



Students Together Against Negative Decisions

DRUG & ALCOHOL MISUSE

Activity Purpose: Learn how drug, alcohol and other substance misuse can increase one's risk.

Youth will:

- Learn how substance misuse can increase the risk of STIs/STDs, HIV, pregnancy, and suicide.
- Share strategies to prevent risky behaviors that can occur under the influence of drugs or alcohol.
- Learn how to get help for substance misuse, for themselves or for others.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none">• Welcome Students• Review last lesson• Question Box• Words of Wisdom (WoW)	<ul style="list-style-type: none">• Mini-Lecture• Q&A• Cultural Teaching	5 minutes
2 Introduce Topic: Drug & Alcohol Misuse	<ul style="list-style-type: none">• Show the BRAVE video• Discuss their reactions	<ul style="list-style-type: none">• Video• Large Group Discussion	15 minutes
3 Drunk Barbie	<ul style="list-style-type: none">• Assign teams• Hold competition• Group Discussion	<ul style="list-style-type: none">• Team Competition	20 minutes
4 Effects of Substance Misuse on Decision-Making	<ul style="list-style-type: none">• Discuss the effects of substance misuse on sexual behavior and intimate partner violence• Brainstorm and share resources	<ul style="list-style-type: none">• Large Group Discussion	5 minutes
5 Closing	<ul style="list-style-type: none">• Q&A• Preview next session• WoW	<ul style="list-style-type: none">• Q&A• Mini-Lecture• Cultural Teaching	5 minutes

Materials:

- Question Box (QB)
- Chart paper & markers
- 2 Barbie dolls with clothing and accessories
- 2 pairs of dishwashing gloves
- 2 pairs of safety goggles
- Vaseline
- Stopwatch
- Optional: Small prize for the winning team of the Drunk Barbie activity

Handouts:

- Student Handout 17: Drug & Alcohol Facts and Resources (Optional)

Preparation:

- Take some time to consider how to discuss drug and alcohol use in your community. The students' maturity and degree of experience, and the extent to which substance misuse are discussed in your community will impact how you frame these issues.
- Print Handouts
- Display Words of Wisdom (WoW)
- Set up laptop, computer with Internet connection, and screen for videos:
 - Pull up BRAVE video: <https://www.youtube.com/watch?v=6E6TZlkjW44>

1. Welcome & Introductions



5 minutes, Large
Group Activity

- Welcome Students
- Review last lesson, Session 16: Taking Care of the Whole Person
- Answer any questions in the Question Box.
- Introduce today's session: Drug and Alcohol Misuse
- **Say:** Today we will be discussing topics related to substance misuse. Some of the things we will talk about can be sensitive and may cause strong emotions. As we've done before, I want us to create a space where everyone feels safe to learn and share.

The language we use to talk about substance misuse can be very powerful. The negative stigma associated with substance misuse can be reinforced by stigmatizing language.

Today we will be using neutral and caring language. Instead of using negative words – like junky or addict – try to use phrases that are more compassionate, like: person with substance use disorder.

- Have a student read today's WOW.



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Back to You.”*

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*Alcohol, Tobacco & Other Drugs: A Lesson Plan from IKM

2. Introduce Topic: Drug & Alcohol Misuse

10 minutes,
Mini-Lecture,
BRAVE Video

- **Say:** In past sessions, we've spent a lot of time talking about intense and emotional things. We've talked about things you can do to deal with stress and depression and how you can tell whether you are in a healthy relationship. A lot of what we've been talking about centers around the need for you to feel confident making decisions that are in your best interest. It's important to know what you need and want — and what you don't need and don't want — and to be confident in making your needs and wants known.
- Today, we are going to talk about the physical and mental effects of drugs and alcohol and how being drunk or high can put you at greater risk for making poor decisions.
- **Show the BRAVE video** (10 minutes): <https://www.youtube.com/watch?v=6E6TZIkjW44>
- Briefly discuss their reactions to the video clip. **Ask:**
 - What events in Alex's life affected his decision to drink?
 - How did Alex's alcohol use affect his behavior toward Chris?
 - Were any other character's actions affected by alcohol use?
 - What actions did Benny take, that helped Alex get the help he needed?

