

HEALTH EDUCATION II

MODULE 8

BARBITURATE ABUSE? NO WAY!



What this module is all about

Barbiturate is one of the most commonly used and abused sedatives and hypnotics. It has accepted medical use, however, this can cause dependence and tolerance if misused or abused.

Drug misuse and abuse threatens your health and safety as well as that of your family and other persons. The quality of environment in which you live is also affected. Hence, your responsible decision not to use barbiturate is important.

? *What you are expected to learn from this module*

In this module, you will learn the positive and negative characteristics of a teenager and his/her concerns, the reasons for using barbiturates, the effects of barbiturate misuse/abuse, the provisions of the law regarding barbiturate, the alternatives and decisions about the use of drugs especially barbiturates.

After completing this module you shall have:

- analyzed the characteristics of teenagers and their problems/concerns,
- explained the reasons for using barbiturates,
- analyzed the effects of barbiturates to self, family and community,
- given reactions on the provisions of the comprehensive dangerous drugs act of 2002,
- followed alternatives to prevent drug abuse and make responsible decisions to lead a life-style free from drug abuse.



How to learn from this module

This module aims to help you develop and manifest the right attitude towards depressant drugs like barbiturate. There will be tasks to do in order to help you learn from this module.

- Before you can work on this module, you have to answer first the pretest to determine what you already know.
- Understand carefully all the lessons
- Do all the activities
- Be honest not to look at the answer before doing the activities
- Write your answers in your notebook
- Ask help from knowledgeable person or your teacher when necessary
- Take good care of this module

PRETEST

Direction: Write the letter of the correct answer in your notebook.

1. Which of the following does not best describe adolescence stage?

- a. period of “storm and stress”
- b. teen years
- c. transition period from childhood to young adults
- d. transition period from childhood to adulthood

2. Which of the following is not a characteristic of a teenager?

- a. has a barkada of his own
- b. more curious about anything
- c. not interested with people
- d. seeks independence

3. One of the reasons why people use barbiturate is:

- a. to cure cancer
- b. to relieve stress and tension
- c. to stay awake
- d. to reduce weight

4. The following are effects of barbiturate abuse except one.

- a. distorted vision
- b. inability to sleep
- c. mental confusion
- d. uncoordinated movements

5. Barbiturate is a kind of:

- a. depressant
- b. hallucinogen
- c. narcotics
- d. stimulants

6. Barbiturate is prescribed to people suffering from:

- a. emphysema
- b. epilepsy
- c. narcolepsy
- d. obesity

7. Barbiturate is dangerous when taken with the following except one

- a. alcohol
- b. anesthetic
- c. narcotics
- d. vitamins

8. Barbiturate is under the category of drugs that

- a. have less potential for abuse but need prescription
- b. have medical use and high potential for abuse
- c. have no medical use and illegal
- e. have no medical use and potential for abuse

9. The following are ways to relieve tension and stress without using drugs except one.

- a. engage in competitive activity
- b. engage in non competitive activity
- c. engage in positive addiction
- d. engage in relaxation

10. What law provides penalty for drug users, pushers, illegal manufacturers of dangerous drugs and/or controlled processors and essential chemicals?
- Comprehensive Dangerous Act of 2002
 - Comprehensive Dangerous Drug Act of 2002
 - Comprehensive Dangerous Drug Act of 2003
 - Comprehensive Drug Act of 2003

Lesson 1

Characteristics of Teenagers And Their Concerns

Pre-adolescence

- Puberty, Early Adolescence-Twelve to Fourteen years
- Middle Adolescence – Fifteen to eighteen years

In which of the above stages of human development do you belong? Do you enjoy your teenage life?

Adolescence or teen years is an exciting stage of human development. In this stage, you go through a process and period of growth when boys and girls like you change from children to young adults. Many changes take place which will affect you in many ways. Physical, mental, social, emotional and moral-spiritual changes occur at its own rate. One kind of growth may be faster or slower than another. Most often, the different changes result to anxiety, conflict and other emotional problems.

Everyone undergoes the natural and normal processes of changes during the teen years. You have to accept it positively to avoid negative consequences.

