

LEARNING STRAND 2 SCIENTIFIC AND CRITICAL THINKING SKILLS

MODULE 7: HOW DO ILLEGAL DRUGS AFFECT ME,
MY FAMILY, AND MY COMMUNITY?

ALS Accreditation and Equivalency Program: Junior High School





**HOW DO ILLEGAL DRUGS
AFFECT ME, MY FAMILY, AND
MY COMMUNITY?**

**SCIENTIFIC AND CRITICAL THINKING SKILLS
MODULE 7**

ALS Accreditation and Equivalency Program: Junior High School
Learning Strand 2: Scientific and Critical Thinking Skills
Module 7: How Do Illegal Drugs Affect Me, My Family and My Community?

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User's Guide

For the ALS Learner:

Welcome to this Module entitled How Do Illegal Drugs Affect Me, My Family and My Community? under Learning Strand 2 Scientific and Critical Thinking Skills of the ALS K to 12 Basic Education (BEC).

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be able to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



Let's Get to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



Pre-assessment

This part includes an activity that aims to check what you already know about the lesson. If you get all the answers correct (100%), you may decide to skip this module.



Setting the Path

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



Trying This Out

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



Understanding What You Did

This includes questions that process what you learned from the lesson.



Sharpening Your Skills

This section provides an activity that will help you transfer your new knowledge or skill in real-life situations or concerns.



Treading the Road to Mastery

This is a task which aims to evaluate your level of mastery in achieving the given learning competency.



Don't Forget

This part serves as a summary of the lessons in the module.



Explore More

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Reach the Top

This part will assess your level of mastery in achieving the learning competencies in each lesson in the module.

Answer Key

This contains answers to all activities in the module.

Glossary

This portion gives information about the meanings of the specialized words used in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module.
Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer the Pre-assessment before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your ALS Teacher/Instructional Manager/Learning Facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your ALS Teacher/Instructional Manager/Learning Facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

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MODULE 7

LET'S GET TO KNOW



Enrico is a graduating college student who is also working part-time to support his family. In his everyday struggle to balance work and school, Enrico is highly pressured of high expectations from him. Seeing how stressed he is, Enrico's friend, Josh, offers some "help" to calm him down – in the form of ground dried leaves he likes to call Mary Jane. Should Enrico accept this offer? Let us help him decide.



MODULE 7

PRE-ASSESSMENT

Directions: Choose the letter of the best answer. Write your answers on a separate sheet of paper.

1. Which of the following refers to medicine that can be bought directly from the counter?
 - a. over-the-counter medicines
 - b. prescription medicines
 - c. combination medicines
 - d. counterfeit medicines
2. Which of the following is NOT an analgesic?
 - a. aspirin
 - b. amoxicillin
 - c. ibuprofen
 - d. naproxen sodium
3. Which of the following refers to medicines applied on the skin or mucous membrane?
 - a. antipyretics
 - b. ophthalmic products
 - c. topical products
 - d. emergency contraceptives
4. What should you look for when you select an over-the counter medicine? One that _____.
 - a. helps a wide range of symptoms
 - b. helps your main symptom
 - c. is a time-release formula
 - d. does not have red dye
5. Which of the following parts of a medicine label refers to the recommended daily frequency of drug consumption?
 - a. dosage
 - b. administration
 - c. use
 - d. ingredients

MODULE 7

6. Which of the following is NOT true about addiction?
- a. it alters brain structure
 - b. it cannot involve medicines or drugs
 - c. it changes how people think
 - d. it modifies a person's behavior
7. Which of the following drugs helps people become more alert and attentive, raise blood pressure and heart rate, and decrease appetite?
- a. sedatives
 - b. analgesics
 - c. stimulants
 - d. steroids
8. Which of the following is a symptom of addiction to sedatives?
- a. shaking with sweating
 - b. sleep deprivation or "nodding"
 - c. nausea, vomiting, constipation
 - d. respiratory depression
9. Which of the following is NOT an effect of marijuana?
- a. hepatitis
 - b. euphoria (overjoy)
 - c. psychosis
 - d. relaxation
10. Which of the following is a health risk of club drugs?
- a. anxiety
 - b. hyperthermia
 - c. severe dental problems
 - d. muscle cramping
11. Which of the following agencies is NOT involved in the rehabilitation of persons with substance use disorder?
- a. Dangerous Drugs Board
 - b. Department of Health
 - c. Department of Tourism
 - d. Regional Trial Court

MODULE 7

12. Which of the following group of professions is involved in the rehabilitation of persons with substance use disorder?
- a. pharmacist, psychologist, social worker, occupational therapist
 - b. psychiatrist, policemen, social worker, occupational therapist
 - c. psychiatrist, psychologist, medical technician, occupational therapist
 - d. psychiatrist, psychologist, social worker, occupational therapist
13. Which of the following approaches uses the bible as one of its medium for recovery?
- a. spiritual
 - b. emotional
 - c. therapeutic
 - d. cognitive
14. Which of the following people are NOT allowed to file for rehabilitation of a person with substance use disorder?
- a. parents
 - b. neighbors
 - c. spouse
 - d. relatives
15. Which of the following is conducted to determine a person's severity of substance use disorder?
- a. complete blood count
 - b. chemotherapy
 - c. drug dependency examination
 - d. ultrasound testing



LESSON 1

SETTING THE PATH

WHAT ARE DRUGS?

At the end of this lesson, you will be able to:



identify the common over-the-counter medicines (LS2SC-BC-PSD-LE/AE/JHS-57); and



describe the use/s of common over-the-counter medicines (LS2SC-BC-PSD-LE/AE/JHS-57).

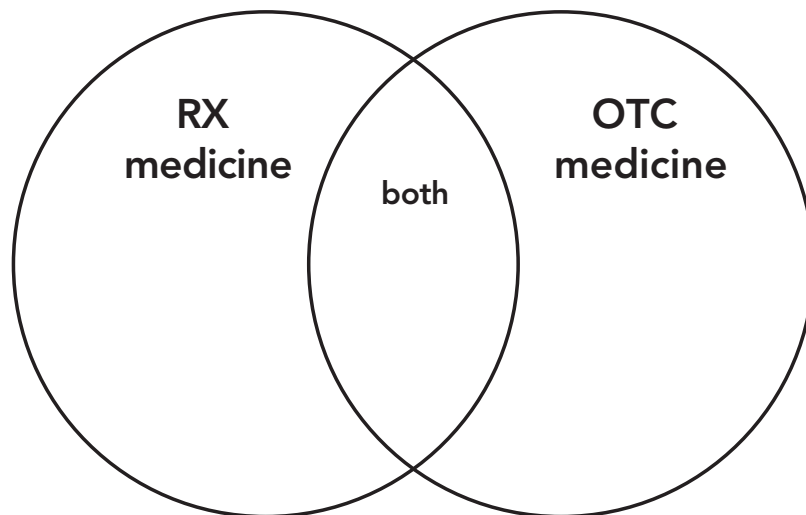


LESSON 1

TRYING THIS OUT

I. **Directions:** Sort the statements given below and assign them under the correct heading (RX, both, OTC). Write your answers on a separate sheet of paper.

