

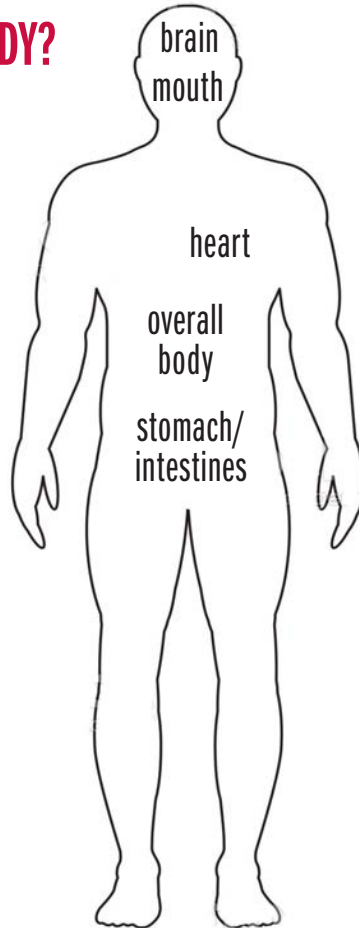
# THE EFFECTS OF OPIOIDS

## PART 1

Even when used correctly, as prescribed by a doctor, long-term opioid use can be hard on the body. When opioids are misused or abused, the negative impacts can become even greater and can lead to death. Read the list of side effects of long-term opioid use. Draw a line from each side effect to the part of the body that would be impacted.

### WHERE DO OPIOIDS IMPACT THE BODY?

- constipation
- nausea
- dry mouth
- confusion
- sleepiness
- dizziness
- itching
- sweating
- vomiting
- reduced strength and energy
- slowed breathing and heart rate



### OPIOID DEPENDENCE DANGERS

- Drug tolerance**  
 As the body gets used to the drug, it might require taking more of the drug for the same pain relief over time.
- Physical dependence**  
 The body develops a need for the drug, which causes symptoms of withdrawal when the medication is stopped.
- Withdrawal symptoms**  
 People trying to quit using opioids can also experience severe symptoms that require medical assistance. It's not pretty. Symptoms include bone and muscle pain, cold flashes, uncontrollable leg movements, diarrhea, and vomiting.\*

## PART 2

Opioids are easy to misuse, and misuse can easily become a powerful, dangerous addiction. *Addiction* is marked by a change in behavior caused by biochemical changes in the brain after continued substance abuse. *Dependence* refers to a physical dependence on a substance.

Who can you turn to if opioids or other drugs become a problem for you or someone you love?

Fill in this chain of support with people, phone numbers, and websites that can help you. Start with your school nurse, teachers, or counselors. Also check for local or state health department hotlines or programs to help with quitting like Nar-anon or al-anon/alateen programs that might be available. Remember, if you need help, keep asking until you get the help you need.

**1-800-662-HELP (4357)**  
 24/7, 365 days a year help  
 in English and Spanish from  
 the US Substance Abuse  
 and Mental Health Services  
 Administration Hotline

\* drugabuse.gov/publications/drugfacts/prescription-opioids