

LESSON PLAN

PART I

Lesson 1: Medicine and Drugs

Instructor: Academic Instructor

Teaching Method: Informal Lecture

Hands-On Health Materials:

1. art supplies and paper
2. computer access, if possible

Visual Aids (VA): PowerPoint Presentation

Student Preparation:

Reading Assignment: Leadership Education I: Citizenship, Character and Air Force Tradition, Chapter 5, Lesson 1

Homework Assignment: Instructors may use any or all Student Workbook questions for this lesson as homework or in-class assignment.

Date of Lesson Development/Last Major Revision: 1998/July 2005

PART IA

Lesson Objectives:

1. Know the difference between medicine and drugs.
2. Know the dangers of drug abuse.
3. Know how to avoid drugs.
4. Know when and how to seek help for drug-related issues.

Samples of Behavior/Main Points:

1. Explain how medicines differ from drugs.
2. Identify the various types of medicines.
3. Explain how medicines affect the body.
4. Explain the difference between drug misuse and drug abuse.
5. Identify the effects of narcotics, stimulants, and depressants on the body.
6. Define narcotics, stimulants, and depressants.
7. Outline the risks of using marijuana.
8. Explain the dangers of hallucinogens.
9. Describe how inhalants affect the body.
10. Explain the risks of using club drugs and steroids.
11. Identify ways to avoid using drugs.
12. Describe how drug users can kick the habit.
13. Identify places where people who abuse drugs can get help.
14. Describe alternatives to using drugs.

PART IB

Strategy: Your students need to be informed consumers about medicines and drugs. Stress that this lesson will give them the information they need to make healthful decisions for themselves.

PowerPoint Presentation: Information points will appear on mouse clicks.

Lesson Outline:

1. Quick Write/Motivation (5 min.)
2. Topics (30 min.)
 - a. What is the difference between medicines and drugs?
 - b. What is the approval process the FDA follows to ensure that a new drug is safe?
 - c. How do consumers obtain medicines?
 - d. What different types of medicines are there?
 - e. How do medicines work in the body?
 - f. How do people misuse and abuse drugs?
 - g. What are the effects of narcotics?
 - h. What are the effects of stimulants?
 - i. What are the effects of depressants?
 - j. What are street drugs?
 - k. What are the effects of marijuana?
 - l. What are the effects of hallucinogens?
 - m. What are the effects of inhalants?
 - n. What are club drugs?
 - o. What are the effects of anabolic steroids?
 - p. What are the advantages of staying drug free?
 - q. How can someone recover from an addiction?
 - r. What are some healthful ways to deal with problems?
3. Health Skills Activities (5 minutes for each activity or else use these activities as homework)
 - a. Medicine Safety in the Home
 - b. Refusing Drugs
4. Hands-On Health (5 minutes or else use this activity as homework)
 - a. Drug-Free Campaign
5. Wrap up (5 min.)

PART II

INTRODUCTION

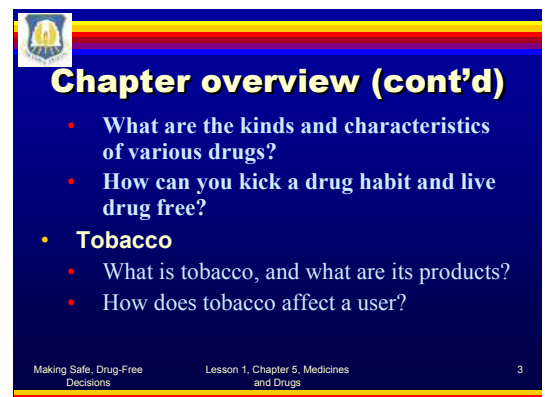
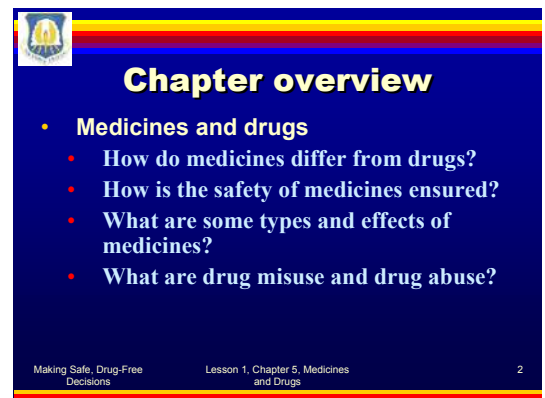
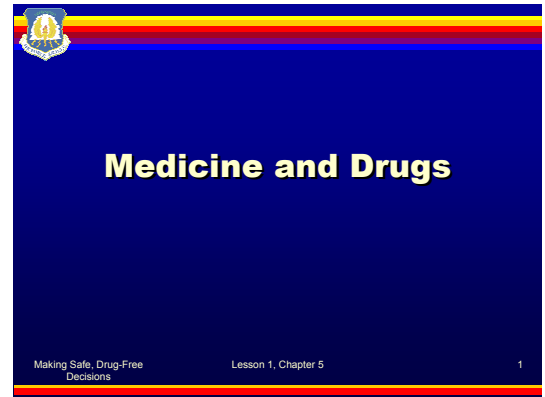
ATTENTION

Medications and drugs have been of great benefit to many people, but they have also caused serious problems. Being an informed consumer can help people make the best decisions for their own health.

CHAPTER OVERVIEW

In this chapter of Leadership Education I: Citizenship, Character and Air Force Tradition, we'll cover the following topics (this lesson's topics are in bold):

1. **Medicines and drugs**
 - a. **How do medicines differ from drugs?**
 - b. **How is the safety of medicines ensured?**
 - c. **What are some types and effects of medicines?**
 - d. **What are drug misuse and drug abuse?**
 - e. **What are the kinds and characteristics of various drugs?**
 - f. **How can you kick a drug habit and live drug free?**
2. Tobacco
 - a. What is tobacco, and what are its products?
 - b. How does tobacco affect a user?



Chapter Five, Making Safe, Drug-Free Decisions

- c. What are some money issues with tobacco?
 - d. What are tobacco addiction and withdrawal?
 - e. What are tobacco's costs to society?
 - f. How can you prevent a tobacco habit or quit one?
3. Alcohol
- a. How does alcohol affect people?
 - b. What is alcoholism?
 - c. How can people get help for drinking problems?
 - d. Why do some teens drink alcohol?
 - e. Why should you refuse to drink, and what are some alternatives?

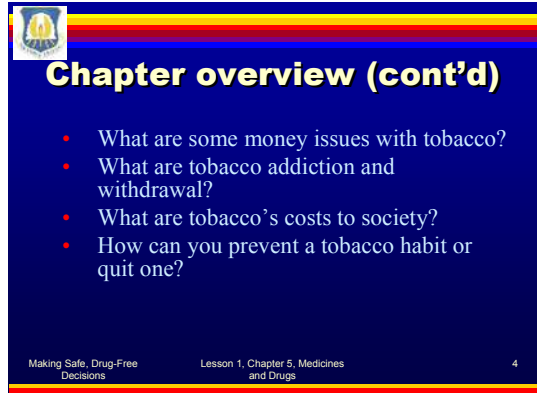
MOTIVATION

Ask students how they know if a drug or medicine is safe to take. Tell them that this lesson will help them make the decisions that are right for them.

LESSON OVERVIEW

Today, we'll cover the following topics:

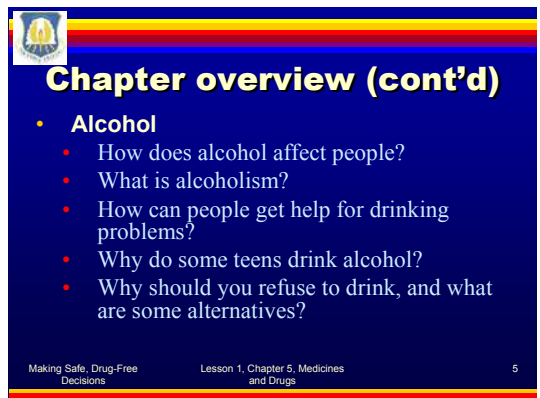
1. What is the difference between medicines and drugs?
2. What is the approval process the FDA follows to ensure that a new drug is safe?
3. How do consumers obtain medicines?
4. What different types of medicines are there?



Chapter overview (cont'd)

- What are some money issues with tobacco?
- What are tobacco addiction and withdrawal?
- What are tobacco's costs to society?
- How can you prevent a tobacco habit or quit one?

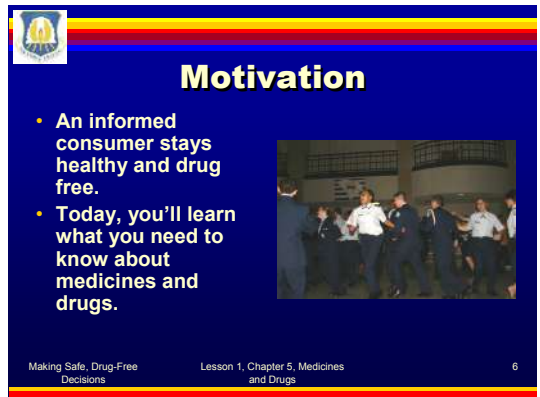
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Chapter overview (cont'd)


- **Alcohol**
 - How does alcohol affect people?
 - What is alcoholism?
 - How can people get help for drinking problems?
 - Why do some teens drink alcohol?
 - Why should you refuse to drink, and what are some alternatives?

