

Weller Health Education Center

In the "NO"
Addiction Prevention
Grades 9-12

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Program Objectives

Program Description:

Participants learn how abusing medications, including prescription drugs can change the body's function, alter personality, and lead to devastating consequences.

Standards:

PA Standards 10.1.9abde, 10.1.12d, 10.2.9bcd 10.3.12ad

NJ Standards 2.3.12abc

Objectives:

1. Define the term Drug
2. List three signs of abuse
3. Differentiate between physical and psychological addiction
4. Identify 3 consequences of drug abuse
5. Identify 3 strategies to avoid drug addiction

Terms:

Abuse- Overuse/abuse of prescription drugs for non-medical purpose

Dependence- the state of being psychologically or physiologically dependent on a drug after a prolonged period of use

Depressant – a drug that slows down the body

Drug- a chemical substance that causes a change in the body system's function

Narcotics- Drugs that block or inhibit nervous system responses to pain

Stimulant- a drug that speeds up the body

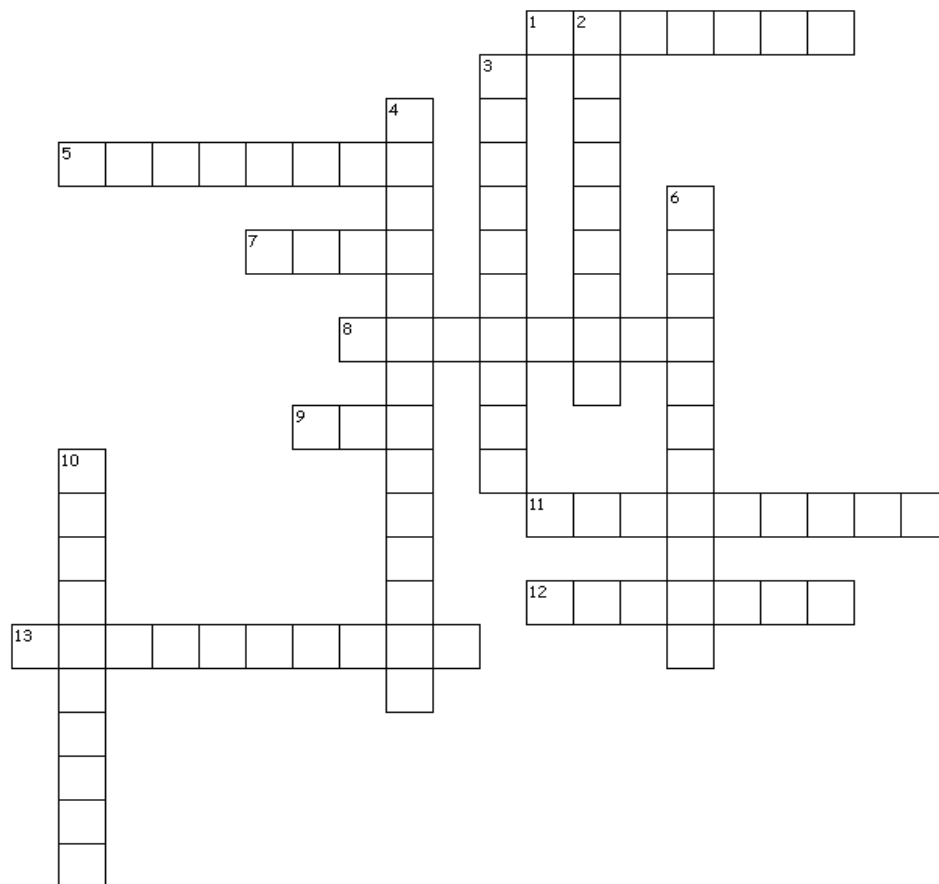
Tolerance- your body's natural resistance to large doses of medication/drugs

Trigger- a life-event or change that causes someone to search for relief



Crossword Puzzle

Directions: Using the vocabulary words from this lesson, complete the crossword puzzle below



Across

1. an example of a club drug
5. spot on a nerve cell to which a neurotransmitter attaches
7. a chemical substance that causes a change in body systems
8. an example of a "date rape" or predatory drug
9. a powerful hallucinogenic drug
11. a physiological adaptation by the nervous system that requires an increased amount of the drug to get high
12. a club drug that is both a hallucinogenic and stimulant drug
13. a classification of drugs that slows and relaxes nerve messages

Down

2. a prescription pain reliever that is often abused
3. a set of symptoms that result when a drug is withheld from an addict
4. driving a car under the influence of a drug
6. unwanted changes produced by a drug
10. the desired effect of a drug



Math Worksheet

Name: _____ Date: _____

Directions: Solve the math equations in Part I and use the answers to fill in the blanks for Part II.

Part I

- 1) 407 is ____% of 511?
- 2) $162 + (X+74) = 278$ - What is X?
- 3) 720 is the factorial of what number?
- 4) You bought a car that cost \$29,875 after 5 years of payments at an annual interest rate of 3.9%? What was the starting cost of the car?
- 5) 15, 25, 35, 40, 60 What is the mean?