Accepting what you are and liking yourself are very important attitudes to prevent anxiety, conflict, insecurity and other emotional problems. If you accept that you are unique and special, you will be happy and contented. You will be interested to take care of yourself, learn new things, enjoy other people's company and most of all, avoid things that might harm your body like taking unnecessary drugs.

You have learned in first year Health Education the different changes during adolescence. This time, you will learn some changes that may create problems if you do not know how to handle or face them. The worst that may happen is the possibility that you, as a teenager may get involved in drugs.

Activity 1 Let's Check or Cross

Listed below are some changes that you are experiencing now. Which of them have you observed/experienced? Put a check (✓) mark if it affects you positively and a cross (✗) mark if it bothers you or affects you negatively.

1. spurts of energy and period of fatigue
2. bad breath
3. increased appetite for food
4. more pronounced body odor
5. poor posture
6. more curious about everything
7. beginning to insist on your own judgement and reasons.
8. questions and criticizes authority
9. have a barkada of your own
10. want to set up a moral code of your own

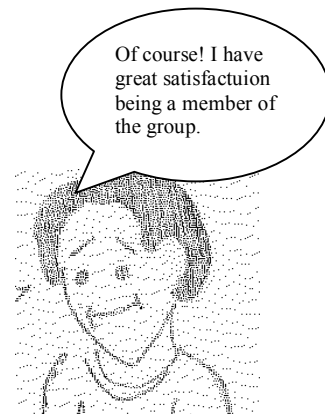
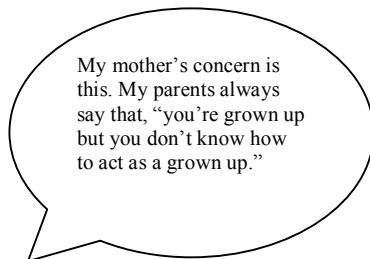
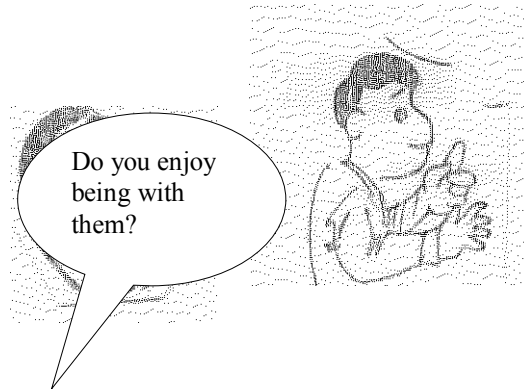
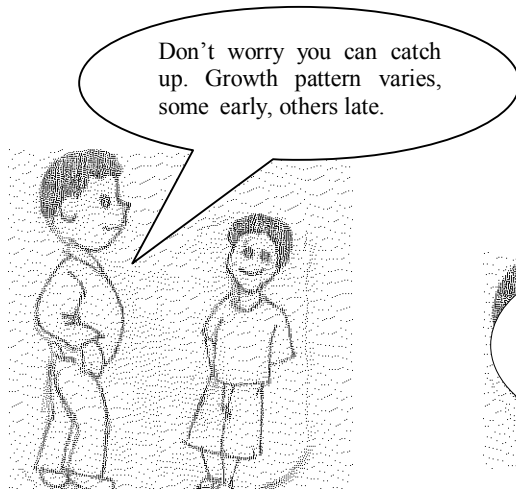
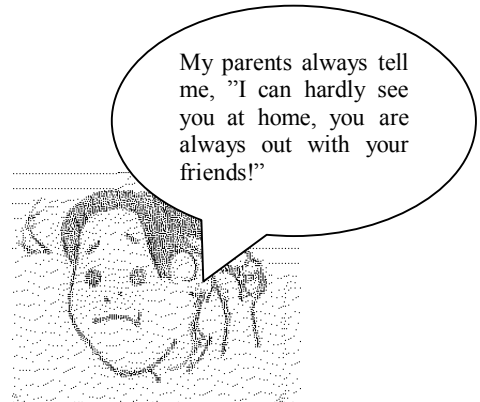
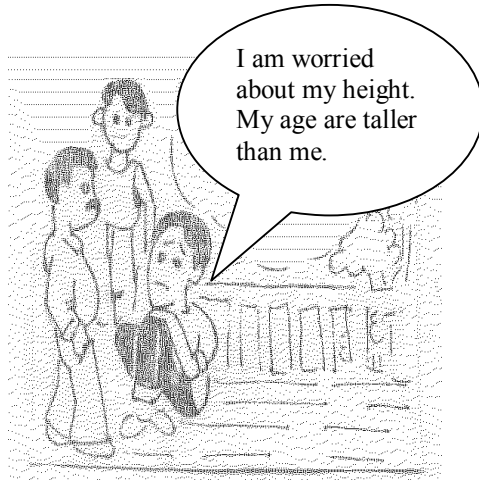
Activity 2 What kind of Teenager are you?

