



Hello.

Thank you for choosing to teach your students about the importance of substance use prevention.

We hope that with this guide, you will feel supported in educating your students about this important information.

As you may know, substance use continues to threaten the safety and well-being of our community. So many adults and children in Monterey County have been affected by substance use, and overdoses continue to rise at alarming rates.

Our mission is to change the beliefs and behaviors surrounding substance use, by educating your students on how substance use awareness can make a significant difference and potentially save their life or the life of someone they know.

Our goal is to:

- Decrease the number of overdoses in our community
- Reduce the overall risk of substance use
- Build a stronger and healthier community

The Monterey County Office of Education has partnered with Montage Health's Prescribe Safe program to provide substance use prevention education in our middle and high schools, through this tailored curriculum.

Below is the Teacher's Guide to the web-based substance use awareness education curriculum. The lesson plan promotes substance use awareness, addresses the effects of substance use, and provides students with tools to say no and ways to take action.

At the beginning of the lesson plan, there is a link to a survey — this information helps us track the number of schools and students who have participated and collect feedback to support continuous curriculum improvement. Once you have implemented the curriculum, please complete the survey [here](#).

For questions regarding this education, please contact prescribesafe@montagehealth.org.

Thank you for providing this substance use prevention education to your students and helping to create a safer environment for Monterey County, together.

Montage Health Prescribe Safe

TEACHER'S GUIDE



SLIDE 1 — HEY, TEACHERS!

Thank you for teaching this module to your students. Once you complete this lesson, please click [HERE](#) to submit the survey.

Questions?

prescribesafe@montagehealth.org



SLIDE 2 — SUBSTANCE USE AWARENESS EDUCATION

Today we are going to be talking about a very important topic.

By show of hands, how many of you have learned about drugs or substance use?

ALLOW STUDENTS TO ANSWER

The term “drugs” is usually used to describe substances or chemicals that cause addiction that people buy on their own and use. In general, drugs are medications or substances that have a mental or physical effect on your body when you take them. Drugs can be ingested, smoked, injected, or absorbed through the skin.

KEY TAKEAWAY: A drug is a drug, whether you get it from your doctor, social media, or a friend.



SLIDE 3 — CLASS AGREEMENTS (PT. 1)

Before we continue, it's important that we follow these class agreements in order to have an effective class. What you learn today could save someone's life, so we need to take it seriously. [READ EACH AGREEMENT](#)



SLIDE 4 — CLASS AGREEMENTS (PT. 2)

Here are some more important class agreements. [READ EACH AGREEMENT](#)

Does anyone have any questions? [ALLOW STUDENTS TO ANSWER](#)



SLIDE 5 — WHAT ARE WE LEARNING?

In this lesson we are going to learn about...[READ EACH SECTION](#)



SLIDE 6 — REAL NUMBERS

Before we begin, I want you to be aware of some facts that might be helpful to know. These facts can help you make a more informed choice when it comes to substance use.

[READ EACH FACT](#)

By show of hands, did anyone already know these facts? What do these facts make you think about?

[ALLOW STUDENTS TO ANSWER](#)



SLIDE 7 — REAL TALK

Although those statistics can be scary and show how important this information is, in reality, substance use is not as common as we may think and most students are not using.

READ EACH FACT

We're sharing these facts so that you're aware of the risks and can protect yourself and your friends.



SLIDE 8 — KEY TERMS (PT. 1)

Here are some important key terms to know for our discussion today.

READ EACH KEY TERM



SLIDE 9 — KEY TERMS (PT. 2)

Here are some additional key terms to be aware of. READ EACH KEY TERM

Note: When you get to **stimulants**, you can read the key term and then say, "Although stimulants do not slow down body functions like others can, stimulants can still be fatal and can lead to violent outbursts, hallucinations, or self-harm."

Note: When you get to **depressants**, you can read the key term and then say, "Although depressants slow down messages between your brain and body, using a depressant to feel better for anxiety, for example, may actually make the anxiety worse."



SLIDE 10 — KEY TERMS (PT. 3)

Here are some additional key terms to be aware of. READ EACH KEY TERM



SLIDE 11 — THE BRAIN

From now until your mid-20s, your brain is still developing and growing. Using drugs now can slow this development and alter your brain chemistry, making it easier to become addicted to drugs and much more difficult to stop using later on.

EMPHASIZE THIS INFORMATION

KEY TAKEAWAY: Even if you don't drink or use drugs in excess, your brain is still developing and working hard to grow faster and stronger. That means it can be easily changed by the effects of all substances.

Can you think of some of the ways drugs can impact the brain that can show up in everyday life?

ALLOW STUDENTS TO ANSWER

KEY TAKEAWAY: It can become harder to concentrate or focus, harder to remember things, or even harder to control your emotions. EMPHASIZE THIS INFORMATION



SLIDE 12 — OPIOID CRISIS

The opioid epidemic, also known as the opioid crisis, is happening all over the world and is seriously impacting every state in America with more than 100,000 deaths per year. EMPHASIZE THIS INFORMATION



SLIDE 13 — OPIOIDS: THE #FACTS

Remember? Opioids are very strong drugs that block the brain's pain signals. Some examples of opioids are heroin, codeine, morphine, Norco, Vicodin, OxyContin, Percocet, and fentanyl. **READ EACH SECTION and EMPHASIZE THE MYTHS**

KEY TAKEAWAY: This drug can be very dangerous, and in reality, national surveys of youth find that 90 percent of teens do not take any kind of opioid. While most teens aren't using, it's important information to know and share with friends.



