This is Not About Drugs

Youth Program to **Prevent Opioid Substance Use** and Educate on the **Risks of Fentanyl**

This is Not About Drugs (TINAD) is a universal program that addresses youth substance use with an emphasis on opioids (prescription pain medication, fentanyl and heroin). Used by school and community partners in 36+ U.S. states to prevent opioid substance use, educate on the risks of fentanyl, how to recognize opioid overdose symptoms, the basics of the opioid reversal drug naloxone (NARCAN), the importance of calling 911, and more.

Developed in 2015 - Annual Updates to Meet Current Conditions

Over the years, the program has remained current to the health crisis trends and conditions. For example, TINAD expanded to include how to recognize opioid overdose symptoms, the basics of the opioid reversal drug naloxone (NARCAN), the importance of calling 911, the rise in synthetic opioids (fentanyl), and the practice of fentanyl-laced street drugs and counterfeit pills.

Educational Program Objectives / Outcomes

Youth will know and understand

- The risks of prescription pain drug misuse.
- How misuse can lead to addiction, fentanyl/heroin use, overdose, and death.
- How to recognize opioid overdose symptoms, basics of the opioid reversal drug Naloxone and the importance of calling 911 to get help for a person in need.
- Understand the disease of addiction and how it impacts the individual and their loved ones.
- Alternatives to using substances in dealing with life's stresses.
- Ways to ask for help and find available resources.

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Program Lesson

Pre-Survey Worksheet Activity	Guided Discussion and Film	Post-Survey Worksheet Activity	Youth Help and Support Handout

Program Approach

This is Not About Drugs is an open, honest discussion which follows a peer-to-peer program model and makes use of personal stories from 12 youth/young adults to educate and influence the decisions – or choices – someone makes about their own body and health.

Choices are the theme of the program and behind the program title – This is Not About Drugs.

- For students grades 6-12.
- Takes place in a classroom, small group setting.
- Aligns with most common health curriculum.
- Incorporates NIDA principals and risk/protective factors.
- Complements and strengthens evidence-based programs such as Botvin Lifeskills and Too Good for Drugs.
- Fits school time constraints.
- Companion parent and/or educator programming available.

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This lesson is something every school should consider educating students about the dangers of opioids and how this epidemic is impacting individuals and communities across the country. It's a relief knowing my students have this information and can make better decisions regarding their personal health and well-being.
— Middle School Teacher

The overall quality and content of this presentation is an excellent tool to raise awareness of teens and drug use, specifically prescription drug use, misuse, and abuse. Every teenager should be educated on this topic, and this presentation is an excellent method of delivering this information.
— High School Administrator

After Overdose Lifeline presented in our classroom, we had multiple students open up about experiences around drug culture/drug use and we were able to assist in finding students resources to assist.
— High School Teacher

I learned that drugs can really mess up someone's life. More than anyone thinks in the first place but listening to someone describe how hard it was to get through hit me in ways that are indescribable.
— Student

That practically any drug out there could really screw up your plans for life. If I want to do big things, I can't let something stupid like a little pill affect my grades, my goals, and my friendships/relationships.
— Student

If a family member is addicted, they don't not love you ... they're just in a mindset that's planted in them ... caused by the drugs and they can get better.
— Student

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