Are you someone who is being described below? Yes or no? Explain your answer.

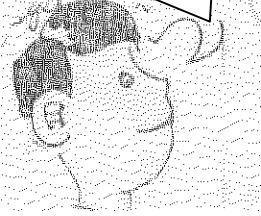
1. Follow what the peer group wants/does just to be accepted or to be "in"
2. Create conflict with parents over small things
3. Worry so much about changes happening in you
4. Not in harmony with people around you
5. Try something even without examining the ill effects of the action
6. Think about the decisions carefully before doing any sensitive action

Activity 3 What's the problem?

Let's read the comic strips below and see the characteristics of teenagers and their concerns.

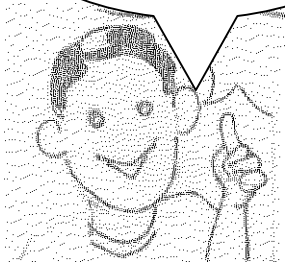


You know, physical maturity brings new privileges but it also means new responsibilities, to accept

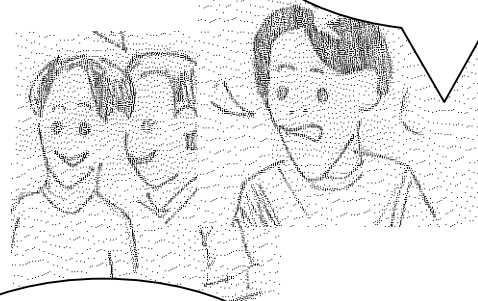


It seems your peer group has significant impact on your behavior, you are going against your own value system. That's why your parents get hurt. You value the decisions of your friends more.

I really enjoy my barkada. Well, to be honest with you, I sometimes ask myself. Should I do what my friends want or should I follow my parents' choice?



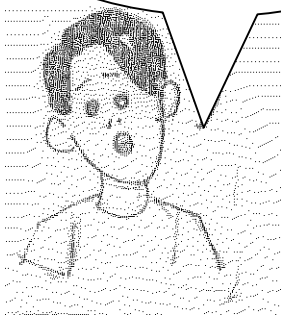
Erick balances everything to maintain harmony with people around him. Coping may be different, but let's not allow negative results of our decision affect us. Our parents love us.



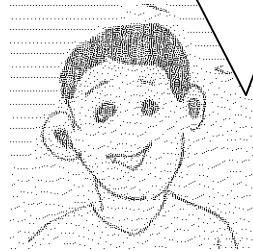
Your parents may be fearful to let you enjoy more independence. However, they also want you to learn, develop your own values and take responsibility for your own actions.



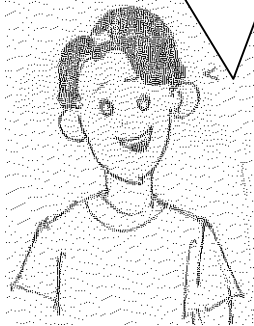
I want independence but I am also afraid of being on my own always. I still need my parents' advice. I feel sorry when sometimes I hurt their feelings, I love them very much.



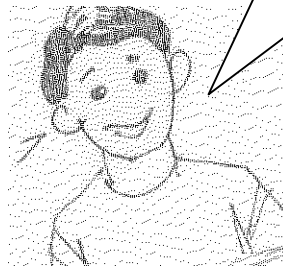
To avoid conflict with your parents, talk with them as often as possible. Don't resent their reminders. They just want to ensure your safety.



