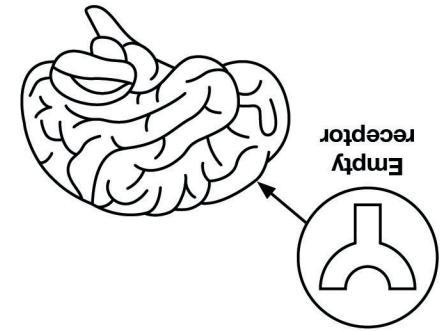
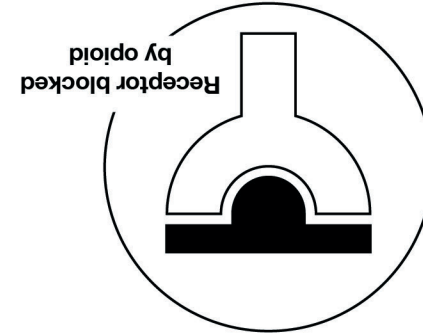




1. They Stick

Opioids are drugs that stick to special parts of cells in the brain, spine, and other parts of the body. These areas help control pain and feelings of pleasure.

HOW DO OPIOIDS AFFECT THE BRAIN?



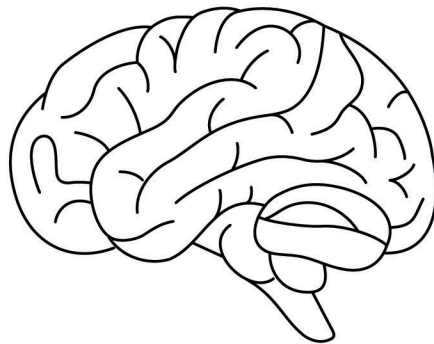
2. They Block

When opioids attach to parts of the brain, they stop pain messages from reaching the brain and cause the brain to release a lot of a chemical called dopamine, which makes people feel very good. This good feeling can make people want to take the drug again.

- WHAT CAN HAPPEN IF YOU TAKE OPIOIDS?**
1. Slowed Breathing
 3. Confusion
 3. Constipation
 4. Drowsiness
 5. Nausea



HOW SUBSTANCES AFFECT THE BRAIN



A POCKET GUIDE



What are opioids?

Opioids are pain-relieving drugs that block pain signals in the body. They may cause sleepiness, relaxation, constipation, confusion, and slowed breathing.

TYPES OF OPIOIDS

Oxymorphone
(Opana®)

Fentanyl

Hydrocodone
(Vicodin®)

Oxycodone
(OxyContin®, Percocet®)

Codeine

Morphine
(Kadian®, Avinza®)

Know The Dangers and Change the Outcome teamed up to create this zine, a tool to share information about substance use and opioids that everyone should know.



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Make the right choices for you.

Ask questions. Stay safe.

People who use drugs and alcohol at a young age are more likely to develop a substance-use disorder. These substances may also decrease the size of the hippocampus — the part of the brain in control of learning and memory.

Why should kids and teens be careful about using opioids?

How to fold a zine.

Print the first page of this document and follow these folding instructions to make your own pocket zine.

