

Subject- Year 8 Health

Term 2 Week 1

Lesson

Content- Drugs- what are they?

1	<p>Learning intention</p> <ul style="list-style-type: none">• Students demonstrate current knowledge and understandings about drugs and drug use• Students understand the aim of their drug education program <p>Drug education is not just about the delivery of drug information to increase students' knowledge and understandings, but also the development of skills and attitudes that can help young people to make safer choices.</p> <p>Many young people when asked about their school drug education often make comments such as 'it wasn't relevant' and 'the class usually knew more about drugs and the effects they can have on the body, than the person presenting the information'. Young people in their reflections also identified a disconnect from drug education due to the delivery of the same information in each year of their schooling such as the definition of a drug and the short term and long term effects of drug use. Students suggested that knowing how to handle situations where they felt pressured or needed to help a friend would have been more relevant and useful (Copeland, Finney Lamb, Bleeker, & Dillon, 2006).</p> <p>Task 1- Quiz - sit the quiz in test condition, have a go at answering all question.</p> <p>This quiz has been designed to identify what students already know about: drugs and the effects of drug use; the prevalence of drug use by 12 to 17 year olds in Western Australia (Mental Health Commission [MHC], 2016a; MHC, 2016b), laws associated with legal and illegal drugs; the perception of possible harms from drug use; skills and strategies to reduce the harms of their drug use or the harms from others drug use including basic first aid and who to seek help from in drug-related situations; and their current attitudes about drugs and drug use. Assessing the students' knowledge and skills and attitudes will be useful in assisting the teacher to plan a program of work that is relevant to their class.</p> <p>Students should complete the quiz on their own and under test conditions. It is also important that students do not write their name on the quiz. By remaining anonymous it is hoped that the class will provide honest responses. It is important to highlight to the class that their responses are not about being right but will be used to guide the direction that their drug education program will take.</p>
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Task 2- Write a definition of the term 'drug'.

Drugs which also affect a person's central nervous system (CnS) are called psychoactive drugs. There are four categories of psychoactive drugs. Depressants, stimulants, hallucinogens and multi- action.

Depressants: these drugs slow the activity of the brain and decrease alertness and include alcohol (booze, grog), heroin (horse), sedatives, benzodiazepines, some painkillers, tranquilisers and methadone. (Volatile substances such as aerosol sprays and glues also fall into this category. However it is recommended that information on volatile substances should not form part of the general drug education curriculum due to the ease of access and risks of experimentation.

Stimulants: these drugs have the opposite effect to depressants by increasing the activity of the brain, such as caffeine, nicotine in tobacco, methamphetamine

Hallucinogens: these drugs cause the user to see, hear and smell things in a strange way (ie perceptual distortions and sometimes hallucinations) and include magic mushrooms, LSD.

Multi-action: these drugs can have more than one effect on the CnS. For example, cannabis (weed, dope, mull, gunga) can have both depressant and hallucinogenic effects, and ecstasy (E, eccies) can have both stimulant and hallucinogenic effects.

Task 3- Write the names of at least two drugs for each category on the worksheet, Drugs- what are they?

The effects and degree of harm caused to a person while using a drug is determined by a number of factors that can be grouped under three headings – the person using the drug, the environment it's being used within, and the drug itself. This is often referred to as the drug use experience or drug use triangle.

- ❖ **Reminder Emotions journal task was due Week 8 of Term 1. I will be extending this assignment until Week 3 Term 2. If you require the journal task sheet please email melissa.millar2@education.wa.edu.au.**