



From the PHS Student Services

Vaping Presentation by Parent
University Thursday, January 31, 2019
6:45 PM - 8:15 PM PHS Auditorium

Opioid Epidemic

Educate yourself

- ✦ **What are opioids?**
- ✦ Drugs that include heroin, synthetic opioids (fentanyl) and prescription pain relievers (Vicodin, OxyContin, morphine & Tylenol with codeine) and Opium.
- ✦ **How do they affect the body?**
- ✦ By acting on receptors in the spinal cord, brain to reduce the body's perception of pain.
- ✦ By stimulating the brain's reward system creating a sense of euphoria and well being.

Did you know?

- ✦ **Deaths from heroin increased 328%** between 2010 and 2015, and drug deaths from fentanyl and other synthetic opioids are now seeing a sharp rise as well. More Americans die from drug overdoses than in car crashes, and this increasing trend is driven by Rx painkillers.
- ✦ A 2017 study found most teens who misused prescription opioids first received the medicine from a doctor.
- ✦ Two-thirds of teens who report misuse of prescription medicine are getting it from friends, family and acquaintances.
- ✦ More than half of young people who use heroin, start by using

Signs of Opioid Misuse

- ✦ Pinpoint pupil, dark circles under eyes
- ✦ Rapid weight loss
- ✦ Fatigue, changes in sleep patterns
- ✦ Deterioration of hygiene or personal appearance
- ✦ Isolation from family & friends
- ✦ Mood changes such as agitation, depression or anxiety
- ✦ Missing prescription medications or empty pill bottles

Important Dates:

Winter Break	12/24-1/4
Institute Day (No school)	1/7
Opening day 2nd Semester	1/8
MLK Day (No school)	1/21
Late Start	1/22
Vaping Presentation(PU) @ PHS	1/31

How to Help

- Have conversation with teen about risk of opioid use and risks
- Monitor prescription dosages and refills
- Seek alternatives for pain management with non addictive drugs like Advil, Motrin etc and physical therapy
- Practice Self Care
- If you think your child needs help get an evaluation and seek treatment options.
- Nalaxone(Narcan) is a medication that reverses overdose.
- Opioid Epidemic Guide [Link](#)

Vaping: Vaping has become the latest trend among teens and has recorded the largest year-to-year increase in substance abuse. The ease of availability, variety of flavors and the belief that they are safer than cigarettes have spurred their popularity. We will be covering this topic in our future issues.

Please attend the informational presentation on Vaping at PHS Auditorium on January 31st at 6:45 pm.

Future Important Dates:

Deadline for Schedule changes	2/1
Late Start	2/5
Last day to drop a class :Pass/Fail	
Deadline	2/12
Early Dismissal	2/15
Late Start	2/19