Part II

- 1) A study in primates showed that exposure to MDMA for only 4 days caused damage to serotonin nerve terminals that was evident ____ years later.
- 2) Teenagers whose parents talk to them on a regular basis about the dangers of drug use are ____ % less likely to use drugs than those whose parents do not.
- 3) The average monthly cost of drug rehabilitation is \$ ____ and often times is not covered by medical insurance.
- 4) Teens who smoke marijuana are ____ times more likely to use cocaine than their non-marijuana smoking peers.
- 5) One of the reasons heroin has become an even more dangerous street drug is because the level of purity has increased from about 4% to ____ % over the past 25 years.



Media Influence Activity

Background:

Information about the misuses of tobacco, alcohol, prescription drugs, club drugs and predatory drugs are often in the news. Contained in these are messages of personal safety and drug avoidance. Seeing the reality of drug use in print is a powerful way to counteract the glamorization of drug use in celebrity culture and others.

Directions:

Instruct students to scour newspapers, magazines and online media sources for stories of drug misuse and abuse. This can be an ongoing assignment for 2 weeks. At the conclusion of this period of time, ask all students to bring in their articles for use in class. Divide the class into small groups and have each group member report out on their articles. Then have students work together using all of their articles to answer the following questions:

- Which drug(s) was misused in this article?
- How was the drug being taken? (orally, injected, etc)
- Who was using the drug? Gender? Age? Race or ethnicity? Alone or in a group?
- For how long had the user been using the drug(s)?
- Was the drug taken by choice or was it given inadvertently?
- What health consequences arose due to the use of the drug(s)?
- What legal consequences arose due to the use of the drug(s)?
- Do you feel the user was an addict?
- What commonalities exist between all of your groups articles?
- What themes do you see emerging?

Upon conclusion of the group brainstorming session bring the class back together and review everyone's findings. Discuss with the group:

- Were there any common themes from the articles?
- What drugs were most often misused in the articles found?
- What dangers and risks are present in most cases?



- What can students do to avoid these risks?

Have students leave with a concrete idea of what they can do to combat or avoid the pitfalls they have researched in the articles. Remind students they are in control of their own bodies and decisions and that drug use and abuse can be controlled through personal choice.



Crossword Answer Key

Across

1. cocaine= an example of a club drug
5. receptor= spot on a nerve cell to which a neurotransmitter attaches
7. drug= a chemical substance that causes a change in body systems
8. ketamine= an example of a "date rape" or predatory drug
9. LSD= a powerful hallucinogenic drug
11. tolerance= a physiological adaptation by the nervous system that requires an increased amount of the drug to get high
12. ecstasy= a club drug that is both a hallucinogenic and stimulant drug
13. depressant= a classification of drugs that slows and relaxes nerve messages

Down

2. OxyContin= a prescription pain reliever that is often abused
3. withdrawal= a set of symptoms that result when a drug is withheld from an addict
4. drugged driving= driving a car under the influence of a drug
6. side effects= unwanted changes produced by a drug
10. main effect= the desired effect of a drug



Math Worksheet Answers

Part I

- 1) 407 is (85)% of 511?
- 2) $162 + (X+74) = 278$ - What is X? **(42)**
- 3) 720 is the factorial of what number? **(6)**
- 4) You bought a car that cost \$29,875 after 5 years of payments at an annual interest rate of 3.9%? What was the starting cost of the car?
(\$25,000)
- 5) 15, 25, 35, 40, 60
What is the mean? **(35)**

Part II

- 1) A study in primates showed that exposure to MDMA for only 4 days caused damage to serotonin nerve terminals that was evident (6) years later.
- 2) Teenagers whose parents talk to them on a regular basis about the dangers of drug use are (42) % less likely to use drugs than those whose parents do not.
- 3) The average monthly cost of drug rehabilitation is \$ (25,000) and often times is not covered by medical insurance.
- 4) Teens who smoke marijuana are (85) times more likely to use cocaine than their non-marijuana smoking peers.
- 5) One of the reasons heroin has become an even more dangerous street drug is because the level of purity has increased from about 4% to (35) % over the past 25 years.

Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “In the NO” that was presented by the Weller Health Education Center. This program teaches the students about prescription drugs. This program teaches students the science of addiction in the context of abuse of medications, including over-the-counter and prescriptions. The Weller Health Education Center emphasizes the dangers of drugs and their effects on the body with the ability to say “no” in difficult situations.

The Office of National Drug Control Policy put out a report in February 2007 and they found that among young people ages 12-17, prescription drugs have become the second most abused illegal drug. The National Office also found that adolescents are more likely than young adults to become dependent on prescription medication and those students believe the myth that these drugs provide a medically safe high. As found in the Partnership for a Drug-Free America, 1 in 5 teens has abused a prescription (Rx) pain medication, 1 in 5 report abusing prescription stimulants and tranquilizers and 1 in 10 has abused cough medication. As guardians, you bear an important responsibility in preventing your unused medications from becoming temptations for your children. Understand that the sale or misuse of medications can be prosecuted as any other controlled substance, carrying potential legal ramifications for you and the child in your care.

The tips below are intended to help keep your family safe. These tips will further help continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Tips:

1. Safe disposal of old medications.
2. Locked storage of current medications.
3. Monitor what medications your children are on to avoid potential misuse or drug interactions.
4. Encourage open communication and honesty between you and your child and that there are no punishments for coming to you to talk- and stick to it.
5. Encourage them never to take medications from friends, even for things like a headache.
6. Encourage your student to get involved with anti-drug programs in school (EG-SADD,) or sport an activity clubs. School groups often do a lot of work campaigning against drug use in school.

Yours in good health,

Weller Health Education Center