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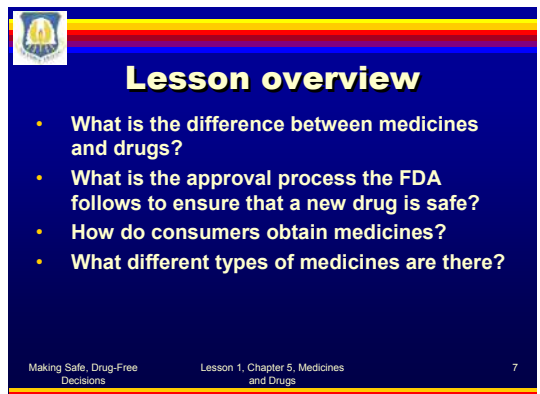


Motivation

- An informed consumer stays healthy and drug free.
- Today, you'll learn what you need to know about medicines and drugs.



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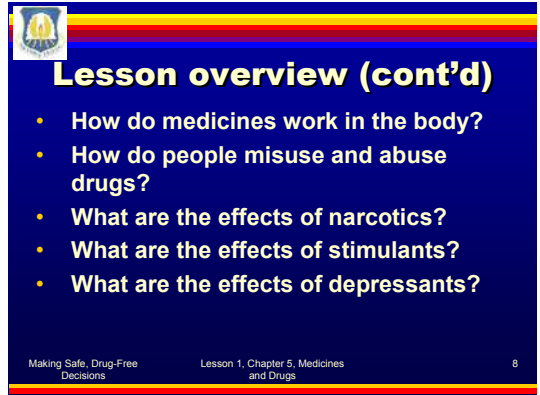
Lesson overview

- What is the difference between medicines and drugs?
- What is the approval process the FDA follows to ensure that a new drug is safe?
- How do consumers obtain medicines?
- What different types of medicines are there?

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Chapter Five, Making Safe, Drug-Free Decisions

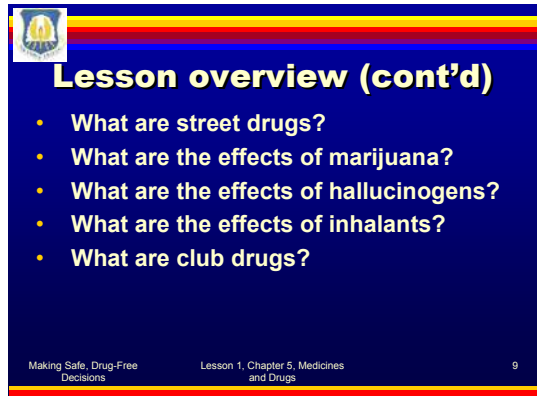
5. How do medicines work in the body?
6. How do people misuse and abuse drugs?
7. What are the effects of narcotics?
8. What are the effects of stimulants?
9. What are the effects of depressants?
10. What are street drugs?
11. What are the effects of marijuana?
12. What are the effects of hallucinogens?
13. What are the effects of inhalants?
14. What are club drugs?
15. What are the effects of anabolic steroids?
16. What are the advantages of staying drug free?
17. How can someone recover from an addiction?
18. What are some healthful ways to deal with problems?



Lesson overview (cont'd)

- How do medicines work in the body?
- How do people misuse and abuse drugs?
- What are the effects of narcotics?
- What are the effects of stimulants?
- What are the effects of depressants?

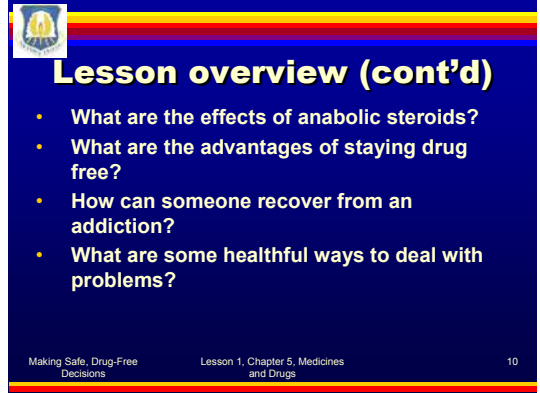
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Lesson overview (cont'd)

- What are street drugs?
- What are the effects of marijuana?
- What are the effects of hallucinogens?
- What are the effects of inhalants?
- What are club drugs?

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Lesson overview (cont'd)

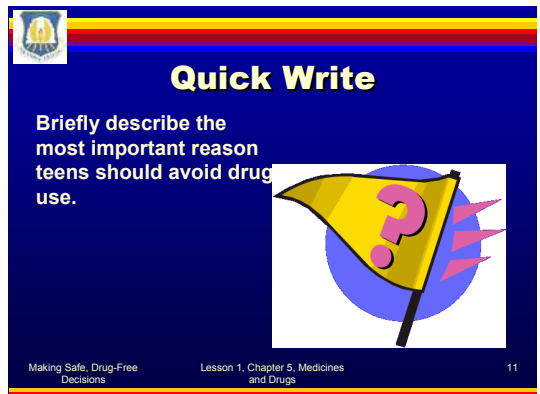
- What are the effects of anabolic steroids?
- What are the advantages of staying drug free?
- How can someone recover from an addiction?
- What are some healthful ways to deal with problems?

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QUICK WRITE


Briefly describe the most important reason teens should avoid drug use.

List students' reasons on the board. Then poll students to determine which one the class considers to be the most important reason.



Quick Write

Briefly describe the most important reason teens should avoid drug use.



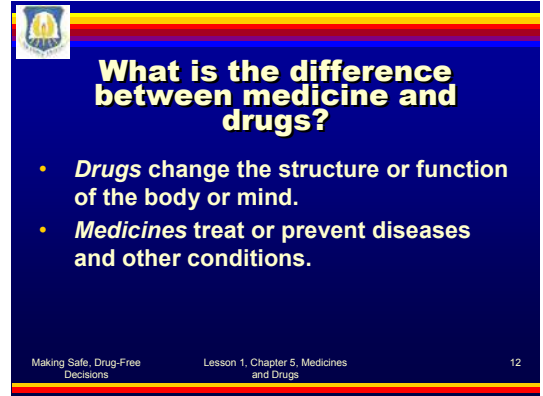
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BODY

PRESENTATION

1. What is the difference between medicine and drugs?

- a. Drugs are substances other than food that change the structure or function of the body or mind.
- b. Medicines are drugs that are used to treat or prevent diseases and other conditions.



What is the difference between medicine and drugs?

- *Drugs* change the structure or function of the body or mind.
- *Medicines* treat or prevent diseases and other conditions.

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2. What is the approval process the FDA follows to ensure that a new drug is safe?

- a. A potential new medicine is discovered.
- b. Researchers conduct experiments to decide how the new medicine might be used to treat an illness. Early testing is done on animals to determine whether the medicine has any harmful effects.
- c. The FDA reviews the preliminary research and test results. If approved, the new medicine is studied in humans.
- d. If the FDA decides that the medicine is safe and effective for its intended use, the FDA approves it.
- e. Once approved, the medicine can be made available for physicians to prescribe or for consumers to purchase.



What is the approval process the FDA follows to ensure that a new drug is safe?

- Tested on animals for harmful effects
- Then studied on humans
- Approved by FDA if safe and effective
- Prescribed to patients by physicians or purchased by consumers

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3. How do consumers obtain medicines?

- a. Prescription medicines are medicines that can be sold only with a written order from a physician.

- (1) Always read the instructions on all prescription-medicine labels.
- (2) Medicine labels include
 - (a) The prescription number
 - (b) The date the prescription was filled
 - (c) The name of the patient
 - (d) Directions from the doctor
 - (e) The name of the medicine
 - (f) The pharmacy's name, address, and phone number
 - (g) The name of the prescribing doctor
 - (h) Information about whether refills are allowed
 - (i) Special instructions

How do consumers obtain medicines?

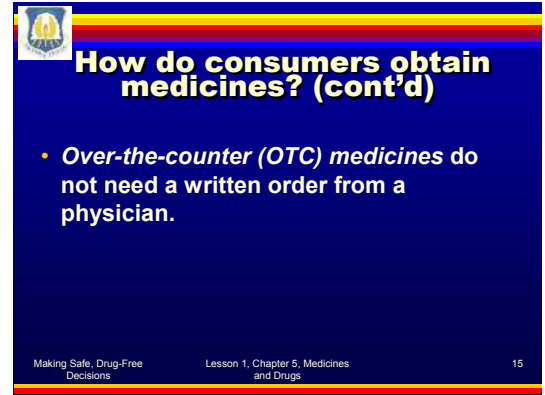
- **Prescription medicines** are sold only with a written order from a physician.



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b. Over-the-counter (OTC) medicines are medicines that are safe enough to be taken without a written order from a physician.

