



High School Fentanyl Presentation

Activity One (10 minutes)

Purpose: Intro - Engagement - Social Norming - *Most of You Don't Need to Hear This*

Show Slide 1

The officer will begin by introducing themselves and connection to the school/community – they may want also to have school leadership or representative give a welcome and introduction at the beginning of the lesson to set the tone. Once the introductions and welcomes are complete, the lesson will begin.

Please include this statement in the introduction:

The D.A.R.E. program began in 1983 to combat the drug epidemic that was impacting families throughout the nation. Since that time, D.A.R.E. has existed in thousands of communities across the United States and around the world. Today it is a K-12 evidence-based curricula, led by law enforcement officers, that is focused on teaching students good decision-making skills to help them lead safe and healthy lives.

Officer: This is a lesson that has been made available by D.A.R.E. for all students, even those who may not have an active D.A.R.E. program in their school, in recognition of a crisis that is endangering students across the country.

I'm here today to talk to you about the growing problem of fentanyl. What is fentanyl?

Acknowledge any responses from the audience. Students may know a little or a lot, but it's important to affirm their participation by thanking them for contributing, this will encourage them to continue.

Show Slide 2

Fentanyl is a powerful synthetic opioid made in a lab, not grown in nature. It is significantly more potent than morphine. It is primarily used for managing severe pain in medical settings. However, this illicit fentanyl made in unregulated "labs" which may be run by drug cartels is increasingly mixed with other drugs, including counterfeit prescription pills. Its safety, strength, and purity are unknown.

I'm sure you have heard of fentanyl, but I bet that some of you, maybe even quite a few of you, didn't think you needed to come to learn about it today. Did anyone have that thought?

Respond by acknowledging any show of hands.

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Officer: That thought doesn't come from nowhere - you don't just have a bad attitude! Statistically, decades of data show that MOST teens don't use drugs. So that data might be stuck in your mind somewhere, making you believe you are at low risk. Or maybe you are one of many kids with strong intentions not to use drugs or alcohol, especially while your brain is still developing. If so, perhaps you thought this assembly wasn't something you needed. I have some information you'll be interested in, even if you believe you are at low risk, so thank you for coming. You are supporting your peers who may be at more risk, at the very least.

- **You can see from the data on this slide that all the way back to the 90's, when you look at students from 8-12th grade, 90% of 8th graders, and over 70% of high school students are not using drugs, consistently year after year. And that trend is consistent.**
- **When you look at the data on the right-hand side, when marijuana is removed from the data, it's even lower. In that data, for all grades 8-12, it's closer to 90% non-use across the board.**
- **So it's actually true that most students don't use drugs. That doesn't mean that drugs aren't a problem. They are still very much a problem. Why? Because **every** student matters.**

Data Source: Monitoring the Future, 2022: <https://monitoringthefuture.org/wp-content/uploads/2022/12/mtf2022.pdf>, pp165-166

Activity Two (20 minutes)

Purpose: Explore the idea that "*The Game Has Changed*" - with a case study (from Song for Charlie or DEA materials)

Show Slide 4

Officer: Although we're clear on the message that most kids don't use drugs, a small number of kids still decide to engage in high-risk activities like using drugs. What is critically important when making these decisions is to have the best information to base them on.

Show Slide 5

First, let's talk about WHY some kids make these decisions. We all have some basic human needs and an internal drive to satisfy them. That's totally normal. What is not ok is using drugs to meet them, it's a risky and dysfunctional strategy. Finding healthy strategies to meet these needs is a critical life skill.

Go through the information on the slide: Why Do Some Teens Try Drugs?

- Thrill and adventure seeking
- To feel different & better
- To be seen as cool, grown-up, mature
- Stress relief, relaxation
- To fit in, be accepted

Show Slide 6

Here are some examples of the same needs with specific examples of healthier ways to meet them. Take a minute to think of your own healthy way of meeting each need.

Pause for about one minute to give an opportunity for students to consider their own strategies. If time allows, ask audience volunteers to offer their strategies for each category listed on the slide.

Show Slide 7

I said it is a critical life skill to identify healthy strategies to meet human needs because today drug experimentation is a different game than it once was.

Fentanyl is a **game-changer** substance - meaning it changes the rules, it creates a life-or-death risk out of every single “drug experimentation” decision. Has anyone heard the phrase “*One Pill Can Kill?*” It’s a campaign started by the Drug Enforcement Agency and adopted by organizations nationwide. It’s not an exaggeration.

Show Slide 8

Show One Pill Can Kill resource with Fentanyl lethality facts – dea.gov/onepill

This is a great resource to learn and share current and trusted information. It’s free to use and adapt for your own school or group campaigns because it’s created and distributed by a federal agency – our tax dollars at work.

Show Slide 9

One organization that shares the DEA *One Pill Can Kill* message is **Song for Charlie**. Each parent involved in this organization has lost a child to fentanyl. Here is one of their stories.

Present a case study or youth example from Song for Charlie – slide 8 features “Zach’s story but you can choose another story from the resources at the link below. Charlie’s story “One Pill: The Dangers of Fentanyl” is also available with Spanish subtitles, but may be a bit repetitive if added to the video on slide 9.

Song for Charlie resources: <https://www.songforcharlie.org/toolkit>

Zach's story – 8:21 <https://www.songforcharlie.org/post/zachs-story>

Show Slide 10

We've already learned some facts about fentanyl and its effects. This video talks about one specific risk to young people – counterfeit pills.

