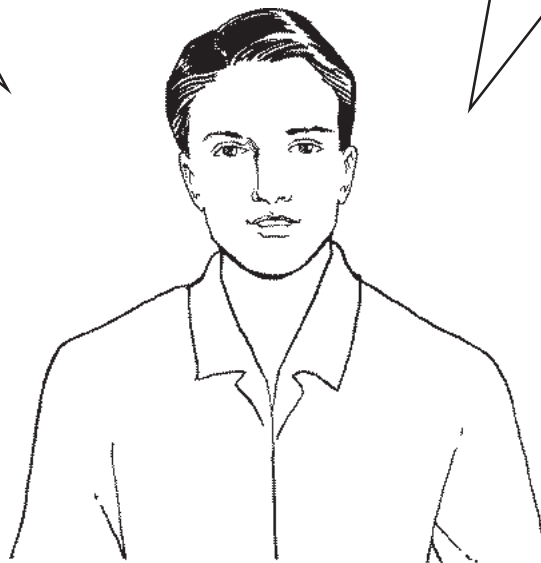




## What Is This Module About?

Have you studied Part 1 of this module? Can you still remember the different types of addictive and dangerous drugs? What about their effects? If you have finished Part 1, I'm sure that you know all these very well.

You are now going to study Part 2 of the module *Addictive and Dangerous Drugs*. This is on *preventing drug abuse*. It will help you identify the factors which contribute to the use and abuse of addictive and dangerous drugs. It will also teach you how to respond to the problem of drug abuse.



This module is divided into two lessons:

- ◆ Lesson 1 — *Reasons Why People Use Addictive and Dangerous Drugs*
- ◆ Lesson 2 — *How to Respond to the Problem of Drugs*



## What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ explain the reasons why people use addictive and dangerous drugs;
- ◆ identify the factors or conditions which lead to drug abuse;
- ◆ discuss methods of preventing drug abuse; and
- ◆ identify ways of helping people who use addictive and dangerous drugs.



## Let's See What You Already Know

Before you start with the module, try and answer the following questions. This will determine how much you already know about the topics that we will discuss.

- A. Indicate whether the statements below are **correct** or **incorrect**. Put a check mark (✓) under the appropriate column for each statement.

Statement	Correct	Incorrect
1. Most people use addictive and dangerous drugs because they want to experiment.		
2. Most often, young people use addictive and dangerous drugs due to peer pressure.		
3. Growing up in a chaotic home environment or in a broken family can lead to drug abuse.		
4. Family problems, such as violence in the home, cannot cause a person to use addictive and dangerous drugs.		
5. Drug dependency is a condition that cannot be cured.		

B. Indicate with a check (✓) the phrases that describe the contributing factors that lead to drug abuse.

- \_\_\_\_\_ 1. Having friends who use drugs
- \_\_\_\_\_ 2. Knowing how to cope with problems and stress
- \_\_\_\_\_ 3. Lacking adequate family support
- \_\_\_\_\_ 4. Engaging in wholesome, productive and fulfilling activities
- \_\_\_\_\_ 5. Being curious or interested in experimenting with drugs

C. Indicate whether the statements in the table below are **preventive** or **rehabilitative solutions** to drug abuse. Put a check mark (✓) under the appropriate column (preventive or rehabilitative) for each statement.

Solution	Preventive	Rehabilitative
1. Educating people about the effects of addictive and dangerous drugs		
2. Counseling		
3. Medical care for health problems caused by drug abuse		
4. Holding forums and seminars about addictive drugs		
5. Psychiatric care		

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on pages 38–39 to find out.

If your answers are all correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This only means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

## Reasons Why People Use Addictive and Dangerous Drugs

In Part 1 of this module, we learned about the effects of addictive and dangerous drugs on our body and mind. We learned that drug abuse weakens a person physically, mentally, emotionally and socially. Despite this, many people still use addictive drugs. What may be their reasons? Can these reasons justify drug abuse? This lesson will help us answer such questions.

After studying this lesson, you should be able to:

- ◆ explain the reasons why people use addictive and dangerous drugs; and
- ◆ identify the circumstances or factors which contribute to drug use and abuse.



### Let's Try This

Are you ready to have fun solving a puzzle? Look at the box below. It contains some of the major reasons why people use addictive and dangerous drugs. Find these key words in the puzzle on the next page. They may be found horizontally, diagonally, vertically or in reverse. An example has been given to guide you.

<b>Problems</b>	<b>Stress</b>	<b>Peer pressure</b>	<b>Family</b>
<b>Experiment</b>	<b>Environment</b>	<b>Curiosity</b>	
<b>To calm down</b>	<b>Enjoyment</b>	<b>Parents</b>	



Did you find all the key words? If yes, good! If not, look at the *Answer Key* on page 40 to help you out.



## Let's Read

The use of addictive and dangerous drugs has become a widespread phenomenon in the Philippines. As a matter of fact, it is one of our country's worst problems. In finding a solution to the problem, we must know what factors put a person at risk of drug abuse. Study the pictures that follow to know some of the reasons why people use addictive and dangerous drugs.