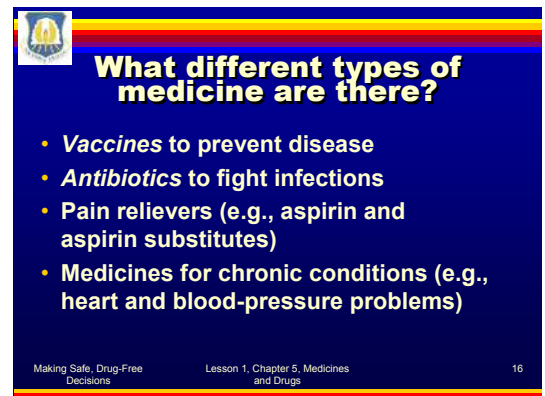
- (1) They may cause harm if not used as directed.
- (2) They are available at pharmacies, supermarkets, and other stores.
- (3) Always read and understand the information provided on an OTC medicine label.



4. What different types of medicine are there?

a. Medicines to prevent disease

- (1) Vaccines contain a preparation of dead or weakened germs that causes the immune system to produce antibodies.
- (2) Antibodies are proteins that attack and kill or disable specific germs that cause disease.
- (3) Vaccines provide long-lasting protection against diphtheria, pneumonia, and hepatitis A and B.
- (4) Other vaccines, such as the flu shot, must be administered periodically.



b. Medicines to fight infection

- (1) Antibiotics are medicines that reduce or kill harmful bacteria in the body.
- (2) Each type of antibiotic fights only certain types of bacteria.

c. Medicines to relieve pain

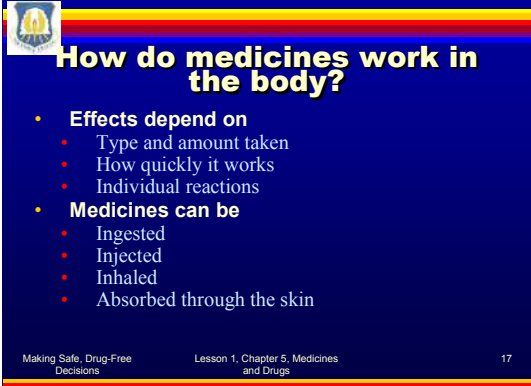
- (1) The role of pain medications is to block or reduce the effect of pain messages that travel along nerves from the site of the pain to the brain.
- (2) Aspirin and aspirin substitutes such as acetaminophen and ibuprofen are medicines commonly used for treating minor pain.
- (3) For more serious pain, doctors may prescribe stronger medicines, such as codeine or morphine.

d. Other medicines are available to treat chronic conditions, such as heart and blood-pressure problems, diabetes, and allergies.

5. How do medicines work in the body?

a. The effects of a medicine on the body depend on

- (1) The type and amount taken



How do medicines work in the body?

- **Effects depend on**
 - Type and amount taken
 - How quickly it works
 - Individual reactions
- **Medicines can be**
 - Ingested
 - Injected
 - Inhaled
 - Absorbed through the skin

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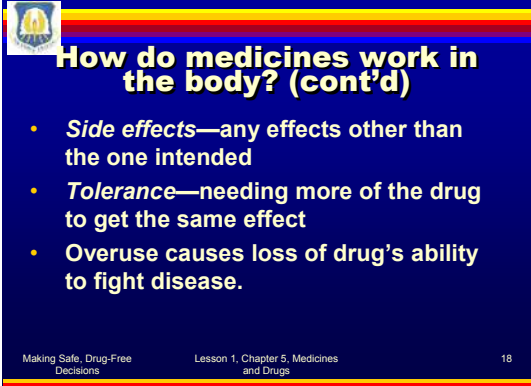
- (2) How quickly it begins to work in the body
- (3) Each person's individual reaction to it

b. Medicines enter the body in four ways.

- (1) Ingestion. Pills, tablets, capsules, and liquids are ingested, or swallowed. The medicine is absorbed into the bloodstream through the stomach and small intestine and then circulates through the body.
- (2) Injection. Injected medicines go directly into the blood. Some are given in a vein; others are injected under the skin or into a muscle.
- (3) Inhalation. When a liquid medicine is changed into a fine mist, it can be inhaled, or breathed in.
- (4) Absorption. Creams and ointments are applied to the skin or scalp and absorbed by the body. Skin patches can release medicine over time.

c. Some medicines cause side effects—any effects of a medicine other than the one intended.

- (1) Side effects include headaches, upset stomach, and drowsiness.
- (2) Some, such as kidney failure, can be serious; others are less serious and stop after the body adjusts to the medicine.



How do medicines work in the body? (cont'd)

- **Side effects**—any effects other than the one intended
- **Tolerance**—needing more of the drug to get the same effect
- **Overuse** causes loss of drug's ability to fight disease.

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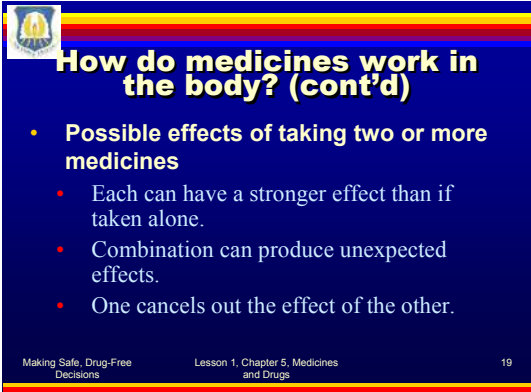
d. Some people develop tolerance for a drug after long usage.

- (1) Tolerance is a condition in which a person's body becomes used to the effect of a medicine and needs greater and greater amounts of it in order for the medicine to be effective.
- (2) Often, the doctor needs to prescribe a different medication.

e. Overuse of medicines can cause the medicines to lose their ability to fight disease.

f. Taking two or more medicines at the same time can cause the following reactions:

- (1) Each medicine may have a stronger effect than it would have if taken alone.
- (2) The medicines may combine to produce unexpected effects.
- (3) One medicine may cancel out the expected effects of the other.



How do medicines work in the body? (cont'd)

- **Possible effects of taking two or more medicines**
 - Each can have a stronger effect than if taken alone.
 - Combination can produce unexpected effects.
 - One cancels out the effect of the other.

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Health Skills Activity

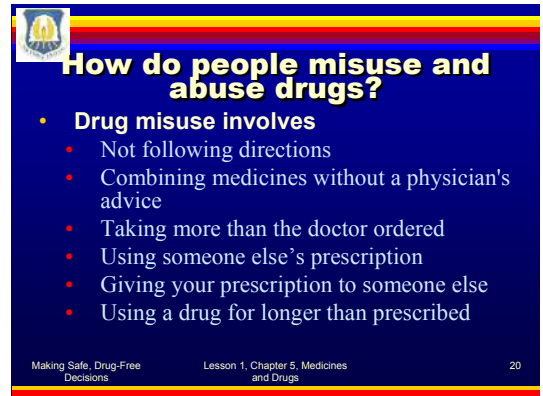
Medicine Safety in the Home

Ask volunteers to read the activity introduction aloud, and help students discuss each of the tips for storing, using, and disposing medicine. Have students form small groups to plan and create their checklists. Have groups compare and revise their lists so that all lists are complete.

6. How do people misuse and abuse drugs?

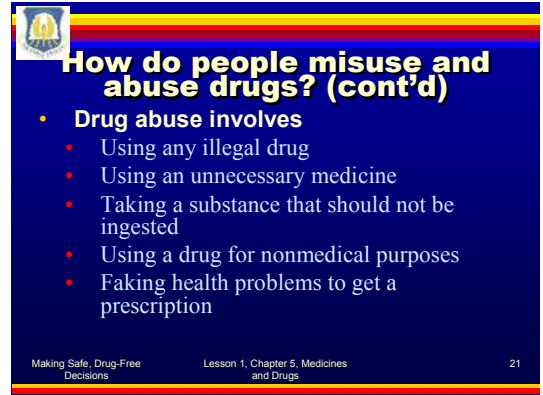
a. Drug misuse involves

- (1) Using a drug without following the directions
- (2) Combining medicines without a physician's advice
- (3) Taking more of a drug than the doctor has ordered
- (4) Using a drug prescribed for someone else
- (5) Giving your prescription to someone else
- (6) Using a drug for longer than a physician has advised



b. Drug abuse involves

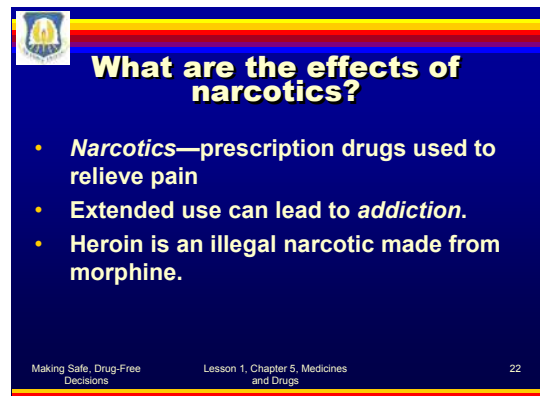
- (1) Using any illegal drug
- (2) Using a medicine when you do not need it
- (3) Taking a substance that was not meant to enter the body
- (4) Using a drug for purposes other than medical treatment
- (5) Faking health problems to obtain or renew a prescription



7. What are the effects of narcotics?

a. Narcotics are specific drugs that are obtainable only by prescription and are used to relieve pain.

