

Opiates & Opioids

Activity Guide Grade 3-5



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.
- 8) 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.

Critical Thinking Section

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.

Ask students to include healthier coping mechanisms for dealing with physical and emotional pain. Have them explain their brochure to the class.

Refusal Skills Song

Ask small groups of students to create a skit or dance to the refusal skills song and add a verse about pain meds:

*Pass, no thanks, not now!
I'm good!
Makes your brain grow like it
should!*

*Use your brakes, pick what to say.
Then, train your brain
To turn away!*

Skills Challenge

Scenario #1: If someone offers to give you their leftover pain meds that they did not use after their surgery, what would you tell them?

Scenario #2: If you were at a sleepover and your friend's older teenage brother or sister were using abusing opioids and pressured you to try them, what would you do?

Scenario #3: If you knew that a parent or loved one had a problem with pain pends, who would you go to for help?