

# TIPS for TEENS

## OPIOIDS

### THE TRUTH ABOUT OPIOIDS

**SLANG: O.C./OXY/PERCS/VIKE/M/MONKEY/  
WHITE STUFF/LEAN/SCHOOLBOY/SIZZURP/  
PURPLE DRANK/LOADS**

## GET THE FACTS

**OPIOIDS AFFECT YOUR BRAIN.** 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, hydrocodone, codeine, morphine, and many others.<sup>1</sup> They affect both the spinal cord and brain to reduce the intensity of pain-signal perception as well as brain areas that control emotion.<sup>2</sup> They can also affect the brain to cause euphoria or “high.”<sup>3</sup>

**OPIOIDS AFFECT YOUR BODY.** Opioids slow down the actions of the body, such as breathing and heartbeat. Even a single dose of an opioid can cause severe respiratory depression (slowing or stopping of breathing), which can be fatal; taking opioids with alcohol or sedatives increases this risk.<sup>4</sup>

**OPIOIDS ARE ADDICTIVE.** Even though heroin is highly addictive, more people struggle with addiction to prescription pain relievers.<sup>5</sup> Many young people who inject heroin report misuse of prescription opioids before starting to use heroin.<sup>6</sup>

**OPIOIDS CAN KILL YOU.** Drug overdose is the leading cause of accidental death in the United States, with 68,690 drug overdose deaths between March 2017 and March 2018.<sup>7</sup> More than 46,000 of those deaths involved opioids.<sup>8</sup>

**OPIOID ADDICTION IS TREATABLE.** Methadone, buprenorphine, and naltrexone are medications that are FDA-approved to treat opioid use disorder. For more information, visit <https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>.

## ? Q&A

**Q. MY DOCTOR PRESCRIBED ME OPIOIDS. DOESN'T THAT MEAN THEY'RE SAFE?**

**A.** Prescription opioids—when used long term or incorrectly—can cause the brain to become reliant on the drug and are addictive.<sup>9</sup>

**Q. IF I USE OPIOIDS, WILL I BECOME ADDICTED?**

**A.** Prescription opioids can cause physical dependence when used as directed or addiction if misused; illegal opioids such as heroin are also highly addictive. People who regularly use prescription opioids or heroin often develop tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects.<sup>10</sup>

### THE BOTTOM LINE:

Many people are prescribed opioids out of medical necessity, but opioids can still be dangerous and addictive. Even if someone is prescribed one of these medications—such as hydrocodone, oxycodone, and morphine—misuse of these substances is rampant. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

### LEARN MORE:

Get the latest information on how drugs affect the brain and body at [teens.drugabuse.gov](https://teens.drugabuse.gov).

### TO LEARN MORE ABOUT OPIOIDS, CONTACT:

**SAMHSA**  
**1-877-SAMHSA-7 (1-877-726-4727)**  
(English and Español)

**TTY 1-800-487-4889**  
**[www.samhsa.gov](https://www.samhsa.gov)**  
**[store.samhsa.gov](https://store.samhsa.gov)**



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



# BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** Heroin is illegal and addictive.<sup>11</sup> If you are caught with prescription opioids that are not yours, you can be imprisoned, fined, or both.<sup>12</sup>
- 2 KNOW THE RISKS.** Using opioids repeatedly can lead to higher tolerance.<sup>13</sup> Other risks include addiction and overdose death.
- 3 LOOK AROUND YOU.** A recent study found that 38.5 percent of the people who misused prescription pain relievers got them from a friend or relative for free; 34.6 percent were prescribed the medication by one doctor.<sup>14</sup>



## KNOW THE SIGNS

How can you tell if a friend is using opioids?

Side effects of opioid use include:<sup>15</sup>

- **Constipation, nausea, vomiting, and dry mouth;**
- **Sleepiness and dizziness;**
- **Confusion;**
- **Decreased breathing; and**
- **Itching and sweating.**

Behavioral signs and symptoms of opioid addiction include:<sup>16</sup>

- **A change in peer group;**
- **Carelessness with grooming;**
- **Decline in academic performance;**
- **Missing classes or skipping school;**
- **Loss of interest in favorite activities;**
- **Changes in eating or sleeping habits; and**
- **Deteriorating relationships with family and friends.**



## WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING OPIOIDS?

### BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop using or seek help from a parent, teacher, or other caring adult.