3. Drunk Barbie



20 minutes, Team Competition

- Post chart paper to record times for each team.
- Assign two students to be time keepers (one for each team) and give them each a timer or stop watch.
- Divide the remainder of the students into two teams. Each team will select three members to represent them for this activity. Before you begin the activity, assign those team members numbers 1-3. (Do this before they realize what they are in for!)
- Each team gets a fully-dressed Barbie doll. Be sure there are small details included in the Barbies' outfits such as a belt, shoes, jewelry, hairpieces, etc.
 - The 1st student will undress and dress their Barbie as fast as they can. They are not done until each article of clothing and each accessory is perfectly placed. Use a stopwatch to time each team.
 - Next, explain that the 2nd student has been out to a party and each has had 1-2 drinks each. They will put on dishwashing gloves to undress and dress the Barbies. Time them and record the finish times for each.
 - Next, explain that the 3s have been out partying and each has had 3-4 drinks. These guys are drunk. They will use the dishwashing gloves as well as goggles with Vaseline smeared on the lenses. Time them undressing and dressing the Barbies and record the finish times for each.
- Direct the students' attention to the chart paper. Point out how each pair of competitors got slower and sloppier as they drank more alcohol.
- Explain that the gloves demonstrated how drinking alcohol can impair motor skills. The goggles demonstrated how drinking alcohol can blur vision. These effects can make everything from driving to putting on a condom much more difficult and dangerous.
- Have a small prize for the winning team. (Optional)

Facilitator's Note

If you think undressing Barbies could be triggering for your students, try substituting Mr. and Ms. Potato Heads, Legos, a puzzle or maze, or action figures.



4. Effects of Drug and Alcohol Use on Decision-Making

5 minutes, Large Group Discussion

- **Ask:** How does using drugs or alcohol affect your decision-making?
 - It makes it more difficult to stick to your plans and protect your boundaries – causing problems like: impaired driving, affecting long-range life goals.
 - It makes it more difficult talk with your partner about their preferences and boundaries.
- **Ask:** How might using drugs or alcohol affect your sexual activities?
 - Relaxes sexual inhibitions.
 - Enhances romantic and sexual feelings.
 - Increases likelihood that sexual activity will happen.
 - Increases risk-taking behaviors.
- **Explain** that many teens and young adults think that if they just drink once in a while, on the weekends, out with their friends then they will not have any problems as a result.
- **Explain** the concept of bingeing: the consumption of several drinks in a row (5 drinks for men, and 4 for women) in a short time period.
- **Emphasize** the fact that binge drinking can especially impair decision-making and that social drinking does not make someone immune to the effects of alcohol.
- **Ask:** What are some things you can do to reduce your risk, if you are drinking or using drugs and a situation comes up where you might have sex? Responses might include:
 - Don't go to the party/event at all – find something else to do socially.
 - Limit your alcohol consumption.
 - Have an agreement with friends that they won't let me go off with anyone while you're high/drunk.
 - Have a condom on hand and be ready to use it.

Facts

Student Handout 17.0: Drug & Alcohol Facts and Resources

- 1. FACT.** Anyone can develop a serious alcohol problem, including a teenager.^{1,2}
- 2. FACT.** Over time, addictive drugs change your brain – at times in dramatic, toxic ways, at others in more subtle ways.³
- 3. FACT.** Marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations.⁴
- 4. FACT.** Sniffing solvents or aerosol sprays can directly induce heart failure and death within minutes. This syndrome, known as “sudden sniffing death,” can result from a single session of inhalant use by an otherwise healthy young person.⁵
- 5. FACT.** The long-term effects of drug use may include decreased motivation, prolonged depression, anxiety, increased delusions and panic, and psychosis.⁶
- 6. FACT.** Some users get hooked the first time they snort, smoke, or inject meth. Because it can be made from lethal ingredients, there is a greater chance of suffering a heart attack, stroke, or serious brain damage with this drug than with other drugs.⁷
- 7. FACT.** Many people think that abusing prescription drugs is safer than abusing illicit drugs but is incorrect. Many prescription drugs can have powerful effects on the brain and body – and people sometimes take them in ways that can be just as dangerous (e.g., crushing pills and snorting or injecting the contents) as illicit drug abuse.⁸
- 8. FACT.** If kids and teens vape or smoke cigarettes, later in life it will become a major risk factor for heart disease, which leads to heart attack. The longer a person vapes or smokes, the higher the risk of coronary heart disease.⁹
- 9. FACT.** Chewing tobacco contains more nicotine than cigarettes. Nicotine is a highly addictive drug that makes it hard to stop using tobacco once you start.¹⁰
- 10. FACT.** You can overdose on pot. Symptoms may include disorientation, feeling delirious or feverish, and can be followed by hangover or stupor. In some severe cases, people who overdose may also become extremely paranoid, hallucinate, or have panic attacks (which may make them harmful to themselves or others).
- 11. FACT.** People who use prescription drugs to self-medicate because of mental health problems may be more at risk of suicidal ideation than people who use prescription drugs for recreation.¹¹

