

SB 238 (2023) Annually Required Opioid Prevention Lessons: 2025-2026 Updates

This document tracks revisions made to the [SB 238 \(2023\)](#) Annually Required Opioid Prevention Lessons for the 2025-2026 school year. Content that was added is depicted in **green** and content that was removed is depicted in **red**. Minor formatting changes are not noted in this document.

Document, Page/Slide Number, Section	Revision(s) Made
All slide decks	Added: PowerPoint versions of all slide decks are available and scripting was added to speaker notes on every slide. Scripting corresponds with wording in the lesson plans.
All lesson plans, Page 3, "Before the Lesson"	<p>Added: This lesson allows students to engage collaboratively with their peers on important issues adolescents face. Specifically, students learn and reflect on human development and substance use. It is important to recognize that people in the school, class and community may be impacted by substance use and acknowledge that students are not alone. Establish norms and expectations to ensure students can participate in these conversations and activities safely. Before the lesson, revisit the norms and expectations to ground the conversation and ensure a safe space for all students, including a reminder about confidentiality. Remind students that while they may reflect on their own experiences during participation, they will never be required to share personal information.</p> <p>Added: The content of this lesson is required per SB 238 (2023). Educators are encouraged to adapt delivery and engagement strategies to be responsive to the specific needs of their learners.</p> <p>Removed: Prepare to set or re-establish classroom guidelines/group norms to ensure a safe and inclusive classroom. Examples:</p> <ul style="list-style-type: none"> <i>Listen to Each Other-</i> be present and listen to others, try to find comfort in silence.

	<ul style="list-style-type: none"> • <i>Be Kind to Each Other</i>- try not to judge yourself or others, respect other people’s journeys, speak from the “I” perspective • <i>Be Curious and Lean Into Discomfort</i>- take risks and lean into discomfort, don’t be afraid to ask questions, be open to trying new ways of thinking and acting. • <i>Make Space, Take Space</i>- notice how much you are speaking, respect confidentiality, allow times for others to share.
6 th Grade Lesson Plan, Page 5, Activity 3	<p>Added: Read slide 5 - Definition for opioid misuse: the use of an opioid for a purpose not consistent with legal or medical guidelines. For example, overdoses and deaths can happen when not used under a doctor's supervision.</p> <ol style="list-style-type: none"> Ask the class, “What does it mean to ‘misuse’ substances like opioids?” Take a few responses from the class. Some examples could be taking too many, getting them from someone who is not a doctor, taking them without a prescription. Say, “Like other ways that people can misuse substances, the same is true for opioids.” Note: The topic of misuse may prompt students to ask about reasons that people misuse substances. While this subject is discussed in more detail in later grades, educators may choose to engage in this conversation at this point in the lesson if it feels responsive to the needs of their students. Reasons that students may give for misusing substances could include: to manage pain or stress, dependence or addiction, and boredom or to experience the sensation of being high.
6 th Grade Lesson Plan, Page 6, Activity 4	<p>Added: Show slide 9 - Cover the main points of the signs of an overdose, and the steps to take to assist someone who is overdosing. Say, “It is important for everyone to be aware of the signs of an overdose, and to know what to do to help. <i>An overdose occurs when someone takes too much of a drug, such as fentanyl. Overdoses can happen to anyone, even if they think that they are taking a small dose. A person can overdose the first time they try a substance or after many times of taking it.</i>”</p>
7 th Grade Lesson Plan, Page 6, Activity 5	<p>Added: Say, “Let’s go over some main facts about prescription opioids. Opioids are prescribed by a doctor, made in a pharmaceutical lab with precise regulations and monitoring. <i>Can anyone think of an example of</i></p>

	<p>when someone would be prescribed opioids by a doctor?" Say, "Opioids can be highly addictive and there is a risk for overdose or death if they are taken in a way different from what was prescribed by a doctor." Read the examples of prescription opioids on the slide.</p>
7 th Grade Slide Deck, Slide 6	<p>Added: There is a high risk for overdose or death when used in an unsafe way or in a way other than how it was prescribed</p> <p>Removed: Overdoses and death are common when abused or not used under a doctor's direct supervision</p>
7 th Grade Lesson Plan, Page 6, Activity 6	<p>Added: Say, "Opioid misuse is the use of an opioid for a purpose not consistent with legal or medical guidelines. Overdoses and deaths can happen when not used under a doctor's supervision." Lead the class in a discussion about the ways that people may misuse opioids and why this could lead to an opioid overdose. Ways could include: taking more than prescribed, taking a medication that wasn't prescribed to them or is not from a pharmacy, taking medications for recreational reasons, etc.</p> <p>Removed: Lead the class in a discussion about the reasons that people take opioids and why this could lead to an opioid epidemic. Reasons could include: to deal with pain; they were prescribed by their doctor; to feel good; to try something new, etc.</p>
7 th Grade Slide Deck, Slide 7	<p>Added: <u>Opioid misuse</u>: the use of an opioid for a purpose not consistent with legal or medical guidance</p> <p>Removed: What are reasons people take opioids?</p> <p>Added: Taking medications for a non-medical reason</p> <p>Removed: Taking the medicine for the effect it causes- a sense of euphoria often called getting high</p> <p>Added: How could this lead to increased rates of opioid overdoses?</p>