1. It can be bought without a doctor's prescription.
2. It is prescribed by a doctor for one person.
3. The label should be read and followed carefully before use.
4. A healthcare professional can answer the question about this medicine.
5. It is dangerous to misuse or abuse.



II. **Directions:** Read the following scenarios (1-7) and answer the questions that follow. Write your answers on a separate sheet of paper.

1. On your way home from work, your phone rang. It was your brother in a hysterical voice trying to ask for help. He said that it's an emergency.
2. He tells you that 4 of your family members got sick at the same time. Here's what he said (on the next page):

LESSON 1

"Mom got the fever. Her temperature is a little too high."

"Dad's having cramps. He said it hurts."

"Ate is having hyperacidity attack. She feels like vomiting again."

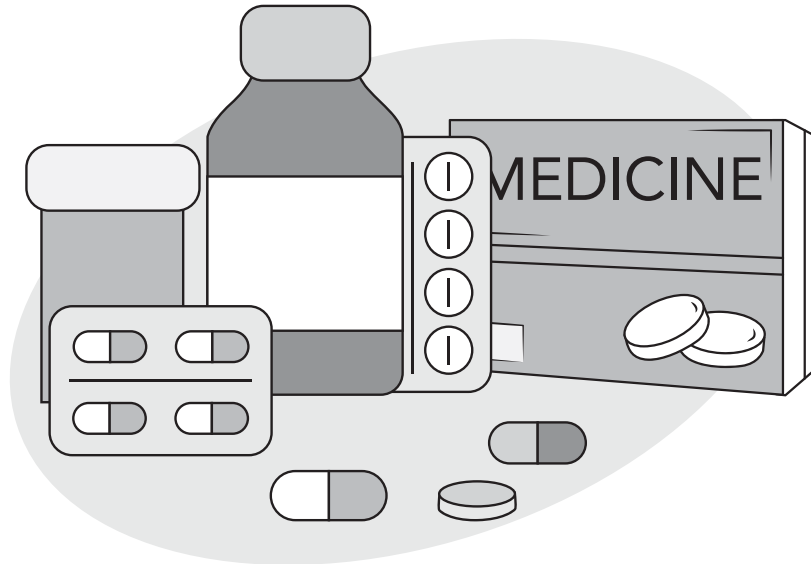
"Kuya got a lot of rashes after eating a sandwich with peanut butter. He's allergic to it."

3. You rush over to the local drugstore and ask the pharmacist on what to buy.
4. She hands you over-the-counter medicines one at a time and tells you which illness it was for.
5. Rushing home, you forgot all of the instructions given to you by the pharmacist.
6. Once home, your younger brother asks you whom he should give each medicine to.
7. You try reading the label of each medicine. You see the following:
 - antihistamine
 - antibiotic
 - antacid
 - paracetamol (acetaminophen)
8. *Questions:*
 - a. Your younger brother insisted to just randomly give the medicine to whomever would like to have it. Will you permit them to do that? Why? Why not?
 - b. It will be too late for them if you will bother to go back to the drugstore. They all badly need the medicines. What do you think is the best way to solve the problem?



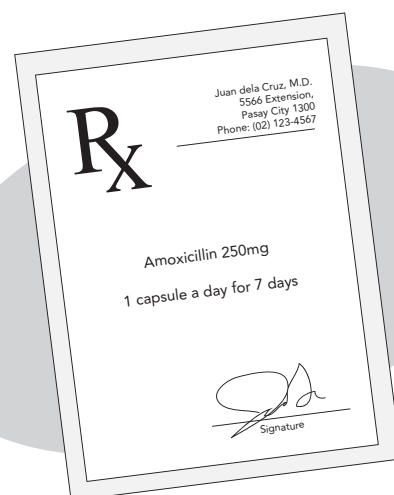
LESSON 1

UNDERSTANDING WHAT YOU DID



If you are a person who is not too familiar with medicines like paracetamol (acetaminophen), ibuprofen, antacids, and antihistamines, then you are most likely to remember medicines by their brand names. Either way, you are aware of two things: 1.) you can buy them anytime in the drugstore and 2.) they have specific uses.

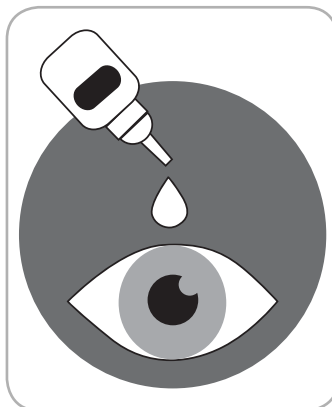
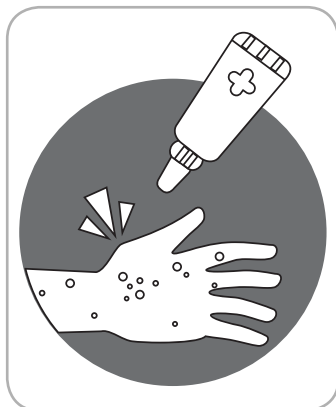
The medicines mentioned are more commonly known as **Over-The-Counter (OTC) medicines**. As the name suggests, these medicines can be bought directly from the counter, or cashier as we call it. To make things clearer, the opposite of OTC medicines is **prescription (Rx) medicines**. Rx medicines require a doctor's prescription before you can buy them.