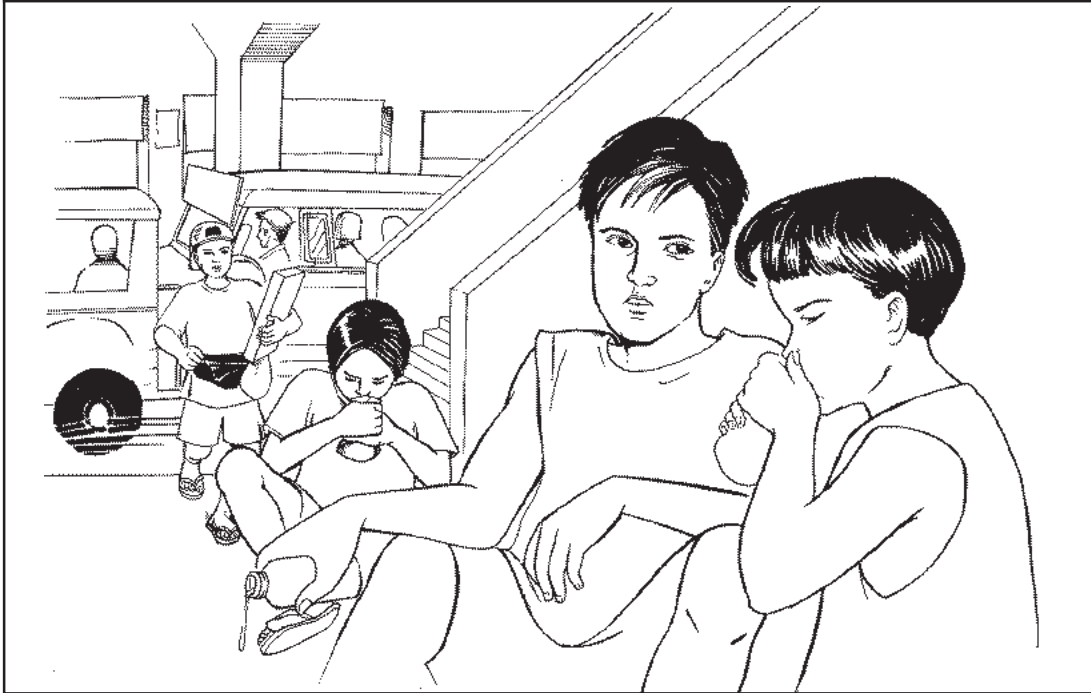
This is Richard Olaguer. He is 15 years old and he comes from a poor family. He has been using addictive and dangerous drugs since childhood.



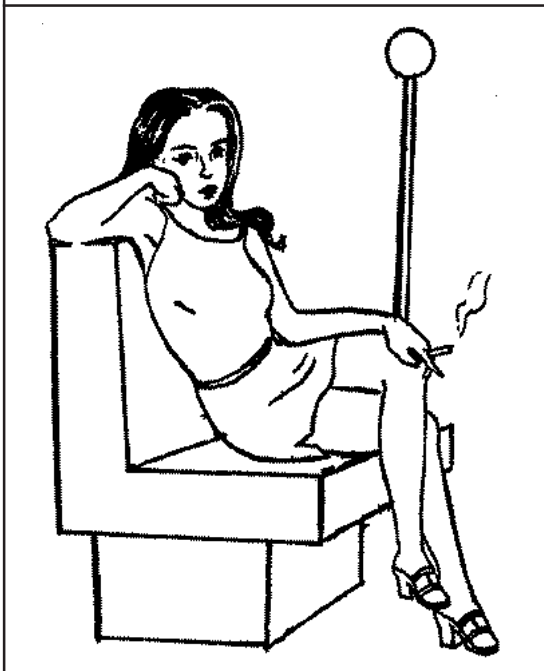
He learned how to use drugs from his mother. All of his family use drugs. They use solvent, sometimes cough syrup or rugby, and even *marijuana*. Richard was often beaten up by his Uncle Leo, so he ran away.



Richard now roams the streets. He has no home. His problems seem to disappear when he uses drugs. His favorite is the 40 ml or 60 ml cough syrup called Phydol because it is cheaper than *sigpao*. Richard says that the cough syrup is better if he drinks beer or brandy afterward.



This is 21-year-old Amalia Conde from Anibong, Tacloban City. She went to Manila because she was promised a job. However, because she had no money she became a prostitute. She earns three to five hundred pesos from customers who take her to cheap motels.



She buys *solvent* from her earnings. This helps her forget about her miserable life. She was brought to a *Rehabilitation Center* and her treatment had already started. However, she ran away and went back to using drugs. Once she is under the influence of drugs, she hurts herself by burning different parts of her body with a cigarette. She now uses *cocaine*.



What did you feel after reading the story of Richard and Amalia? Do you want to be like them? Explain your answer.

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## Let's Review

Answer the following questions.

1. When did Richard start using drugs?

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2. Why did he use drugs?

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3. What kind of drugs did he use?

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4. What does he feel when he is under the influence of drugs?

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5. Why did Amalia decide to go to Manila?

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6. Did she find a good job there?

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7. What happened to her after arriving in Manila?

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8. How does Amalia temporarily solve her problems?

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9. What kind of drugs does she use?

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10. Is there a remedy for her addiction?

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Do you want to know if your answers are correct? You may compare them with those in the *Answer Key* on page 40.