- (1) Narcotics such as morphine or codeine are prescribed for extreme pain and can be safe when taken under a physician's supervision.
- (2) Their sale and use are controlled by laws because they can lead to addiction, a physical or psychological need for a drug.



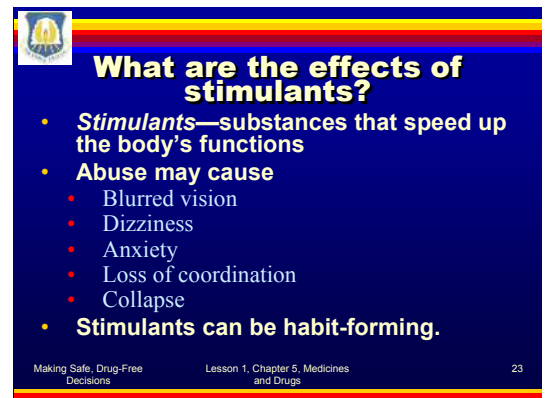
b. Heroin is an illegal narcotic that is made from morphine.

- (1) It is highly addictive, and its withdrawal can cause extreme pain.
- (2) It depresses the central nervous system and can lead to coma or death.
- (3) People who share needles to inject heroin and other drugs face increased risk of contracting HIV.

8. What are the effects of stimulants?

a. Stimulants are substances that speed up the body's functions.

- (1) They make the heart beat faster, increase breathing rate, and raise blood pressure.
- (2) Caffeine is a stimulant found in cocoa, coffee, tea, and many soft drinks.
- (3) Stimulant abuse may cause blurred vision, dizziness, anxiety, loss of coordination, or collapse.
- (4) Stimulants such as amphetamine, cocaine, and crack can become habit-forming.



b. Amphetamine is a drug that stimulates the central nervous system.

- (1) Doctors may prescribe amphetamines to treat hyperactive children.
- (2) Abuse of amphetamine can lead to dependence, the need for larger and larger doses to get the desired effect.

- (a) Other names for amphetamine are crystal, ice, glass, crank, speed, and uppers.
- (b) It comes as pills, powder, and chunky crystals.
- (c) It is swallowed, snorted up the nose, smoked, or injected.
- (d) It can cause uneven heartbeat, rise in blood pressure, physical collapse, stroke, heart attack, and death.

c. Methamphetamine is a stimulant similar to amphetamine.

- (1) It is prescribed to treat narcolepsy, Parkinson's disease, and obesity.
 - (2) It has appeared in "club drugs"—dangerous, illegal substances available at dance clubs and all-night parties.
- (a) It is also called meth, crank, speed, or ice.

What are the effects of stimulants? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
Amphetamine	Crystal ice, glass, crank, speed, uppers	Pills, powder, chunky crystals	Swallowed, snorted up the nose, smoked, injected	Uneven heartbeat, rise in blood pressure, stroke, heart attack, death
Methamphetamine	Meth, crank, speed, ice	Pills, powder, crystal	Swallowed, snorted up the nose, smoked, injected	Memory loss, damage to heart and nervous system, seizures, death
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- (b) It comes as pills, powder, or crystals.
- (c) It is swallowed, snorted up the nose, smoked, or injected.
- (d) It can cause memory loss, damage to heart and nervous system, seizures, and death.

d. Cocaine is a powerful, illegal stimulant and major health problem in the United States.

- (1) The initial happy, energetic feeling it causes is short-lived and is followed by depression.
- (2) It is also called coke, dust, snow, flake, glow, and girl.
- (3) It comes as a white powder.
- (4) It is snorted up the nose or injected.
- (5) It can cause damage to the nose lining, liver, and heart; heart attack; seizures; stroke; and death.

e. Crack is a concentrated form of cocaine that can be smoked.

- (1) It reaches the brain within seconds and produces an intense high that lasts for only a few minutes and is followed by an equally intense low.

What are the effects of stimulants? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
Cocaine	Coke, dust, snow, flake, blow, girl	White powder	Snorted up the nose, injected	Damage to nose lining, liver, and heart; seizures; stroke; death
Crack	Freebase rocks, rocks	Off-white rocks or chunks	Smoked, injected	Damage to lungs, seizures, heart attack, death
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- (2) It is also called freebase rocks and rock.
- (3) It comes as off-white rocks or chunks.
- (4) It can be smoked or injected.
- (5) It can cause damage to the lungs if smoked, and it can also cause seizures, heart attack, and death.

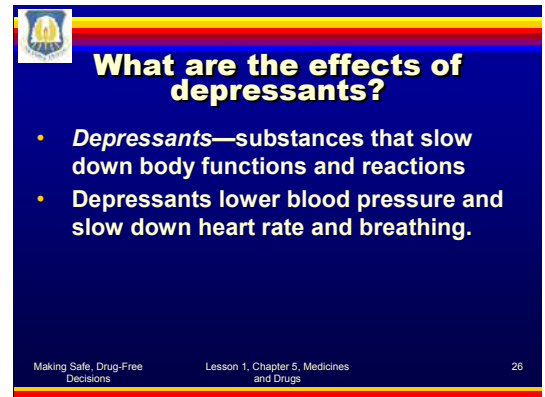
9. What are the effects of depressants?

a. **Depressants are substances that slow down the body's functions and reactions.**

- (1) Also called sedatives, these substances lower blood pressure and slow down heart rate and breathing.
- (2) Doctors prescribe them for relief of anxiety, tension, nervousness, and sleeplessness.

b. **The three main types of depressants**

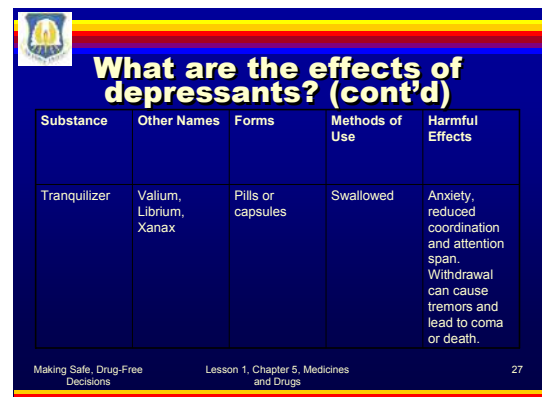
- (1) Tranquilizers, when used as prescribed by a physician, can help reduce anxiety and relax muscles.
 - (a) Other names are Valium, Librium, and Xanax.
 - (b) They come as pills or capsules that are swallowed.



What are the effects of depressants?

- **Depressants**—substances that slow down body functions and reactions
- Depressants lower blood pressure and slow down heart rate and breathing.

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What are the effects of depressants? (cont'd)

Substance	Other Names	Forms	Methods of Use	Harmful Effects
Tranquilizer	Valium, Librium, Xanax	Pills or capsules	Swallowed	Anxiety, reduced coordination and attention span. Withdrawal can cause tremors and lead to coma or death.

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- (c) Their harmful effects can include anxiety and reduced coordination and attention span. Withdrawal can cause tremors and lead to coma or death.
- (2) Barbiturates are powerful sedatives that produce a feeling of relaxation.
 - (a) Other names are downers, barbs, yellow jackets, and red.
 - (b) They come as pills or capsules that are swallowed.
 - (c) Their harmful effects can include mood changes and excessive sleep; they can lead to coma.
- (3) Hypnotics are very strong drugs that bring on sleep.




What are the effects of depressants? (cont'd)

Substance	Other Names	Forms	Methods of Use	Harmful Effects
Barbiturate	Downers, barbs, yellow jackets, reds	Pills or capsules	Swallowed	Mood changes and excessive sleep. Can lead to coma.

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- (a) Other names are Quaaludes, Ludes, and Sopor.
- (b) They come as pills or capsules that are swallowed.
- (c) Their harmful effects can include impaired coordination and judgment. High doses may cause internal bleeding, coma, or death.



What are the effects of depressants? (cont'd)

Substance	Other Names	Forms	Methods of Use	Harmful Effects
Hypnotic	Quaaludes, Ludes, Sopor	Pills or capsules	Swallowed	Impaired coordination and judgment. High doses may cause internal bleeding, coma, or death.

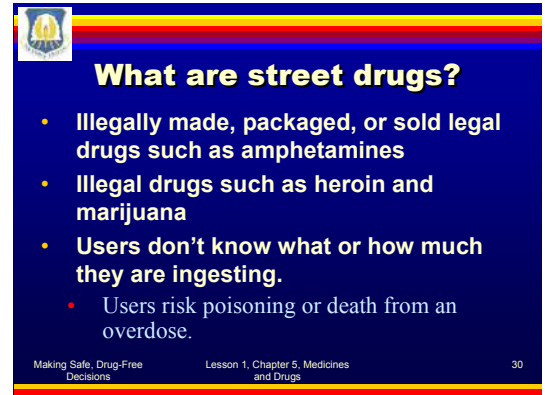
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c. Long-term use can cause dependence.