LESSON 1

OTC medicines can prevent or cure different diseases. A broad classification of OTC medicines is listed below:

- **analgesics (painkillers)** (e.g. aspirin, ibuprofen, ketoprofen, naproxen sodium)
- **antipyretics (anti-fever)** (e.g. paracetamol, ketoprofen, naproxen sodium)
- **cold, cough, and allergy products** (e.g. dextromethorphan, guaifenesin)
- **nighttime sleep-aids** (e.g. zolpidem tartrate, flurazepam hydrochloride, triazolam)
- **gastrointestinal products** (anti-stomach/ intestinal problems) (e.g. aluminum hydroxide, magnesium hydroxide, omeprazole, cimetidine)
- **dermatological products** (e.g. isotretinoin, methotrexate, dicloxacillin, fluconazole)
- **topical (skin) products** (dermal/vaginal antifungals, anorectal medication, head lice products, hair loss products, and antibiotics) (e.g. corticosteroids, clobetasol)
- **ophthalmic (eye) products** (e.g. moxifloxacin, besifloxacin, polymyxin b/trimethoprim)
- **oral health care products** (e.g. hexetidine)
- **menstrual pain products** (e.g. naproxen, diclofenac)
- **nicotine replacement products** (e.g. gum patches, lozenges)
- **weight loss aids** (e.g. phentermine, orlistat, lorcaserin)
- **vaginal contraceptives** (e.g. norethindrone, ethinyl estradiol)
- **emergency contraceptives (birth control)** (e.g. norgestimate, levonorgestrel)



LESSON 1



Always remember that you do not need to memorize all the medicines in the list. It is important that you know **how to read a medicine label**. Since OTC medicines can be easily bought from your drugstore, some people are not confident if they are taking the right kind of medicine or the accurate dosage. All OTC medicines are wrapped with labels which provide important information like, what the medicine can do (**use**), how to take it (**administration**), and how many times to take it in a day (**dosage**).

For example, there are five active ingredients to reduce fever and treat mild aches and pains caused by headaches, muscle aches, backaches, toothaches, menstrual cramps, and the common cold:

1. acetaminophen;
2. aspirin;
3. ibuprofen;
4. naproxen sodium; and
5. ketoprofen.

Although they have similar uses, the last four active ingredients are members of a drug family called **non-steroidal anti-inflammatory drugs**, or **NSAIDs**. These ingredients are stronger than acetaminophen and dosage should be strictly observed.



LESSON 1

SHARPENING YOUR SKILLS

- I. **Directions:** Go to the nearest local drugstore and ask the pharmacist for two (2) different OTC medicines that can be used to treat the same illness. Give at least three (3) pairs, with each targeting the same illness. You may also use social media or the internet in gathering these information.

Based on each pair, how are they different from each other? (e.g. ibuprofen and paracetamol can be used to treat headache, but ibuprofen should be taken in moderation because it is a stronger medicine than paracetamol.)

Write your answers on a separate sheet of paper.

LESSON 1

1	Drug Facts	2						
3	Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg.....Antihistamine							
	Purpose Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat							
4	Warnings Ask a doctor before use if you have have ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis ■ trouble urinating due to an enlarged prostate gland Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives When using this product ■ drowsiness may occur ■ avoid alcoholic drinks ■ alcohol, sedatives, and tranquilizers may increase drowsiness ■ be careful when driving a motor vehicle or operating machinery ■ excitability may occur, especially in children If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away							
5	Directions <table border="1"> <tr> <td>Adults and children 12 years and over</td> <td>take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours</td> </tr> <tr> <td>children 6 years to under 12 years</td> <td>take 1 tablet every 4 to 6 hours not more than 6 tablets in 24 hours</td> </tr> <tr> <td>children under 6 years</td> <td>ask a doctor</td> </tr> </table>	Adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours	children 6 years to under 12 years	take 1 tablet every 4 to 6 hours not more than 6 tablets in 24 hours	children under 6 years	ask a doctor	
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children 6 years to under 12 years	take 1 tablet every 4 to 6 hours not more than 6 tablets in 24 hours							
children under 6 years	ask a doctor							
6	Drug Facts (continued) Other information ■ store at 20-25° C (68-77°F) ■ protect from excessive moisture							
7	Inactive Ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch							

Figure 1.1. Sample label for an OTC medicine.

1. **Active Ingredient** - shows the active therapeutic substance (drug) in the product; also shows the amount per medicine
2. **Purpose** - classification
3. **Uses** - shows what the medicine can treat or prevent
4. **Warnings** - shows the following:
 - a. when not to use the product (do not drink/take if...)
 - b. possible interactions or side effects
 - c. when to stop taking the product
 - d. when to call a doctor
 - e. advice for pregnant or breastfeeding women
 - f. keep out of children's reach

LESSON 1

- 5. **Directions** - age category, administration, dosage
- 6. **Other Information** - storage, required information about certain ingredients (such as the amount of calcium, potassium, or sodium the product contains)
- 7. **Inactive Ingredient** - colors, flavors, preservatives, etc.

- II. **Directions:** Look for two (2) OTC medicines at home. Compare and contrast the two medicines based on the labels. Write your answers on a separate sheet of paper.



LESSON 1

TREADING THE ROAD TO MASTERY

I. **True or False.** On a separate sheet of paper, write **TRUE** if the statement is true. If not, write **FALSE**.

- _____ 1. You need a doctor's prescription when buying over-the-counter medicines.
- _____ 2. OTC medicines can only cure itches from rashes.
- _____ 3. Acetaminophen is an example of an OTC medicine used to cure mild headaches.
- _____ 4. Lotions and ointments are topical products that you can use to cure skin problems.
- _____ 5. Lozenges have the same effect as cigarettes because it can prevent people from getting cigarette addiction.

II. **Matching Type.** Your lola bought medicine for your lolo who is not feeling well. Unfortunately, her poor eyesight makes it hard for her to read what is written on the box.

Match **Column X** (your lola's questions) to **Column Y** (labels on the box). Write the letter of your answer on a separate sheet of paper.

COLUMN X

- _____ 1. "I asked the drugstore for acetaminophen. Did he give me the right one?"
- _____ 2. "The medicine should be able to treat your lolo's fever, am I right?"
- _____ 3. "Your lolo's also drinking antihistamines. Should he stop taking them?"
- _____ 4. "If he starts taking the medicine now, what time should he take the next one?"
- _____ 5. "Can I put his medicine in the refrigerator? I think it is safer there."

COLUMN Y

- A. direction
- B. warnings
- C. uses
- D. active ingredient
- E. other information



LESSON 2

SETTING THE PATH

HOW DO ILLEGAL DRUGS AFFECT MY BODY?

At the end of this lesson, you will be able to:



identify signs and symptoms of drug abuse (LS2SC-BC-PSD-LE/AE/JHS-58, LS2SC-BC-PSD-LE/AE/JHS-59); and



describe the effects of drug abuse on the health and well-being of a person (LS2SC-BC-PSD-LE/AE/JHS-58).



LESSON 2

TRYING THIS OUT

1. Below are pictures of people before and after taking illegal drugs.



2. Spot the difference between the physical appearance of a person before taking illegal drugs and after he/she did. Identify them and list on a separate sheet
3. *Questions:*What is the significant message of the advertisement?
 - a. How do you feel about the message of the ad?
 - b. Why is it important to identify people who are taking illegal drugs?
 - c. What do you think will happen if they will take higher amount of illegal drugs?



LESSON 2

UNDERSTANDING WHAT YOU DID

People who misuse or abuse drugs have the tendency to constantly look for and use them without thinking of their harmful consequences. This condition is called **addiction**. Addiction is considered a brain disease because they change the brain's structure (appearance) and function (how it works). These changes can last for a long period of time and can be manifested through the user's deteriorating physical appearance and disturbing behavior.

A person who misuses or abuses drugs behaves differently depending on the type of drug.

Stimulants are drugs that help people become more alert and attentive, raise their blood pressure and heart rate, and decrease their appetite. When taken beyond their recommended dosage, people may show the following signs and symptoms:

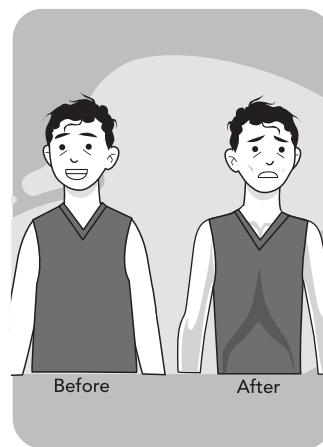
- hyperactivity
- shaking
- sweating
- dilated pupils
- fast or irregular heart beat
- elevated body temperature
- seizures
- paranoia/nervousness
- repetitive behaviors
- loss of appetite or sudden and unexplained weight loss



sweating



dilated pupils



loss of appetite

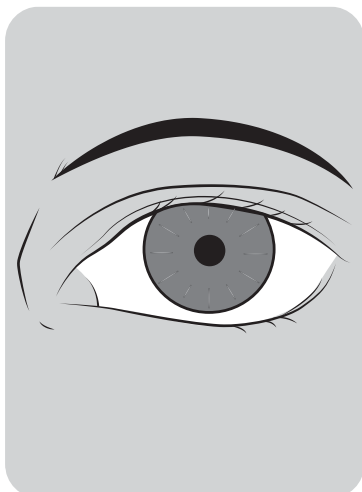
LESSON 2

Sedatives or depressants are drugs that help people slow down or “depress” the functions of the brain. These are commonly used to treat anxiety, stress, panic attacks, insomnia and seizures. When taken beyond their recommended dosage, people may show the following signs and symptoms:

- loss of coordination
- respiratory depression
- slowed reflexes
- slurred speech
- coma

Opioid analgesics are medicines that help people relieve moderate to severe pains. When taken beyond their recommended dosage, people may show the following signs and symptoms:

- sleep deprivation or "nodding"
- pinpoint/constricted pupils, watery or droopy eyes
- nausea, vomiting, constipation
- slow slurred speech
- slow gait (walking)
- dry skin, itching, skin infections
- constant flu-like symptoms
- track marks (bruised skin around injection sites)



constricted pupils



skin infections



track marks



LESSON 2

SHARPENING YOUR SKILLS

- I. **Directions:** For each sign/symptom presented below, write ST if it refers to stimulants, SA if it refers to sedatives/depressants, and OA if it refers to opioid analgesics. Write your answers on a separate sheet of paper.

- | | |
|-------|-------------------------|
| _____ | 1. seizures |
| _____ | 2. sleep deprivation |
| _____ | 3. loss of coordination |
| _____ | 4. dry skin |
| _____ | 5. hyperacidity |
| _____ | 6. coma |
| _____ | 7. track marks |
| _____ | 8. slurred speech |
| _____ | 9. sweating |
| _____ | 10. shaking |

LESSON 2



Stimulants, sedatives and analgesics are considered prescription medicine. A drugstore only allows a person to purchase these types of medicines if the customer will present a doctor's prescription and recommendation. **Indecorously, even though these prescribed medications are strictly monitored by the authorities, still many people manage to abuse them.**

According to the law, these **illegal drugs** bring negative effects to the users.

CLASSIFICATION	Cannabinoids	
NAME	Marijuana	
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none">• dope• ganja• grass• herb• joint	<ul style="list-style-type: none">• bud• Mary Jane• pot• weed
ACUTE EFFECTS	<ul style="list-style-type: none">• euphoria (overjoy)• relaxation• slowed reaction time• distorted sensory perception• impaired balance and coordination	<ul style="list-style-type: none">• increased heart rate and appetite• impaired learning/memory• anxiety or panic attacks• psychosis
HEALTH RISKS	<ul style="list-style-type: none">• cough• frequent respiratory infections	<ul style="list-style-type: none">• possible mental health decline• addiction

LESSON 2

CLASSIFICATION	Opioids/ Opioid Analgesics	
NAME	Opium	
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none"> • laudanum • paregoric • big O 	<ul style="list-style-type: none"> • black stuff • block • gum
ACUTE EFFECTS	<ul style="list-style-type: none"> • euphoria (overjoy) • relaxation • slowed reaction time • distorted sensory perception • impaired balance and coordination 	<ul style="list-style-type: none"> • increased heart rate and appetite • impaired learning/memory • anxiety or panic attacks • psychosis
HEALTH RISKS	<ul style="list-style-type: none"> • constipation • endocarditis • hepatitis 	<ul style="list-style-type: none"> • HIV • addiction • fatal overdose

CLASSIFICATION	Stimulants	
NAME	Cocaine	Methamphetamine
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none"> • cocaine • coke • crack • flake • rock 	<ul style="list-style-type: none"> • meth • ice • speed • shabu • ubas • siopao • sha
ACUTE EFFECTS	<ul style="list-style-type: none"> • increased heart rate, blood pressure, body temperature, metabolism • feelings of exhilaration • increased energy • mental alertness • tremors 	<ul style="list-style-type: none"> • reduced appetite • irritability • anxiety • panic • paranoia • violent behavior • psychosis

LESSON 2

HEALTH RISKS	<ul style="list-style-type: none"> • weight loss • insomnia • cardiac or cardiovascular complications • stroke • seizures 	<ul style="list-style-type: none"> • addiction • also, for cocaine: nasal damage from snorting • also, for methamphetamine: severe dental problems
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CLASSIFICATION	Club Drugs	
NAME	MDMA	
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none"> • ecstasy • Adam • Eve • Eden • tablet 	<ul style="list-style-type: none"> • Molly • peace • yuppie drug • hug drug
ACUTE EFFECTS	<ul style="list-style-type: none"> • mild hallucinogenic effects • increased tactile sensitivity • empathic feelings • lowered inhibition • anxiety 	<ul style="list-style-type: none"> • chills • sweating • teeth clenching • muscle cramping
HEALTH RISKS	<ul style="list-style-type: none"> • sleep disturbances • depression • impaired memory 	<ul style="list-style-type: none"> • hyperthermia • addiction

CLASSIFICATION	Hallucinogens	
NAME	LSD	
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none"> • Lysergic acid diethylamide • acid • blotter • cubes 	<ul style="list-style-type: none"> • microdot • yellow sunshine • blue heaven

LESSON 2

ACUTE EFFECTS	<ul style="list-style-type: none"> • altered states of perception and feeling • hallucinations • nausea • increased body temperature, heart rate, blood pressure • loss of appetite 	<ul style="list-style-type: none"> • sweating • sleeplessness • numbness • dizziness • weakness • tremors • impulsive behavior • rapid shifts in emotion
HEALTH RISKS	<ul style="list-style-type: none"> • Hallucinogen Persisting Perception Disorder 	<ul style="list-style-type: none"> • flashbacks

CLASSIFICATION	Other Compounds	
NAME	Inhalants	
COMMERCIAL/ STREET NAME	<ul style="list-style-type: none"> • Solvents (paint thinners, gasoline, glues) • gases (butane, propane, aerosol propellants, nitrous oxide) • laughing gas 	<ul style="list-style-type: none"> • nitrites (isoamyl, isobutyl, cyclohexyl) • poppers • snappers • whippets
ACUTE EFFECTS	<ul style="list-style-type: none"> • stimulation • loss of inhibition • headache • nausea or vomiting 	<ul style="list-style-type: none"> • slurred speech • loss of motor coordination • wheezing
HEALTH RISKS	<ul style="list-style-type: none"> • cramps • muscle weakness • depression • memory impairment 	<ul style="list-style-type: none"> • cardiovascular and nervous system diseases or problems • unconsciousness • sudden death

LESSON 2

II. **Directions:** On a separate sheet of paper, write CA if the numbered item is an effect of cannabinoids, OA if it is an effect of opioids/opioid analgesics, ST if it is an effect of stimulants, CD if it is an effect of club drugs, HA if it is an effect of hallucinogens, and OC if it is an effect of other compounds.

- | | |
|-------|-----------------------|
| _____ | 1. flashbacks |
| _____ | 2. dental problems |
| _____ | 3. muscle weakness |
| _____ | 4. weight loss |
| _____ | 5. unconsciousness |
| _____ | 6. cough |
| _____ | 7. constipation |
| _____ | 8. hyperthermia |
| _____ | 9. sleep disturbances |
| _____ | 10. endocarditis |



LESSON 2

TREADING THE ROAD TO MASTERY

Directions: On a separate sheet of paper, write the item that does not belong to the group.

1. signs and symptoms of stimulants

seizure	ADHD	dilated pupils	irregular heartbeat
---------	------	----------------	---------------------

2. signs and symptoms of sedatives/depressants

slowed reflexes	loss of coordination	slurred speech	anxiety
-----------------	----------------------	----------------	---------

3. signs and symptoms of opioid analgesics

severe pain	sleep deprivation	dry skin	flu-like signs
-------------	-------------------	----------	----------------

4. effects of opium

cramps	drowsiness	nausea	sedation
--------	------------	--------	----------

5. effects of cocaine

nasal damage	paranoia	depression	violent behavior
--------------	----------	------------	------------------

6. effects of methamphetamine

dental problems	increased heart rate	irritability	hepatitis
-----------------	----------------------	--------------	-----------

LESSON 2

7. effects of MDMA

empathic feelings	sweating	slowed breathing	hyperthermia
----------------------	----------	---------------------	--------------

8. effects of LSD

rapid shifts in emotion	HIV	tremors	sleeplessness
----------------------------	-----	---------	---------------

9. effects of inhalants

unconsciousness	sudden death	depression	headache
-----------------	--------------	------------	----------



LESSON 3

SETTING THE PATH

HOW DO ILLEGAL DRUGS AFFECT MY FAMILY AND MY COMMUNITY?

At the end of this lesson, you will be able to:



describe the physical, psychological, social and economic implications of drug abuse such as physical, emotional and mental instability which may result in being a social and economic burden to society (LS2SC-BC-PSD-LE/AE/JHS-60)



discuss strategies in the prevention and control of substance use and abuse (LS2SC-BC-PSD-LE/AE/JHS-61)



LESSON 3

TRYING THIS OUT

1. You are the President of the Home Owners' Association in Mapayapa Village. To keep the peace and order in the community, you trained the officers and the members to contact the proper hotline for different situations. Last week was very unusual; emergencies happened almost everyday.
2. The only way for you to survive is if you remember the correct people to call, which means your local hotlines.
3. Day 1. Robbers invaded the local supermarket of the village. Mang Jose dialed the Philippine National Police hotline. Which of the following is correct?

117 | 171 | 711



4. Day 2. A fire was about to consume the entire Sampaguita Street. Luckily, Aling Gracia immediately called for help from the Bureau of Fire Protection. Which of the following is correct?

792-5166

729-5166

972-5166



LESSON 3

5. Day 3. A bridge, connecting your place to another village, collapsed. Jericko used his phone to contact the Department of Public Works and Highways.

304-3713

304-3137

304-1337



6. Day 4. A dengue outbreak caused some children to be confined in the hospital. Nurse Josie of the local clinic asked help from the Philippine Red Cross.

413 | 143 | 341



7. Day 5. An earthquake left a massive sinkhole along the road. You, as the President, called the hotline of the Philippine Institute of Volcanology and Seismology for assistance.

122 | 123 | 124



8. *Question:* Why is it important to remember local hotlines?



LESSON 3

UNDERSTANDING WHAT YOU DID

When a situation becomes out of our control, it is normal for us to ask for help. By doing this, we are not just reaching out to a total stranger. Instead, we ask for help from people who know how to handle the situation and are aware of our needs.

People with **substance use disorder (SUD)** share a similar story. As they continue using illegal drugs, they become helpless to their effects. But, unlike normal situations, people with SUD are not the only ones affected by their behavior. **Family members and people in society also suffer from the effect of illegal drug abuse.**

As responsible citizens, individuals are expected to follow the laws and policies of the country. However, individuals struggling with addiction are not aware of their behaviors.

The common effects of illegal drug use to society are listed below.

- Improper behavior at social gatherings
- Getting caught for driving while intoxicated (under the influence of illegal drugs)
- Getting caught for carelessly and recklessly driving on the road



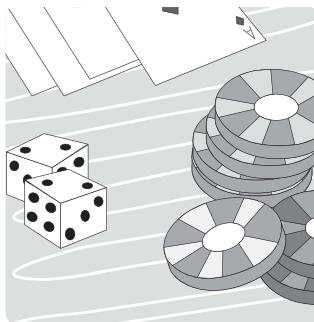
LESSON 3



- Disregarding proper hygiene and clothing
- Being involved in accidents (physical contact, road)
- Mothers with SUDs may **show less sensitivity and emotional availability to infants.**

As the smallest unit of society, your family should be the one who truly knows you inside out. However, when illegal drug addiction becomes part of your family, the bond becomes breakable. **People with SUD have the tendency to show the following effects towards their family:**

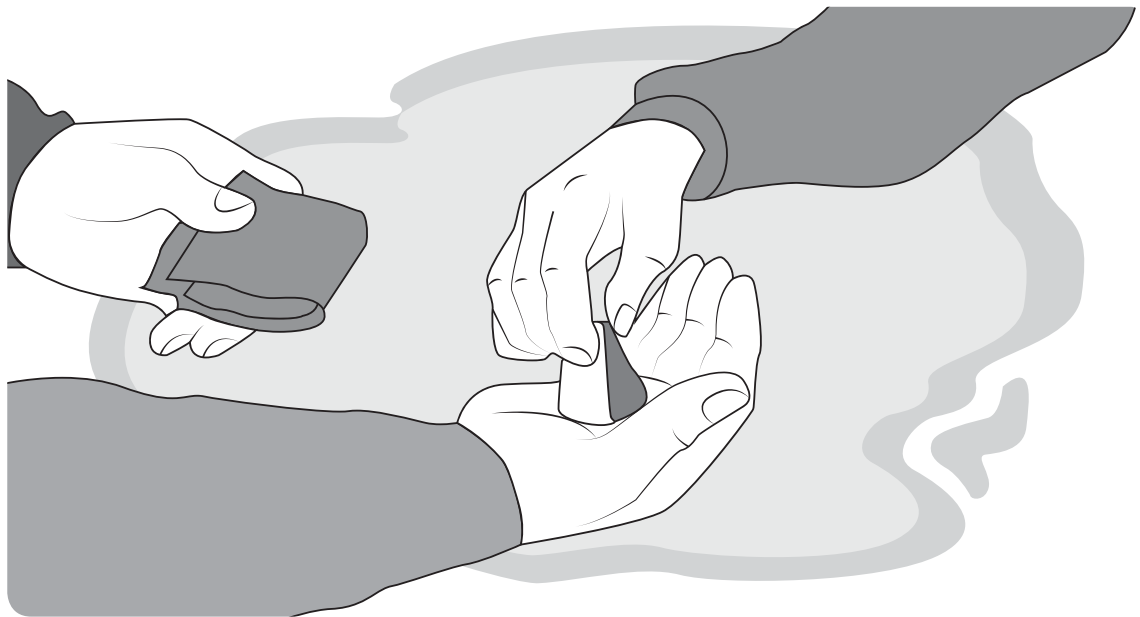
- Isolation and withdrawal from family, friends, church, leisure activities
- Unpredictable or violent behavior at home
- Having multiple sexual partners
- Having HIV from sexual intercourse
- Separation or divorce from partner
- Excessive spending and gambling
- Homelessness



As a result, both the family and the society are affected in all aspects.

LESSON 3

Employers are very cautious on screening the applicants, especially, with health-related issues. When they discover that an employee has a history of drug addiction, they immediately reject their application or remove them from their job.



A person with SUDs who does not have enough money to buy illegal drugs tend to borrow cash from relatives or friends until they are totally bankrupt. Some are clever enough to sell properties and even illegal drugs just to make money for their vices. This action usually sends them to jail, which requires more amount of money for bail. As response, the public still provides financial support to the government to make sure that drug addiction and other related problems be treated and be finally solved.



LESSON 3

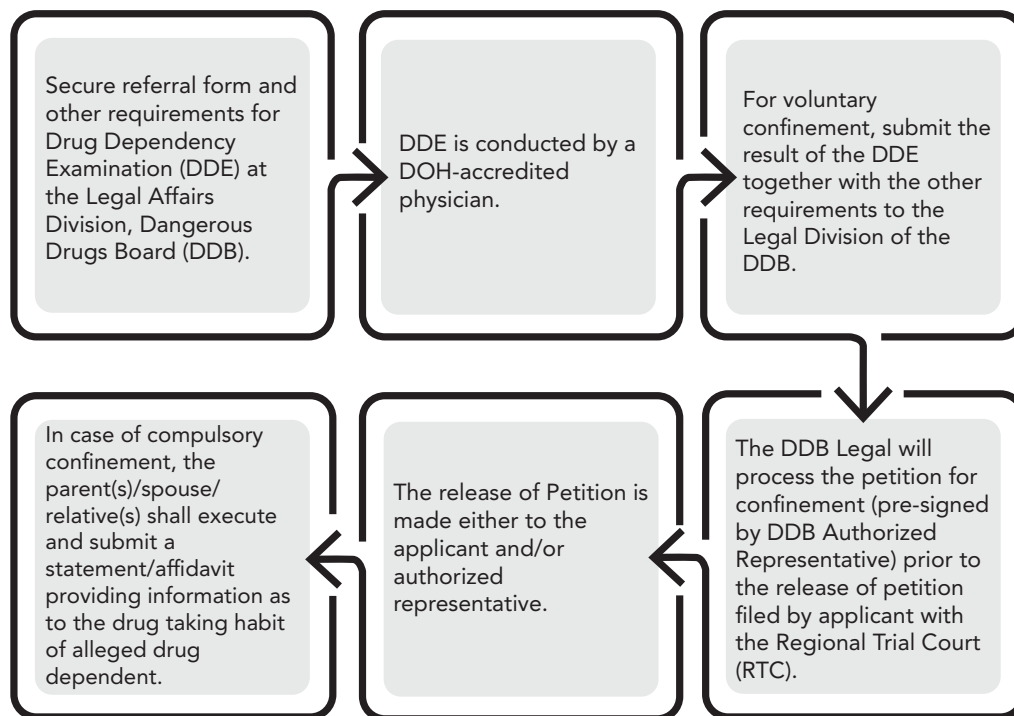
SHARPENING YOUR SKILLS

- I. **Directions:** On a separate sheet of paper, write **TRUE** if the effects below refer to drug abuse becoming a social and economic burden to society. If not, write **FALSE**.

- _____ 1. Isolation and withdrawal from family, friends, church, leisure activities
- _____ 2. Calm and rested behavior at home
- _____ 3. Getting caught for driving while intoxicated (DWI)
- _____ 4. Money problems associated with the loss of jobs
- _____ 5. High rates of reunions and celebrations in the family
- _____ 6. Parents may feel excited and optimistic
- _____ 7. Infants receive greater care from mothers with drug abuse history
- _____ 8. Increased risk for neonatal abstinence syndrome for newborn infants
- _____ 9. Outstanding academic performance and school relations
- _____ 10. Housing instability and homelessness

LESSON 3

Overcoming illegal drug addiction is easier said than done. But, we should remember that it is always possible. Whether the victim (the addict) is your relative, your best friend, an acquaintance or a neighbor; the following steps are guides to treat and rehabilitate drug addicts:



Once under rehabilitation, a person struggling with addiction can be treated in different ways depending on the rehabilitation center that they are in.

A **multidisciplinary team approach** involves a team composed of psychiatrist, psychologist, social worker, occupational therapist and other related disciplines who work closely with the person with addiction.





A **therapeutic community approach** involves changing the person with addiction's way of thinking from being self-destructive (harming one's self or putting one's self in danger) to responsible citizenship. This approach helps the person with addiction to change his/her behavior and attitude by thinking that he/she is part of a bigger community that wants to see him/her

LESSON 3

do better in life. This means that they are given the opportunity to become responsible citizens.

The **Hazelden-Minnesota Model** involves counsellors and patients working together to a path of recovery. The model sees addiction as a disease and beyond a person's control. It aims to help the person with SUD to have a good moral (good) set of values and beliefs and turn to a high power to help them in recovery.

A **spiritual approach** involves the use of the Bible as a reason to change for the person with addiction. By having a renewed relationship with the Lord, patients are encouraged to turn away from sin and become better people.

TREATMENT AND REHABILITATION (DOH PROGRAM)	DIFFERENT TREATMENT MODALITIES
<ul style="list-style-type: none"> - intake and admission - diagnostic evaluation, treatment, and rehabilitation proper - detoxification - medical and psychiatric treatment - psychological and social services - evaluation and vocational services -spiritual development services -sports and recreation - after-care and follow-up services - job placement services 	<p> THERAPEUTIC COMMUNITY deals with behavior modification and value reformation</p> <p> HAZELDEN PROGRAM based on the belief that a Power greater than oneself could restore sanity</p> <p> ECLECTIC / MULTI-DISCIPLINARY TEAM APPROACH combines all the treatment modalities. Treatment team is composed of a doctor, a social worker, and a psychologist.</p> <p> FAITH-BASED / SPIRITUAL MODEL views faith as an inspiration to change the well-being of the person. Individual's personal conviction and faith encourage him/her to turn away from dangerous drug abuse and aspire to become more productive</p>

*Source: "Where There is Hope", Dangerous Drug Abuse Prevention and Treatment Program, DOH

Figure 3.1. Treatment and Rehabilitation Program of the Department of Health.

LESSON 3

II. **Directions:** Identify what is being described in each statement. Write your answer on a separate sheet of paper.

- _____ 1. A division in the Dangerous Drugs Board (DDB) where you can secure a form for the Drug Dependency Examination (DDE)
- _____ 2. A profession that can conduct a DDE
- _____ 3. A type of confinement which allows the person to submit his/her results to the DDB
- _____ 4. Person who will process the petition for confinement
- _____ 5. Receives the release of petition in case the applicant is not available
- _____ 6. Files a statement/affidavit about the drug dependent during a compulsory confinement
- _____ 7. A method in the treatment and rehabilitation of drug dependents which avails of the services and skills of a team from various disciplines and collaborates with the family and the drug dependent
- _____ 8. A highly structured program wherein the community is utilized as the primary vehicle to foster behavioral and attitudinal change
- _____ 9. Aims to treat patients with chemical dependency, endorsing a set of values and beliefs about the powerlessness of people over drug taking and turning to a Higher Power to help them combat the disease
- _____ 10. Uses the Bible as the primary source of inspiration to change



LESSON 3

TREADING THE ROAD TO MASTERY

Directions: On a separate sheet of paper, write a brief explanation (3-5 sentences) for each question.

1. How does the picture below show an example of the effects of drug abuse?



2. What is the message of the picture below? Based on the different approaches, which do you think is the most helpful in addressing the problem related to the picture? Compare and contrast all approaches.





MODULE 7

DON'T FORGET



- Over-the-counter (OTC) medicines are drugs you can buy without a prescription. Some OTC medicines relieve aches, pains, and itches.
- Reading the product's label is the most important thing to do to secure your safety or your family's when using OTC medicines.
- All nonprescription, over-the-counter (OTC) medicine labels have detailed usage and warning information so consumers can properly choose and use the products.

The following are the parts:

1. active ingredient;
 2. uses;
 3. warnings;
 4. active ingredients;
 5. purpose;
 6. directions;
 7. other information.
- Addiction is defined as a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.
 - Undesirable signs and symptoms are noticeable in illegal drugs dependents.



“

- Drug abuse leads to burdens in society and economy.
- Rehabilitation and prevention of drug dependents follows a series of steps and modalities of treatments.

”



MODULE 7

EXPLORE MORE

For additional activities related to the topics of this module, these resources may be helpful:

Failon Ngayon: Drug Rehab

<https://www.youtube.com/watch?v=uqe5vmtvj4M>

Food and Drug Administration: Medicines in My Home

<https://www.fda.gov/drugs/understanding-over-counter-medicines/medicines-my-home-mimh>

Over-the-Counter Medicine Safety

<http://www.scholastic.com/otc-med-safety/pdfs/DrugFactsPoster.pdf>

Over-the-Counter Medicines vs Prescription Medicines

http://www.scholastic.com/otc-med-safety/pdfs/AAPCC_56_Wksht1Prntble.pdf

Philippine Drug War: Over 500,000 Addicts Undergoing Rehabilitation

<https://www.youtube.com/watch?v=FOmTT5iYGjY>

Understanding the Drug Facts Label

http://www.scholastic.com/otc-med-safety/pdfs/AAPCC_56_Wksht2Prntble.pdf

What Do You Need To Know About Drugs

<https://kidshealth.org/en/kids/know-drugs.html>



MODULE 7

REACH THE TOP

You are almost done! Answer the following questions below on a separate sheet of paper.