## Let's Learn

Addictive and dangerous drugs are often used because of the following reasons:

- ◆ **Family problems** — These may include lack of adequate parental supervision, absentee parents, no one to talk to about problems, violence in the family and physical or sexual abuse.





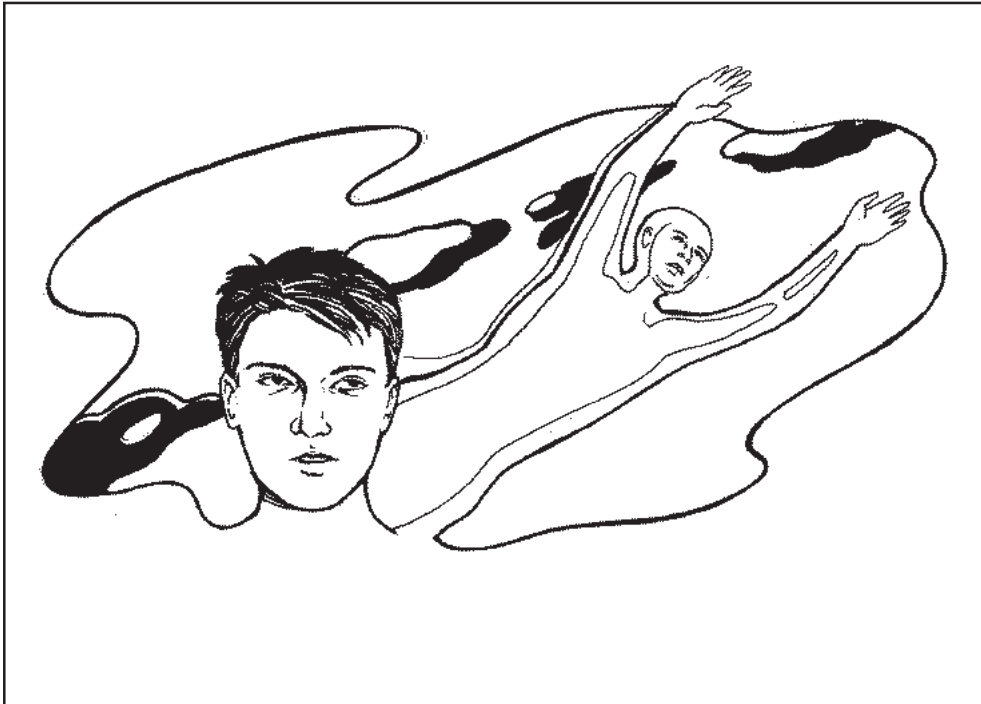
- ◆ **Peer pressure** — This refers to the influence of friends who are using drugs or who want to try drugs. This is the most common reason why young people use addictive and dangerous drugs.



- ◆ **Curiosity or interest in trying out drugs** — Some young people want to know how it would feel to use drugs.



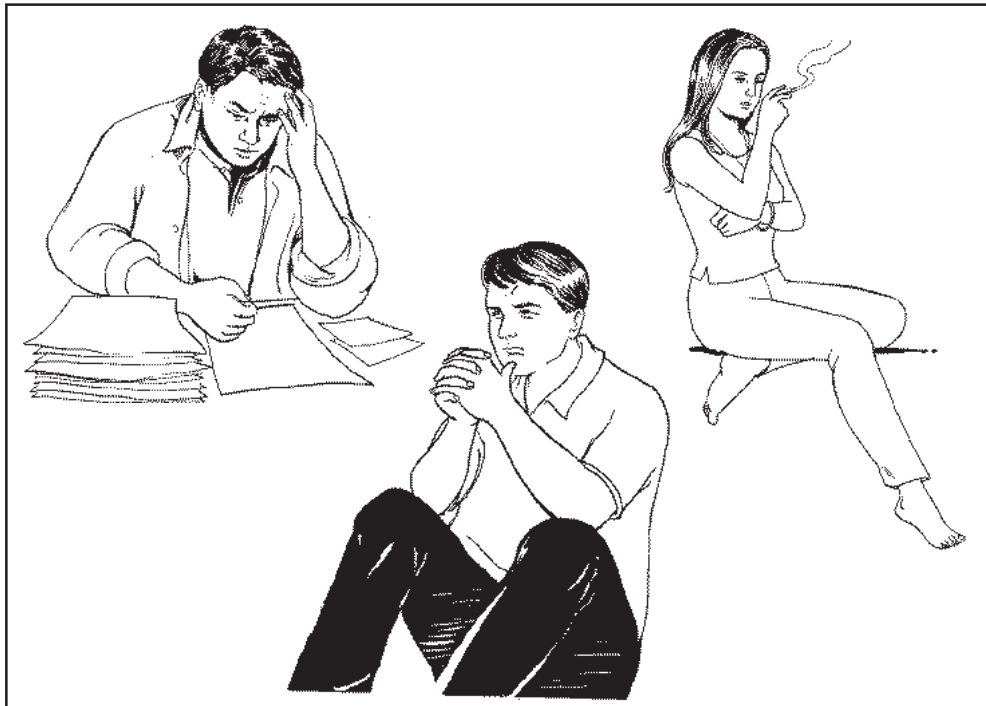
- ◆ **To experience the sensations of joy and enjoyment induced by drugs.**



- ◆ **Having poor role models during one's childhood** — This means growing up in an environment where the parents and/or other family members are drug users.