- d. Depressants cause effects similar to those produced by alcohol, which is itself a depressant. Combining the two increases the effects and multiplies the risks.

10. What are street drugs?

- a. Street drugs are drugs that are not made according to government regulations.
- b. Street drugs include illegally made, packaged, or sold legal drugs such as amphetamines.
- c. They also include illegal drugs such as heroin and marijuana.
- d. People who use them do not know what is actually in them or how much of the drug they are taking. They risk poisoning or even death from an overdose.



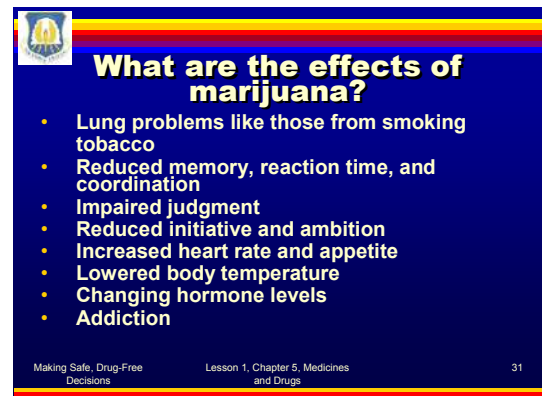
What are street drugs?

- Illegally made, packaged, or sold legal drugs such as amphetamines
- Illegal drugs such as heroin and marijuana
- Users don't know what or how much they are ingesting.
- Users risk poisoning or death from an overdose.

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 30

11. What are the effects of marijuana?

- a. Marijuana is the most commonly used street drug.
- b. Its main active chemical is TCH (tetrahydrocannabinol), which affects the brain.
- c. Because most users smoke it rather than mix it with food, they risk the same lungs problems as tobacco smokers.



What are the effects of marijuana?

- Lung problems like those from smoking tobacco
- Reduced memory, reaction time, and coordination
- Impaired judgment
- Reduced initiative and ambition
- Increased heart rate and appetite
- Lowered body temperature
- Changing hormone levels
- Addiction

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 31

- d. **Common street names for marijuana are pot, grass, weed, joint, and herb.**
- e. **Its effects can include**
 - (1) Reduced memory, reaction time, and coordination
 - (2) Impaired judgment
 - (3) Reduced initiative and ambition
 - (4) Increased heart rate and appetite and lowered body temperature
 - (5) Damage to heart and lungs
 - (6) Interference with normal body development in teens by changing hormone levels
 - (7) Addiction

12. What are the effects of hallucinogens?

- a. **Hallucinogens are drugs that distort moods, thoughts, and senses.**
- b. **Physical effects include increased heart rate and blood pressure, lack of muscle coordination, and decreased sensitivity to pain.**




What are the effects of hallucinogens?

- **Effects of *hallucinogens***
 - Distorted moods, thoughts, and senses
 - Destructive behavior
 - *Psychological dependence*
 - Rapid mood swings, hallucinations, terrifying thoughts and feelings

Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 32

- c. **Hallucinogens may cause the user to hallucinate, or see things that are not really there.**
- d. **They can trigger uncontrolled, violent behavior.**
- e. **They can cause a loss of a sense of direction, distance, and time. Such a loss can lead to misjudgments that result in serious injuries and death.**
- f. **Phencyclidine, or PCP, is a powerful and dangerous hallucinogen whose effects last a long time and can produce destructive behavior.**

- (1) Its use often leads to psychological dependence, an addiction in which the mind sends the body a message that it needs more of a drug.
- (2) Other names are angel dust, supergrass, killer weed, rocket fuel.
- (3) It comes as a white powder or as a liquid.
- (4) It is applied to leafy materials and smoked.
- (5) Its harmful effects can include loss of coordination; increase in heart rate, blood pressure, and body temperature; convulsions; heart and lung failure; broken blood vessels; bizarre or violent behavior; temporary psychosis; and false feelings of having super powers.

 What are the effects of hallucinogens? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
PCP	Angel dust, supergrass, killer weed, rocket fuel	White powder, liquid	Applied to leafy materials and smoked	Loss of coordination, increase in heart rate and body temperature, convulsions, heart and lung failure, violent behavior, feelings of having super powers

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 33

g. **LSD is an abbreviation for lysergic acid diethylamide.**

- (1) Its use often produces rapid mood swings, hallucinations, and terrifying thoughts and feelings.
- (2) Other names are acid, blotter, microdot, and white lightning.
- (3) It comes as tablets or squares soaked on paper.
- (4) It is eaten or licked.
- (5) Its harmful effects can include increased blood pressure, heart rate, and body temperature; chills, nausea, tremors, and sleeplessness; unpredictable behavior; flashbacks, which can recur days, months, or years after the drug was taken; and false feeling of having super powers.

What are the effects of hallucinogens? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
LSD	Acid, blotter, microdot, white lightning	Tablets; squares soaked on paper	Eaten or licked	Increase in blood pressure and body temperature; chills, nausea, tremors, and sleeplessness; unpredictable behavior; flashbacks; feelings of having super powers

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 34

13. What are the effects of inhalants?

- a. **An inhalant is any substance whose fumes are sniffed and inhaled to produce mind-altering sensations.**
- b. **Household products that come in aerosol spray cans can be used as inhalants. These include spray paint, cleaning fluid, lighter fluid, hair spray, and nail-polish remover.**

What are the effects of inhalants?	
<ul style="list-style-type: none"> • Effects of <i>inhalants</i> <ul style="list-style-type: none"> • Mind-altering sensations • Headache, nausea, vomiting, and loss of coordination • Sudden death • <i>Physical dependence</i> • Liver, kidney, and brain damage 	

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 35

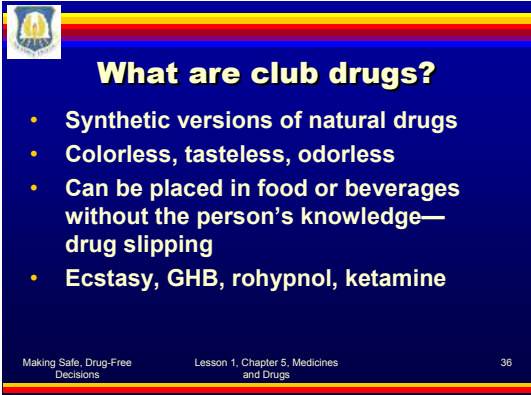
- c. The fumes go directly to the brain and can cause headache, nausea, vomiting, and loss of coordination.
- d. A single use can result in sudden death.
- e. Use can lead to physical dependence, a type of addiction in which the body itself feels a direct need for a drug.
- f. Long-term use can damage the liver, kidneys, and brain.

14. What are club drugs?

- a. Club drugs are associated with nightclubs, concerts, and all-night dance parties called raves.
- b. Club drugs are also called designer drugs and look-alike drugs.

- (1) Designer drugs are synthetic versions of a natural drug.
- (2) Look-alike drugs resemble and are passed off as other drugs.

- c. Colorless, tasteless, odorless club drugs can be placed in food or beverages without the eater's or drinker's knowledge. This is known as drug slipping. This has been used as an aid to commit date rape.



What are club drugs?

- Synthetic versions of natural drugs
- Colorless, tasteless, odorless
- Can be placed in food or beverages without the person's knowledge—drug slipping
- Ecstasy, GHB, rohypnol, ketamine

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 36

d. Commonly used club drugs include:

- (1) Ecstasy, also called E, X, and XTC, is a stimulant and hallucinogen in pill form. It can cause confusion, depression, anxiety, nausea, faintness, chills, sweating, and permanent brain damage.
- (2) GHB is a depressant. Its street names include Liquid Ecstasy, Liquid X, Georgia Home Boy, and Grievous Bodily Harm. It is available in powder and liquid form and is especially dangerous when taken with alcohol or other drugs. The combination can lead to sleep, coma, and death.
- (3) Rohypnol is a powerful sedative. It is also called the date-rape drug, Roofies, and R-2. It is usually a small, white tablet which has no taste or odor when dissolved in liquid. Its short-term effect is a sleepy, relaxed feeling that lasts 2 to 8 hours. It might also cause the user to black out.
- (4) Ketamine is an anesthetic used for medical purposes, mostly for treating animals. As a club drug, it is sold as a white powder to be injected or snorted like cocaine. It can also be smoked with marijuana or other tobacco products. It can cause hallucinations and dreamlike states and may cause death through respiratory failure.

15. What are the effects of anabolic steroids?

- a. The harmful effects of anabolic steroids include acne, mood swings, nausea, liver damage, brain cancers, and shortening of final height when taken by children and teens.

What are club drugs? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
Ecstasy	E, X, XTC	Pills	Swallowed	Confusion, depression, anxiety, nausea, faintness, chills, sweating, permanent brain damage

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 37

What are club drugs? (cont'd)				
Substance	Other names	Forms	Methods of use	Harmful effects
GHB	Liquid Ecstasy, Liquid X, Georgia Home Boy, Grievous Bodily Harm	Powder, liquid	Swallowed	Especially dangerous when combined with alcohol or other drugs. Can lead to sleep, coma, death.

