

# Opiates & Opioids

## Activity Guide Grade 6-12



# Know Your Neuro

### Video Quiz!

- 1) Opiates and opioids are in a class of drugs called narcotics that are designed to treat\_\_\_\_\_? **Answer:** Pain.
- 2) What is the difference between opiates and opioids?  
**Answer:** D  
A. Nothing, they are identical.  
B. Opiates are man-made or synthesized.  
C. Opioids come from the actual poppy plant.  
D. Opiates come from the actual poppy plant and opioids are man-made or synthesized in a lab.
- 3) Most kids choose not to abuse pain medication, true or false? **Answer:** True
- 4) What are our body's natural pain killers called? **Answer:** C.  
A. Dorks and Nerds  
B. Dopamine and Serotonin  
C. Endorphins and Enkephalins  
D. Cortisol and Gaba
- 5) Where are opioid receptors located in the brain?  
**Answer:** All over, especially in our frontal lobe because our body's natural opioids help us think and make decisions about what is good for us.



- 6) When someone floods their brain's opioid receptors by abusing opiates or opioids, what happens? **Answer:** B  
A. They feel great and make excellent decisions.  
B. They feel good temporarily but make changes to their brain that lead to addiction.  
C. They turn into a drug addict immediately.  
D. Nothing, taking more pain meds than you should is okay.
- 7) When people use opioids to escape negative feelings and cope with stress, they\_\_\_\_\_. **Answer:** A.  
A. Grow networks for using drugs to cope instead of growing brain networks for natural coping skills.  
B. Get really smart and ask for help.  
C. Turn to loved ones and their support network.  
D. Grow brain networks for healthy stress reduction.
- 7) Why do drug dealers put fentanyl and carfentanil in other drugs? **Answer:** They want people to get addicted fast and spend more money even if a few people die from it.
- 7) If you think someone is overdosing on an opioid or other drug, find someone who can administer a life saving medication called\_\_\_\_\_. **Answer:** Naloxone

## Activities

### Discussion

Ask students to discuss the following questions in class or in small groups:

- What would you do if someone you knew and cared about abused or became addicted to pain meds?
- Do you know someone who is in denial about their pain med abuse? How do you feel about it?
- If someone told you it was safe to use their leftover pain meds because they didn't use them all after a surgery, how would you respond?

### Create a Flyer or Brochure

Ask small groups of students to create a flyer or brochure about the dangers of using or abusing pain medication. The flyer or brochure should have images and information about the short- and long-term effects of taking pain medication including appropriate, recommended amounts for injuries and surgeries. Ask students to include healthier coping mechanisms for dealing with physical and emotional pain. Have them explain their brochure to the class.

### Journal Writing

Give students this journal entry prompt, "My personal experience with pain medication is..." Encourage students to write about an experience with pain meds that involved self, a family member, friend, classmate, or character in a tv show/movie. Encourage students to express their thoughts/feelings regarding why the person may have used or abused the meds or drugs and why they will personally "say no" in the future. Ask students to think about their personal goals as they ponder reasons to say "no."