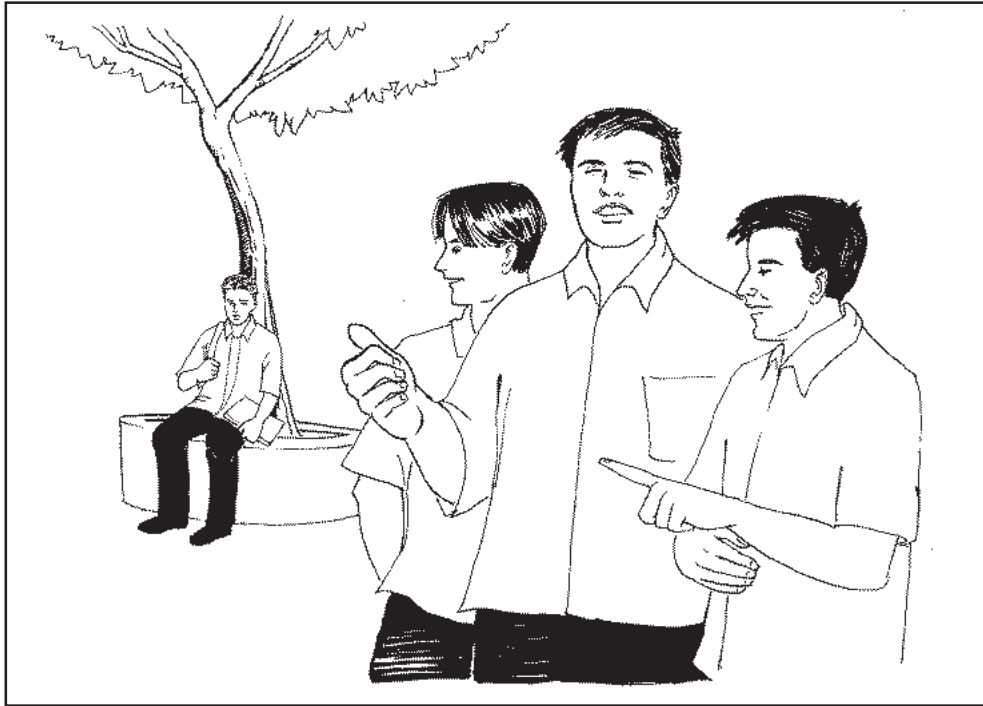
- ◆ **To relieve stress, anxiety and boredom** — People who are under stress and tension sometimes resort to drugs for relief. Those who are bored because they have nothing to do also sometimes experiment with drugs.



- ◆ **To forget or get away from problems** — Some people see drugs as an escape from their problems.



- ◆ **Lacking self-importance** — There are those who, under the influence of drugs, feel a false sense of self-importance, belongingness and positive self-image which they lack in real life.



- ◆ **Desire to experiment** — Some people, especially those who are young, become drug addicts as a result of their desire to experiment with different kinds of drugs.



Read the list below to better understand the circumstances or factors that can lead to drug abuse.

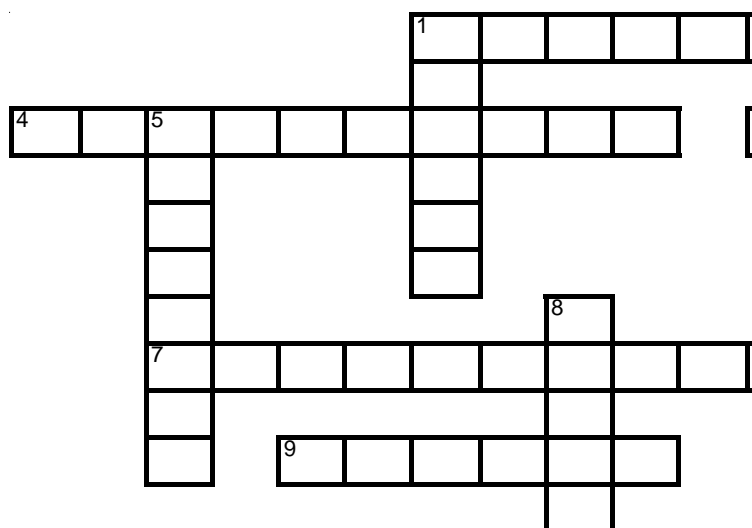
**Factors or circumstances that can lead to drug abuse**

- ◆ Having parents or family members who use drugs
- ◆ Having friends who use drugs
- ◆ Growing up in an environment of illegal drug use
- ◆ Wanting to show one's independence and willingness to take risks
- ◆ Having little interest in academic and spiritual goals
- ◆ Seeing oneself as being at odds with society
- ◆ Having no clear concept of what is right and wrong
- ◆ Perceiving a lack of parental support
- ◆ Having low self-esteem
- ◆ Being unable to cope with one's problems
- ◆ Having suffered trauma and emotional crisis (such as the long-term psychological effects of physical and sexual abuse)
- ◆ Having been a drug user during one's teens
- ◆ Being unemployed and not having any other form of recreation and activity
- ◆ Using drugs to help one adjust to one's job schedule (This may apply to drivers, writers, actors, etc., who work long hours or have very hectic or irregular schedules.)
- ◆ Using drugs to boost one's strength and energy
- ◆ Wishing to relieve stress or anxiety
- ◆ Liking to experiment



## Let's Try This

Let's see if you have understood the previous discussion. Try to solve the crossword puzzle below.



