



SELF-LEARNING MODULE

GRADE 9

QUARTER 2

**WEEK 8
HEALTH**



**MOST ESSENTIAL
LEARNING COMPETENCIES**

- Discusses the harmful short- and long-term effects of substance use and abuse on the individual, family, school, and community
- Explains the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse
- Discusses strategies in the prevention and control of substance use and abuse
- Applies decision-making and resistance skills to prevent substance use and abuse
- Suggests healthy alternatives to substance use and abuse

TOPICS

- **THE HARMFUL SHORT- AND LONG-TERM EFFECTS OF SUBSTANCE USE AND ABUSE ON THE INDIVIDUAL, FAMILY, SCHOOL, AND COMMUNITY**
- **HEALTH, SOCIO-CULTURAL, PSYCHOLOGICAL, LEGAL, AND ECONOMIC DIMENSIONS OF SUBSTANCE USE AND ABUSE**
- **DECISION-MAKING AND RESISTANCE SKILLS TO PREVENT SUBSTANCE USE AND ABUSE**
- **HEALTHY ALTERNATIVES TO SUBSTANCE USE AND ABUSE**



EXPECTATION

At the end of this module, you are expected to:

1. discuss the harmful short- and long-term effects of substance use and abuse on the individual, family, school, and community
2. explain the health, socio-cultural, psychological, legal, and economic dimensions of substance use and abuse;
3. discuss strategies in the prevention and control of substance use and abuse
4. know the different decision-making and resistance skills in situation related to substance used and abused;
5. suggest healthy alternatives to substance use and abuse; and
6. perform a role play that applies decision-making and resistance skills in situation related to substance used and abuse.



BRIEF INTRODUCTION

As you walk through with this lesson, you will learn the harmful short- and long-term effects of substance use and abuse in every individual, family, school, and community. Also, the harmful short- and long-term effects of substance use and abuse on the body and various activity will help you reflect on what you learned and inspire you to become a healthy and active person.

This lesson deals with the health, socio-cultural, psychological, legal and economic dimensions of substance use and abuse. Drugs are substances that change the way the mind or body works. Drug misuse and drug abuse are two ways

of using drugs wrongly that can harm the body. Studies of adolescent alcohol and drug use reveal that the social context is a better predictor of their substance use than their personalities or their expectancies. In other words, it appears that they react more to external social influences than to any internal forces. Street drugs like marijuana and hallucinogenic are against the law and are very dangerous. There should also be greater focus on the economic dimensions of substance use and abuse. Young people are being enticed to participate in illicit industries for reasons of economic survival. The benefits of economic growth take time to be reflected in the incomes of the poor, tempting them to become involved in growing and trafficking drugs. This module also deals with different strategies in the prevention and control of substance use and abuse. These strategies include application of decision-making skills and the use of resistance skills in different situations related to substance use and abuse. Decision-making and resistance skills will help you enhance your knowledge, skills and attitude in facing and overcoming real-life situations. Learning to say “no” to all drugs is a healthy decision. This decision can be difficult, but it is also especially important for teens. You will practice these skills through the guidance of your teacher.

They are numerous ways to get rid of drugs. The most common and very helpful way is to keep yourself busy by doing a lot of activities that you love. In this way, you are able to entertain yourself and at the same time, you can get yourself physically and mentally healthy. People often say it is hard to make decisions. Unfortunately we all have to make decisions all the time, ranging from trivial issues like what to have for lunch, right up to life-changing decisions like where and what to study, and who to marry. Some people put off making decisions by endlessly searching for more information or getting other people to offer their recommendations. Others resort to decision-making by taking a vote, sticking a pin in a list or tossing a coin’

Drug use and abuse may cause harm to the health of every individual especially to our youth today, in your previous module, it discussed the different short term and long term effects of substance used and abuse, it was then explained how these effects our self, family and the community where we belong. This time we will talked about different strategies in the prevention and control of substance used and abuse. These strategies include application of decision-making skills and the use of resistance skill in different situation related to substance use and abuse. As we go on our modules you will be equip with decision –making and resistance skills that will help you enhance your knowledge, skills and attitude in facing and overcoming a real-life situation, you were tasked to apply this skill and present it through a role play.

List of alternative ways to prevent and control drug use and abuse

Games–Active involvement in different games that will use your time in a more meaningful and productive ways, a game that will keep your mind and body working it could be educational and informative.