Thanks to both of you Uncle Ben and June. Can you help me now? Please teach me some opening moves in chess. I'll join a tournament next week.



If you have problems, you can come to us. We're always willing to listen to you.



Now, answer the following questions below. Base your answer on what you have read in the comic strip.

1. What were Eric's concerns/problems?
 - a.
 - b.
 - c.
2. What pieces of advice were given by uncle Ben?
 - a.
 - b.
 - c.
3. How can Eric resolve his conflict with his parents regarding his being so attached to his friends?
4. If you were Eric, would you accept/follow what your friends do rather than what your parents advise you? Why?
5. In a situation where friends are trying to "turn you on" to drugs by saying "it is a way to have fun, relax or gain insight in life", would you feel "left out" if you turn down the drug? Why? Why not?

Lesson 2

Why People Use Barbiturate

The best time to prevent drug abuse is before it begins. Once you started it, quitting would be very difficult.

Teenagers who use drugs are often unhappy, lonely, and anxious. They don't want to talk about their problems with their parents but they want understanding and forgiveness from their families. They choose their peers as their only confidants. Sometimes the wrong decisions and solutions are solicited.

Teenagers and adults use drugs to alleviate the problems of loneliness and boredom. Although barbiturates are useful for inducing sleep among people who suffer from insomnia, mental stress and anxiety; for treating epilepsy and hypertension, some use it for other purposes. Even with only minor stress and tension some people who often take sleeping pills reach a point when they cannot go to sleep anymore without taking pills. At this point also they begin needing more dosage in order to go to sleep.

Remember: barbiturates are useful for patients suffering from the following conditions:

- insomnia
- epilepsy
- extreme anxiety/mental stress
- tension and nervousness
- hypertension

Remember also that these drugs need your doctor's prescription and supervision. Taking these without the doctor's advise may cause danger to your health and life as well.

Activity 1 Who's to be blamed?

Read the situations and answer the questions below.

A. Joey was influenced by his friends to take barbiturates. He took it to relieve tension after heavy works. Now, Joey depends heavily on drugs.

1. Who is to be blamed on Joey's decision to take barbiturates?

2. Is the decision responsible? Why?

B. Ana often sees her parents taking pills before going to sleep. They say they want to sleep and be relieved of the tension and stress. One day, Ana felt minor stress with her school projects. She went to her mother's room and looked for some barbiturate pills.

1. Who influenced Ana to take barbiturates?
2. Are the parents to be blamed for Ana's decision?
3. If you were Ana, would you do the same? Why?

A. Roland is a high school student who hates to study well, yet he knows that if he does poorly in his high school he may not be accepted to college. He also knows that if he gets accepted to college he will have to study hard to stay in. He sometimes takes sleeping pills so he does not have to think about his problem.

1. How does Roland escape from his problem?
2. Can you suggest alternative ways to solve his problem?

Lesson 3

Effects of Barbiturates

Effects of barbiturate abuse vary from person to person. The effects are:

- mental confusion
- distorted vision
- slurring speech
- uncoordinated movements
- deep sleep
- impaired physical motor coordination
- violent behavior

Barbiturate abuse mimics the signs of alcoholic intoxication but without the alcoholic breath. Combining barbiturate and alcohol is very dangerous. It can depress the brain and result to death. Barbiturate when taken with tranquilizers, anesthetics, and narcotics may also cause death.

When one is under the influence of barbiturate, he/she may forget how many pills/tablets have been taken and so taking it again is very possible. As a result he/she may go into coma and die of overdose. Driving or engaging in activities that require concentration when one is under the influence of barbiturate is dangerous. Barbiturates distort vision and delay reaction time, hence accidents may happen to the users. Effects of barbiturates can still be felt even after the following day. The user still feels groggy and his/her physical motor coordination is affected. In this condition, driving, walking, and doing sports activities would be dangerous.

Do you know that tolerance to barbiturates develops quickly? Strong psychological and physical dependence can cause hallucination and convulsion. Thus, medical supervision is very necessary.

Activity 1 Who's affected ?

Write S if the one affected of barbiturate abuse is yourself, F - the family, C - the community, SF if self and family, and SFC if self, family and community.