### Across

- 1 Who can influence young people to use addictive and dangerous drugs?
- 4 Some people become drug addicts because they want to \_\_\_\_\_ with different types of addictive drugs.
- 6 People who have suffered \_\_\_\_\_ or emotional crisis such as physical and sexual abuse may resort to the use of illegal drugs.
- 7 This is one factor that can lead to drug abuse. It refers to the surroundings or situation a person grew up in.
- 9 In our earlier story, Richard Olaguer's \_\_\_\_\_ taught him how to use addictive and dangerous drugs.

### Down

- 1 Most people who have strong and positive bonding with their \_\_\_\_\_ don't resort to drugs. This is because they are open and they communicate with each other.
- 2 Some people use addictive drugs to relieve \_\_\_\_\_ or anxiety.
- 3 One reason why people use addictive drugs is because they are \_\_\_\_\_. They want to find out the effects of addictive drugs.
- 5 Most drug users have \_\_\_\_\_. They use addictive and dangerous drugs to solve them.
- 8 In Richard Olaguer's story, who beat him up?

Were you able to complete the puzzle? You may compare your answers with those in the *Answer Key* on page 40.



## Let's Study and Analyze

### Pepito's Life

Pepito was an only child. His parents were both working. His mother was the vice president of a bank, while his father was the director of a government agency. Most of the time, they were not home due to business engagements. They seldom saw each other because of their busy schedules.

Pepito started using drugs at the age of 14. He tried drugs because he wanted to know its effects. He acquired drugs from friends in the neighborhood. From experimenting with drugs, he became a regular drug user. He started to conduct drug sessions with friends. They were the ones who made him feel secure and accepted. He went to them when he had problems.

Pepito's parents did not know that their child had been using drugs. Pepito had tried different drugs. The truth was, he used *shabu*, a stimulant which can boost a person's energy.

One day, a police officer called Pepito's parents. He had terrible news for them. He informed them about Pepito's tragic death. Pepito died from a drug overdose. It was learned that during a drug session, Pepito took different kinds of drugs at the same time. His parents were shocked at the news. They never suspected that their only son was a drug addict.

Based on the story, cite five (5) reasons why Pepito used addictive and dangerous drugs.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Compare your answers with those in the *Answer Key* on page 41.



## Let's Remember

People use addictive and dangerous drugs for many reasons. Common factors which contribute to drug abuse include:

**Family** — Drug use is common among individuals who have family problems such as communication problems, lack of love and security, and domestic violence.

**Friends** — One of the common reasons why people learn how to use addictive and dangerous drugs is through the influence of friends.

**Environment** — If a person grew up in an environment where drug use is common and accepted, he or she may also use drugs.



## How to Respond to the Problem of Drugs

After knowing the effects of drug abuse and the reasons behind its occurrence, what do you think can you do? Do you know of a solution to the drug problem? Do you know of any program or activity which could reduce the incidence of drug abuse in your community? What are the possible treatments for drug users and addicts? In this lesson, you will learn that everyone can make a contribution to fight the drug problem.

After studying this lesson, you should be able to:

- ◆ discuss methods of preventing drug abuse; and
- ◆ identify ways of helping people who use addictive and dangerous drugs.



### Let's Think About This

Study the slogan below.

**DRUGS!**

**Prevention is better than cure.**

Explain what the slogan means.

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You may compare your answer with the sample answer in the *Answer Key* on page 41.



## Let's Learn

In many countries around the world, governments and communities have realized that one of the best ways of responding to the drug problem is reducing or preventing the factors which encourage drug abuse. This means stopping the problem of drug abuse before it actually begins or preventing more people from becoming drug addicts. This involves educating people on issues concerning the different types of addictive and dangerous drugs and the ill effects of drug abuse. Drug education campaigns include putting up posters, setting up forums and seminars, educational programs in schools, videos, brochures, and advertisements in newspapers, radio and television that educate people about drugs.

Other prevention programs are designed to enhance “protective factors” and reverse or reduce known “risk factors.” Protective factors are those that decrease the possibility of drug use. Risk factors are those that increase the possibility of drug use. Examples of these factors are shown below.

<b>Protective Factors (should be encouraged or enhanced)</b>	<b>Risk Factors (should be reduced or reversed)</b>
<ul style="list-style-type: none"><li>◆ Strong and positive familial bonds</li><li>◆ Parental monitoring and support</li><li>◆ Clear rules of conduct that are consistently enforced within the family</li><li>◆ Active involvement of parents in the lives of their children</li></ul>	<ul style="list-style-type: none"><li>◆ Chaotic home environment, particularly that in which parents abuse drugs or suffer from mental illness</li><li>◆ Ineffective parenting, especially children with difficult temperaments or conduct disorders</li><li>◆ Lack of social interaction and nurturing</li><li>◆ Poor social and coping skills</li><li>◆ Affiliation with peers who use addictive and dangerous drugs</li><li>◆ Approval of drug-using behaviors in the family, work, school, peer or community environments</li></ul>



## Let's Think About This

From the list on page 18, we can see that parents play an important role in preventing drug abuse. Note that many of the factors listed have to do with parents and the family.