<p>7th Grade Slide Deck, Slide 8</p>	<p>Slide order changed from slide 2 (original slide deck) to slide 8 (updated slide deck)</p> <p>Removed: <u>Epidemic</u>: a widespread occurrence of a disease or rapid development, spread or growth of something, especially something harmful</p>
<p>7th Grade Lesson Plan, Page 6, Activity 7</p>	<p>Added: Show slide 8- Say, “Opioids like fentanyl are also found in other kinds of pills that are made and sold illegally, meaning that they don’t come from a pharmacy.”</p> <ol style="list-style-type: none"> a. Ask students to look at the picture on the slide of an authentic and a fake Adderall pill. Say, “This slide shows two pictures of Adderall, which is a medication that some people have prescribed by their doctor. The picture on the left is Adderall from a pharmacy and the picture on the right is a fake Adderall that might contain fentanyl that could lead to an overdose. [...]” <p>Added: Show slide 9- Ask a few students for responses to how they think our community has been impacted by opioids/fentanyl. Say, "Next, we are going to look at some of the data around opioid overdoses in our state. When we talk about data, it is important to remember that each data point represents individuals whose passing has a profound impact on their loved ones and communities. Understanding overdose trends among communities in Oregon helps us better support their unique needs. By recognizing these patterns, we can work together to create effective, caring solutions that save lives. "</p> <p>Added: Show slide 10- Say, “Now we are going to look at how fentanyl and other drugs are impacting people across the state. This slide shows trends in Oregon drug overdose deaths from July 2019 to June 2024”</p> <ol style="list-style-type: none"> b. Ask students what they see on the slide. Prompts can include: <ol style="list-style-type: none"> i. “The dotted blue line represents overdose deaths related to all drugs. What do you notice?” Responses should include a big rise in overdose deaths overall with a downward trend in the last year. ii. “The gray line represents overdose deaths related to fentanyl. What do you notice?” Responses should include a big rise in fentanyl overdose deaths, fentanyl deaths exceeded the other drugs in 2022, and there has been an overall downward trend since 2023.

	<p>c. In small groups (3-4), have students discuss the following (write these questions on the board for students to see):</p> <ul style="list-style-type: none"> i. What do you think these trends mean? Why is this information important to understand? ii. Where does this information come from? Is it a trusted source? How can you tell? iii. What other questions do you have? <p>Removed: Show slide 10- Say, “This slide includes data on Oregon Overdose Deaths from 2010-2023”</p>
7 th Grade Slide Deck, Slide 10	<p>Slide order changed from slide 9 (original slide deck) to slide 10 (updated slide deck)</p> <p>Image on slide was replaced with an updated graph reflecting data through June 2024</p>
7 th Grade Slide Deck, Slide 13	<p>Slide order changed from slide 12 (original slide deck) to slide 13 (updated slide deck)</p> <p>Added: Title- Where to get help</p> <p>Removed: Title- Who and where can we get help</p> <p>Added: Always call 911 for emergency help</p>
8 th Grade Lesson Plan, Page 5, Activity 3	<p>This section was re-ordered. Slide 4 (original version) is now slide 7. Subsequent slide numbers are updated throughout the lesson plan.</p> <p>Added: Show slide 4 - Say, “Let’s go over some main points about prescription opioids. Opioids are a type of medication prescribed by a doctor, usually to treat severe pain. They are made in a pharmaceutical lab with precise regulations and monitoring. Opioids can be highly addictive and there is a risk for overdose or death if they are taken in a way different from what was prescribed by a doctor.” Read the examples of prescription opioids on the slide.</p>