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 38

What are club drugs? (cont'd)				
Substance	Other Names	Forms	Methods of Use	Harmful Effects
Rohypnol	Date-rape drug, Roofies, R-2	Pills	Dissolved in liquid	Sleepy, relaxed feeling; blacking out
Ketamine		White powder	Snorted or injected; can also be smoked with marijuana or other tobacco products	Hallucinations, dreamlike states, death through respiratory failure

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 39

What are the effects of anabolic steroids?	
<ul style="list-style-type: none"> Acne Mood swings Nausea Liver damage Brain cancers Shortening of children's and teens' final height 	

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 40

Health Skills Activity

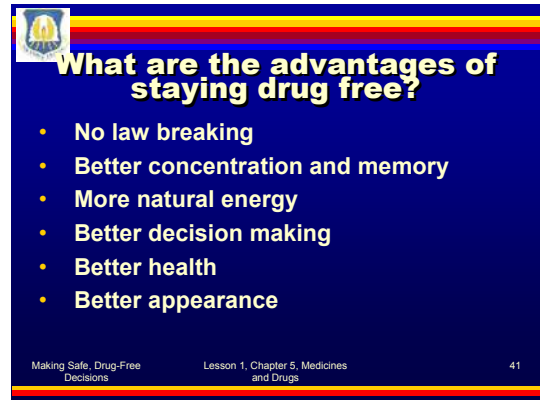
Refusing Drugs

Guide students in reading the introduction to the activity and in discussing Megan's situation. Also, help students review and discuss the S.T.O.P. refusal skills.

Divide the class into groups. Have partners within each group role-play their scenario for the other group members.

16. What are the advantages of staying drug free?

- a. You will not be breaking the law.
- b. You will have better concentration and memory and more natural energy.
- c. You will make wiser decisions and be able to focus on improving your talents and enjoying your interests.
- d. You can reach your full growth potential and be as healthy as possible.
- e. You will look better because drugs will not ruin your appearance.



- f. You will have better control of your feelings and actions and will not have regrets of foolish actions caused by drug-impaired judgment.
- g. You will not waste money on drugs.
- h. You will have better relationships with family members.
- i. You will respect yourself for taking care of your body and mind.
- j. You will be able to succeed in education.
- k. Your mental and emotional development will be on time, not delayed.

17. How can someone recover from an addiction?

- a. The first step is to recognize that a problem exists.
- b. The next step is to begin the recovery process.

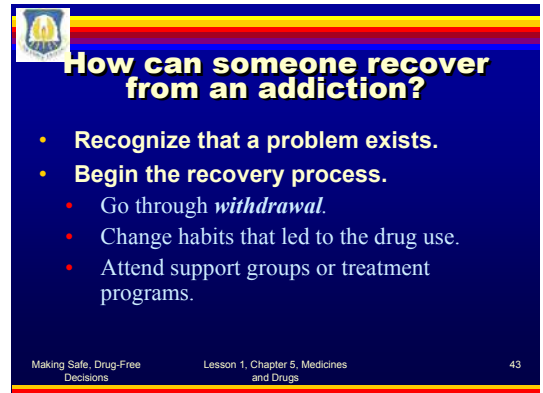
- (1) If the person is physically or psychologically addicted to a drug, the recovery process involves withdrawal, which consists of the physical and psychological symptoms that occur when someone stops using an addictive substance.



What are the advantages of staying drug free? (cont'd)

- Better control of feelings and actions
- No wasting money on drugs
- Better relationships with family
- More self-respect
- Better emotional and mental development

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How can someone recover from an addiction?

- Recognize that a problem exists.
- Begin the recovery process.
 - Go through *withdrawal*.
 - Change habits that led to the drug use.
 - Attend support groups or treatment programs.

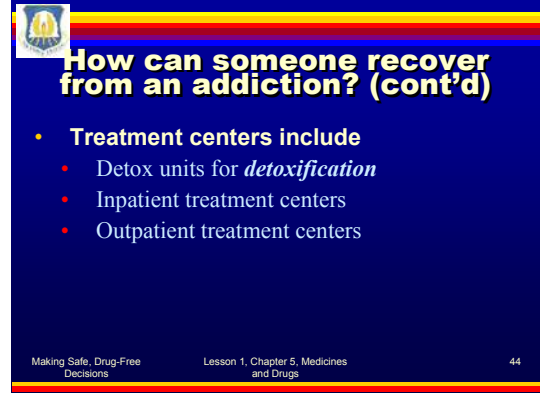
Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 43

Chapter Five, Making Safe, Drug-Free Decisions

- (a) Withdrawal symptoms may include vomiting, headaches, chills, and hallucinations. Medications are usually given to ease the physical symptoms.
- (2) The addicted person needs to change his or her thinking and the habits that led to the drug use.
- (3) Most communities offer support groups and treatment programs for drug addiction.
 - (a) A support group is a group of people who share a common problem and work together to help one another cope and recover.
 - (b) Support groups for drug addiction include Narcotics Anonymous and Cocaine Anonymous.
- (4) A good drug-treatment program has trained experts to help the user through the withdrawal period.
 - (a) Withdrawal often requires detoxification, the physical process of freeing the body of an addictive substance. "Detox" also helps the user overcome psychological dependence.

(5) Treatment centers include the following:

- (a) Detox units are usually part of a hospital or other treatment center. Addicts are under a doctor's care.
- (b) Inpatient treatment centers are places where people stay for a month or more to fully concentrate on recovery.
- (c) Outpatient treatment centers provide treatment for a few hours each day.



How can someone recover from an addiction? (cont'd)

- **Treatment centers include**
 - Detox units for *detoxification*
 - Inpatient treatment centers
 - Outpatient treatment centers

Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 44

18. What are some healthful ways to deal with problems?

a. If you feel lonely, depressed, or bored

- (1) Learn a new sport or hobby or join a club.
- (2) Start a regular physical-activity routine.
- (3) Volunteer to help people in your community.

b. If you need help solving personal problems

- (1) Talk to an adult you trust.
- (2) Contact a hotline or support group.



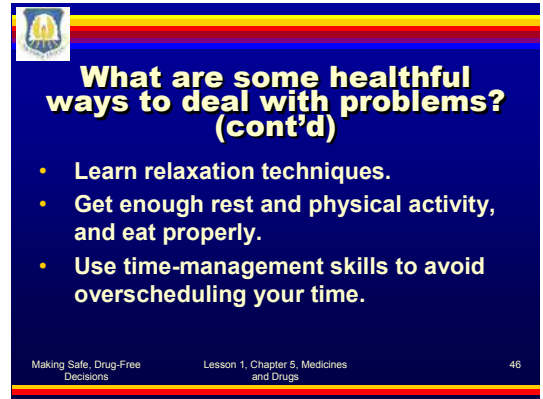
What are some healthful ways to deal with problems?

- Learn a new sport or hobby or join a club.
- Start a regular physical-activity routine.
- Volunteer to help people in your community.
- Talk to an adult you trust.
- Contact a hotline or support group.

Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 45

c. If you are tense and anxious

- (1) Learn relaxation techniques such as yoga or tai chi.
- (2) Get enough rest and physical activity, and eat properly.
- (3) Use time-management skills to avoid overscheduling your time.



Hands-On Health

Drug-Free Campaign

Teaching the Activity

With students, read and discuss the activity introduction and assignment.

Have students form groups in which to plan and prepare their ads.

Ask each group to share its ad with the rest of the class.

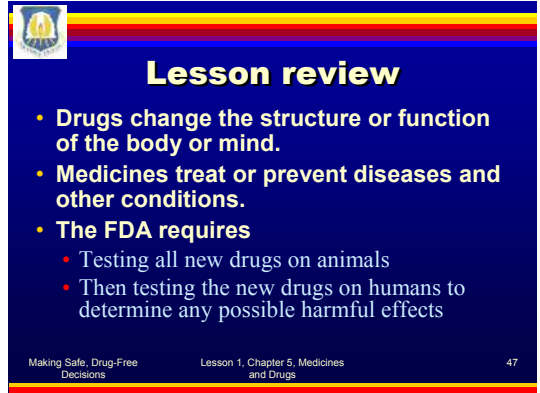
In a class discussion, have students respond to the In Conclusion questions.

Assessment

Have students write assessments of their own group's ad and of their individual contributions to their group.

REVIEW

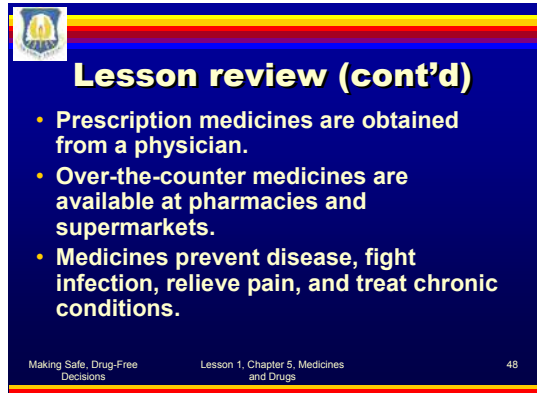
- Drugs are substances other than food that change the structure or function of the body or mind.
- Medicines are drugs that are used to treat or prevent diseases and other conditions.
- The FDA requires that all new drugs be tested first on animals and then on humans to determine whether they have any harmful effects.
- Consumers can obtain prescription medicines from a physician and can obtain over-the-counter medicines from pharmacies, supermarkets, and other stores that sell medicines.
- There are medicines to prevent disease, fight infection, and relieve pain. Other medicines treat chronic conditions.
- The effect of a medicine on the body depends on the type and amount taken, how quickly it begins to work in the body, and each individual's reaction to it.
- Medicines can be ingested, injected, inhaled, and absorbed through the skin.
- Drug misusers take legal drugs in an improper way.
- Drug abusers take illegal substances that are not supposed to be taken into the human body. They may also use legal drugs for nonmedical purposes.
- Narcotics are available only by prescription to relieve pain. They can be addictive.



