



BEFORE YOU RISK IT!

- 1 KNOW THE LAW.** Heroin is illegal and addictive.¹¹ If you are caught with prescription opioids that are not yours, you can be imprisoned, fined, or both.¹²
- 2 KNOW THE RISKS.** Using opioids repeatedly can lead to higher tolerance.¹³ 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.¹⁴



KNOW THE SIGNS

How can you tell if a friend is using opioids?

Side effects of opioid use include:¹⁵

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

Behavioral signs and symptoms of opioid addiction include:¹⁶

- 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

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

¹² 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>

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

¹⁴ 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>

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

¹⁶ 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>

¹⁷ 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>

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

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

²⁰ 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

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

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

²³ 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>

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

²⁵ 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>

MORE INFORMATION

SAMHSA

Substance Abuse and Mental Health Services Administration

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS "TIPS for TEENS," visit store.samhsa.gov or call 1-877-SAMHSA-7 (1-877-726-4727) (English and Español).

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