

HEALTH EDUCATION II

MODULE 7

BECOMING INFORMED DRUG EDUCATION (Amphetamine, Shabu, Cocaine)



- *What this Module is all about*

Do you know that medicines are a type of drug? But remember, NOT ALL DRUGS ARE MEDICINES. Even drugs that have medical uses, when misused or abused are dangerous to your health. Drugs that are not medicines do not make your body well or keep you healthy.

Peer group, advertisements, low self esteem may influence a teenager like you to try drugs. If you have correct information and life skills to resist temptations, you can prevent drug abuse.

In this Module you will learn more about drugs especially the stimulants. You will know its effects and dangers to the body when it is misused or abused.



**What you are expected to learn from this Module*

After completing this Module you shall have:

- ⇒ analyzed the common factors that influence the youth to use prohibited/stimulant drugs
- ⇒ identified the commonly abused stimulants
- ⇒ analyzed the ill effects of stimulant drugs when abused
- ⇒ identified the signs and symptoms of stimulant drug abuse.



** How to learn from this Module*

You are encouraged to enjoy spending time in learning from this Module but before you proceed, remember to observe the following reminders:

1. Answer the pre-test before going over the materials. This is to find out what you already know.
2. Be honest in answering and checking your activity.
3. Follow closely the instructions in every activity.
4. Review the lessons that you think you failed to understand.
5. Seek assistance from your teachers if you need help.
6. Answer the post test at the end of this Module.
7. Record your answers and lessons taken in your notebook.

Before working on this Module, answer the pre-test to determine what you already know about the lesson.

Are you ready? Good Luck and Happy Learning!



PRE-TEST

Multiple Choice. Write the letter of the correct answer in your answer notebook.

1. These drugs speed up the way the body works.
 - a. depressant
 - b. inhalants
 - c. narcotics
 - d. stimulants
2. What stimulant is an ingredient of coffee, tea, cola drinks, and chocolate?
 - a. caffeine
 - b. cocaine
 - c. codeine
 - d. nicotine
3. Which of the following is not a stimulant?
 - a. amphetamines
 - b. cocaine
 - c. marijuana
 - d. shabu
4. This stimulant is also called 'pep pills' or 'uppers'
 - a. amphetamines
 - b. codeine
 - c. narcotics
 - d. shabu
5. Which of the following is under the category of social factor/ forces that may influence people to use drugs?
 - a. appeal of advertisements
 - b. to find an escape
 - c. to rebel against the authority
 - d. unable to cope up with problems
6. One of the following is not an effect of stimulants
 - a. cures insomnia
 - b. increases alertness
 - c. keeps one awake
 - d. relieves fatigue
7. One observable behavior sign that a person is abusing drug is:
 - a. dilated pupil
 - b. insomnia
 - c. lost of appetite
 - d. troublesome
8. Amphetamine misuse/ abuse leads to the following except one:
 - a. Amnesia
 - b. cardiac arrest
 - c. insomnia
 - d. paranoia
9. The following are signs and symptoms of drug abuse except one:
 - a. changes in interest
 - b. improved performance
 - c. stealing money and other valuables
 - d. unusual lost of weight
10. This drug is labeled 'club drugs' because it is commonly used at all night dance parties known as "rave."
 - a. Amphetamine
 - b. Codeine
 - c. ecstasy
 - d. shabu

Compare your answer with the Key to Correction.

You may now proceed to Lesson 1.

* *LET'S LEARN !!!*



Lesson 1

FACTORS THAT INFLUENCE YOUTH TO TRY DRUGS

Do you know the reasons why people especially the youth take prohibited drugs? Their reasons may differ but the truth is drug misuse and abuse are dangerous.

There are two factors that may influence the individual to turn to drugs. These are the social and the psychological factors.

→ Social factors.

Teenagers are usually pressured by their peer groups, friends, and classmates to do what everybody else is doing. The pressure can force them to try whatever drug the group uses.

Likewise the attractive advertisements about drugs that we see and hear everyday can invite us to try them. Examples are “Tired? Take _____”, “Want to lose weight? Then take _____.” The offer of instant relief to physical pains make the advertisement very appealing.