¹<http://www.niaaa.nih.gov/NR/rdonlyres/3F7A2293-C695-4B82-882D-9A19BF2782E6/0/Children.pdf>

²<http://www.cdc.gov/nchs/data/nhsr/nhsr015.pdf>

³http://www.nichd.nih.gov/publications/pubs/upload/BTS_AIAN_brochure.pdf

⁴http://archives.drugabuse.gov/published_articles/myths.html

⁵<http://ncadi.samhsa.gov/govpubs/phd631>

⁶<http://www.drugabuse.gov/infofacts/inhalants.html>

⁷<http://ncadi.samhsa.gov/govpubs/phd642>

⁸<http://www.oas.samhsa.gov/nsduh/2k8nsduh/2k8Results.pdf>

⁹<http://ncadi.samhsa.gov/govpubs/phd861>

¹⁰<http://www.webmd.com/parenting/teen-abuse-cough-medicine-9/teens-and-dxm-drug-abuse?>

¹¹https://www.researchgate.net/publication/283445859_Prescription_drug_misuse_and_suicidal_ideation_Findings_from_the_National_Survey_on_Drug_Use_and_Health

Additional Drug and Alcohol Facts

What counts as 1 drink?

½ ounce (oz) of alcohol = 1 standard drink

1, 12oz can of beer

1, 5oz glass of wine

1, 1.5oz shot of liquor

Student Resources

Strong Hearts Native Helpline

1-844-762-8483

strongheartshelpline.org

Call, text or chat 24/7

Crisis Text Line

Text NATIVE to 741741

crisistextline.org

For free crisis counseling 24/7

Truth

TheTruth.com

National Drug Information Treatment and Referral Hotline:

samhsa.gov/find-help

Just Think Twice

JustThinkTwice.com

Drinking and Driving

QuitAlcohol.com

Children of Alcohol

AlcoholRecovery.com

6. Closing



5 minutes,
Large Group

- Repeat the Words of Wisdom.



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Come Back to You.”*

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- Afterwards, thank youth for coming today. Remind them that you are available if they want to talk more about any of the topics covered today.
- **Offer students the Handout** with additional A&D facts and resources.
- Preview the last session: STAND Together
- Adjourn.