**For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA's National Helpline at:**

**1-800-662-HELP (1-800-662-4357)** or visit the SAMHSA Behavioral Health Treatment Services Locator at [findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

<sup>11</sup> National Institute on Drug Abuse. (2018). Opioids. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>12</sup> National Institute on Drug Abuse. (2018). Misuse of Prescription Drugs. Retrieved from <https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

<sup>13</sup> U.S. Department of Health and Human Services. (2014). The Facts About Buprenorphine. Retrieved from <https://store.samhsa.gov/system/files/sma14-4442.pdf>

<sup>14</sup> Jones, C. M., Paulozzi, L. J., & Mack, K. A. (2014). Alcohol involvement in opioid pain reliever and benzodiazepine drug abuse-related emergency department visits and drug-related deaths - United States, 2010. *Morbidity and Mortality Weekly Report*, 63(40), 881-885. Retrieved from <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6340a1.htm>

<sup>15</sup> Center for Behavioral Health Statistics and Quality. (2017). Medications for Opioid Use Disorder. Retrieved from <https://store.samhsa.gov/system/files/sma18-5063pt2.pdf>

<sup>16</sup> National Institute on Drug Abuse. (2018). Prescription opioids and heroin. *Research Report Series*. Retrieved from <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

<sup>17</sup> National Center for Health Statistics (NCHS). (2018). Provisional Drug Overdose Death Counts. Retrieved from <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

<sup>18</sup> National Institute on Drug Abuse. (2018). Opioid Overdose Crisis. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

<sup>19</sup> National Institute on Drug Abuse. (2018). What is heroin? *Drug Facts*. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/heroin>

<sup>20</sup> U.S. Department of Justice & Drug Enforcement Administration. (2015). *Drugs of abuse: A DEA resource guide*. Retrieved from [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)

<sup>21</sup> Addiction.com. (2015). Before You Share That Pain Medication. Retrieved from <https://www.addiction.com/12040/before-you-share-that-pain-medication/>

<sup>22</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2016). Opioids. Retrieved from <https://www.samhsa.gov/atod/opioids>

<sup>23</sup> Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*. Retrieved from <https://www.samhsa.gov/data/report/2017-nsduh-annual-national-report>

<sup>24</sup> Centers for Disease Control and Prevention. (2017). Opioid Overdose. Retrieved from <https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

<sup>25</sup> National Institute on Drug Abuse. (2014). *Principles of adolescent substance use disorder treatment: A research-based guide*. Retrieved from <https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-are-signs-drug-use-in-adolescents-what-role-can-parents-play-in-getting-treatment>



Behavioral Health

**For information on substance use disorder treatment services in San Bernardino County call (909) 421-4601 (711 for TTY users) or visit [www.sbcounty.gov/DBH](http://www.sbcounty.gov/DBH)**

## MORE INFORMATION



**FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS "TIPS for TEENS," visit [store.samhsa.gov](http://store.samhsa.gov) or call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).**  
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# CONSEJOS para JÓVENES

## OPIOIDES

### LA VERDAD DE LOS OPIOIDES

## OBTEN LA VERDAD

**LOS OPIOIDES AFECTAN TU CEREBRO.** Opioides son una clase de drogas que incluyen la heroína de drogas ilegales, opioides sintéticos como el fentanilo y analgésicos disponibles legalmente con receta, como oxicodona, hidrocodona, codeína, morfina y muchos otros.<sup>1</sup> Afectan tanto la médula espinal como el cerebro para reducir la intensidad de la percepción de la señal de dolor, así como las áreas del cerebro que controlan las emociones.<sup>2</sup> También pueden afectar el cerebro y causar euforia.<sup>3</sup>

**LOS OPIOIDES AFECTAN TU CUERPO.** Los opioides disminuyen las acciones del cuerpo, como la respiración y los latidos del corazón. Incluso una sola dosis de un opioide puede causar depresión respiratoria severa (disminución o interrupción de la respiración), que puede ser fatal; tomar opioides con alcohol o sedantes aumenta este riesgo.<sup>4</sup>

**LOS OPIOIDES SON ADICTIVOS.** Aunque la heroína es altamente adictiva, más personas luchan con la adicción a los analgésicos recetados.<sup>5</sup> Muchos jóvenes que se inyectan heroína informan el uso indebido de opioides recetados antes de comenzar a usar heroína.<sup>6</sup>

