



OPIOIDS ARE A BIG YIKES

WHAT ARE OPIOIDS?

A compound resembling opium in addictive properties or physiological effects.

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and others.

WHAT DO OPIOIDS DO?



Opioids can restrict your ability to breathe when taken at a high dose, when misused, and can lead to a fatal overdose. The risk of respiratory depression (slowing or even stopping your breathing) increases if you have never taken an opioid before or if you are taking other medications/drugs that interact with the opioid.

HELLO
my name is

HAPPY PILLS	OXYCOTTON
OC	PERCS
OXY	VIKES



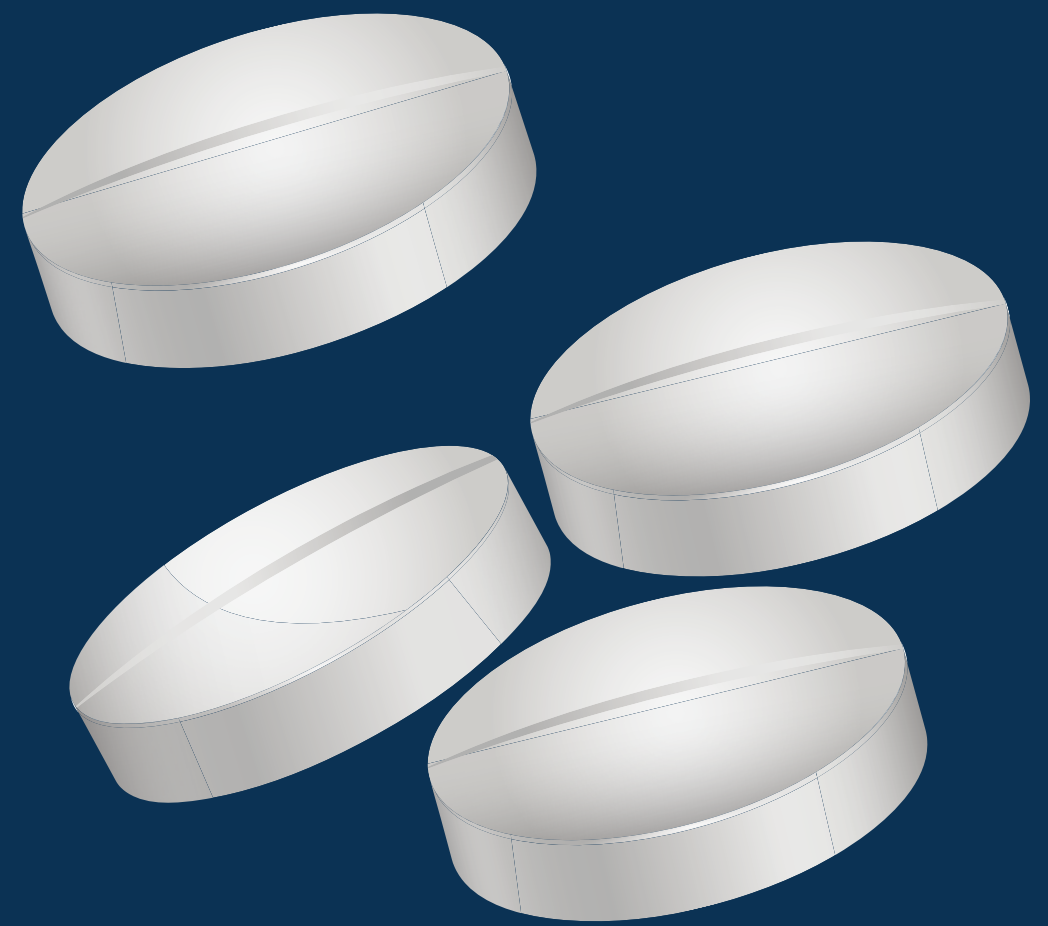
Extension
UtahStateUniversity





WHAT CAN THEY DO TO ME?

Opioids can make some people feel relaxed, happy or “high,” and can be addictive. Additional side effects can include slowed breathing, constipation, nausea, confusion, and drowsiness.



WHY SHOULD I AVOID OPIOIDS?

