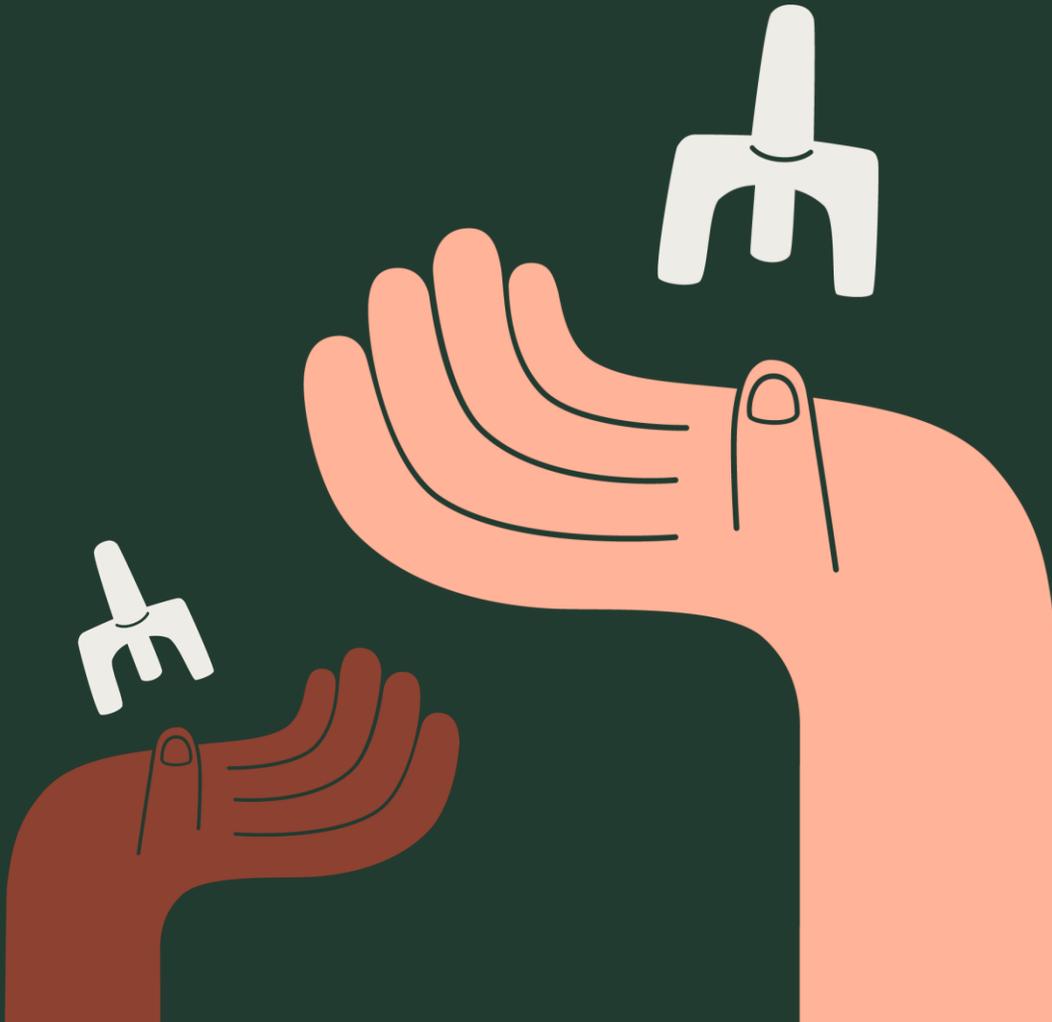
# The basics of naloxone



## Naloxone (Narcan):

- Also known as Narcan
- Reverses opioid overdoses
- Available most commonly as a nasal spray
- Washington state has Good Samaritan laws

# The basics of naloxone



## Naloxone (Narcan):

- Blocks the effects of opioids to help wake someone up.
- Does not work to treat the effects of other drugs or alcohol.
- Has no effect on someone who is not on opioids.
- Is not habit-forming.
- Is the best tool we have to save lives.



**Questions?  
Thank you!**

**Visit [WAFriendsForLife.com](http://WAFriendsForLife.com) for more**