1. Slurring of speech and mental confusion
2. Quick temper and a quarrelsome disposition
3. Waste of family income
4. Accidental overdose
5. Accidents due to distorted vision
6. Sleeping while at work
7. Unproductive

Activity 2 Do you agree or disagree?

Write A if you agree with the statement and Write D if you disagree.

1. Overdose is common among people abusing barbiturate due to mental confusion.
2. Combining alcohol and barbiturate is safe to take.
3. Tolerance to barbiturates develops slowly.
4. Barbiturate abuse is similar to alcoholic intoxication minus the alcoholic breath.
5. Using barbiturate with tranquilizers can cause death.
6. Distorted vision due to barbiturate abuse may cause accident.
7. Withdrawal from barbiturate needs medical supervision.
8. Both alcohol and barbiturates depress or slow the breathing and heart rate.
9. Barbiturate is a stimulant.
10. Barbiturate can slow reaction time and mental functioning.

Lesson 4

Barbiturate and the Law

The Comprehensive Dangerous Drugs Act of 2002 is an updated and revised law as provided in Dangerous Drug Act of 1972. Penalties in the new law are heavier. Drugs or essential chemicals are now categorized according to their degree of medical usefulness and abuse potential.

Barbiturate is under schedule III category of drugs. Under this category the drugs have potential for abuse but less than those in schedules I and II. These substances have accepted medical use. Abuse may lead to moderate or low physical or high psychological dependence. They are available by prescription only.

Sections 5, 8 and 9 of Article II of the Comprehensive Dangerous Drugs Act of 2002 are

related to barbiturate. These sections specify the violations and the penalties.

Section 5 – Sale, Trading, Administration, Dispensation, Delivery, Distribution and Essential chemicals.

Section 8 – Manufacture of controlled Processors and Essential Chemicals.

Violation of any of these three sections has a penalty of imprisonment ranging from twelve years to one day to 20 years and a fine ranging from one hundred thousand to five hundred thousand pesos.

It is now your duty as a good citizen to obey this law and be a part of the government's campaign to have a drug free country.

Activity 1 News Headline Collage

Collect news headlines about drug abuse. Paste them on a cartolina to make a news headline collage. Create a title for your collage. Present it to your teacher on your schedule visit in your school.

Activity 2 Your Reaction

Answer the following questions.

1. What can you say about the penalty provided in the comprehensive Dangerous Drugs Act of 2002? Do you think this will lessen or control the problem on drug abuse in our country? Why?
2. What is your role in the prevention of drug abuse problem in our country?

Lesson 5

Alternatives and Right Decisions When and When Not to Use Barbiturates

Barbiturates are useful drugs when taken for its medical purpose and with the doctor's supervision. Abuse of this drug is very dangerous.

Drug abuse is usually a symptom of a person's personality problems. Some of these personality problems are the following:

- those with difficulty in coping with social pressures of school, office or home.
- those with some needs that have not been fulfilled
- those who want to be loved and be happy, relaxed and comfortable
- those who want to change the way they feel
- those who want to relieve fears such as rejection, failure and fear of losing.

Such pressures, needs, feelings and fears are parts of life. Drug use is not a solution to these problems. You are not solving the problem if you use drugs but you are creating more problems. Your correct or responsible decision as to when not to take barbiturates will help you enjoy life to the fullest without unnecessary drugs.

There are several ways to relieve tension and stress without using drugs. These are the strenuous activity, relaxation response and the positive addictions. Do you want to know these alternatives? Now, try to do the following activities.

