

Lesson 5

Purpose: To identify drug abuse as a negative action for physical wellness.

Materials Needed Pencils

Materials Provided *Positive Action* Drug Education Student Activity Booklets; “Effects of Drugs” transparency (to be used on an overhead projector)

Procedure

Teacher Give groups a few minutes to review the situation/skits they prepared in Lesson 4, then have groups share. Keep the discussion brief, but commend each group for its job and emphasize the concept illustrated.

Say You can see that using drugs can have some terribly dangerous consequences. Every drug addict started with **experimentation**—trying it just once, just to see what it would feel like, just to get through one day, just for fun...But the results are always bad. Drug **abuse** causes physical, mental, and emotional damage. But **denial** is the rule—people who use drugs won’t admit they are having problems.

Drug users develop a **tolerance**: needing more booze or dope or crack today than they did yesterday. Then there is **burnout**, where people feel dull all the time because of the drug they’ve used. Some people become **dependent** on drugs—they need them to get through every day, or they can only relax when drinking, or they don’t feel right without a cigarette. Some even become **addicted**. Addiction is an illness so powerful that its victims give up everything—job, family, bank account, reputation, health, everything—just for today’s supply of drugs.

Overdose is the end—at least for some people. They take too much, or the wrong combination of drugs, and it’s all over. **It’s all over.**

We made a long list of different drugs, and each drug affects you differently. But those effects can be categorized and described. The four cartoons on Activity Sheet 5, ‘How Are Drugs Different?’, depict these effects. Listen as I read the definitions, and see if you can figure out which picture I’m talking about.


Drugs Cause BIG Problems!

Drugs can be categorized as:

- Stimulants
- Depressants
- Hallucinogens
- Narcotics


Which is which?

Each illustration below depicts one of these four categories of drugs. Label the illustrations and note some of the effects of that category of drugs. List an example for each category.




Effects: _____

Example: _____




Effects: _____

Example: _____



Effects: _____

Example: _____



Effects: _____

Example: _____

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Teacher Read, pausing after each definition to write the word on the chalkboard and note proper illustration.

Stimulants temporarily increase the activity of the central nervous system. They speed you up. *(Picture of wide-eyed boy doing sloppy job of large stack of homework. Speed, cocaine, crack, and diet pills are stimulants.)*

Depressants temporarily decrease the activity of the central nervous system. They slow you down. *(Picture of sleepy-eyed girl, leaning on elbow and staring into space. Barbiturates and quaaludes are depressants.)*

Hallucinogens produce false perceptions of reality. They make you think you see and feel and believe things that aren't real. You live in a make-believe world—at least for a while. *(Picture of girl riding bicycle on a cloud, steering around weird creatures. LSD and PCP angel dust are hallucinogens.)*

Narcotics induce sleep and stupor and relieve pain. They make you sleepy and make things seem dreamy or better than they really are. *(Picture of boy with bandaged knee shooting baskets. Heroin, morphine, codeine, and percodan are narcotics.)*

Say Now see if you can figure out how the experts classify the drugs these kids are using:

Harold was a dedicated basketball player whose skills earned him a college scholarship. But when he injured his knee just before a big game, he refused to let a little pain slow him down. A friend gave him a shot of something that made him feel good enough to play the game. He had more later that day, and within a short time Harold was addicted to heroin—at a cost of \$200 per day. *(Heroin is a narcotic.)*

Angela was the drummer for a small band. She loved the music, the lights, the applause—everything about performing. And sometimes afterwards, alone in her small apartment, she made those wonderful feelings last by taking a little cocaine. The drug gave her energy and excitement, the same feelings she got on stage. Sometimes, though, she got sick. And the more she used cocaine, the more depressed she was without it. *(Cocaine is a stimulant.)*

Pete was raised on a ranch. When he was about 12, his dad gave him a wad of chewing tobacco to help the days go faster. Pete learned that he got a little “buzz” of energy whenever he stuck a “chaw” of snuff under his lip. He got headaches sometimes, but tobacco seemed to take that ache away, at least for a while. Nick started keeping an extra can of snuff around so he could have a pick-up anytime he wanted. *(Tobacco/nicotine is a stimulant.)*

When she first got to the party, Karen felt a little shy. Drinking a beer loosened her up, and she enjoyed dancing with some new friends. That made her thirsty, so one of the kids fixed her a mixed drink that tasted great and made her head spin like crazy. It was fun at first, but then she started thinking about all kinds of things that made her feel so sad that she couldn't stop crying. Her stomach churned, her head spun wildly, her mouth tasted stale—in fact, she felt completely miserable. *(Alcohol is a depressant.)*

While spending a weekend with his cousins, Nick accepted some little pills that made everything seem weird. The room he stayed in changed sizes and shapes, and Nick kept forgetting where he was and what was happening. He fell asleep for awhile, and when he woke up, he wasn't sure what day it was. *(PCP is a sedative and a hallucinogen.)*

Say You can see that every drug is different. Every drug changes you and how you experience life.

Heroin made Harold less aware of pain—but using heroin cost him a lot of money and ruined his career. Cocaine made Angela less lonely; it also cost her a lot of money and wouldn't let her enjoy life without it. Tobacco made Pete's long days seem shorter, but he was addicted to the nicotine, and might have the beginning of a cancer in his mouth. Alcohol took control of Karen's emotions and made her look foolish in front of her friends. And PCP disoriented Nick.

Why did these people decide to use drugs? (*For the immediate effects, to 'fit in' with the other kids.*) Do you think they were considering all the effects and possible consequences? (*No. None of them thought about the expense, risk of addiction, dependence, and/or other health problems, or possibilities of flashback experiences.*) Do you think their decisions to use drugs was a positive action? **(NO!)**

What are some of the physical effects of these drugs? As I read these stories again, listen for ways drugs affected the physical health of the users, and list those physical effects in your *Positive Action Drug Education Activity Booklets*. (*Re-read the stories above, pausing after each story to allow students time to finish writing.*)

Teacher Display the "Effects of Drugs" transparency on an overhead projector. Review and discuss effects of the various drugs with the class.

