

Resisting Opioids

Duration: 45 Minutes

Prerequisite: Module 5 of the Prescription Drug Safety course

Objectives

1. Understand that most teens do not use opioids
2. Resist peer pressure and refuse drugs outside of a professional's advice
3. Support a friend who is being pressured into using, offering, or selling drugs

Materials

Sticky notes

Optional:

- Role cards
- Scenario cards

Notes (differentiation, student groupings, additional questions, etc.):

SECTION	DESCRIPTION	STRUCTURE	DURATION
Opening	<p>Affinity mapping</p> <p>“In module 5, we learned about how to refuse prescription drugs that are offered to us. Let’s take a step back and talk about why teens and young adults are tempted to take drugs in the first place.”</p> <ul style="list-style-type: none"> • Give student one or two sticky notes each. Have them write an example of where and why someone would be tempted to try prescription or street drugs. One idea per sticky note. • Have learners read and place sticky notes on the board. Pick 2 learners to theme and group the sticky notes as learners share. • Discuss the themes <ul style="list-style-type: none"> - “It looks like we have a lot of stickies here. All of these mention school as a place where teens can be tempted by drugs. Tell me more about this one.” - “Here we see a lot of mentions of peer pressure. What can this look like?” 	<p>Jot individually</p> <p>Discuss as a class</p>	10 mins

SECTION	DESCRIPTION	STRUCTURE	DURATION
Activity	<p>Role play risky scenarios</p> <ul style="list-style-type: none"> Learners are broken up into groups of three. Each group member picks one the three roles and are assigned one of the three scenarios. <p>Roles</p> <ul style="list-style-type: none"> Peer offering or asking for drugs Peer being offered drugs Supportive peer <p>Scenarios (Note: Use the scenarios from the opening activity for a stronger impact):</p> <ul style="list-style-type: none"> At school: You've been under a lot of pressure to do well. You're really stressed out and a friend just offered you some pills to help take the edge off. At a party: You and your friends are at the biggest party of the year. Everyone is having such a great time. One of the most popular kids in school tells you to loosen up and that they have something you that might help. Most of your friends push you to join in. At home: Your sister has pain pills from her recent wisdom teeth removal surgery. Your friend wants you to steal your sister's pills so she can take some. 	<p>Practice in small groups</p> <p>Role-play for the class</p>	25 mins
Discussion	<ul style="list-style-type: none"> How did it feel to refuse the drugs? How did it feel to refuse giving drugs to a friend? What were your biggest challenges? What was the most helpful? 	Discuss as a class	8 mins
Closing	"Today we got to test out some of our resolve in situations that weren't quite comfortable. In the real world, it will be even harder but use the strategies you've learned today, avoid those risky environments, and when possible have a supportive friend with you. Good job today!"	Formalize learning with the whole group	1 mins
Evaluation	<p>Exit ticket:</p> <p>Create a T-chart with the pros and cons of refusing drugs from a close friend.</p>	Assess individually	1 mins

Learners needing support:

Learners ready for extensions:

Notes for next time: