

## 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. Caffeine
    - 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

- 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. Heroine
- 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