I. Give at least one use of the following OTC drugs:

- _____ 1. analgesic
- _____ 2. aluminum hydroxide
- _____ 3. naproxen
- _____ 4. dextromethorphan
- _____ 5. paracetamol

II. Identify the item being described in each number.

- _____ 1. part of a medicine label that describes how to take/drink a drug
- _____ 2. ingredients that are stronger than acetaminophen with dosages that should be strictly observed
- _____ 3. refers to medicines that require a doctor's prescription before you buy them
- _____ 4. part of a medicine label that shows what the medicine can treat or prevent
- _____ 5. refers to a material with detailed description of a medicine

III. Identify the item being described in each number.

- _____ 1. drugs that help people become more alert and attentive
- _____ 2. its commercial name is coke
- _____ 3. an illegal drug which can cause HIV
- _____ 4. this drug helps people relieve moderate to severe pains
- _____ 5. drugs that help people slow down the functions of the brain

IV. Enumerate what is being asked in the following numbers

_____ 1. _____
_____ 2. _____

two effects of drug addiction to society

_____ 3. _____
_____ 4. _____

two effects of drug addiction to the family

_____ 5. _____
_____ 6. _____
_____ 7. _____
_____ 8. _____

four types of rehabilitation centers for drug addicts

_____ 9. _____
_____ 10. _____

two government agencies involved in the treatment and rehabilitation of addicts

ANSWER KEY

PRE-ASSESSMENT

PAGE 2

- | | |
|-------|-------|
| 1. A | 11. C |
| 2. B | 12. D |
| 3. C | 13. A |
| 4. B | 14. B |
| 5. A | 15. C |
| 6. B | |
| 7. C | |
| 8. D | |
| 9. A | |
| 10. B | |

LESSON I: WHAT ARE DRUGS?

SHARPENING YOUR SKILLS

PAGE 11

ACTIVITY I AND ACTIVITY II

Rubric for Discussion of Results

CRITERION	Exemplary (2)	Proficient (1)
Support/ Evidence (x3)	Argument is clearly supported by accurate evidence considered credible by the audience; there is sufficient detail to support the main points of the argument	Some evidence is provided, but information is not fully explained; important pieces of evidence have not been included; some data are relevant or credible but inaccurate
Clarity/ Conciseness (x2)	Sentences flow smoothly, are structurally correct, and convey the intended meaning; no wordiness	The majority of ideas expressed are awkward, incorrectly constructed, or wordy
Strategy/ Audience	Content, structure, and language of argument is geared to intended audience	Argument is missing a substantial portion of content required by audience

ANSWER KEY

TREADING THE ROAD TO MASTERY

PAGE 14

ACTIVITY I

1. FALSE
2. FALSE
3. TRUE
4. TRUE
5. FALSE

ACTIVITY II

1. D
2. C
3. B
4. A
5. E

ANSWER KEY

LESSON II: HOW DO ILLEGAL DRUGS AFFECT MY BODY?

SHARPENING YOUR SKILLS

PAGE 19

ACTIVITY I

- | | |
|-------|--------|
| 1. ST | 6. SA |
| 2. OA | 7. OA |
| 3. SA | 8. SA |
| 4. OA | 9. ST |
| 5. ST | 10. ST |

ACTIVITY II

- | | |
|-------|--------|
| 1. HA | 6. CA |
| 2. CD | 7. OA |
| 3. OC | 8. CD |
| 4. ST | 9. CD |
| 5. OC | 10. OA |

TREADING THE ROAD TO MASTERY

PAGE 25

- | | |
|----------------|---------------------|
| 1. ADHD | 6. hepatitis |
| 2. anxiety | 7. slowed breathing |
| 3. severe pain | 8. HIV |
| 4. cramps | 9. depression |
| 5. depression | |

ANSWER KEY

LESSON III: HOW DO ILLEGAL DRUGS AFFECT MY FAMILY AND MY COMMUNITY?

SHARPENING YOUR SKILLS

PAGE 33

ACTIVITY I

1. TRUE
2. FALSE
3. TRUE
4. TRUE
5. FALSE
6. FALSE
7. FALSE
8. TRUE
9. FALSE
10. TRUE

ACTIVITY II

1. Legal Affairs Division of the Dangerous Drugs Board
2. DOH-Accredited Physician
3. voluntary
4. DDB Legal
5. authorized representative
6. parent/spouse/relative
7. multi-disciplinary approach
8. therapeutic approach
9. Hazelden Minnesota model
10. spiritual approach

TREADING THE ROAD TO MASTERY

PAGE 37

Rubric for Discussion of Results

CRITERION	Exemplary (2)	Proficient (1)
Support/ Evidence (x3)	Argument is clearly supported by accurate evidence considered credible by the audience; there is sufficient detail to support the main points of the argument	Some evidence is provided, but information is not fully explained; important pieces of evidence have not been included; some data are relevant or credible but inaccurate
Clarity/ Conciseness (x2)	Sentences flow smoothly, are structurally correct, and convey the intended meaning; no wordiness	The majority of ideas expressed are awkward, incorrectly constructed, or wordy
Strategy/ Audience	Content, structure, and language of argument is geared to intended audience	Argument is missing a substantial portion of content required by audience

ANSWER KEY

REACH THE TOP

PAGE 41

ACTIVITY I

1. painkillers
2. gastrointestinal products
3. menstrual pain products
4. cold, cough, and allergy products
5. antipyretics

ACTIVITY II

1. dosage
2. non-steroidal anti-inflammatory drugs
3. prescription medicines
4. use
5. medicine label

ACTIVITY III

1. stimulants
2. cocaine
3. opioids/opioid analgesics
4. opioid analgesics
5. sedatives or depressants

ACTIVITY IV

(1 - 2)

- improper behavior at social gatherings,
- getting caught for driving while intoxicated (under the influence of illegal drugs),
- getting caught for carelessly and recklessly driving on the road,
- disregarding proper hygiene and clothing,
- being involved in accidents (physical contact, road),
- women who become drug addicts show less sensitivity and emotional availability to infants (babies)

ANSWER KEY

(3 - 4)

- isolation and withdrawal from family, friends, church, leisure activities, unpredictable or violent behavior at home,
- having multiple sexual partner,
- having HIV from sexual intercourse,
- separation or divorce from partner,
- excessive spending and gambling,
- homelessness

(5 - 8)

- Multidisciplinary team approach
- Therapeutic community team approach
- Hazelden-Minnesota Model
- Spiritual approach

(9 - 10)

- DOH
- Regional trial court

GLOSSARY

Burden	a duty or misfortune that causes hardship, anxiety, or grief
Chronic	persisting for a long time or constantly recurring
Disease	a disorder of structure or function in a human, animal, or plant
Ingredient	a component part or element of something
Label	a small piece of paper, fabric, plastic or similar material attached to an object giving information about it
Medicine	a compound or preparation used for the treatment or prevention of disease, especially a drug or drugs taken by mouth
Prescription	an instruction written by a medical practitioner that authorizes a patient to be provided a medicine or treatment
Prevention	the action of stopping something from happening or arising
Symptom	a physical or mental feature which is regarded as an indication of a condition or disease
Treatment	medical care given to a patient for an illness or injury

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