



Discussion Guide for Porky's Party



Overview:

This PSA video was developed with Indigenous youth as a tool to use when talking to youth around substance use. It follows the story of a group of high school and college friends during a spring break party where they learn skills to navigate substance use and a drug overdose.

Note that this video contains scenes of an overdose that may be harmful or traumatizing to some audiences.



Youth will learn:

- Harm reduction strategies, such as how to use Narcan nasal spray
- Strategies to stay safe when faced with a drug use
- How to get help for substance misuse, for themselves or for others
- How to overcome peer pressure



Key Words: substance use, SUD, overdose, Narcan, fentanyl

Ages: 13+

Length: 12min video + 1hr discussion

Cost: Free

Setting: High School, College, Youth Groups

Disclaimer: you will see inferred underage substance use and scenes of an overdose.

Materials:

- PowerPoint Slides of SUD Overview
- YouTube Link to PSA Video: www.youtube.com/watch?v=07eXryLUgTM&t
- Narcan Fact Sheet
- Local Resources List
- Youth Support PDF
- Narcan QR Code card
- Flyer for Native Health Resources website
- Drug Flashcards
- Fentanyl testing strip instruction postcard (optional)
 - ♦ You can have these on a table for youth to take if they would like or if facilitating discussion in a school, you could ask the school nurse to have these on hand for students to grab.

All educational materials can be downloaded and ordered from the Native Health Resources website: www.nativehealthresources.org/resources?_sft_pa_campaign=tribal-opioid-response



Preparation:

No formal training is required to facilitate this discussion guide. Before showing the video, address that the PSA contains scenes of drinking and of a drug overdose. If they feel uncomfortable at any point, they are welcome to step out until they are ready to come back in. For those who chose to step out, have them look over the Ask Your Relative webpage and submit a question too: www.wernative.org/ayr

Have a couple slides of introducing substance use (what substances, what does misuse look like), signs of overdose, and how to use Narcan (include definition/terms). You can utilize the template slides provided and edit to better fit your needs. Then show the video.

Breathing Exercise – Mental Pause:

Once the video is done, invite youth who stepped out back into the room. This would be a good time to have a mental pause to let youth process what they have watched. You could say, "After seeing that video, some of you may feel anxious or it may have brought out some hard feelings. Let's take a mental pause together and practice a simple breathing exercise." You can guide them through the 4-7-8 breathing technique where you breathe in for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. Do this for 4 cycles.

Next, have them either write a journal entry, a poem, or draw based on the prompts below for 15min:

- Describe a place that makes you feel safe and at peace. What colors are there? What does it sound like? What does it smell like? What makes you feel comfortable when you're in this space?
- What does your best day look like? What are you doing? Are you alone or are you with other people?

While they are working on one of the prompts above, play some relaxing music.





Guided Discussion:

After the mental pause, ask youth to get into small groups (3-5 people per group, depending on size of group) and first have them discuss in groups what their initial thoughts were after viewing the video. Then have them share out loud in their groups their answers to the discussion questions below. After they are done in their small groups, bring the whole group back together and begin facilitating the discussion questions below. It may help to have these questions printed out for youth to fill out and take notes. If youth are having a hard time answering, it may be helpful to share your answers and thoughts to prompt them to share their thoughts. Or you can ask to read out loud one of the written answers from various youth.

Discussion Questions:

- 1** What did you find surprising from watching this video? What are some things you learned or took away from it?
- 2** When Jess went to ask her Auntie for advice, what were some things that Auntie said that you thought were helpful?
- 3** What resources could you use to keep yourself and others safe, if you found yourself in a similar situation as Jess and her friends at the party?
- 4** What prevention strategies could you use when faced with peer pressure?
- 5** Do you feel comfortable going to an adult you trust to talk about substance use after watching this video? List down two adults who you would feel comfortable going to about substance use.
- 6** Do you know where to get help if you or someone you know needs help from substance use?

Local Resources:

After going through the discussion guide, pass out a printout of the table below. Include names, location, and contact information for youth resources. This can also be non-profit organizations, or other tribal programs.

Resource 1	Resource 2	Resource 3:
Name:	Name:	Name:
Title:	Title:	Title:
Location:	Location:	Location:
Phone:	Phone:	Phone:
Email:	Email:	Email:

Where to get NARCAN:

On the same paper of the local resources table above, have youth write down where they can get Narcan. Please check with your local tribal clinic to see if they offer Narcan to community members and where they recommend getting Narcan for free.



Over the counter:

any store that has a pharmacy may have Narcan available to purchase



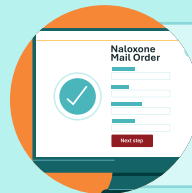
Tribal Clinic

Indian Health Facilities
in your state



Amazon

amazon.com



Mailed to you for free:

nextdistro.org/naloxone

Other Resources:

Go over the list below and have youth write down at least one of these resources on the same paper. You can also pass out the Youth Support PDF.

- 988 Suicide & Crisis Lifeline:**
 Call: 988
 Text: START to 988
 Crisis Text Line: Text NATIVE to 741741 for free 24/7 support
 Chat: 24/7 to 988lifeline.org/chat
- We R Native:** www.wernative.org
 Ask Your Relative: www.wernative.org/ayr
- SAMSHA - Type in your zip code to the web address below to find a clinic closest to you.**
findtreatment.samhsa.gov