SLIDE 14 — THE DANGERS OF FENTANYL ARE REAL

One of the biggest reasons why you are receiving this lesson today is to let you know that fentanyl is very dangerous, and people your age have died from an overdose in Monterey County, so this lesson is for you, your friends, and your future. **EMPHASIZE THIS INFORMATION**



SLIDE 15 — FENTANYL: THE #FACTS

Remember? Fentanyl is a powerful and dangerous opioid drug that can be illegally made and deadly when too much is taken. Some other names for fentanyl are fent, fatty, blues, M30s, and percs. **READ EACH SECTION and EMPHASIZE THE MYTHS**



SLIDE 16 — FENTANYL: THIS IS A PENNY

Fentanyl is an **EXTREMELY STRONG** opioid used by medical providers to treat extreme pain. **It is 100x stronger than morphine.**

EMPHASIZE THIS INFORMATION

In comparison to the size of a penny (hold up a penny), this tiny amount of fentanyl can cause an overdose or even death. **Note:** Overdoses will be discussed later on in the lesson.



SLIDE 17 — WHAT DOES FENTANYL LOOK LIKE?

Fentanyl can hide anywhere, regardless of whether it was prescribed by a doctor, bought off the street, or received from a friend. These are all examples of fentanyl.

Does anyone see any photos of fentanyl that surprise them?

ALLOW STUDENTS TO ANSWER



SLIDE 18 — DID YOU KNOW? SUGAR PACKET, SLIDES 18–21

Fentanyl is administered safely in hospital settings at very low amounts or doses (hold up a sugar packet).

In a packet of fentanyl this size, how many patients do you think a doctor can treat?

ALLOW STUDENTS TO ANSWER

Note: A medical dose of fentanyl is only 100 micrograms, while a deadly dose of fentanyl is 2,000 micrograms.

In a packet this size of fentanyl, how many people do you think could die? **ALLOW STUDENTS TO ANSWER**

KEY TAKEAWAY: This drug is extremely powerful, and to put it into perspective, the size of a sugar packet is enough to medically treat 40,000 patients and enough to kill 2,000 people. That could be an entire school.

EMPHASIZE THIS INFORMATION





SLIDE 22 — DID YOU KNOW? PILL

A very small amount of fentanyl can lead to an overdose or death, and different pieces of a pill can be more deadly than others.

Let's say a group of people split one pill into four pieces — there will be a different amount of fentanyl in each piece, **and you don't know which piece you will get.** EMPHASIZE THIS INFORMATION

KEY TAKEAWAY: If you get drugs from a friend or social media, always assume it has fentanyl in it. EMPHASIZE THIS INFORMATION



SLIDE 23 — MEET NARCAN (NALOXONE)

Narcan (naloxone) nasal spray is an over-the-counter medicine used to treat an opioid overdose emergency. This medication works by rapidly reversing the opioid's effects and even works in reversing a fentanyl overdose. **Note:** You **do not** need a prescription to get Narcan.

KEY TAKEAWAY: Remember, due to the Good Samaritan Law, **you won't get in trouble** for helping someone during an emergency. EMPHASIZE THIS INFORMATION

What's more important, fear of getting in trouble or saving someone's life? If you think someone is having an overdose or needs help, what should you do? ALLOW STUDENTS TO ANSWER

Note: If time allows, naloxone video (7 min) can be played — click the [link](#) above the image in the slide.



SLIDE 24 — ACTIVITY: FENTANYL RECAP, SLIDES 24–28

Let's quiz your knowledge on what we've learned about fentanyl so far.

CLASS ACTIVITY: 2–3 minutes

READ EACH QUESTION AND ALLOW STUDENTS TO RESPOND BEFORE REVEALING THE ANSWERS.

ANSWERS: (1) True (2) None (3) True (4) 100



SLIDE 29 — VAPING: THE #FACTS

Vaping, also known as ends, pens, ghosts, and vaporizers, is the act of inhaling and exhaling vapor containing nicotine, cannabis, or other substances and chemicals.

READ EACH SECTION and EMPHASIZE THE MYTHS



SLIDE 30 — DID YOU KNOW? VAPING

Even if a vape product is advertised as a "healthier alternative" to traditional smoking, that doesn't mean it's safe for you or your lungs. READ EACH POINT

Did anyone know this? ALLOW STUDENTS TO ANSWER



SLIDE 31 — SIGNS OF SUBSTANCE USE

Here are some signs to know if someone around you is using drugs.

READ EACH POINT

KEY TAKEAWAY: National data says youth drug and alcohol use is generally declining year after year, **but it's still important to be able to tell if someone around you is using drugs.**



SLIDE 32 — WHY MIGHT SOMEONE USE?

