



Vocabulary List

Name	Definition
Opioid	Opioids are a type of drug used to manage and relieve pain. They work by binding, or attaching, to nerve receptors in the brain, spinal cord, and other organs.
Prescription opioids	Prescription opioids are medications prescribed by doctors, usually following surgeries or injuries or as part of cancer treatment. These opioids are made in official labs that are highly controlled, making the amount of medicine in each pill exactly the same across all pills. They are prescribed by doctors and given out by pharmacies.
Illicit opioids	Illicit (unregulated) opioids may be sold on the streets, social media, or peers. Sometimes, these are prescription opioids that are sold illicitly, but more often, they are created in uncontrolled environments. In these environments, it may be impossible to predict exactly how strong the opioids are or what else they may be contaminated with, making these substances extremely risky.
Habit-forming	Opioids can be habit-forming or addictive, especially if they're misused, like being taken in large doses, too often, or to get high.
SUD	A substance use disorder (SUD) is a treatable, chronic disease characterized by a cluster of cognitive, behavioral, and physiological symptoms indicating that the individual continues using the substance despite significant substance-related problems (Centers for Disease Control and Prevention, 2024a).
Peer pressure	Not all peer pressure is bad. Teens need to learn to recognize the difference between healthy and unhealthy peer pressure. When they use their influence to encourage friends to be healthy and safe, they are practicing healthy, or beneficial peer pressure.
Protective factors	<p>Protective factors help buffer youth from risky behaviors, including substance use. Some common protective factors for youth are:</p> <p>Parent or family engagement – Teens who are frequently engaged in healthy connections with their families may be less inclined to use substances.</p> <p>Family support – Teens who feel they have support from their families and can ask them for help if needed may be less likely to overdose or succumb to peer pressure.</p> <p>Parental monitoring – Parents who are engaged with their children can identify unhealthy behaviors and provide support to prevent further risk.</p> <p>School connectedness: Friends and staff at school act as another support system to teens.</p> <p>Parental influence: Parents should model healthy behaviors around substance use for their teens, including moderation, not engaging in risky activities, and being willing</p>

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	to have open conversations about substance use. (Centers for Disease Control and Prevention, 2024b)
SUD Risk factors	<p>Some common SUD risk factors are:</p> <p>Mental health – Teens experiencing unmanaged stress, anxiety, depression, or emotional pain may seek out pills to self-medicate. They are likely to use alone.</p> <p>Physical pain – Teens who are injured or experiencing untreated physical pain may seek out pills to self-medicate.</p> <p>Peer pressure – Teens may feel pressured to experiment in social settings with peers who are drinking, taking pills, or using other drugs.</p>
Opioid overdose	When someone is experiencing an opioid overdose, they can appear to be sleeping, but they cannot wake up, even when they're shaken or yelled at. Their breathing may be slow or shallow, or they could stop breathing. Their skin may begin to turn blue, gray, or purple because they're not getting enough oxygen. They will also have pinpoint pupils. If someone is experiencing an opioid overdose, it is important to start CPR, administer naloxone (if available), and call 911 as soon as possible.
Naloxone	<p>Naloxone is a life-saving medication that reverses opioid overdoses. It is available as a nasal spray (e.g., Narcan), auto-injector nasal spray (e.g., Evzio), and intramuscular injection (e.g., Zimhi).</p> <p>Naloxone blocks the effects of opioids. It helps reverse an opioid overdose to wake someone up. Naloxone has no effect on someone who is not on opioids and will not cause harm to a person of any age or who is pregnant. It does not work to treat the effects of other drugs or alcohol.</p> <p>Anyone can use it! It's simple, safe, and legal. You can read the easy-to-follow instructions on the box or watch online training videos. Please note that if an individual has overdosed and is not breathing or has shallow breathing, it is also important to perform CPR and call 911 in addition to administering naloxone.</p>
Good Samaritan Law	In Washington state, the Good Samaritan law protects people who have overdosed and those who assist them from prosecution for simple drug possession. Similar laws exist across the country. Before these laws existed, many people wouldn't call 911 for help with an overdose. They were afraid of getting in trouble for having drugs. The goal of the Good Samaritan law is for people to feel secure calling 911 for help in the event of an overdose.

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References

Centers for Disease Control and Prevention. (2024a). Treatment of substance use disorders. Overdose prevention. <https://www.cdc.gov/overdose-prevention/treatment/index.html>

Centers for Disease Control and Prevention. (2024b). Substance use among youth. Reducing health risks among youth. <https://www.cdc.gov/youth-behavior/risk-behaviors/substance-use-among-youth.html>

