



SELF-LEARNING MODULE

GRADE 9

QUARTER 2

**WEEK 4
HEALTH**

**MOST ESSENTIAL
LEARNING
COMPETENCIES**

TOPICS



- Describes the drug scenario in the Philippines
- Discusses risk and protective factors in substance use, and abuse
- Analyzes situations for the use and non-use of psychoactive substances
- Identifies the types of drugs/substances of abuse
- Corrects myths and misconceptions about substance use and abuse
- Recognizes warning signs of substance use and abuse

- **Drug Scenario in the Philippines**
- **Risk and protective factors in substance use, and abuse**
- **Types of drugs/substances of abuse**
- **Myths and misconceptions about substance use and abuse**



EXPECTATION

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

1. Describe the drug scenario in the Philippines;
2. Explain the concepts of drug dependence, drug abuse, drug misuse and drug of abuse
3. Perform appropriate first aid for injuries and emergency situations in physical activity and dance settings (cramps, sprain, heat exhaustion);
4. Discuss risk and protective factors in substance use, and abuse;
5. Analyze situations for the use and non-use of psychoactive substance;
6. Identify the types of drugs/substances of abuse;
7. Display competence while doing the activity;
8. Describe how drugs of abuse are classified;
9. Correct myths and misconceptions about substance use and abuse; and
10. Recognize warning signs of substance use and abuse.



BRIEF INTRODUCTION

Lesson 1 presents the drug scenario in the Philippines. You will be provided with information about the study conducted by the Dangerous Drugs Board. This is the lead government agency which plans, establishes and initiates programs and projects necessary to combat and reduce the illegal distribution, manufacture and sale of drugs of abuse. You will also be introduced to basic terms used in and sale of drugs of abuse.

You will also be introduced to basic terms used in the of substance use and abuse. Activities are provided to further develop knowledge, skills and attitudes toward the topic.

Risk and protective factors in substance use are those influences which increase the chance of using, misusing and abusing drugs. Protective factors on the other hand, are those influences which decrease the chance of using, misusing, and abusing drugs. These factors are composed of influences in different domains of life. i.e. Personal, Family, Peer and Friends, School, and Community.

At present, majority of people use drugs. People are aware of the continuous discovery of drugs for different ailments. They also know how and where these drugs are obtained. The fact is not surprising because drugs are now given much publicity. Drugs have become part of us. When used properly, it can be of great help for health. The kind of drug may be identified according to use and effect on the body. The Dangerous Drugs Board listed three major drugs of abuse in the Philippines. These are **methamphetamine hydrochloride** or "**shabu**", **cannabis sativa** or "**marijuana**" and **inhalants** better known as "**solvents**". These drugs of abuse are included in the six classifications of drugs.

The six classifications of drugs are the following:

1. Gateway drugs



Gateway drugs such as cigarettes and alcohol are legal drugs that a non-drug user might try which can lead him/her to more dangerous drugs such as marijuana and shabu. Teenagers who engage in early smoking and early drinking have a higher chance of using and experimenting with dangerous drugs of abuse.

<https://cdn1.vectorstock.com/i/1000x1000/05/15/alcohol-and-cigarettes-vector-3200515.jpg>

2. Depressant drugs



Depressant drugs slow down a person's central nervous system (CNS). As a result, it slows down mental processes. Doctors commonly prescribe depressant drugs to help certain persons with insomnia, epilepsy, and nervous breakdown to induce sleep, and to allow the nerves to relax. Depressant drugs include alcohol, barbiturates and tranquilizers. It has bad effects on health when abused.

<https://laughingsquid.com/wp-content/uploads/Barbiturates-Winston-Products-for-Education.jpg>

3. Stimulant drugs



Stimulant drugs speed up a person's central nervous system. It has the opposite effect of depressants. It makes a person's energy high. Negative effects of stimulants include depression and tiredness. Examples of stimulants are amphetamines which include shabu, caffeine, nicotine and cocaine.

https://media.npr.org/assets/img/2013/07/27/istock_0000053010531arge_wide-2c0de57f5953e590278e64875f76ff328fa3ad11.jpg

4. Narcotics



Narcotics are drugs which relieve pain and induce sleepiness. In medicine, these drugs are administered in moderation to patients with mental disorders and those in severe pain like cancer. Narcotic drugs include cocaine, heroin and marijuana. These drugs are illicit and dangerous if taken.