It's important to know that someone may use substances **to try to feel**... happier, more comfortable, popular, or socially accepted, or **to try not to feel**... stress, frustration, self-doubt, or sleep issues.

What are some other reasons why someone might use?

ALLOW STUDENTS TO ANSWER



SLIDE 33 — WHAT HAPPENS IF YOU SAY YES? (PT. 1)

If you say yes to using drugs, the things you do while under the influence **could be posted on social media** for your friends or family to see, which can be embarrassing and very hurtful.

Have you ever thought about what might happen if you say yes?

ALLOW STUDENTS TO ANSWER

KEY TAKEAWAY: If you say yes to using drugs, your **mind could be negatively changed**, which can affect your behavior and the decisions you make.



SLIDE 34 — WHAT HAPPENS IF YOU SAY YES? (PT. 2)

If you say yes to drugs, you **could become addicted**, which can be extremely dangerous to your health and can negatively impact your life and your family.

If you say yes to using drugs, you could get drugs **laced with fentanyl**, which can cause an overdose or even death.

EMPHASIZE THIS INFORMATION

KEY TAKEAWAY: No one ever plans for these things to happen, and no one plans to become addicted, but sometimes someone only using drugs one or two times can become addicted.



SLIDE 35 — ACTIVITY: WHAT WOULD YOU DO? SLIDES 35–40

There may be situations where you feel pressured by a friend or someone you don't know.

If you were in a tricky situation, what would you do?

CLASS ACTIVITY: 3–5 minutes

READ EACH SCENARIO QUESTION AND SELECT A FEW STUDENTS TO ANSWER

Note: There are three different scenarios; however, all answers are correct. At the end of each scenario, after a few students have responded, you can respond with the answer below (each scenario will have the same answer).

ANSWERS: It depends! All answers are correct, but how you respond may depend on where you are, who you are with, and how comfortable or safe you feel in the moment.



SLIDE 41 — SAYING “NO”

Here are some ways to say “no” to yourself and “no” to others (red text).

Someone (green text) may be curious or tempted to try drugs or alcohol, but it’s better to be safe than sorry. If someone (black text) offers you drugs or alcohol, say “no.”

READ EACH QUESTION AND ANSWER

Note: If time allows, read all questions and “no” responses.



SLIDE 42 — WHAT CAN I DO NOW? SLIDES 42–43

Here are some ways you can be prepared.

Does anyone have any questions about what we’ve talked about?

ALLOW FOR STUDENTS TO ANSWER



SLIDE 44 — RESOURCES AND QUESTIONS

If anyone has any other questions about any of the topics we talked about today, you can contact Prescribe Safe by email at prescribesafe@montagehealth.org

KEY TAKEAWAY: If you or someone you know is dealing with a substance use disorder, you can **call 211** or **text CARE** or **YOUTH** to (831) 215-3342 for resources.

EMPHASIZE THIS INFORMATION



SLIDE 45 — THANK YOU

Good job, everybody. Thank you for listening to and participating in this presentation today and being respectful to one another.

KEY TAKEAWAY: Make **great decisions** now so you can have a great future later.

HAND OUT SUBSTANCE USE MATERIALS FOR EACH STUDENT TO TAKE HOME



SLIDE 46 — HEY, TEACHERS! (REMINDER)

Thank you for teaching this module to your students. Once you complete this lesson, please click [HERE](#) to submit the survey.

Questions? prescribesafe@montagehealth.org

SUBSTANCE USE INFORMATION

- Montage Health Prescribe Safe — montagehealth.org/prescribesafe
- California Department of Public Health — cdph.ca.gov
- National Institute on Drug Abuse — nida.nih.gov
- Overdose Prevention Network — nopn.org/resources
- Song for Charlie — songforcharlie.org
- The New Drug Talk — songforcharlie.org/the-new-drug-talk

MONTAGE HEALTH PRESCRIBE SAFE RESOURCES

- Substance use guide — [ENGLISH](#) | [SPANISH](#)
- What is fentanyl? — [ENGLISH](#) | [SPANISH](#)
- Myths about marijuana — [ENGLISH](#) | [SPANISH](#)
- Talk to your teen about drugs — [ENGLISH](#) | [SPANISH](#)
- How to identify and reverse an overdose — [ENGLISH](#) | [SPANISH](#)
- Nasal naloxone (Narcan) training video — [ENGLISH](#) | [SPANISH](#)
- Substance use services — [ENGLISH](#) | [SPANISH](#)
- *Let's Start Talking* (booklet for middle school parents) — [ENGLISH](#) | [SPANISH](#)
- *Let's Talk* (booklet for high school parents) — [ENGLISH](#) | [SPANISH](#)
- Good samaritan tip card — [ENGLISH](#) | [SPANISH](#)
- Monterey County safe medication disposal sites — [ENGLISH](#) | [SPANISH](#)
- Free naloxone in Monterey County — [ENGLISH](#) | [SPANISH](#)

For questions regarding this substance use awareness education or substance use information, please contact Montage Health Prescribe Safe at prescribesafe@montagehealth.org.



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