Given these risk and protective factors, what then might parents do to prevent or reduce the risk of drug use?

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Look at the sample answer in the *Answer Key* on page 41.



## Let's Read

Below are some general rules to follow in order to avoid drug abuse.

### **Eight Ways to Avoid Drug Abuse**

1. Avoid people who you know use addictive and dangerous drugs.
2. Maintain good physical and mental health.
3. Understand your own self; accept and respect yourself for what and who you are.
4. Develop your potentials; engage in wholesome, productive and fulfilling activities.
5. Learn to relate effectively with others.
6. Have somebody with whom you can communicate your problems freely.
7. Learn to cope with your problems and other forms of stress without using drugs.
8. Develop a strong moral and spiritual foundation so you can say NO to drugs if tempted by your friends.

Can you think of other things a person can do to avoid the use and abuse of drugs?

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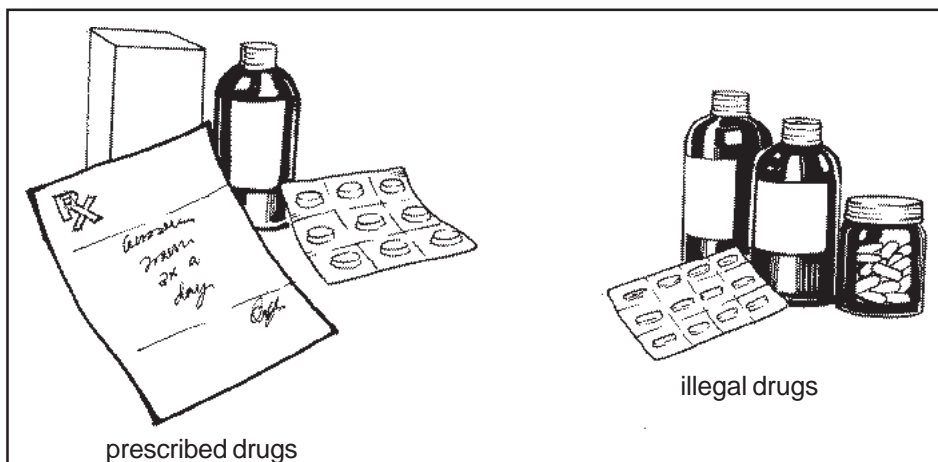
Compare your answers with the sample answers in the *Answer Key* on page 42.



## Let's Learn

Individuals, families and groups can do much to reduce the problem of drug abuse in their communities. They can do the following:

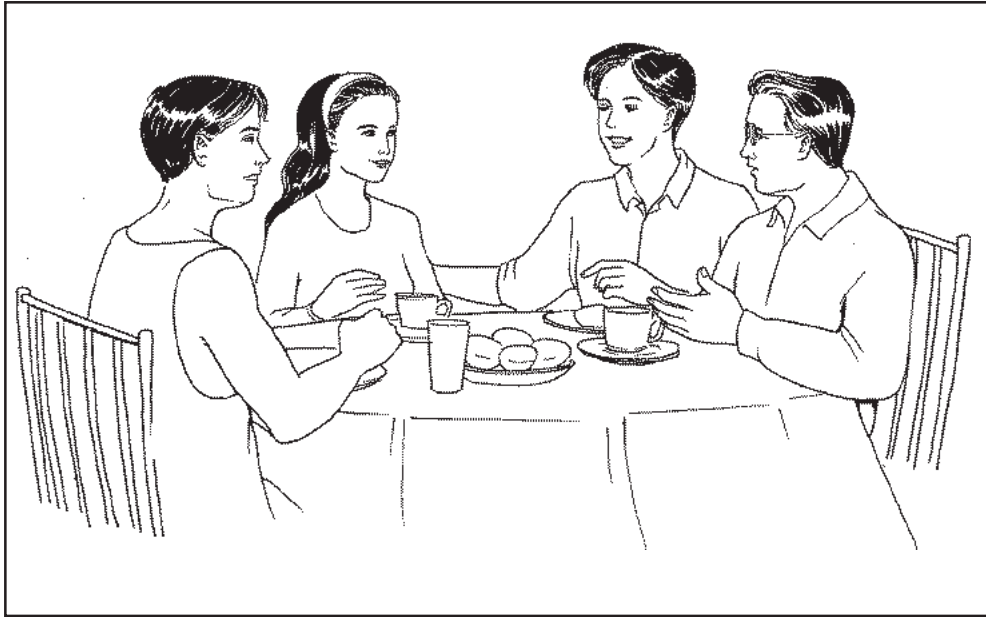
1. **Be informed** about all kinds of drugs. Accurate information can help you understand the drugs you and your family are using, so as to avoid abusing such drugs. Knowing the bad effects of a drug also helps a person avoid it.



