



## SACY Fentanyl Video (2018)

### Discussion Guide

The SACY Fentanyl video (2018) presents a lot of information in under 5 minutes. It can be easy to miss some of the key points. The following Discussion Ideas seek to help extend the learning.

Keep in mind:

- \* you may wish to play the entire video more than once, and/or stop and start portions of the video, as you work through the Discussion Ideas.
- \* Most likely, there are too many Discussion Ideas for one session. Consider selecting beforehand which ones you will try out.

### Discussion Ideas

#### Before viewing the video:

It can be useful to ask students, in advance of showing the film, to watch for specific content. Some examples might be:

- Watch for when the video speaks about three groups of people. We will discuss afterwards
- What does the video say about how to stay safe?
- Consider how someone might determine their own risk?
- The video briefly mentions cookies and granola bars. See if you can determine why.

#### After viewing the video:

In order to encourage student engagement try inviting overall impressions first then move to questions that are more specific.

**TIP:** "think – pair – share" can be effective to aid each student to think, as opposed to receiving responses from only the most verbal students.

Think: each student ponders the question in her or his own mind.

Pair: each student turns to a neighbour to share what their thinking about the question(s).

Share: the leader invites a sampling of students who wish to do so to share their responses with the whole group.

A) Overall response (using open ended questions)

- ✓ What stood out for you? What had the most impact?
- ✓ So....what do you think? What did you feel?
- ✓ What do you like? What (if anything) would you change?

B) Some specifics

- ✓ What is the purpose of fentanyl and where are the different places it can be found?
- ✓ What did the video say about the strength or potency of fentanyl? Why it is hard to detect? What are the problems in testing drugs for the presence of fentanyl?
- ✓ What is accidental overdose? Can it be prevented? If yes, how? If no, why not?
- ✓ What is tolerance? Why does it matter?

C) Cookies and granola bars

- ✓ What were the chocolate chip cookies illustrating?
- ✓ If no two pills have the same amount of fentanyl, why is that important information to know?

The video asks us to imagine that 80% of peanut-free granola bars are contaminated with peanuts.

- ✓ If that were true what are 2 or 3 things we could do: As an individual? As a family? As a school community? Be specific.

D) Three groups

- ✓ Can you recall the three groups of users who could be involved with illicit drug use? What were the characteristics of each group?
- ✓ Do you think some people move between groups?
- ✓ Can you think of things that protect and/or things that put people at risk in each of the three groups? Explain your answer.
- ✓ Which group is most likely to include people your age?
- ✓ The Narrator in the film says “Inexperienced users are not prepared for how any one substance might react with their unique bodies”. What does that mean? Why is that important?

E) Drug source

- ✓ What is meant by “drug source”?
- ✓ “Trusting your source isn’t enough to protect you” yet if a drug user’s source is a friend or someone they have bought drugs from many times before, is it true that they cannot trust the drugs they get from them now? Discuss why you answered the way you did.

F) Things to do to keep safe

The film lists four things we can do “to start to keep yourself safe”:

- a. Inform our decisions
  - b. Use our critical thinking skills
  - c. Weigh the risks
  - d. Talk with people we trust
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- ✓ Can you provide two examples of how specifically you could carry out each of these four actions?
  - ✓ What does it mean to use our critical thinking skills? What is needed in order to do that?
  - ✓ How can a person learn about the risks in order to “weigh” them?
  - ✓ What is it about talking with people we trust that can be helpful?

G) Reducing the chance of accidental overdose

The film states that avoiding the use of pills and powders is the best way to stay safe. Explore with students why this is the safest route? Talk about why people may choose not to use substances? Consider how difficult it is to not use substances? How might it be for someone from each of the three groups described in the video to avoid using?

Discuss how and when, avoiding use is a socially desirable and acceptable behaviour e.g. even adults who use alcohol generally avoid using when driving, pregnant, on other medications, needing to focus, etc.

The video also indicates that for those who do use pills and powders the following four steps are ways to help prevent an accidental overdose:

- a. Have someone else around. Do not use alone.
  - b. Use one substance at a time. Do not mix drugs, including alcohol.
  - c. Go slowly, being aware of your health and tolerance levels
  - d. Have naloxone on hand.
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- ✓ Explain what each of the above four things mean. Give an example.
  - ✓ Discuss: Using substances involves risks. There is no perfect way to stop all overdoses but these four strategies can help because.....(fill in the blank. Ask students to explain how these 4 strategies reduce the chances of an overdose)...

H) Signs of an Overdose and Calling 911

- ✓ Can you recall the three signs of an overdose presented in the video?

- ✓ If someone is lying on the floor, not moving, do you think people generally check on them? what are some of the assumptions that go along with someone being unconscious? and are they likely to determine whether this is an overdose? Why or why not?
- ✓ What might cause you to be fearful to call 911? How might people respond if you were the person who called 911?
- ✓ What does the Good Samaritan law mean? Why is it an important law?

l) General summary and closure

- ✓ Ask the students if they have questions or comments.
- ✓ Distribute a list of current fentanyl related resources.
- ✓ Stress to young people that all of us are impacted directly or indirectly by the opioid overdose crisis. Hand out a list of where to get help or who to talk to for additional supports.

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For more information:  
SACY [www.vsb.bc.ca/sacy](http://www.vsb.bc.ca/sacy)

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