**LOS OPIOIDES PUEDEN MATARTE.** La sobredosis de drogas es la principal causa de muerte accidental en los Estados Unidos, con 68,690 muertes por sobredosis de drogas entre marzo de 2017 y marzo de 2018.<sup>7</sup> Más de 46,000 de esas muertes involucraron opioides.<sup>8</sup>

**LA ADICCIÓN A LOS OPIOIDES ES TRATABLE.** La metadona, la buprenorfina y la naltrexona son medicamentos aprobados por la Administración de Alimentos y Drogas (FDA) para tratar el trastorno por consumo de opioides. Para más información, visita <http://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>.

## ? PREGUNTAS & RESPUESTAS

- P. MI MÉDICO ME RECETÓ OPIOIDES. ¿ESO NO SIGNIFICA QUE ESTAN A SALVO?**
- R.** Los opioides recetados, cuando se usan a largo plazo o de manera incorrecta, pueden hacer que el cerebro se vuelva dependiente de la droga y sean adictivos.<sup>9</sup>

- P. ¿SI USO OPIOIDES, ME VOLVERÉ ADICTO(A)?**
- R.** Los opioides recetados pueden causar dependencia física cuando se usan según las indicaciones o adicción si se usan incorrectamente; los opioides ilegales como la heroína también son altamente adictivos. Las personas que usan regularmente opioides recetados o heroína a menudo desarrollan tolerancia, lo que significa que necesitan dosis más frecuentes de la droga para obtener los efectos deseados.<sup>10</sup>

### LA CONCLUSIÓN ES QUE:

A muchas personas se les recetan opioides por necesidad médica, pero los opioides aún pueden ser peligrosos y adictivos. Incluso si a alguien le recetan uno de estos medicamentos, como la hidrocodona, la oxicodona y la morfina, el uso indebido de estas sustancias es desenfrenado. Habla con tus padres, un médico, un consejero, un maestro u otro adulto de tu confianza si tienes alguna pregunta.

### OBTÉN MÁS INFORMACIÓN

Obtén la información más reciente sobre como las drogas afectan el cerebro y el cuerpo en: **teens.drugabuse.gov**.

### PARA OBTENER MÁS INFORMACIÓN DEL USO DE OPIOIDES, COMUNÍCATE CON:

#### SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)

(inglés y español)

TTY 1-800-487-4889

[www.samhsa.gov](http://www.samhsa.gov)

[store.samhsa.gov](http://store.samhsa.gov)



**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



Behavioral Health

Para más información sobre los servicios de abuso de sustancias en el condado de San Bernardino, llama al (909) 421-4601 (o 711 para usuarios de TTY) o visita [www.sbcounty.gov/DBH](http://www.sbcounty.gov/DBH)



## ¡ANTES DE ARRIESGARTE!

**CONOCE LA LEY.** La heroína es ilegal y adictiva.<sup>11</sup> Si te agarran con opioides recetados que no son tuyos, puedes ser encarcelado, multado o ambos.<sup>12</sup>

**CONOCE LOS RIESGOS.** Usar opioides repetidamente puede conducir a una mayor tolerancia.<sup>13</sup> Otros riesgos incluyen la adicción y la muerte por sobredosis.

**MIRA A TU ALREDEDOR.** Un estudio reciente encontró que el 38.5 por ciento de las personas que usaron mal los analgésicos recetados los obtuvieron de un amigo (a) o familiar de forma gratuita; El 34.6 por ciento recibió la medicación de un médico.<sup>14</sup>



## CONOCE LAS SEÑALES

¿Cómo puedes saber si un amigo está usando opioides?

Los efectos secundarios del uso de opioides incluyen:<sup>15</sup>

- Estreñimiento, náuseas, vómitos y boca seca;
- Somnolencia y mareos;
- Confusión;
- Disminución de la respiración y
- Picazón y sudoración

Los signos y síntomas de comportamiento de la adicción a los opioides incluyen:<sup>16</sup>

- Un cambio en el grupo de soporte entre personas;
- Descuido con el aseo;
- Disminución en el rendimiento académico;
- Faltar a clases o faltar a la escuela;
- Pérdida de interés en actividades favoritas;
- Cambios en los hábitos alimenticios o de sueño; y
- Deterioro de las relaciones con familiares y amigos.



