



PROJECT LIFE

Creating lifelong connections for youth.

A partnership with and funded by VDSS.

Drug Education

Youth will increase their knowledge of drugs and the effects of drugs, while also dispelling some common myths.

Risk Prevention

Contents

Drug Education	3
National Drug IQ Challenge Quiz.....	4
What Do You Know? Activity.....	4
Discussion about Alcohol	5
Final Thoughts.....	6

Drug Education

Age Range	14+
Skill Focus	Youth will gain a better understanding of drugs and their effects on the body and dispel some common myths.
Group Size	2+
Time Required	60 minutes
Materials Needed	<ul style="list-style-type: none"> - National Drug IQ Challenge Quiz Handout - Flip chart paper/whiteboard and markers - Tape - Facts About Alcohol Poisoning Handout - Commonly Abused Drugs Handout - Commonly Abused Prescription Drugs Handout
Adapted From	<p>National Drug IQ Challenge: http://drugfactsweek.drugabuse.gov/iqchallenge.php; NIDA Commonly Abused Drug Charts - www.drugabuse.gov; NIDA Facts About Alcohol Poisoning - http://www.collegedrinkingprevention.gov/otheralcoholinformation/factsaboutalcoholpoisoning.aspx#WhatHappens</p>

Leader's Notes:

National Drug IQ Challenge Quiz	15 minutes
What Do You Know? Activity	30 minutes
Final Thoughts	5 minutes

National Drug IQ Challenge Quiz (15 minutes)

Have youth complete National Drug IQ Challenge Quiz. Provide pages 1-2 of worksheet and keep answers to review once everyone has completed the quiz.

What Do You Know? Activity (30 minutes)

Post flip chart paper around the room and with one of the following 5 topics listed at the top of each piece of paper. Have youth circulate around the room and write down on the flip chart paper what they know about that substance. The goal is to find out what the youth know (or think they know) about the type of substance and teach them the facts. What they write should be anonymous.

1. Uppers

Leader's note: *Stimulant* - Stimulants speed up the brain and central nervous system.

Examples are caffeine (in coffee, tea, cola drinks and energy drinks) nicotine (in cigarettes), amphetamines (speed, dexamphetamine, diet pills), cocaine, and ecstasy.

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=158&id=2108>

2. Downers

Leader's note: *Depressant* - Depressants slow down the brain and central nervous system.

Examples are alcohol (beer, wine, vodka, gin, etc.), marijuana/cannabis ('dope', 'grass', 'weed', etc.), fantasy, heroin, tranquillizers and anti-anxiety drugs (including sleeping pills).

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=240&np=158&id=2108>

3. Tobacco/Nicotine

4. Alcohol

5. Prescription Drugs/What's in Your Medicine Cabinet

Hand out *Commonly Abused Drugs Chart* and *Commonly Abused Prescription Drugs Chart* and compare what youth know to what is on the charts. Spend some time reviewing their responses and determining if what they wrote is true or false for each substance.

Discussion about Alcohol

Ask youth what they know about Blood Alcohol Content (BAC). Make sure they know the definition, facts about drinking and driving, and other effects.

Hand out ***Facts about Alcohol Poisoning Sheet*** and have a discussion on the points listed in the document.

Below is some useful information you can share with the group about BAC:

Definition: Blood alcohol content (BAC), also called blood alcohol concentration, blood ethanol concentration, or blood alcohol level is most commonly used as a metric of [alcohol intoxication](#) for legal or medical purposes. Blood alcohol content is usually expressed as a [percentage](#) of [alcohol](#) (generally in the sense of [ethanol](#)) in the [blood](#). For instance, a BAC of 0.10 means that 0.10% (one tenth of one percent) of a person's blood, by volume (usually, but in some countries by mass), is alcohol.

http://en.wikipedia.org/wiki/Blood_alcohol_content

Drinking and Driving:

How much do you have to drink (BAC*) for a DUI in Virginia?

Under 21	.02%
21 or older	.08%

<http://dui.drivinglaws.org/virginia.php>

Alcohol Poisoning:

What Happens to Your Body When You Get Alcohol Poisoning?

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

It is common for someone who drank excessive alcohol to vomit since alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.

You should also know that a person's blood alcohol concentration (BAC) can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream

and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Critical Signs and Symptoms of Alcohol Poisoning

Mental confusion, stupor, coma, or person cannot be roused.

Vomiting.

Seizures.

Slow breathing (fewer than eight breaths per minute).

Irregular breathing (10 seconds or more between breaths).

Hypothermia (low body temperature), bluish skin color, paleness.

What Should I Do If I Suspect Someone Has Alcohol Poisoning?

Know the danger signals.

Do not wait for all symptoms to be present.

Be aware that a person who has passed out may die.

If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.

What Can Happen to Someone With Alcohol Poisoning That Goes Untreated?

Victim chokes on his or her own vomit.

Breathing slows, becomes irregular, or stops.

Heart beats irregularly or stops.

Hypothermia (low body temperature).

Hypoglycemia (too little blood sugar) leads to seizures.

Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death.

<http://www.collegedrinkingprevention.gov/otheralcoholinformation/factsaboutalcoholpoisoning.aspx#WhatHappens>

Final Thoughts (5 minutes)

Recap everything that was discussed today and ask if there are any questions. Develop a plan to get youth answers to questions they may have.

Additional resources:

- <http://www.virginiarules.com/virginia-rules/>
- *List of Commonly Used Prescription Drugs Handout*