Activity 1 Let's Relax

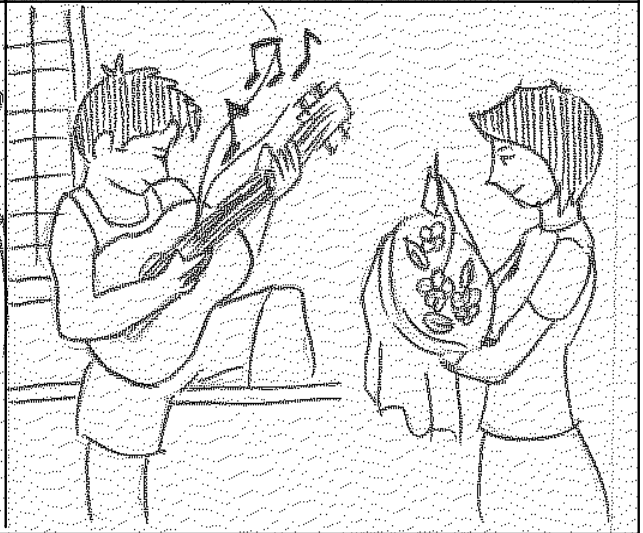
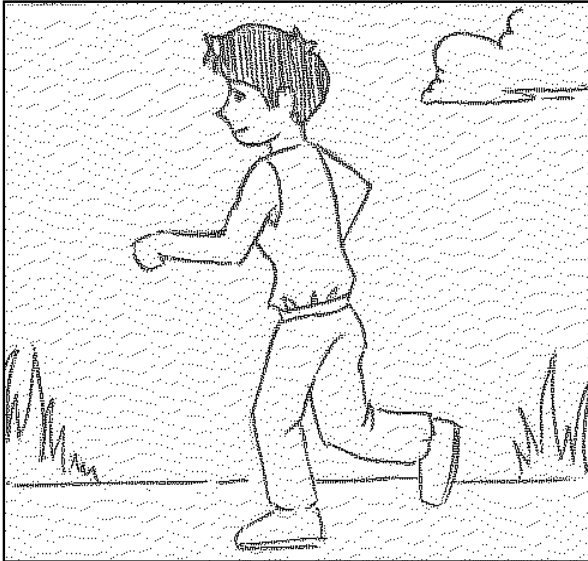
Do the relaxation response. Follow the instructions one by one.

1. Sit quietly in a comfortable position, close your eyes, relax all your muscles. Begin at your feet and continue to relax your muscles upward to your face. Keep them relaxed.
2. Breathe slowly. As you breathe out, say "one" silently, breathe easily and naturally.
3. Continue this relaxation and slow breathing for 10-20 minutes. When you finish, open your eyes and sit quietly for several minutes. Maintain a peaceful attitude and allow the relaxation response to occur at its own pace. Continue to breathe in, and out, and say "one". To get the best results do this two hours after meal.
4. How do you feel after the activity?

Activity 2 Strenuous Activity List

List down strenuous or even mild activities that can relieve tension and stress or can bring a feeling of energy and zest.

- 1.
- 2.
- 3.
- 4.
- 5.



Let's summarize:

- Adolescence or teen years is the stage in human development when many changes take place which will affect the kind of adult he/she will become.
- Adolescent concerns vary from physical, social, emotional, mental and moral-spiritual aspects of his/her life and these should be dealt with positively.
- Barbiturates are useful for inducing sleep in people suffering from insomnia, mental stress and anxiety and in treating epilepsy and hypertension.
- Barbiturate is one of the most frequently misused/abused depressants.
- Combining barbiturate with alcohol and/or tranquilizers, anesthetics, narcotics may cause death.
- Overdose and accidents are common among barbiturate abusers.
- Under the Comprehensive Dangerous Drugs Act of 2002 violation of Section 5, 8 and 9 of Article II which are related to barbiturate has a penalty of 12 years to 1 day to 20 years imprisonment and fine ranging from one hundred thousand to five hundred thousand pesos.
- Tension and stress can be relieved through different activities even without barbiturates.

Now you are ready to answer the post test. You will find out if you have learned from this module. Are you ready? Okay, Good luck!

POST TEST

Let's see what you have learned from this module. Choose and write the letter of the correct answer in your notebook.

1. Which of the following is not a characteristic of a teenager?
 - a. has a barkada of her/his own
 - b. more curious about everything
 - c. not interested with people
 - d. seek independence
2. One of the reasons why people use barbiturate is
 - a. to cure cancer
 - b. to reduce weight
 - c. to relieve stress and tension
 - d. to stay awake
3. Which of the following does not best describe adolescence stage?
 - a. Period of storm and stress
 - b. Teen years
 - c. Transition period from childhood to adulthood
 - d. Transition period from childhood to young adult

4. Barbiturate is a kind of

- a. Depressant
- b. hallucinogen
- c. narcotics
- d. stimulant

5. The following are effects of barbiturate abuse except one

- a. distorted vision
- b. inability to sleep
- c. mental confusion
- d. uncoordinated movements

6. Barbiturate is dangerous when taken with the following except one

- a. alcohol
- b. anesthetic
- c. milk
- d. narcotics

7. Barbiturate is prescribed to people suffering from

- a. emphysema
- b. epilepsy
- c. narcolepsy
- d. obesity

8. What law provides penalty for drug users, pushers, illegal manufacturer of dangerous drugs and/or controlled precursors and essential chemicals?

