Introduction to Drug Prevention

This program educates students about how drugs affect the body and mind, as well as providing tools and informing how protective factors can assist one in one’s ability to refuse drugs now and in the future. We discuss the importance of how relationships (friends, family, and school) impact ability to make good choices.

I. Road to Life
   a. Choices made as a pre-teen
   b. More choices made as an adult
   c. Choices a person makes now can affect their future

II. What is a Drug
   a. Good Vs. Bad
   b. Classifications
      i. Stimulants
      ii. Hallucinogens
      iii. Depressants
      iv. Narcotics

III. Lure Activity
   a. Shows different advertisements
   b. Kids select which are most appealing
   c. See if they can pick the ad that isn’t a tobacco ad

IV. Stimulants: Increase heart rate and causes brains message system to speed up
   a. Caffein
      i. ok in moderation but does impact body in heavy usage
   b. Sugar-
      i. ok in moderation but does impact body in heavy usage
   c. Methamphetamine
      i. addictive after single use
      ii. Contains chemicals found in the home- lithium, paint thinner, battery acid
      iii. Leads to physical changes over time- show pictures of prolonged use
   d. Fentanyl
      i. Deadly in small doses
      ii. Often mixed in meth
      iii. Cannot tell it’s there unless drug is tested
   e. Cocaine
      i. Highly addictive
      ii. Can cause heart attacks
   f. Tobacco
      i. Vaping
      a) New product to attract new generation
      b) Safer /= safe

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ii. Chew
   a) Causes oral, esophageal, stomach, and intestinal cancer
iii. Combustible- cigars/cigarettes
   a) Leading cause of lung cancer
   b) Highly addictive after short term use
iv. Tobacco lawsuit
   a) Show the deception used by company to get people to use their products

V. Hallucinogens - Briefly discuss these
   a. LSD
   b. Extasy

VI. Depressants
   a. Marijuana
      i. Long term effects on memory, IQ, learning difficulties
      ii. Medical Vs. Recreational
   b. Alcohol
      i. Blocks messages in the brain and can lead to slow reflexes
      ii. Increase risk of unsafe sexual encounters
      iii. Increase risk of injury

VII. Drunk Driving Activity
    a. Walk the line with drunk goggles

VIII. Narcotics
   a. Opioids
      i. Often prescribed for pain management
      ii. Safe if taking it as prescribed by a doctor
      iii. Can be highly addictive after long term usage
   b. Heroin

IX. Relationships and Substance Misuse
    a. Turning down drugs
    b. Surround yourself with people who have similar goals/morals
    c. Strength in numbers
    d. Talk with a trusted adult about what to do if you need help