<https://sushantskoltey.files.wordpress.com/2010/03/k9jake-narcotics.jpg>

5. Hallucinogens



Hallucinogens are drugs which distort reality and facts. It affects all senses and makes a user see, hear, and feel things that don't exist in the time being. The name hallucinogen came from the word hallucination which is to perceive illusions. Hallucinogens include lysergic acid diethylamide (LSD), and psilocybin obtained from mushrooms and mescaline.

http://hallucinogens.com/wp-content/uploads/alone-1239208_1920.jpg

6. Inhalants



Inhalants are found in ordinary household chemical products and aesthetics. It is readily available and accessible to young children. Inhalant intoxication is similar to the signs and symptoms of alcohol intoxication. One difference is the foul smell of chemicals sniffed, inhaled or huffed by the user. Continuous use and abuse lead to delusions, brain damage, liver damage, coma, and death. Examples of household products used as inhalants are acetone, rubber or solvent, ordinary spray paint, cleaning fluids, and air conditioner fluid (Freon).

<https://3.bp.blogspot.com/-xRaCkbeVsSY/UWCxC608y9I/AAAAAAAAACTQ/ZSowplQdDu4/s1600/DSC09232.JPG>

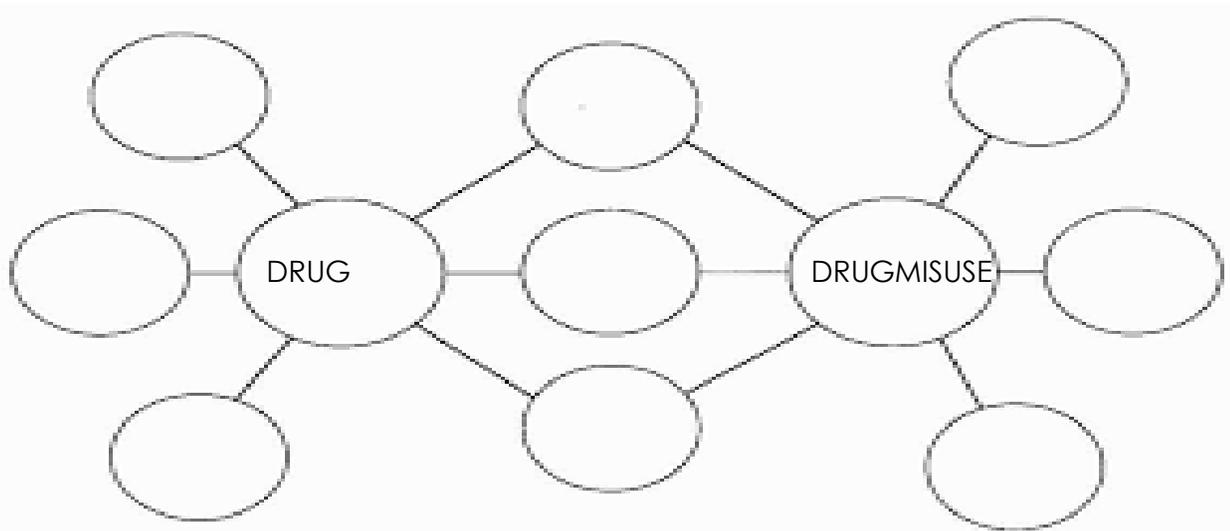
People give several reasons for taking drugs. Some believe that these drugs can make them feel and look good. Certain drugs of abuse produce pleasure or **euphoria**. Euphoria is a high sensation of feeling good and extremely relaxed. Continuous and prolonged drug use has a very bad effect on a person. It can alter his behavior, and his mental, physical, and psychological condition. Most importantly drug dependence results in drug abuse, drug tolerance, problems with society and law, withdrawal symptoms, severe health problems, poor quality of life, and eventually death.

There are Myths and Misconceptions about drugs of abuse. These are: Drugs of abuse improves memory, Drug of abuse help in the digestion of food, make a person bold and brave, remove life's problems and worries, and drug of abuse heat up the person's body. Aside from these, there are some signs and symptoms of drug use/abuse. These include declining interest in studies and work, the negative outlook in life, uncontrolled irritation, paranoia, severe feeling of depression and loneliness, complains of over fatigue, frequently involve in petty fights and crimes, lousy physical appearance, reddish eyes, sudden loss in weight, convulsions, brown stains in fingertips, foul body smell, loss of balance, loss of concentration. We must understand that it is not easy to know and feel the effects of drugs in the body. The effects are not always the same as the drug users.

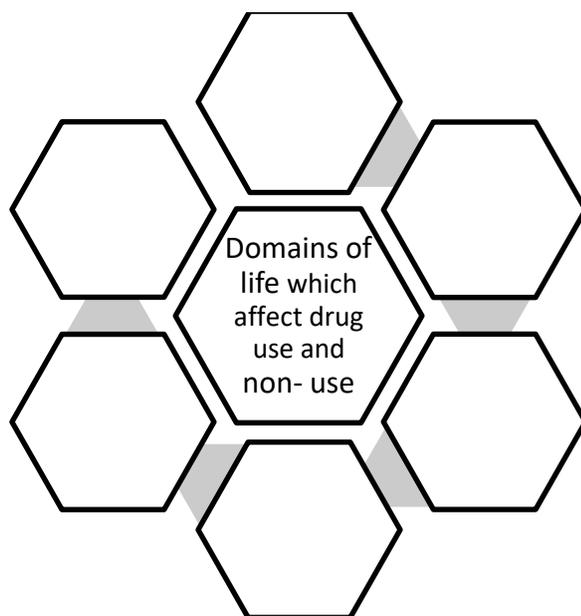


ACTIVITY 1

Fill in the necessary concept about each term related to drugs. Add more tags if necessary.