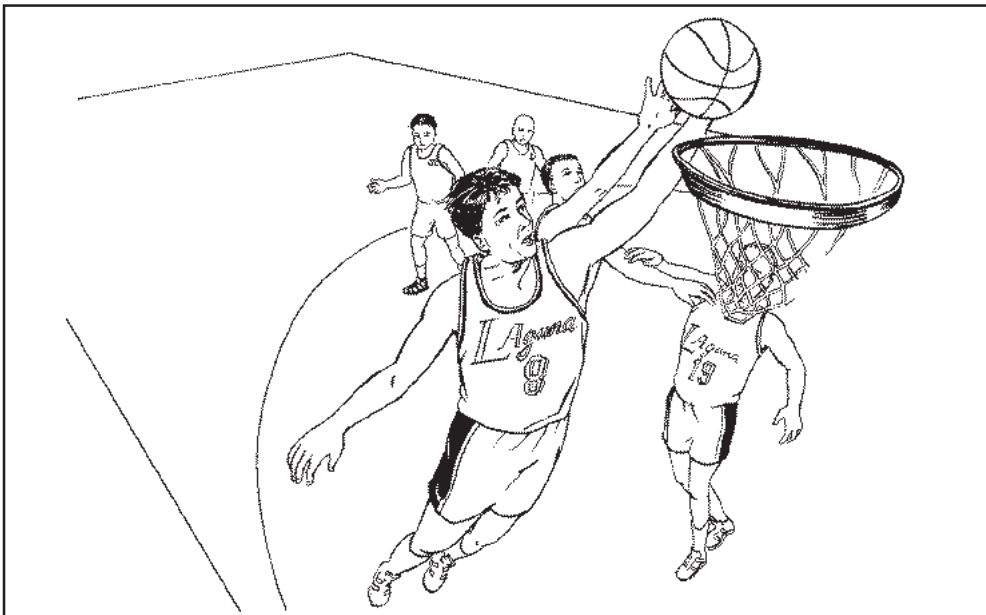
2. **Think** about the drugs you and the rest of your family use, as well as when and why they are used. Think about any family problems that might lead to drug abuse – consider also social, sexual, financial or health problems.



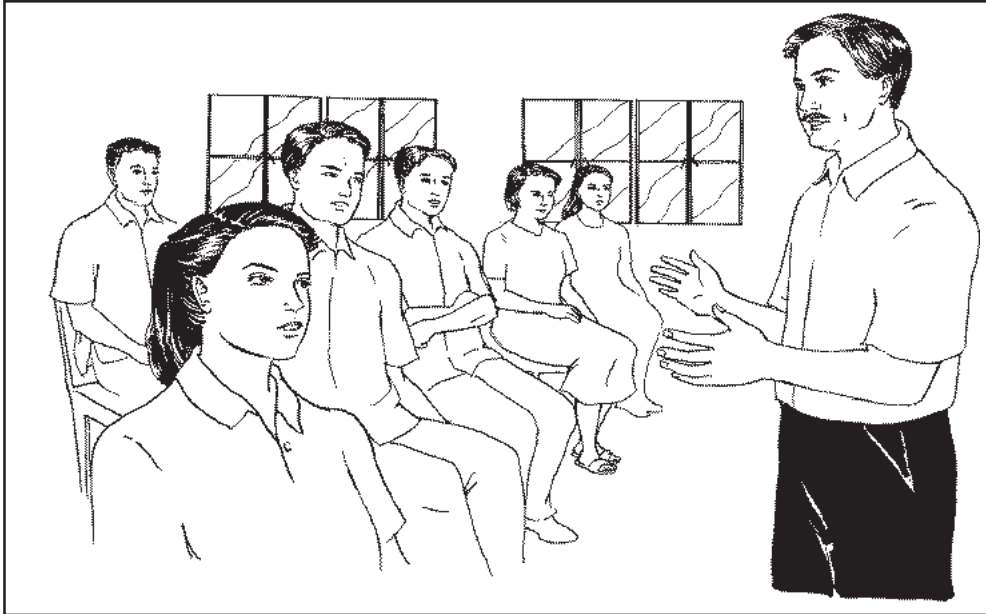
3. **Talk** to each other about your problems. Family communication is important. You can also try talking with a priest or religious leader, a barangay official, a neighbor, friends and other responsible individuals.



4. **Look for alternatives** to drug use and encourage everyone to use other healthier ways to relax or deal with difficulties. Many problems like stress, anxiety, boredom and even physical pain can be relieved without using drugs. Alternatives to drug abuse include engaging in sports or any other worthwhile hobbies.



5. **Get active** in your community to help prevent drug problems. Talk to the local school, church, community group, sports club or parents' association about programs to increase drug awareness..



6. **Get advice and help** if you or anyone in your family has a problem with drugs. Remember, there are many people and organizations who can help.



7. **Push for legislation** against the use of illegal drugs. This means encouraging the enactment and enforcement of laws against drug abuse. The providers and suppliers of illegal drugs should be punished. There should be laws safeguarding the health of the people. If there are existing laws, they should be implemented.



**The following are critical areas for prevention:**

- ◆ **Family Relationships:** There should be good family communication, discipline, and firm and consistent rule-making by parents of young children. Parents need to take an active role in their children's lives, including warning them about addictive and dangerous drugs. They should monitor their children's activities, get to know their friends and understand their children's problems and personal concerns without abusing their children's privacy.
- ◆ **Peer Relationships:** The person should be able to choose his/her friends wisely, preferring those who have no vices such as drug abuse. He/She should also learn to say "no" or refuse the offers or suggestions of his/her peers to try drugs. It is much better to engage in sports and other wholesome hobbies or activities with friends than experiment with drugs. The person should be able to improve communication skills and enhance positive social behaviors by engaging in athletic activities or joining clubs or organizations.
- ◆ **School Environment:** The school should encourage academic performance and strengthen positive values among their students. Curriculums should support the students' development in social skills. Students should also be taught about the negative effects of addictive and dangerous drugs.
- ◆ **Community Environment:** The community should be involved in the fight against addictive and dangerous drugs. It should engage in civic, religious, law enforcement and government organizations. Community-based programs, such as advertising restrictions and drug-free school zones, can also contribute to the prevention of drug abuse.

