

# Resisting Opioids

**Duration:** 45 Minutes

**Prerequisite:** Module 5 of the Prescription Drug Safety course

## Objectives

1. Understand that most students do not use opioids and support a friend's decision not to use drugs
2. Resist peer pressure and other influences to not take drugs outside of a professional's advice
3. Step in to 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
<b>Opening</b>	<p>Affinity mapping: "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"> <li>• 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.</li> <li>• Have learners read and place sticky notes on the board. Pick 2 learners to theme and group the sticky notes as learners share.</li> <li>• Discuss the themes                             <ul style="list-style-type: none"> <li>- "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."</li> <li>- "Here we see a lot of mentions of peer pressure. What can this look like?"</li> </ul> </li> </ul>	<p><b>Jot</b> individually <b>Discuss</b> as a class</p>	10 mins

SECTION	DESCRIPTION	STRUCTURE	DURATION
<b>Activity</b>	<p>Affinity mapping: “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"> <li>• 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.</li> <li>• Have learners read and place sticky notes on the board. Pick 2 learners to theme and group the sticky notes as learners share.</li> <li>• Discuss the themes <ul style="list-style-type: none"> <li>- “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.”</li> <li>- “Here we see a lot of mentions of peer pressure. What can this look like?”</li> </ul> </li> </ul>	<p><b>Practice</b> in small groups</p> <p><b>Role-play</b> for the class</p>	25 mins
<b>Discussion</b>	<ul style="list-style-type: none"> <li>• How did it feel to refuse the drugs?</li> <li>• How did it feel to refuse giving drugs to a friend?</li> <li>• What were your biggest challenges?</li> <li>• What was the most helpful?</li> </ul>		8 mins
<b>Closing</b>	<p>“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!”</p>		1 mins
<b>Evaluation</b>	<p><b>Exit ticket:</b> Create a T-chart with the pros and cons of refusing drugs from a close friend.</p>	<b>Assess</b> individually	1 mins

**Learners needing support:**

**Learners ready for extensions:**

**Notes for next time:**