Fill up the boxes on the factors that greatly influence people to use and abuse drugs.



Create a poster about the present drug scenario in the Philippines. Include data and information in common terms you have learned in class and have gathered personally. Also include ways for the government and society to combat drug syndicates and addiction.

Below are the criteria in which your poster has been evaluated.

CRITERIA	Excellent 5 pts.	Good 4 pts.	Fair 3 pts.	Not Done or Incomplete (0 pts.)
Use of Class Time	Use time well on getting poster done.	Use time well and usually focused on getting the poster done.	Use time poorly and got distracted by others.	Did not work at all or was not able to finish in class.
Visual Impact	Poster is exceptionally attractive in terms of color and neatness.	Poster is attractive, though it might be a little bit messy.	The poster is poorly designed and lacks neatness.	Poster is not attractive at all.
Labels	All words are clearly written.	Almost all items in are clear.	Words are very hard to read.	No labels or unclear ones.
Spelling	There are no spelling mistakes in the poster.	There are very few spelling errors.	There are many spelling errors.	It is full of spelling errors.

Total: _____ / 20 Comments: _____

ACTIVITY 2

RISK AND PROTECTIVE FACTORS

Identify the following pictures if it signifies **risk factors** or **protective factors** and explain your answer afterwards.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

B. Suggest ways for your answers on risk factors on how to prevent the use of psychoactive substances.

 **ACTIVITY 3**

Directions: Answer the following questions. Write your answer in the spaces provided.

1. What are the different classifications of drugs of abuse?

2. Give example for each drugs of abuse.
 - a. Gateway drugs: _____
 - b. Depressant drugs: _____
 - c. Stimulant drugs: _____
 - d. Narcotics: _____
 - e. Hallucinogens: _____
 - f. Inhalants: _____
3. How does the abuse of drugs classified?

4. Why is it important to know the classifications of drugs?

5. Do you think knowing the classification of drugs will help us someday in our lives? Explain your answer briefly.

 **ACTIVITY 4**

Myth Busters

Directions: Write the myths or misconceptions according to the given facts about drugs of abuse.

1. FACT: Drugs of abuse do not improve memory.
MYTH: _____
2. FACT: Drugs of abuse do not help in the digestion of food.
MYTH: _____
3. FACT: Drugs of abuse place a user in a dangerous and life –threatening situation.
MYTH: _____
4. FACT: Drugs of abuse worsen life's problems and worries.
MYTH: _____
5. FACT: Drugs of abuse do not heat up the body; instead, they make the body lose heat faster than normal.
MYTH: _____

B. THE CHOSEN ONE!

Directions: Choose what behavior of a drug user that is being described. Write physical, emotional, mental or social on the space provided for.

- _____ 1. Declining interest in studies and work
- _____ 2. Identification with known drug users
- _____ 3. Negative outlook in life
- _____ 4. Uncontrolled irritation
- _____ 5. Sudden loss of weight
- _____ 6. Poor judgement and loss of inhibition
- _____ 7. Loss of concentration
- _____ 8. Frequent changes of mood and extreme mood of swings
- _____ 9. Frequent involvement in petty fights and crimes
- _____ 10. Severe feeling of depression and loneliness



REMEMBER

Drugs are any substances or chemicals which when taken into the body either through nasal, oral, transdermal or intravenous way have psychological, emotional and behavioral effects on a person. Risk and protective factors in substance use are those influences which increase the chance of using, misusing and abusing drugs. Protective factors on the other hand, are those influences which decrease the chance of using, misusing, and abusing drugs. These factors are composed of influences in different domains of life. i.e. Personal, Family, Peer and Friends, School, and Community.

TYPES OF DRUGS/SUBSTANCES OF ABUSE

Drugs have become part of us. When used properly, it can be of great help for health. The kind of drug may be identified according to use and effect on the body. The three major drugs of abuse in the Philippines are methamphetamine hydrochloride or "shabu", cannabis sativa or "marijuana" and inhalants better known as "solvents".

- DRUGS are any substance or chemicals which when taken into the body either through nasal, oral, transdermal or intravenous way have psychological, emotional, and behavioral effects on a person.
- Drugs of abuse are drugs commonly abused by user.
- Examples of drug of abuse are shabu, marijuana and inhalants.



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...