Lesson review

- **Drugs change the structure or function of the body or mind.**
- **Medicines treat or prevent diseases and other conditions.**
- **The FDA requires**
 - Testing all new drugs on animals
 - Then testing the new drugs on humans to determine any possible harmful effects

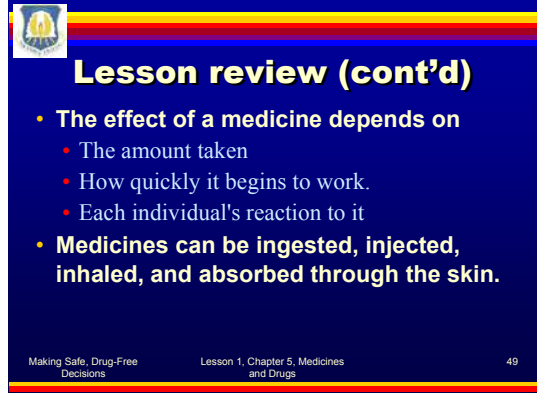
Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 47



Lesson review (cont'd)

- **Prescription medicines are obtained from a physician.**
- **Over-the-counter medicines are available at pharmacies and supermarkets.**
- **Medicines prevent disease, fight infection, relieve pain, and treat chronic conditions.**

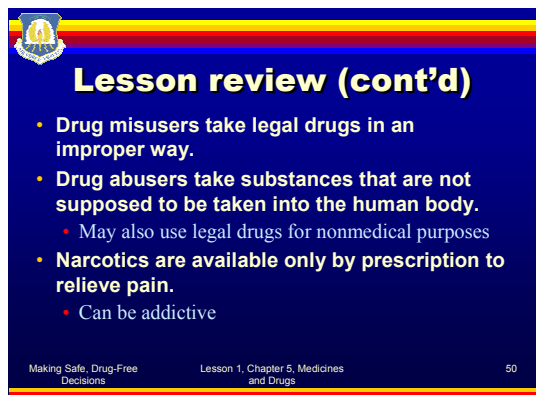
Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 48



Lesson review (cont'd)

- **The effect of a medicine depends on**
 - The amount taken
 - How quickly it begins to work.
 - Each individual's reaction to it
- **Medicines can be ingested, injected, inhaled, and absorbed through the skin.**

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 49



Lesson review (cont'd)

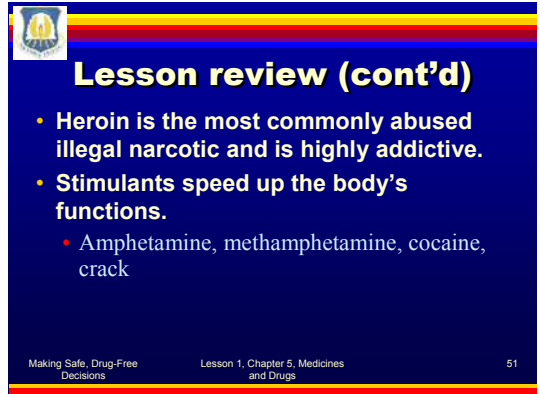
- **Drug misusers take legal drugs in an improper way.**
- **Drug abusers take substances that are not supposed to be taken into the human body.**
 - May also use legal drugs for nonmedical purposes
- **Narcotics are available only by prescription to relieve pain.**
 - Can be addictive

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 50

Chapter Five, Making Safe, Drug-Free Decisions

Heroin is the most commonly abused illegal narcotic and is highly addictive.

- Stimulants speed up the body's functions. They make the heart beat faster, increase breathing rate, and raise blood pressure.
- Examples of stimulants include amphetamine, methamphetamine, cocaine, and crack.
- Depressants slow down the body's functions and reactions. They lower blood pressure and slow down heart rate and breathing.
- Examples of depressants include tranquilizers, barbiturates, and hypnotics.
- Any drug that is made or sold outside of government regulations is considered a street drug.
- Marijuana, the most commonly used street drug, affects memory, reaction time, initiative, and coordination. It also damages the heart and lungs.
- Hallucinogens distort moods, thoughts, and senses. They increase heart rate and blood pressure, cause loss of muscle coordination, and decrease sensitivity to pain.
- Examples of hallucinogens include PCP and LSD.
- Inhalants produce mind-altering sensations and can cause headache, nausea, vomiting, and loss of coordination. They can lead to physical dependence.
- Examples of inhalants include spray paint, cleaning fluid, lighter fluid, hair spray, and nail polish remover.



Lesson review (cont'd)

- Heroin is the most commonly abused illegal narcotic and is highly addictive.
- Stimulants speed up the body's functions.
 - Amphetamine, methamphetamine, cocaine, crack

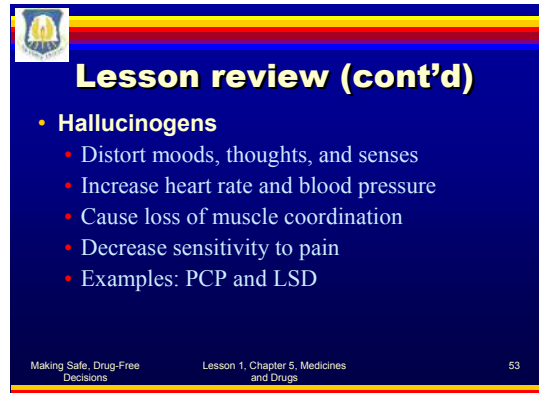
Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 51



Lesson review (cont'd)

- Depressants slow down the body's functions and reactions.
 - Tranquilizers, barbiturates, hypnotics
- A street drug is any drug that is made or sold outside of government regulations.
- Marijuana is the most common street drug.
 - Affects memory, reaction time, and coordination
 - Damages the heart and lungs

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 52



Lesson review (cont'd)

- Hallucinogens
 - Distort moods, thoughts, and senses
 - Increase heart rate and blood pressure
 - Cause loss of muscle coordination
 - Decrease sensitivity to pain
 - Examples: PCP and LSD

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 53



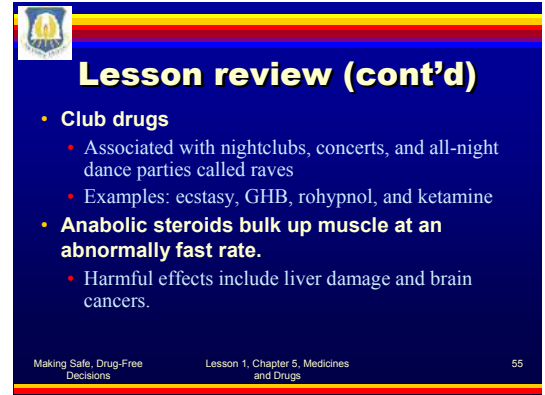
Lesson review (cont'd)

- Inhalants
 - Produce mind-altering sensations
 - Can cause headache, nausea, vomiting, and loss of coordination
 - Can lead to physical dependence
 - Examples: spray paint, cleaning fluid, lighter fluid, hair spray, nail polish remover

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 54

Chapter Five, Making Safe, Drug-Free Decisions


- Club drugs are drugs that are associated with nightclubs, concerts, and all-night dance parties called raves. They are also known as designer drugs and look-alike drugs.
- Examples of club drugs include ecstasy, GHB, rohypnol, and ketamine.
- Anabolic steroids bulk up muscle at an abnormally fast rate and have harmful effects such as liver damage and brain cancers.
- Among the reasons for staying drug free are not breaking the law, better control of feelings and actions, better relationships with others, and normal mental and emotional development.
- Help for those recovering from an addiction can come from community support groups and treatment programs such as Narcotics Anonymous, detox units, inpatient treatment centers, and outpatient treatment centers.
- Healthful ways to solve problems include starting a regular physical-activity routine, talking to a trusted adult, and learning relaxation techniques.



Lesson review (cont'd)

- **Club drugs**
 - Associated with nightclubs, concerts, and all-night dance parties called raves
 - Examples: ecstasy, GHB, rohypnol, and ketamine
- **Anabolic steroids bulk up muscle at an abnormally fast rate.**
 - Harmful effects include liver damage and brain cancers.