## ¿QUÉ PUEDES HACER PARA AYUDAR A ALGUIEN QUE ESTÁ USANDO OPIOIDES?

### SE UN AMIGO.

Sé un amigo(a), salva una vida. Anima a tu amigo(a) a dejar de usar o busca ayuda de un padre, maestro u otro adulto que se preocupe.

Para información gratuita y confidencial las 24 horas del día/7 días a la semana, y referencias en inglés y español, llama a la Línea de Ayuda Nacional de SAMHSA al:

**1-800-662-HELP (1-800-662-4357)**

o visita la página de los Servicios SAMHSA de Tratamiento de Salud Mental:

[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)

1 National Institute on Drug Abuse. (2018). Opioids. Retrieved from

<https://www.drugabuse.gov/drugs-abuse/opioids>

2 National Institute on Drug Abuse. (2018). Misuse of Prescription Drugs. Retrieved from

<https://www.drugabuse.gov/publications/research-reports/misuse-prescription-drugs/which-classes-prescription-drugs-are-commonly-misused>

3 U.S. Department of Health and Human Services. (2014). The Facts About

Buprenorphine. Retrieved from <https://store.samhsa.gov/system/files/sma14-4442.pdf>

4 Jones, C. M., Paulozzi, L. J., & Mack, K. A. (2014). Alcohol involvement in opioid pain reliever and benzodiazepine drug abuse-related

emergency department visits and drug-related deaths - United States, 2010.

Morbidity and Mortality Weekly Report, 63(40), 881-885. Retrieved from

<https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6340a1.htm>

5 Center for Behavioral Health Statistics and Quality. (2017). Medications for

Opioid Use Disorder. Retrieved from <https://store.samhsa.gov/system/files/sma18-5063pt2.pdf>

6 National Institute on Drug Abuse. (2018). Prescription opioids and heroin.

Research <https://www.drugabuse.gov/publications/research-reports/relationship-between-prescription-drug-heroin-abuse/prescription-opioid-use-risk-factor-heroin-use>

7,8 National Center for Health Statistics (NCHS). (2018). Provisional Drug

Overdose Death Counts. Retrieved from <https://www.cdc.gov/nchs/nvss/vsrr/drug-overdose-data.htm>

9 National Institute on Drug Abuse. (2018). Opioid

Overdose Crisis. Retrieved from <https://www.drugabuse.gov/drugs-abuse/opioids>

10 National Institute on Drug Abuse. (2018). What is heroin? Drug Facts. Retrieved from

<https://www.drugabuse.gov/publications/drugfacts/heroin>

11 U.S. Department of Justice & Drug Enforcement Administration. (2015). Drugs of

abuse: A DEA resource guide. Retrieved from [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)

12 Addiction.com. (2015). Before You Share That Pain Medication. Retrieved from

<https://www.addiction.com/12040/before-you-share-that-pain-medication/>

13 Substance Abuse and Mental Health Services Administration (SAMHSA). (2016).

Opioids. Retrieved from <https://www.samhsa.gov/atod/opioids>

14 Substance Abuse and Mental Health Services Administration, Center for

Behavioral Health Statistics and Quality. (2018). Key substance use and mental

health indicators in the United States: Results from the 2017 National Survey on

Drug Use and Health. Retrieved from <https://www.samhsa.gov/data/report/2017-nsduh-annual-national-report>

15 Centers for Disease Control and Prevention. (2017). Opioid Overdose. Retrieved from

<https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

16 National Institute on Drug Abuse. (2014). Principles of adolescent substance use

disorder treatment: A research-based guide. Retrieved from

<https://www.drugabuse.gov/publications/principles-adolescent-substance-use-disorder-treatment-research-based-guide/frequently-asked-questions/what-are-signs-drug-use-in-adolescents-what-role-can-parents-play-in-getting-treatment>

## MÁS INFORMACIÓN



PARA MÁS INFORMACIÓN O PARA LOS RECURSOS UTILIZADOS EN ESTE "CONSEJO PARA JÓVENES," Visita [store.samhsa.gov](http://store.samhsa.gov) o llama al 1-877-SAMHSA-7 (1877-726-4727) (inglés y español). PEP NO. 19-08 REVISED 2019