	<p>Added: Show slide 5 - Say, “Opioid misuse is the use of an opioid for a purpose not consistent with legal or medical guidelines. Overdoses and deaths can happen when not used under a doctor’s supervision.” Lead the class in a discussion about the ways that people misuse opioids and why this could lead to increased rates of opioid overdoses. Ways could include: taking more than prescribed, taking a medication that wasn’t prescribed to them or is not from a pharmacy, taking medications for recreational reasons, etc., etc. Responses on why this could lead to an increase in opioid overdoses range from: because opioids are easily addictive; lots of people have pain and use them and become dependent on them; doctors were over-prescribing these and people became addicted; increased supply, etc.</p> <p>Added: Show slide 6 - Say, “Fentanyl can be made in a pharmaceutical lab with precise regulations and monitored for safe prescribing and distribution. It can also be made illegally in make-shift labs and not monitored or controlled for quality before being sold.” Read the main points on the slide. Say, “As we discussed in the previous slide, fentanyl is a powerful synthetic opioid that is highly addictive and can cause overdose and death. Sometimes fentanyl is prescribed by a doctor or used in hospitals for severe pain relief, but fentanyl can now also be found in fake pills and sold outside of a medical setting. These fake pills are not regulated and often contain large doses of fentanyl that can lead to overdose.”</p> <p>Removed: Show slide 7 - Say, “You may have heard the term “fentanyl epidemic”. What does “epidemic” mean?” Provide the definition of epidemic listed on the slide.</p> <p>Added: Show slide 7 - Say, “Opioids, like fentanyl, are also found in other kinds of pills that are made and sold illegally, meaning that they don’t come from a pharmacy.”</p> <ul style="list-style-type: none"> Ask students to look at the picture on the slide of an authentic and a fake Adderall pill. Say, “This slide shows two pictures of Adderall, which is a medication that some people have prescribed by their doctor. The picture on the left is Adderall from a pharmacy and the picture on the right is a fake Adderall that might contain fentanyl that could lead to an overdose. The risk of overdose is even higher when opioids are mixed with other substances, such as amphetamines like Adderall. It is really
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	<p>difficult/impossible to tell the pills apart and that is why it is so important to not take any pills that are not your prescription. Why do you think fake pills are made to look that way?"</p> <p>Removed: Show slide 4- Say, "why are we talking about fentanyl today?" Explain that this is an important issue that young people and adults face.</p>
8 th Grade Slide Deck, Slide 5	<p>Slide order changed from slide 6 (original slide deck) to slide 7 (updated slide deck)</p> <p>Added: People misuse prescription opioids by:</p> <ul style="list-style-type: none"> • Taking the medicine in a way or dose other than prescribed • Taking someone else's prescription medicine • Taking medications for a non-medical reason <p>Added: How could this lead to increased rates of opioid overdoses?</p>
8 th Grade Slide Deck, Slide 6	<p>Slide order changed from slide 7 (original slide deck) to slide 6 (updated slide deck)</p> <p>Added: Under "What is fentanyl"-</p> <ul style="list-style-type: none"> • People making and selling fake/counterfeit pills make more money and create more product by adding fentanyl. • Many pills seized by law enforcement are fake and contain a lethal amount of fentanyl. <p>Added: Under "Impacts"-</p> <ul style="list-style-type: none"> • Among teens, overdose deaths related to synthetic opioids, like fentanyl, have dramatically increased since 2019.
8 th Grade Slide Deck, Slide 7	<p>Slide order changed from slide 4 (original slide deck) to slide 7 (updated slide deck)</p> <p>Image on slide was replaced with pictures of authentic vs fake Adderall</p>

<p>8th Grade Lesson Plan, Page 6, Activity 4</p>	<p>Added: Show slide 8 - Say, "Next, we are going to look at some of the data around opioid overdoses in our state. When we talk about data, it is important to remember that each data point represents individuals whose passing has a profound impact on their loved ones and communities. Understanding overdose trends among communities in Oregon helps us better support their unique needs. By recognizing these patterns, we can work together to create effective, caring solutions that save lives. "</p> <p>Added: Show slide 9- Say, "Now we are going to look at how fentanyl and other drugs are impacting people across the state. This slide shows trends in Oregon drug overdose deaths from July 2019 to June 2024"</p> <ul style="list-style-type: none"> a. Ask students what they see on the slide. Prompts can include: <ul style="list-style-type: none"> i. "The dotted blue line represents overdose deaths related to all drugs. What do you notice?" Responses should include a big rise in overdose deaths overall with a downward trend in the last year. ii. "The gray line represents overdose deaths related to fentanyl. What do you notice?" Responses should include a big rise in fentanyl overdose deaths, fentanyl deaths exceeded the other drugs in 2022, and there has been an overall downward trend since 2023. b. In small groups (3-4), have students discuss the following (write these questions on the board for students to see): <ul style="list-style-type: none"> i. What do you think these trends mean? Why is this information important to understand? ii. Where does this information come from? Is it a trusted source? How can you tell? iii. What other questions do you have? <p>Removed: Show slide 9- Say, "This slide includes data on Oregon Overdose Deaths from 2010-2023"</p>
<p>8th Grade Slide Deck, Slide 9</p>	<p>Image on slide was replaced with an updated graph reflecting data through June 2024</p>