REGULAR USE OF THESE DRUGS CAN INCREASE YOUR TOLERANCE AND DEPENDENCE, REQUIRING HIGHER AND MORE FREQUENT DOSES.

IN SOME CASES, LONGER TERM USE OF OPIOIDS CAN LEAD TO ADDICTION OR OPIOID USE DISORDER (OUD) OR EVEN DEATH.



Extension
UtahStateUniversity





NO CAP, OPIOIDS KILL

Opioids are drugs often known by their street names, such as

happy pills, OC, oxy, oxycotton, percs, vikes, and fentanyl.

Avoid opioids that can make you feel happy or high, as these kinds of drugs can lead to addictive dependence or even a *fatal overdose.*



Extension
UtahStateUniversity





Is there ever a reason to USE OPIOIDS?

YES!



*Only use when **prescribed by your doctor**, after discussing other **options**, including the benefits and risks of **OPIOID USE**.*



Extension
UtahStateUniversity





OPIOIDS KILL. PERIOD.

The CDC reports:

*During 2020-21,
69,000 of the 93,000 overdose deaths
in the U.S. involved opioids.*

*Utah reported 622
people died of an opioid overdose in 2020.*

*Fentanyl and other illicit synthetic opioids continue to kill
across Utah and the U.S. in greater percentages.*



Extension
UtahStateUniversity





OPIOIDS ARE CRINGY

Dangers:

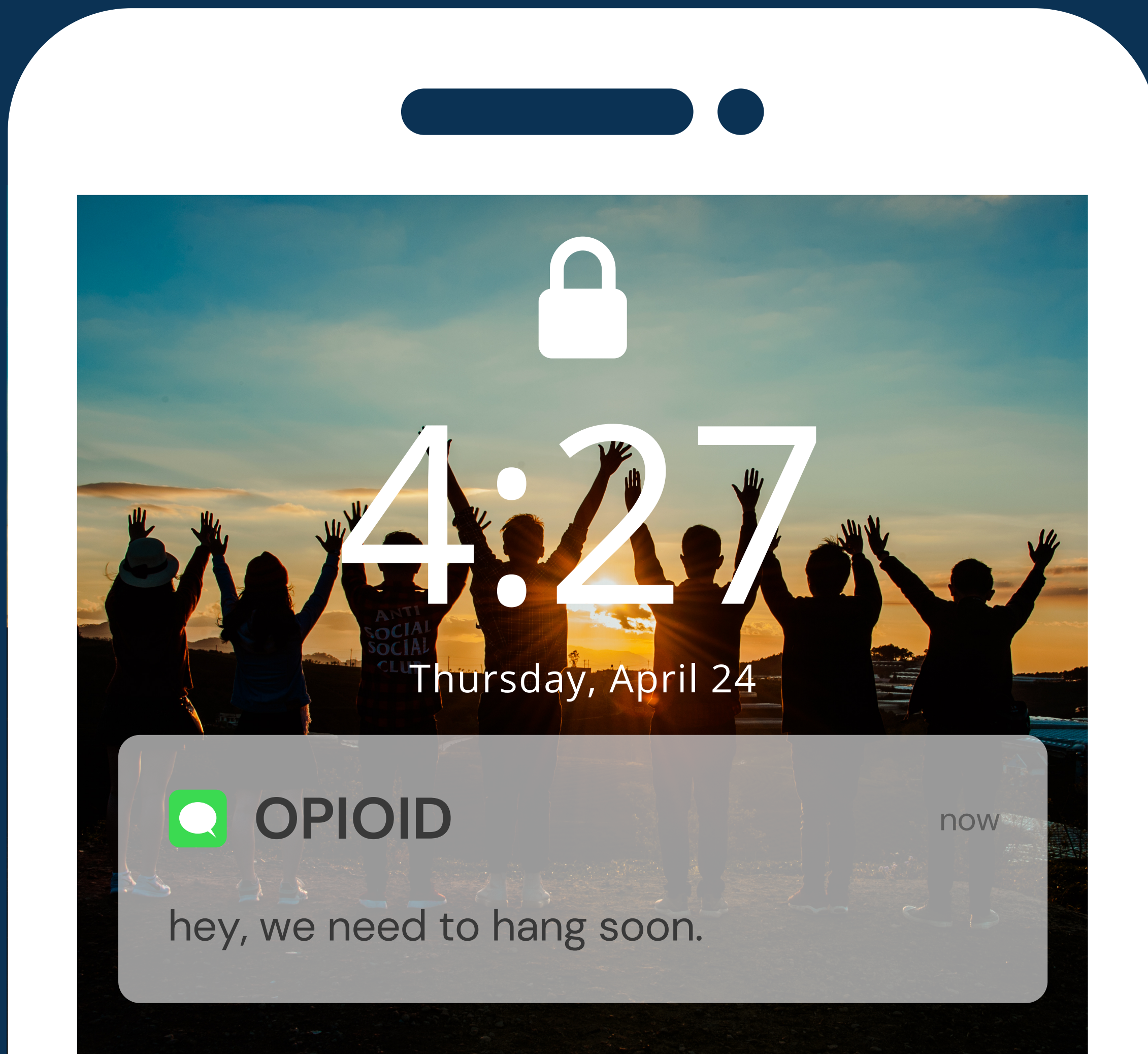
Regular use of these drugs can increase your tolerance and dependence, requiring **higher and more frequent doses.**