Activities – Participation in school clubs that is intended for the prevention of drug use and abuse like BAD (Batang Ayaw sa Droga) is highly encouraged, these clubs initiated different activities such as jingle making contest, poster making contest, slogan making contest etc. that focuses on the prevention of drug use and abuse.

Sports– Sports like intramurals and sports fest help the community to divert the mind and time of our youth in healthier and productive ways, these will serve also as an opportunity for them to have self-improvement and gain social acquaintances.

Programs – The National Drugs Education Program is a program of the government to encourage students to stay away from substance use and abuse. These program conducted different activities such as using bulletin of board or signage for information dissemination campaign, and integration of prevention of substance use and abuse in classroom discussion.

Hobbies– Developing hobbies that can divert your pleasure time in more enjoyable and interesting ways, you can involve yourself in any recreational or outdoor activities like cycling, mountaineering etc.

ACTIVITY 1

Directions: List all the short-term and long-term effects of substance use and abuse on the individual, family, school, and community. Write your answer on your MAPEH notebook.

CLASSIFICATION OF DRUGS	INDIVIDUAL		FAMILY	SCHOOL	COMMUNITY
	Short-term effects on the body	Long-term effects on the body			
Gate Way Drug					
Depressants					
Stimulants					
Narcotics					
Hallucinogens					
Inhalants					

ACTIVITY 2

Write the letter in column B that matches word/phrase/sentence in column A.

Column A

1. The healthiest decision in regard to drugs
2. The first step in kicking a drug habit.
3. A series of painful symptoms felt by a drug user while kicking a drug habit.
4. A place where a drug addict can get help.
5. Using a substances that are against the law or not supposed to be taken into human body that have no medical purpose at all.

Column B

- a. Withdrawal
- b. Saying “no”
- c. Recognizing that a problem exists
- d. Drug treatment center
- e. Drug misuse
- f. Drug abuse

PRESENT IT THE WAY YOU LIKE IT!

Make a creative presentation on how you can show that drugs have a negative impact on health, socio-cultural, psychological, legal, and economic dimensions of oneself, family, school, community and the nation as a whole. You can present it through a poem, song, poster, essay, slogan, etc.

List several alternative ways to prevent and control drug use and abuse. Use pieces of paper to write down specific programs and activities which can prevent and control drug use and abuse.



Give two ways of saying “no” through your actions and through your words.

- 1. _____.
- 2. _____.

- 1. _____.
- 2. _____.

Think critically. Write your answers to the following questions on a separate sheet of paper.

You class is holding a debate on whether or not a marijuana should be made legal. You have been asked to head up the team arguing that marijuana should not be legalized. What reasons could you give your teammates to help your team win the debate?

Learning To Make Sensible Choices and Ways of Dealing with Risk Situations

Directions: Think of multiple strategies (ways and methods) of dealing with the following situation/scenario.

- 1. A friend invites you to a disco where it is rumored that (meth) amphetamines and other drugs are widely available. What might be happen if (a) you accept the invitation, or (b) you refuse the invitation?
- 2. You meet an old friend whom you haven't seen for some time. She/he lights a marijuana cigarette (a "joint") and offers it to you?
- 3. You go out with some friends and someone offers you a tablet. They insist that it will make you feel great, that everybody is taking them and that, surely, you do not want to be left out. What should you do? What would you say?
- 4. You are with your friends. Someone offers you some alcohol and some capsules, which someone suggests will take away the effects of the alcohol. How would you respond?
- 5. One of your friends is becoming increasingly involved with another group. You have heard that this group regularly uses solvents and amphetamines. What do you do?
- 6. A friend has been spending a lot of time (and money) at the local video game arcade (store). She/he asks to borrow some money from you. What would you do?

Answer the following questions:

1. How can you counter peer pressure and make your own choices?

2. What skills did you build or strengthen from this activity?

3. What kinds of strategies were used in the different situations? Can you think of any others?

4. Which strategy is the most useful and which is the least useful? Why?

5. How would you resolve a similar situation in your life?



ACTIVITY 3

Directions: Read the following scenarios. Apply decision making and resistance skills to the following situations by writing on how to deal with it.

1. During break time, you saw your classmate smoking at the back of the school building. Then suddenly, he saw you and asked if you want to join.