Some adults set the examples that young people follow. Children who see adults using drugs come to accept such behavior as normal and natural.

→ Psychological factors.

There are also people who have not learned to cope up with and accept the frustrations and disappointments in life. They turn to drugs to find an escape, a meaning in life, or an identity, not knowing that this will only aggravate the problems. Some teenagers may also rebel against their parents or authority blaming them for their failures and frustrations.



Activity 1 “Let’s Analyze”

Read the following situations and answer the questions below.

Situation # 1

Jun’s parents are both very busy with their business. Being the only child, he has almost all the things he wants to have. Material things are not all that he wants. He failed in some of his subjects and felt so frustrated. This time he did not bother to tell his parents about this, instead, he turned to drugs.

1. What are the possible reasons why Jun took drugs?
2. Under what factor can you categorize those reasons?

Situation # 2

Josie attended a party with her barkada. It was an all night dance party. Everybody seems to be so awake and alive the whole night. Her friend gave her stimulant and she took it. “Well, everybody is on it, so... go,” she said.

1. What caused Josie to use drugs?
2. Give 3 possible reasons why Josie tried drugs.

Situation # 3

Roland feels so frustrated with what is happening to his life. Problems concerning his family, studies, and relationships are all bothering him. Unable to cope with problems, he tried drugs.

1. Why did Roland turn to drugs?
2. How would you classify his reason for using drugs? Psychological or Social? Why?



Activity 2 “Is It An S or P Force?”

Classify the following into social (S) or psychological (P) factor. Write your answers in your notebook.

- = unable to cope with problems
- = pressured by friends, peer group

- = appeal of ads
- = want instant relief
- = rebelling against authority
- = follow what they see from adults
- = unable to accept failures/ frustrations
- = to find an escape

Now compare your answers with those in the Key to Correction.



Lesson 2

EFFECTS OF STIMULANTS

Stimulants speed up the way the body works. It promotes the activity of the central nervous system. It increases alertness, reduces fatigue, and keeps you awake.

Do you know the effects of stimulant drugs on the body? Let's talk about it one by one.

CAFFEINE. It is found in coffee, tea, cola drinks, and chocolate. The low doses that a person normally consumes produce only mild effects, but if used daily, it can produce tolerance and leads to habituation.

A person who can consume six or more servings of coffee or cola drinks a day may suffer from the following:

Irritability



Insomnia and Headache



Heart Palpitation

- aggravate high blood pressure
- aggravate peptic ulcer

Trembling



COCAINE. It is a drug extracted from the leaves of coca bush. It is used as local anesthetic mainly in nose and throat surgery. It creates a very strong psychological dependence or habituation when abused. It is abused illegally because it causes a feeling of energy and excitement.

The ill effects of cocaine when abused are:

- heart attack
- brain damage
- respiratory failure
- coma

MMDA (3,4-methylenedioxy methamphetamine) or commonly called **ECSTASY** is a drug similar to the naturally occurring hallucinogen, mescaline and synthetic methamphetamine. It is labeled “club drugs” because of their use at dance clubs. It is also known as “Rave” because it is used in all night dance parties. The stimulant effect of Ecstasy allows the user to dance most of the evening. Party fad or the so called “Rave” is characterized with loud, repetitive, electronic music called “Techno.” It usually starts late in the evening and lasts till dawn.

The physiological and psychological effects of ecstasy are the following:

- | Physiological | Psychological |
|------------------------------|---------------------------------|
| ^ elevated heart rate | > increased sense of well-being |
| ^ insomnia | > increased empathy |
| ^ dehydration | > inability to focus |
| ^ increased body temperature | > visual hallucination |
| ^ elevated blood pressure | > paranoia |
| ^ dilated pupils | > anxiety |
| ^ grinding of teeth | |
| ^ clenching of jaw | |

Ecstasy is a “killer drug.” It has already resulted to thousands of overdose that led to numerous deaths.

AMPHETAMINES. It is also known as “uppers” or “pep pills.” Medically, it is used for losing weight by decreasing the appetite. Moderate use of amphetamines makes the users feel alert and energetic. The mood may be elevated with feeling of anxiety and irritability.

