



Kindergarten-6th Grade

Substance Abuse Prevention Program

Teacher's Guides

Sample Lesson

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Lesson 6

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At the conclusion of this lesson, students will communicate the harmful effects of illegal drugs and other substances.

Materials Needed: Whiteboard
Copy of Activity Sheet E for every student

Activity 1 As a review of the previous lesson, have students express that **illegal** drugs are those drugs that **cannot** be bought over the counter and are used **without** a doctor's prescription.

Activity 2 Project a copy of Activity Sheet E, "Dangerous Drugs Chart," or create a similar chart and label one column: **Depressants**

(If not projecting the activity sheet, create rows and label them "Examples," "Physical Effects," and "Consequences." Fill in accordingly as the lesson progresses. Have students fill in Activity Sheet E throughout class.)

Dangerous Drugs Chart			
	Depressants	Stimulants	Other
Examples			
Physical Effects			
Consequences			

Ask students to propose a definition for "depressant." Explain that a depressant **slows down** or **depresses** the central nervous system. **Alcohol**, which was discussed in a previous lesson, is a depressant. Other depressants are **painkillers**, **sleeping pills**, and **tranquilizers** that **cannot** be bought over the counter and should only be used with a doctor's prescription and given to you by your parents. If too many depressants are taken at one time, the **overdose** can result in **death**.

Activity 3 At the top of the second column, write: **Stimulants**.

Ask students to propose a definition for "stimulant."

(As you discuss stimulants, write down the different types, their effects, and the consequences of using them in the correct section of the chart.)

Explain that a stimulant speeds up the body's work. An example of a stimulant is **cocaine**. **Crack**, a form of cocaine, is another stimulant. These illegal drugs cause **depression**, **fear**, and **anxiety**. **Amphetamines** are stimulants that are sometimes called speed, dexies, black mollies, or uppers. Amphetamines can cause **drug dependence**, **heart attacks**, and **death**. Heavy use of amphetamines can cause people to **become violent** and, possibly, **harm others**.

Another stimulant is **marijuana**, also known as pot or grass. Marijuana causes the heart to beat faster. A chemical in this stimulant **slows** a person's **ability to think and move**. People who use marijuana forget important things and lose interest in doing things. Marijuana can cause **heart problems** as well as **drug dependence**.

Activity 4 Lead a class discussion on what can happen to people who sell illegal drugs. Guide students to conclude that these people are breaking the law and can go to jail.

Activity 5 At the top of the third column, write: **Inhalants**

(As you discuss inhalants, write down the different types, their effects, and the consequences of using them in the correct section of the chart.)

Explain to your students that there are some **substances** that are everyday household items, but people have found a way to use them to get high. These substances are called **inhalants** because they are inhaled through the nose. Some inhalants are **paint thinner, nail polish remover, correction fluid, gasoline, lighter fluid, cleaning fluid, model airplane glue,** and **aerosols**, such as **hair spray**. Young people use these substances because they are easily available and they are cheap. Breathing inhalants is **very dangerous** because they can **damage the brain, the membranes in the nose, the lungs, the liver, and the kidneys**. They can cause **unconsciousness and death**.

Activity 6 Have students defend the decision that they should **never use illegal drugs or any substances** that can harm their minds and bodies.