2. While walking home from school, a stranger approaches you and offers you something. He says it smells good, tastes good and will help you improve your study habits and school performance.

3. You are having a group review at the house of one of your classmates. The parents are not there to supervise your activity. While reviewing, one of your classmates opened a pack of something and put it on a piece of foil. Everybody smokes the substance. You are asked to try even once just to experience it.



ACTIVITY 4

A. RESIST A SUBSTANCE USED AND ABUSED

Directions: at this time, you will go to showcase your creativity and talents through performance such, acting and directing.

Procedure

1. Form a group with three (3) members if possible, if not you can ask the help of the member of your family.
2. Think of a scenario wherein you can apply decision-making and resistance skills in preventing and controlling drug use and abuse and present it in a 2-5 minutes role play
2. Record your presentation using your SMART phone then upload it in our Group Messenger.
3. Each leader of every group will analyze and critique using the RUBRICS the decision and resistance skills used in every presentation.

CRITERIA	5 POINTS	4 POINTS	3 POINTS	2 POINTS
Preparation	Students were on task for all of the planning time and developed a well thought out skit.	Students were on task for most of the planning time and developed a well thought out skit.	Students were off task for some of the time of planning and their skit could have been better thought out.	Students were off task for the time of planning and did not develop a well thought out skit.
Presentation	Students made a very strong connection to the subject during the presentation and did so in a believable manner.	Students made a good connection to the subject during the presentation and did so in a believable manner.	Students made some connection to the subject during the presentation and the material was presented in a somewhat believable manner.	Students did not make a connection to the subject during the presentation and the material was not presented in a believable manner.
Collaboration	All students in the group worked well together.	Generally, students worked well together.	Students appeared to have some difficulties working in the group together.	Students appeared to have strong difficulties working in the group together.
Scenarios	All scenarios are clearly related to day-to-day situations that individuals who get addicted to drugs find themselves in.	The scenarios related relatively well to day-to-day situations that individuals who get addicted to drugs find themselves in.	The scenarios were all very similar. They were somewhat related to day-to-day situations that individuals who get addicted to drugs find themselves in.	Scenarios were missing. They were poorly related to real life situations.
Response	The group used multiple strategies discussed in class in a way that was excellent.	The group used multiple strategies discussed in class effectively.	The group used strategies discussed in class or on the class handout in a fair manner.	The group does not use a strategy discussed in class or on the class handout.
Total points				

B. Our country is participating in the clinical trials in look for the most effective and reliable vaccine as to cure for the COVID-19 virus which is tremendously circulating world widely. Do you think our native scientist who are studying numerous entry for a possible source for vaccine of the said virus has a big chance to show to the world that Filipinos are in capable to produce the said first vaccine against COVID-19? Expound your insights.

If **yes...**

If **no...**



REMEMBER

- Each classification of drugs has different short- and long-term effects. Short-term effects last for a couple of days, hours or even shorter periods while long-term effects can be felt for weeks, months and even for a life time. The following are the examples of drugs:
 1. Gateway Drugs (Alcohol and Tobacco)
 2. Depressants
 3. Stimulants
 4. Narcotics
 5. Hallucinogens
 6. Inhalants
- Substance use and abuse had a big impact on your health and in the society at large. It has also legal consequences and economic impact. Saying “no” is not always easy. This is especially true when the people you have to say “no” to are friends. One way of overcoming this difficulty is by being prepared. You can also improve your decision making skills by knowing to describe the situation you are in, list the possible actions, share your list with responsible adults, carefully evaluate all possible actions, choose which action is more responsible and suitable, and act responsibly and intelligently.
- A good decision making is one of the most important life skills to own.
 - Resistance skills are also called as refusal skills. They can be used to refuse negative peer pressure.
 - Learn to say “no”.
 - It is a good practice to reinforce behavior that is unacceptable and potentially harmful.
 - Avoid situations in which there will be pressure to make wrong decisions.
- There are different strategies in the prevention and control of substance used and abuse, these strategies include application of decision-making skills and the use of resistance skills. The following are the alternative ways to prevent and control drug use and abuse: Games; Activities; Sports; Program and Hobbies.



CHECK YOUR UNDERSTANDING

Before I move on to the next module, I will assure you that...

I understand...

I will apply for the lesson in...

I will practice...