**Native
STAND**

Students Together Against Negative Decisions

Optional Facilitator Guide: Drug and Alcohol Facts

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Alcohol (<i>Beer, wine, distilled spirits/ hard liquor</i>)</p> <p>Fermented or distilled liquids that contain low levels of ethanol—alcohol is absorbed directly through the walls of the stomach and the small intestine, enters the bloodstream, and travels through the body to the brain.</p>	<ul style="list-style-type: none"> • Carefree feelings, euphoria, relaxation • Dizziness • Talkativeness • Slurred speech • Disturbed sleep • Nausea, and vomiting • Impairs judgment and coordination • Aggression, including domestic violence and child abuse • Hangover (headache, nausea, thirst, dizziness, fatigue) 	<ul style="list-style-type: none"> • Addiction (alcoholism) • Intense withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions • Permanent damage to vital organs such as the brain and liver • Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome
<p>Alcohol (<i>Ethanol—pure alcohol, grain alcohol</i>)</p> <p>Psychoactive drug that causes changes in perception, mood, consciousness, cognition, and behavior—found in beer, wine, hard liquor, “moonshine”, cologne, aftershave lotion, cough syrup, hairspray, sterno, flavoring extracts, cold remedies, mouthwash.</p>	<ul style="list-style-type: none"> • Depresses the central nervous system • Nausea, vomiting • Impaired motor and sensory function • Decreased blood flow to the brain • Stupor, loss of consciousness • Accidental poisoning • Death can occur at a toxic dose 	<ul style="list-style-type: none"> • Significant permanent damage to the brain and other organs (including liver) • Accidental poisoning from chronic toxicity with contaminants such as lead
<p>Alcohol (<i>Methanol</i>)</p> <p>A common ingredient found in solvents, paint thinners, shellacs, antifreeze, sterno, denatured alcohol, windshield washer fluid.</p>	<ul style="list-style-type: none"> • Minimal intoxication • Delayed onset of visual symptoms • Metabolic acidosis • Gastrointestinal upset • Central nervous system depression • Liver, retinal, and renal damage • Accidental poisoning 	<ul style="list-style-type: none"> • Blindness • Rigidity • Spasticity

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Depressants (<i>Barbiturates, Quaaludes</i>)</p> <p>Effect is similar to alcohol intoxication—they slow down central nervous system.</p> <p>Slang:</p> <ul style="list-style-type: none"> • Barbiturates: Barbs, Barbies, Bluebirds, Blues, downers • Quaaludes: ‘Ludes, Q’s, quas, quaas, quacks, quakers, Quads, Vitamin Q 	<ul style="list-style-type: none"> • Lower breathing and heart rate, lower blood pressure • Calmness, relaxed muscles, sleepiness • Sense of well-being • Clammy skin • Dilated pupils • Slight dizziness, impaired coordination, staggering, stumbling, slow reactions • Reduced sex drive • Release of inhibitions • Difficulty concentrating, confusion • Impaired thinking and perception, clouded judgment • Slurred speech, babbling • Weak control of emotions, depression, paranoia, hostility, suicidal thoughts • Overdose can cause coma or death 	<ul style="list-style-type: none"> • Impaired sexual function • Chronic sleep problems • Respiratory depression and respiratory arrest • Death/Suicide
<p>Marijuana</p> <p>The most often used illegal drug in the US—the main active chemical is THC.</p> <p>Slang:</p> <p>Colombian, dope, dough, ganja, grass, hemp, home-grown, indica, jive, joint, Mary Jane, Maui-Wowie, Mexican, Panama Gold, Panama Red, pot, ragweed, reefer, sinsemilla, skunk, sativa, weed</p>	<ul style="list-style-type: none"> • Problems with memory and learning • Distorted perception (sights, sounds, time, touch) • Trouble with thinking and problem solving • Loss of motor coordination • Increased heart rate, and anxiety • Dry mouth and throat 	<ul style="list-style-type: none"> • Cancer—marijuana smoke contains some of the same cancer-causing compounds as tobacco, sometimes in higher concentrations—studies show that someone who smokes five joints per week may be taking in as many cancer-causing chemicals as someone who smokes a full pack of cigarettes every day