8 th Grade Lesson Plan, Page 7, Activity 6	<p>Added: <i>Scenario: You and your friends are at the park. You see someone who looks like they are experiencing a possible overdose. What are the top three steps you would take?</i></p> <ol style="list-style-type: none"> 1. Check for signs of an overdose 2. Call 911 3. Administer naloxone
8 th Grade Slide Deck, Slide 10	<p>Added: Title- Where to get help</p> <p>Removed: Title- Resources</p> <p>Added: Always call 911 for emergency help</p>
8 th Grade Lesson Plan, Page 8, Activity 8	<p>Removed: Show slide 13 - Read the summary points listed on the slide that stress the need for all of us to be educated and support each other through this epidemic.</p>
8 th Grade Slide Deck, Slide 11	<p>Added: Everyone in the community has a responsibility to do their part in preventing and responding to opioid overdoses.</p>
HS Lesson Plan, Page 8, Activity 7	<p>Activity length changed from 5 minutes to 10 minutes</p> <p>Added: Show Slide 14- Say, “The best way to reduce the harms of opioids is to not use them unless they have been prescribed to you by a doctor or another healthcare provider. Using opioids or any medication not prescribed by a doctor is risky because they sometimes have other substances added, like fentanyl. Even using opioids for a medical purpose with a prescription can be dangerous.</p> <p>Added: Show Slide 16- Say, “Accessing substances from the street can be dangerous, as they are unregulated and can contain other substances, such as fentanyl. You should never obtain drugs from anywhere besides a pharmacy, even from someone that you know and trust.</p>

	<ul style="list-style-type: none"> Ask students to look at the picture on the slide of an authentic and a fake Xanax. Say, “This slide shows two pictures of Xanax, which is a medication that some people have prescribed by their doctor. The picture on the left is Xanax from a pharmacy and the picture on the right is a fake Xanax that might contain fentanyl that could lead to an overdose. It is really difficult/impossible to tell the pills apart and that is why it is so important to not take any pills that are not your prescription. Why do you think fake pills are made to look that way?” <p>Added: Show Slide 17- Say, “Sometimes people purposefully mix opioids with other drugs. As we’ve mentioned before, mixing substances is risky and many drug-related deaths involve more than one drug. For example, mixing opioids and depressant drugs like alcohol, Valium, and Xanax may increase the chance of overdose death, as both classes of drugs slow breathing. There is also increased risk when opioids are mixed with the stimulant drug crack cocaine, a practice known as ‘speed balling.’ Speed balling reduces the ability to recognize the symptoms of overdose of either drug. It’s also extremely dangerous when opioids are laced with other drugs the user may not be aware of. “</p>
HS Slide Deck, Slide 16	<p>Added: Title- Adulteration & Access</p> <p>Added:</p> <ul style="list-style-type: none"> Accessing substances from anywhere but a pharmacy can be dangerous, as they are unregulated and contain other substances (like fentanyl) Seeking a prescription drug from someone you know does not guarantee it is safe Do NOT obtain drugs from unknown sources (online or other people) <p>Added: Image depicting fake vs authentic Xanax</p> <p>Removed: Chart depicting Oregon Overdose Deaths between July 2019 and March 2023</p>
HS Slide Deck, Slide 17	<p>NOTE: This is a new slide and was not in the original slide deck</p> <p>Added: Title- Reducing harm among those using opioids</p>

	<p>Added: Don't Mix Substances</p> <p>Added: Mixing substances is risky and many drug-related deaths involve using more than one drug</p> <ul style="list-style-type: none"> • Mixing opioids and depressant drugs like alcohol, Valium, and Xanax may increase the chance of overdose death, both classes of drugs slow breathing. • There is also increased risk when opioids are mixed with a stimulant drug like cocaine, a practice known as "speedballing." Speedballing reduces the ability to recognize the symptoms of overdose of either drug. • It's dangerous when opioids are laced with other drugs
HS Lesson Plan, Page 8, Activity 11	<p>Added: "911 should always be called immediately any time an overdose is suspected."</p>