In some cases, longer term use of opioids can lead to **addiction or opioid use disorder (OUD).**



Extension
UtahStateUniversity





LEAVE OPIOID USE ON READ

CDC data shows

*4,777 youth ages 15-24 died of a fatal
opioid overdose in 2020.*



Extension
UtahStateUniversity



Youth Opioid Fact Sheets

The Story

The idea for these posters came from a collaboration between USU Extension Health and Wellness faculty and Alisha Wilkins, who works almost exclusively with Gen Z students in her role as the 4-H youth development coordinator in USU Extension. Alisha was consulted on the format that would appeal to our youth audience and informed us that the text-heavy format used for many adult fact sheets may be ineffective for youth.

To investigate, Alisha presented the same opioid facts and information highlights in mock-ups of a text document and as a colorful poster styled series of social media-compatible pages. They were presented to 4-H youth leaders ages 13-18 from a county in Utah. The youth were asked which format they would be most likely to read to obtain important information regarding opioids.

The youth selected this poster style messaging as the opioid information that they would be interested in reading. It was much preferred to the highlighted or bulleted "dense/intense" information on the other document. "Simple, colorful, with relatable language, and easy to read" was the direction recommended to engage other youth.

Our hope is that you use these posters to inform your youth about the dangers of opioid misuse.

Together, we can reduce youth OUD and deaths from the misuse of opioids.



Extension
UtahStateUniversity



Resources

NIH National Institute on Drug Abuse
Opioids Information
<https://www.drugabuse.gov/drug-topics/opioids>

NIH National Institute on Drug Abuse
Teens: Drug Use and the Brain
<https://teens.drugabuse.gov/teens>

Opioid Treatment Program (OTP) Directory
samhsa.gov

Find Treatment
<https://www.samhsa.gov/find-treatment>

Youth and Young Adults Resources from SAMHSA
<https://www.samhsa.gov/young-adults>

References

Ahmad, F. B., Rossen, L. M., Sutton P. (2021.) *Provisional drug overdose death counts*. National Center for Health Statistics.
<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

John Hopkins Medicine. (n.d.). *Opioid addiction*. The Johns Hopkins University. Retrieved February 20, 2020, from
<https://www.hopkinsmedicine.org/opioids/what-are-opioids.html>.

National Institute on Drug Abuse (n.d.-a). *Drug overdoses in youth*. National Institutes of Health, U.S. Department of Health and Human Services. Retrieved on May 24, 2021, from
<https://teens.drugabuse.gov/drug-facts/drug-overdoses-youth>.

National Institute on Drug Abuse (n.d.-b). *Drug facts*. National Institutes of Health, U.S. Department of Health and Human Services. Retrieved on July 14, 2021, from
<https://teens.drugabuse.gov/teens/drug-facts>.

National Vital Statistics System. (2021). *Provisional number drug overdose deaths products - vital statistics rapid release - provisional drug overdose data*. Centers for Disease Control.
<https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>



Extension
UtahStateUniversity