Amphetamine misuse/ abuse leads to:

- insomnia
- severe depression
- exhaustion
- headaches
- dizziness
- confusion

SHABU. It is a dangerous substance known to some as “sha, ice, ubas,” and other slang names. It is also known as “poor man’s cocaine.”

Shabu use leads to:

- agitation
- aggressiveness
- paranoia
- psychosis (insanity)



Activity 3 “Be An Analyst”

Read the following cases below and answer the questions that immediately follow:

Case # 1

Fourteen-year old George purchased a drug from a friend who said it was a kind of stimulant. He took the drug and felt the desired effects. From then on he got hooked on it until finally he developed tolerance. Unpleasant side effects were felt such as severe depression, dizziness, and exhaustion. It was just the opposite of what he felt before.

1. What are the side effects felt by George brought about by the stimulant?
2. Why do you think George felt those unpleasant effects?
3. If you were George, would you try drugs also? Why?

Case # 2

Joan is very conscious with her body weight. She wants to maintain a beautiful body figure. At her teenage stage, she cannot control her appetite. Instead of doing some exercises, she took diet pills instead. Since it was not under the doctor’s prescription and supervision, Joan’s health was badly affected. She developed insomnia, felt confused, dizzy, and had tolerance on the drug.

1. What kind of stimulant did Joan take?
2. What are the ill effects of the diet pills to Joan’s health?
3. Why did Joan experience those ill effects?



Lesson 3

SIGNS AND SYMPTOMS OF DRUG ABUSE

Parents, teachers, friends and other members of the family of a possible drug user must know how to recognize signs and symptoms of drug abuse. Unusual changes in his/her personal behavior, physical appearance, and school performance can be observed.

Teenagers enjoy their privacy, however, if they stop members of the family from entering their rooms, it can be a signal for parents to suspect something wrong is happening. They will not tell where they go with their friends. Unexplained and lengthy stays in the bathroom should not be ignored especially when other unusual behavioral changes are observed. Temper tantrums, unexpected display of anger over small matters, onset of discipline problems at home and in school, sudden need for more money without reasonable explanation for its use may be signs that the person is into drugs.

Teenagers are conscious with their appearance and are fashion conscious. If they suddenly lose a little interest in their clothing and become unconcerned about their hygiene, something may be wrong. Listlessness and apathy are not common characteristics of teenagers, however, if these are shown, it may be an indication of drug abuse.

In school, the teacher can see an unexplained pattern of tardiness and absences among the students. They dislike coming to school and look for excuses to stay home. They begin to fail in their subjects and express indifference toward schoolwork. If they use to indulge in sports and other school activities, they may suddenly stop participating for no apparent reason.

If these signs are observed, do something to help the person.

(Signs and Symptoms of Drug Abuse)

How would you know if a person is abusing drugs? How does he behave, talk and act? There are changes in the behavior, practices and appearance that will be noticed in the user. Look at these pictures showing signs and symptoms of drug abuse.

1



2



3



4



5



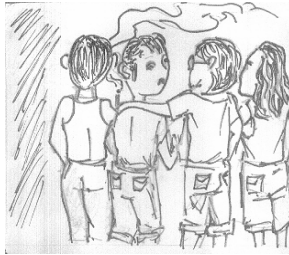
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7



8



9



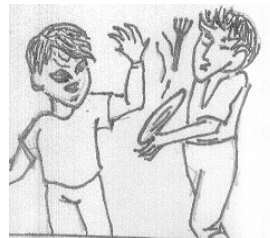
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12



Activity 4 “What Does The Picture Say?”

Look again at the (twelve) pictures of an individual showing signs of drug abuse. Choose from the signs/ symptoms listed below the correct description for each picture. Write the answers in your notebook.

A nervousness	H stealing money, etc.
B unable to sleep/ insomnia	I always with his/her barkada
C unusual talkativeness	J playing loud music

D dilated pupils	K low performance
E troublesome	L sudden change in hobbies/ interest
F unusual loss of weight	M unusual cheerfulness
G use of dark eyeglasses even at night	N loss of appetite



*** LET'S SUMMARIZE**

- Social and psychological factors are two forces that can influence the youth to take drugs.
- Commonly abused stimulants are caffeine, cocaine, amphetamines, and shabu. When misused or abused, they cause the person to become physically ill, mentally impaired and incapable of doing the normal activities of daily life.
- You will know if a person is abusing drugs through some observable changes in behavior, interest, and practices. There are also changes in physical appearance and performances.