Video - Fentapill Facts – 3:53 <https://youtu.be/Rc-jLOfqmvo>

After video, you may lead a review of the following questions if time permits:

What are fentapills?

Counterfeit pills, sometimes called “fentapills,” are produced to look like legitimate prescription pills used to deliver medication. They are often produced illegally and may contain incorrect or dangerous ingredients. Counterfeit pills are commonly sold on the black market or through illegal online pharmacies.

Why are counterfeit pills dangerous?

- Inaccurate dosage: Counterfeit pills may contain too much or too little active ingredient, making them unpredictable and potentially harmful.
- Unknown ingredients: Counterfeit pills can be manufactured with different substances, including dangerous chemicals, which can have severe health consequences.
- Lack of quality control: Different from regulated pharmaceuticals, counterfeit pills are produced without quality control measures, increasing the risk of contamination or improper manufacturing processes.

Why is fentanyl so dangerous:

- High potency: Fentanyl is highly potent; even small amounts can cause an overdose or death.
- Unpredictability: Fentanyl is often mixed with other drugs, making it challenging to know its precise presence and dosage, increasing the risk of accidental overdose.
- Hidden in counterfeit pills: Fentanyl is frequently found in fake pills made to resemble prescription opioids, such as oxycodone or hydrocodone. Users may unknowingly ingest fentanyl when seeking other substances.

Activity Three (15 minutes)

Purpose: Explain - connect to experience and correct misperceptions with *Fact or Myth* activity - Beliefs about Consequences.

Show Slide 11

Officer: To make sure everyone has the best information to base decisions on, let's talk about some of the most common questions, myths, and misperceptions people sometimes have about fentanyl.

Instructions:

- *I'm setting a timer for 10 minutes. I will let you know when each time segment ends.*
- Starting at the right end of your row, every other person should turn to the person on your left. If there's an uneven number, the extra person should join into the last group.
- Choose one question from the slide that you find interesting and discuss it for 3 minutes.
- After 3 minutes, turn to the person on your right.
- Each of you should spend 1 minute reporting what you learned in the previous conversation, for a total of two minutes (one minute each).
- Next, choose a new topic to discuss for 3 minutes with the person on your right.
- With your final 2 minutes, return to the person on your left to report out on your second conversation.

Topics from Slide 11:

- Aren't prescription pills safer to take than "street drugs"?
- What if I have a prescription for the pills I am taking?
- What if my friend/sibling has a prescription for the pills I am taking?
- I know people who have bought pills on social media before, and nothing terrible happened/My friend knows someone safe we can buy from on social media
- Can't Narcan revive people from a fentanyl overdose? (use to discuss xylazine adulteration)

Review facts related to topics – Most of this is a review from facts we've already covered:

- Today, many pills are adulterated with fentanyl and are virtually identical to prescription pills. Don't take them unless they are prescribed and distributed to you from your trusted pharmacy. It is very risky.
- The one new piece of information I want to make sure you understand is related to **Narcan**.

Show Slide 12

- Narcan is a drug that can help reverse opioid overdose. Because fentanyl is so powerful, it can take multiple doses and still may not work.
- Increasingly, even the fentanyl supply is being tainted with a drug called xylazine. This drug is not an opioid, and Narcan does not work to revive a person who has overdosed on this drug.

Activity Four (5 minutes)

Purpose: Evaluate/Wrap-Up with Quiz and Summarize Take-Home Messages

Show Slide 13

To summarize what we've learned today, it's important to walk out of here with two big ideas. What do you think they are?

Solicit a few responses from the audience about what they believe to be the most important pieces of information they are taking home with them.

These are great thoughts, thank you for sharing them. Here are mine.

Show Slide 14

Summary statements:

- Most teens don't use drugs, but knowing the facts is essential to make good decisions and look out for your friends.
- Even a one-time "experimental" use of prescription pills can be fatal if they are adulterated with fentanyl, and unless they are prescribed to you, and you got them from a pharmacy, you don't know!

Show Quiz Slides – Either Slide 15 or Slides 16 - 20

We will end the presentation with a brief quiz. This is to help me know if I did a good job communicating the information. Retrieving new information from memory soon after hearing it also helps your brain remember it long-term, so it's a joint benefit.

***If you are using the QR Code method – show **Slide 15** and allow students to complete the quiz independently.*

***If you want to do the quiz live and interactively with raised hands, skip Slide 15 and proceed to the following slides.*

Questions and Answers are on the next page.

HS Fentanyl Presentation Quiz Questions (Correct Answers Highlighted)

1. Is it true or false that almost 60% of high school students use drugs?
 - a. True
 - b. **False**

2. What are fentapills? Are they...
 - a. Weight loss pills
 - b. Counterfeit pills made to look like real prescription pills
 - c. Dangerous pills often sold via social media
 - d. **B and C**

3. Narcan is effective in case of fentanyl overdose
 - a. True
 - b. False
 - c. **It may or may not be**

4. When is it safe to take prescription pills?
 - a. **When they are prescribed to you, and come from your pharmacy**
 - b. When they come from your close friends
 - c. When they have the name of the drug printed on the pill
 - d. When they are in a bottle with a label clearly printed

5. Why do some teens make the choice to engage in higher-risk activities?
 - a. Just for the likes on social media
 - b. They aren't very smart and can't understand the potential consequences
 - c. They don't care about their future
 - d. **They are using dysfunctional strategies to meet normal human needs**