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Nicotine (Cigarettes, chewing tobacco, cigars)</p> <p>Causes brain to release dopamine, which triggers pleasure.</p>	<ul style="list-style-type: none"> • Raises heart rate and blood pressure • Narrows arteries • Reduces amount of oxygen blood can carry • Reduces hunger • Increases stomach acid • Causes diarrhea • Boosts alertness, concentration • Sores in the mouth (from chewing tobacco) 	<ul style="list-style-type: none"> • Causes cancer of the lung, mouth, pharynx, larynx, esophagus • Gum damage, tooth loss • Emphysema • Bronchial disorders • Cardiovascular disease
<p>Opiates (Heroin, codeine, methadone, morphine, oxycodone)</p> <p>Depresses the central nervous system.</p> <p>Slang:</p> <ul style="list-style-type: none"> • Codeine: Lean, schoolboy • Heroin: Antifreeze, Big H, black tar, brown sugar, China white, dope, dust, golden girls, H, horse, junk, Mexican mud, poison, shit, skag, smack, sweet dreams, tar, train • Methadone: Dollies, Dolls, Dolly, Mud, Phyamps, Red Rock, Tootsie Roll, Amidone, Fizzies, Balloons, Breaze, Burdock, Buzz Bomb, Cartridges, Jungle Juice, Junk • Morphine: M, morf, white stuff • Oxycodone: Hillbilly Heroin, Killers, O.C.'s, Oxy, Oxycet, Oxycottons, Oxy 80's 	<ul style="list-style-type: none"> • Euphoria • Reduced hunger and sex drive • Shallow breathing • Drowsiness and heavy limbs • Cramps, constipation, nausea, vomiting • Itching, scratching 	<ul style="list-style-type: none"> • Malnutrition – extreme loss of appetite and weight • Needle tracks, punctures, scars along veins • Bruises from skin popping • Poor vision and concentration • Tremors, irritability, apathy • Loss of judgment and self-control • Tolerance and addiction • Heart valve infection and cardiac disease • Congested lungs and pneumonia • Skin abscesses, vein inflammation • Increased risk for HIV, hepatitis • Liver disease, hepatitis, anemia • Overdose, coma, death • Suicide

DRUG	SHORT-TERM EFFECTS	LONG-TERM EFFECTS
<p>Prescription Pain Relievers (Codeine, OxyContin, Percocet and Vicodin)</p> <p>Analgesics to treat pain.</p> <p>Slang:</p> <ul style="list-style-type: none"> • Codeine: schoolboy • Oxycodone: Hillbilly Heroin, Killers, O.C.'s, Oxy, Oxycet, Oxycottons, Oxy 80's • Vicodin: Vikings 	<ul style="list-style-type: none"> • Relief from pain • Euphoria or feelings of well being • Drowsiness • Constipation • Slowed breathing • Severe respiratory depression • Death/Suicide 	<ul style="list-style-type: none"> • Physical dependence and addiction • Withdrawal symptoms (restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes with goose bumps)
<p>Prescription Stimulants (Adderall, Dexedrine, Ritalin)</p> <p>See "Stimulants"—Used to treat narcolepsy, attention-deficit hyperactivity disorder and short-term treatment of obesity.</p> <p>Slang:</p> <p>Kibbles & Bits, pineapple, West Coast, Vitamin R</p>	<ul style="list-style-type: none"> • Increased norepinephrine and dopamine in the brain • Increased blood pressure and heart rate • Constricted blood vessels, increased blood glucose, and increased breathing • Increased alertness, attention, and energy • Sense of euphoria • Potential for cardiovascular failure (heart attack) or lethal seizures 	<ul style="list-style-type: none"> • Addiction • Feelings of hostility or paranoia • High body temperatures • Irregular heartbeat • Potential for cardiovascular failure (heart attack) or lethal seizures
<p>Stimulants (Cocaine, crack, meth)</p> <p>Speed up brain activity and heart rate, narrow blood vessels and reduce blood flow and oxygen to the heart.</p> <p>Slang:</p> <ul style="list-style-type: none"> • Cocaine: Angie, blow, C, Charlie, crack, coke, devil's dandruff, dust, flake, freebase, lady, marching powder, nose candy, pearl flake, powder, rock, rails, snow, snowbirds, toot, white, yahoo • Crack: applejacks, base, baseball, bazooka, crackers, freebase, rock, ready rock, 3-inch sticks • Meth: crank, crystal, G, glass, meth, speed, Tina, tweak 	<ul style="list-style-type: none"> • Increased alertness, energy, confidence • Flushing or paleness • Tremors and/or seizures • Loss of coordination • Delusional thinking • Heart attack, stroke • Respiratory problems • Liver, kidney & lung damage • Possible death 	<ul style="list-style-type: none"> • Malnutrition and vitamin deficiencies • High blood pressure, irregular heartbeat, stroke • Ulcers and skin disorders • Weight loss, possible anorexia • Depression, anxiety • Intense cravings • Respiratory problems (from smoking) • Permanent damage to nasal tissue (from snorting) • Depletion of dopamine (results in decreased mood, attention, motivation) • Suicide