*** LET'S SEE WHAT YOU HAVE LEARNED**



POST TEST

Choose the correct answers and write them in your notebook.

1. This drug is labeled “club drugs” because it is commonly used at all night dance parties known as “rave.”
 - a. amphetamine
 - b. codeine
 - c. ecstasy
 - d. shabu
2. Amphetamine misuse/ abuse leads to the following except

- a. amnesia
 - b. cardiac arrest
 - c. insomnia
 - d. paranoia
3. The following are signs and symptoms of drug abuse except
- a. changes in the usual interest
 - b. improved performance
 - c. stealing money/ valuables
 - d. unusual loss of weight
4. One of the following is not an effect of stimulants
- a. cure insomnia
 - b. increase alertness
 - c. keep one awake
 - d. relieve fatigue
5. One observable behavior sign that a person is abusing drug is
- a. dilated pupil
 - b. insomnia
 - c. loss of appetite
 - d. troublesome
6. Which of the following is not a stimulant
- a. amphetamines
 - b. cocaine
 - c. marijuana
 - d. shabu
7. This stimulant is also called “pep pills” or “uppers”
- a. amphetamine
 - b. codeine
 - c. narcotics
 - d. shabu
8. What stimulant is an ingredient of coffee, tea, cola drinks, and chocolate
- a. caffeine
 - b. cocaine
 - c. codeine
 - d. nicotine
9. These drugs speed up the way the body works
- a. depressants
 - b. inhalants
 - c. narcotics
 - d. stimulants

10. Which of the following is under the category of social factor that may influence people to use drugs?
- appeal of advertisements
 - to find an escape
 - to rebel against authority
 - unable to cope with problems



* *Key to Correction*

Let's See What You Already Know

PRE-TEST

- | | |
|------|-------|
| 1. d | 6. a |
| 2. a | 7. d |
| 3. c | 8. a |
| 4. a | 9. b |
| 5. a | 10. c |

Activity 1 Factors that influence the youth to use drugs

- Let's Analyze

Situation # 1

- He feels neglected
 - He was frustrated with his grades
 - He wants to rebel against his busy parents
- Psychological factor

Situation # 2

- social factor
- peer pressure
 - curiosity
 - to have a feeling of belonging

Situation # 3

1. - to find an escape
 - unable to cope up with problems
2. psychological factor

Activity 2 “Is it an S or P Force?”

S	P
2. pressured by friends, peer group 3. appeal of ads 4. want instant relief 6. follow what they see from adults	1. unable to cope up with problems 5. rebelling against authority 7. unable to accept failures/ frustrations 8. to find an escape

Activity 3 Be An Analyst

Case # 1

1. a. severe depression
 - b. exhaustion
 - c. dizziness
 - d. tolerance
2. He abused the use of stimulants
3. No, because it poses danger to one’s health.

Case # 2

1. a. insomnia
 - b. confusion
 - c. dizziness
 - d. tolerance
2. She abused the use of amphetamines.

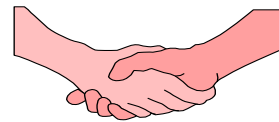
Activity 4 “What Does the Picture Say?”

1. playing loud music
2. dilated pupils
3. unusual cheerfulness
4. nervousness
5. inability to sleep
6. unusual loss of weight
7. stealing
8. always with the barkada
9. sudden changes in interest/ hobbies
10. loss of appetite

11. use of dark glasses even at night
12. troublesome

POST TEST

1. ecstasy
2. amnesia
3. improved performance
4. cure insomnia
5. troublesome
6. marijuana
7. amphetamine
8. caffeine
9. stimulants
10. appeal of advertisements



What is your score? If you got 10 correct answers in the post test,

Congratulations !

If your score is 6 or below, you need to go over this Module again.