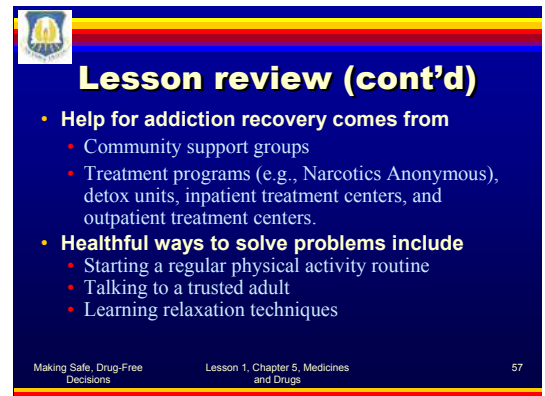
Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 55



Lesson review (cont'd)

- **Reasons for staying drug free**
 - Not breaking the law
 - Better control of feelings and actions
 - Better relationships with others.
 - Normal mental and emotional development

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 56



Lesson review (cont'd)


- **Help for addiction recovery comes from**
 - Community support groups
 - Treatment programs (e.g., Narcotics Anonymous), detox units, inpatient treatment centers, and outpatient treatment centers.
- **Healthful ways to solve problems include**
 - Starting a regular physical activity routine
 - Talking to a trusted adult
 - Learning relaxation techniques

Making Safe, Drug-Free Decisions Lesson 1, Chapter 5, Medicines and Drugs 57

CONCLUSION

In this lesson, we discussed the following:


1. What is the difference between medicines and drugs?
2. What is the approval process the FDA follows to ensure that a new drug is safe?
3. How do consumers obtain medicines?
4. What different types of medicines are there?
5. How do medicines work in the body?
6. How do people misuse and abuse drugs?
7. What are the effects of narcotics?
8. What are the effects of stimulants?
9. What are the effects of depressants?
10. What are street drugs?
11. What are the effects of marijuana?
12. What are the effects of hallucinogens?
13. What are the effects of inhalants?
14. What are club drugs?
15. What are the effects of anabolic steroids?
16. What are the advantages of staying drug free?
17. How can someone recover from an addiction?
18. What are some healthful ways to deal with problems?



Summary

- What is the difference between medicines and drugs?
- What is the approval process the FDA follows to ensure that a new drug is safe?
- How do consumers obtain medicines?
- What different types of medicines are there?


Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 58



Summary (cont'd)

- How do medicines work in the body?
- How do people misuse and abuse drugs?
- What are the effects of narcotics?
- What are the effects of stimulants?
- What are the effects of depressants?
- What are street drugs?


Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 59



Summary (cont'd)

- What are the effects of marijuana?
- What are the effects of hallucinogens?
- What are the effects of inhalants?
- What are club drugs?
- What are the effects of anabolic steroids?

Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 60



Summary (cont'd)

- What are the advantages of staying drug free?
- How can someone recover from an addiction?
- What are some healthful ways to deal with problems?

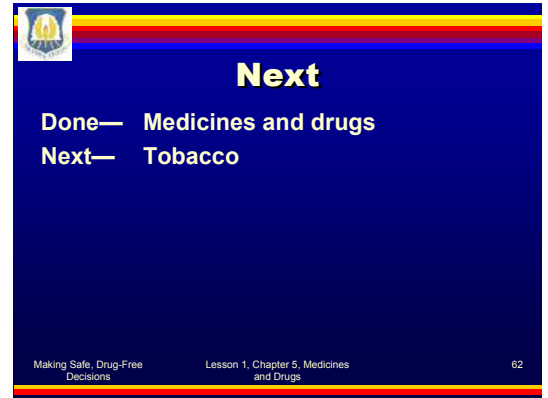
Making Safe, Drug-Free Decisions Lesson 1: Chapter 5, Medicines and Drugs 61

REMOTIVATION

This lesson provides the reasons to stay drug free as well as the dangers of using drugs. You now have the skills and information you need to make the right choices for yourself and to help others who may have made a wrong choice.

CLOSURE

Today, we've learned the difference between medicines and drugs and the dangers of misusing and abusing legal and illegal substances. Next, we'll learn about the problems associated with tobacco use.



Checkpoints

Below are the answers to the questions at the end of Chapter 5, Lesson 1 in the student edition of Leadership Education I: Citizenship, Character and Air Force Tradition. These end-of-lesson questions **are not** assigned in the lesson plans or student workbooks. The answers are provided here in case you want to assign any of them in your classes, for homework, or if your students ask you about them. The answers are in the same order as the questions on pages 228–229 of the student book.

1. The three most common uses for medicines are to prevent disease, to fight infection, and to relieve pain. P 215
2. Antibodies are proteins that attack and kill or disable specific germs that cause disease. Antibiotics are medicines that reduce or kill harmful bacteria in the body. P 215
3. A side effect is any effect of a medicine other than the one intended. P 217
4. When taking more than one medicine at the same time, the following three reactions are possible: each medicine may have a stronger effect than it would have if taken alone, the medicines may combine to produce unexpected effects, or one medicine may cancel out the expected effects of the other. P 218
5. Answers will vary. Answers for examples of drug misuse should include three of the following: using a drug without following the directions, combining medicines without a physician's advice, taking more of a drug than the doctor ordered, using a drug prescribed for someone else, giving your prescription to someone else, using a drug for longer than a physician advises. Answers for examples of drug abuse should include three of the following: using any illegal drug, using a medicine when you do not need it, taking a substance that was not meant to enter the body, using a drug for purposes other than medical treatment, faking health problems to obtain or renew a prescription.
6. Answers will vary. Possible answer: People with an addiction have a physical or psychological need for a drug. P 219
7. If a heroin user with HIV shares needles with others, those others are at increased risk of contracting HIV. P 219
8. Answers will vary but should include any two of the following: amphetamines, which cause uneven heartbeat and rise in blood pressure; methamphetamines, which cause memory loss and damage to the heart and nervous system; cocaine, which causes heart attack and damage to the nose lining, liver, and heart; crack, which causes lung damage, seizures, heart attack, and death. P 219–220

Chapter Five, Making Safe, Drug-Free Decisions

9. A hallucinogen is a drug that distorts moods, thoughts, and senses. An inhalant is any substance whose fumes are sniffed and inhaled to produce mind-altering sensations. Both hallucinogens and inhalants have mind-altering effects and can lead to serious injury or death. P 222, 223
10. Two hallucinogens known by their initials are phencyclidine (PCP) and lysergic acid diethylamide (LSD). P 223
11. Psychological dependence is an addiction in which the mind sends the body a message that it needs more of a drug. Physical dependence is an addiction in which the body itself feels a direct need for a drug. P 223
12. Club drugs are especially dangerous because some are colorless, tasteless, and odorless. These properties have led to the dangerous practice of drug slipping, which occurs when a drug is placed in someone's food or beverage without that person's knowledge. Some have also been linked to cases of date rape. P 224
13. Answers will vary but may include five of the following or any from the bulleted list on page 226: not breaking the law, making wiser decisions, having more natural energy, reaching full growth potential, better control of feelings and actions, better relationships with others. P 226
14. Withdrawal is part of the recovery process and includes the physical and psychological symptoms that occur when someone stops using an addictive substance. P 227–228
15. Answers may vary. Possible answer: Detoxification is the physical process of freeing the body of an addictive substance. P 227
16. Detox units, inpatient treatment centers, and outpatient treatment centers are three types of drug treatment programs. P 227
17. Prescription medicines are medicines that can be obtained only with a written order from a physician. Over-the-counter medicines are medicines that are safe enough to be taken without a written order from a physician; they are sold in supermarkets as well as pharmacies. P 214, 215
18. Answers may vary but should include the following information: Rose developed a tolerance to her medicine. Tolerance is a condition in which a person's body becomes used to the effect of a medicine and needs greater and greater amounts of it in order for the medicine to be effective. P 217
19. Stimulants speed up the body's functions and reactions. Depressants slow down the body's functions and reactions. P 219, 221
20. To refuse an offer of crack, you would first say no in a firm voice. Then you would tell why you won't try the drug. Next, you would offer other ideas. The last step would be to promptly leave. This method is called S.T.O.P. P 225

Chapter Five, Making Safe, Drug-Free Decisions

21. Answers may vary. The false feeling of having super powers makes the use of PCP and LSD dangerous because it leads people to believe that they cannot be harmed. People may be more likely to behave in a reckless manner if they don't believe there will be consequences. P 223
22. Answers may vary. Students should show their understanding of inhalants and how the availability of inhalants around the house makes them accessible to teens.
23. Answers may vary. Students should include reasons that teens are deciding to remain drug free.
24. Answers may vary. Instead of using marijuana to relax, your cousin Ian could learn relaxation techniques such as yoga or tai chi. He could get enough rest and physical activity and eat properly. He could use time-management skills to avoid overscheduling his time. P 228

Applying Health Skills

25. Answers will vary. Students should show their understanding of how to use antibiotics properly. Students should be able to explain what happens when antibiotics are overused. P 216, 217–218.
26. Answers will vary. Answers may include learning a new sport or hobby, joining a club, volunteering, contacting a support group, learning relaxation techniques, getting enough rest and physical activity, or using time-management skills. P 228
27. Answers will vary. Students should be able to explain the risks marijuana poses to various body systems. Students should use credible resources for their information. P 222, 223
28. Answers will vary. Students should report on why staying drug free is important and give examples of reliable drug programs within their community. P 226–227