- a. Comprehensive Dangerous Act of 2002
- b. Comprehensive Dangerous Act of 2003
- c. Comprehensive Dangerous Drug act of 2002
- d. Comprehensive Dangerous Drug act of 2003

9. Barbiturate is under the category of drugs that

- a. have less potential for abuse but need prescription
- b. have medical use and high potential for abuse
- c. have no medical use and illegal
- d. have no medical use and high potential for abuse

10. The following are ways to relieve tension and stress without using drugs except one

- a. engage in competitive activity
- b. engage in non competitive activity
- c. engage in positive addiction activity
- d. engage in relaxation activity

Key to Answer

Pre-Test

Let's see what you already know.

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

Lesson 1

Activity 1 Lets check or cross

Answer on this activity will depend on how you accept changes during adolescence stage but if you have more x marks on the following changes you can talk to your teacher about it.

Activity 2 What kind of teenager are you?

1. No, because I will think of my safety first.
2. No, because I respect my parents very much. We have open line of communication and we can settle things right away.
3. No, because these are natural and normal processes I have to undergo.
4. No, because I balance everything to avoid conflict with people.
5. No, I want to be sure that my action is a responsible one and I will not regret having done it.
6. Yes, I don't want negative effects of careless decision/action especially those that concern careful thoughts and analysis.

Activity 3 What's the problem?

1.
 - a. his delayed growth spurt
 - b. conflict with his parents
 - c. desire to be independent
 - d. peer group attachment
2.
 - a. accept the responsibilities of being a teenager
 - b. balance everything to maintain harmony with people
 - c. talk with your parents as often as possible

3. Erick must balance everything. There are times for the family, school and friends. He must talk to his parents and be sure to have an open mind to listen to them.
4. I will follow the advice of my parents, they are more experienced and definitely they will not give ill advice to their son/daughter.
3. No, they are not real friends if they will force me to do something I do not like. I can still look for friends who will give me real concern. I need friends who will think not only of fun but more importantly of our safety.

Lesson 2

Activity 1 Who's to be blamed?

- A.
 1. Joey blames himself for being weak to resist the pressure of his friends.
 2. It is an irresponsible decision because it is not safe, it didn't promote good health, it was against the law, against parents guidelines and it didn't show good behavior.
- B.
 1. Her parents. Yes, because they didn't serve as a model to Ana.
 2. No, I will not resort to drug for minor stress. I will do some activities that will relax my feeling.
- C.
 1. He took sleeping pills.
 2. He must develop a positive attitude towards his studies. He can talk to his teacher or parents and ask for their advice.

Lesson 3

Activity 1 Who's Affected?

1. S
2. SFC
3. SF
4. SF
5. SFC
6. SFC

Activity 2 Do you agree or disagree?

- | | |
|------|-------|
| 1. A | 6. A |
| 2. D | 7. A |
| 3. D | 8. A |
| 4. A | 9. D |
| 5. A | 10. A |

lesson 4

Activity 1 News headline collage

Output of the collage will be presented to the teacher.

Activity 2 Your reaction

1. In a way it will help. But concerted efforts of everybody is one of the most effective ways to control drug abuse.
2. My role is to help in drug abuse campaign and I will start it by being a drug-free individual.

Lesson 5

Activity 1 Let's Relax

- a. I feel relieved and more relaxed.

Activity 2 Strenuous Activity List

1. playing basketball, tennis, badminton
2. swimming
3. exercising
4. jogging
5. dancing

Post Test

Let's see what you have learned.

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

Note: You may have different answers in some questions and in some activities. Your teacher will decide if your answer is similar in a way to the answers given. Then it may be considered correct.