- ◆ **Drug Education and Drug Awareness:** This involves conducting forums, seminars and activities that focus on addictive and dangerous drugs campaigns. These activities may be carried out in coordination with organizations, private, religious and school sectors. These activities may also encourage rehabilitated victims of drug abuse to speak about the dangers of using addictive and dangerous drugs.



## Let's Review

Let's see if you have understood our previous discussion. Write **T** if the sentence is true and **F** if it is false. Write your answer in the blank before each sentence.

- \_\_\_\_\_ 1. Drug education in secondary schools is an example of a preventive solution to the problem of using addictive and dangerous drugs.
- \_\_\_\_\_ 2. Having parents who are understanding and open to their children could prevent the use of addictive drugs in the family.
- \_\_\_\_\_ 3. A person who is well-informed about the harmful effects of addictive and dangerous drugs will use these drugs.
- \_\_\_\_\_ 4. The community has a role in preventing the use of addictive and dangerous drugs.
- \_\_\_\_\_ 5. Drug education can be promoted in the community through forums and seminars against the use of addictive drugs.
- \_\_\_\_\_ 6. One way an individual could prevent drug use is by focusing on other activities, such as sports.
- \_\_\_\_\_ 7. Having friends who use addictive drugs could encourage you to use these drugs.
- \_\_\_\_\_ 8. Trying out a drug just once is a safe and effective way to find out its effects on the human body.
- \_\_\_\_\_ 9. The best resource speakers for drug education campaigns are rehabilitated victims of addictive drugs.
- \_\_\_\_\_ 10. The best way a family can help prevent the use of addictive and dangerous drugs is to avoid talking about the issue of drugs at home.

You may compare your answers with those in the *Answer Key* on pages 42–43.





## Let's Think About This

Look carefully at these illustrations.



Answer the following questions.

1. How will you describe the illustrations on the previous page?

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2. Where can you see advertisements like these?

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3. What message do these advertisements portray about addictive drugs such as cigarettes and alcohol?

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4. Do you think that such advertisements promote the use of drugs? Why or why not?

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5. In some countries such as Thailand and Australia, advertisements about smoking and alcohol have been banned. Do you think the Philippine government should also ban advertisements on smoking and alcohol? Should we prohibit our television, newspapers and billboards from advertising addictive drugs? Explain the reasons for your answer.

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Compare your answers with those in the *Answer Key* on page 43.

You can discuss your answers with your Instructional Manager or Facilitator. You can also discuss these with a member of your family, a friend or co-learner. Do they agree or disagree with your answers? Why or why not?



## Let's Read

### Helping Victims of Drug Abuse

Even with a strong drug-prevention program in our community, there may still be victims of drug abuse who need help. What can we do to help drug addicts and other victims of drug abuse?

Let's study the case of Gia. She was a supermodel in the late 1970s to the 1980s. Let us read her story.

Gia Marie Carangi came from a broken family. She became a model at the age of 17. She eventually became one of the most sought-after fashion models because of her aggressive and wild look.

When she hit stardom, she experienced a lot of pressure in her work. She also had a love affair with her female makeup artist which did not work out. Even though she was very famous and popular, she felt very lonely in private. Ever since her parents' separation, she had been longing for her mother's affection. She had difficulty coping with her situation which made her unruly, unpredictable and wild. She would walk away in the middle of her pictorials and not attend her appointments.

She had a friend who introduced her to a drug user. That was the start of her drug use which eventually led to drug addiction. She tried using "coke" or cocaine. She used drugs before and after pictorials. She became so dependent on drugs that she was "stoned" even during pictorials. She also experienced "shakes" (shaking of the body once the drug effect runs out) when she was not under the influence of drugs. After using cocaine, she moved on to using narcotics such as morphine and heroin which she took by injection using syringes. In 1982, she tested positive for AIDS (Acquired Immune Deficiency Syndrome). According to doctors, she got the virus from using unsterilized syringes.

Gia died in August 1986 due to AIDS.



## Let's Review

Answer the following questions.

1. What kind of addictive drug did Gia start using?

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2. Why did she start using addictive drugs?

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3. What other factors contributed to her drug dependency?

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4. Did Gia's drug dependency affect her work? How?

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5. What did Gia experience when she was not under the influence of drugs?

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6. What were the addictive drugs she tried afterward?

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7. What kind of treatment should Gia have undertaken to avoid being sick with AIDS?

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8. Do you think Gia would still be alive today if she had been treated earlier? Why?

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9. Who do you think could have encouraged Gia to undergo treatment? Why?

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10. Do you agree or disagree that drug abusers can still be treated? How?

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Do you want to know if your answers are correct? Go to the *Answer Key* on page 44.

You can also discuss your answers with your Instructional Manager or Facilitator, with members of your family, friends or co-learners. Do they agree or disagree with your answers? Why or why not?

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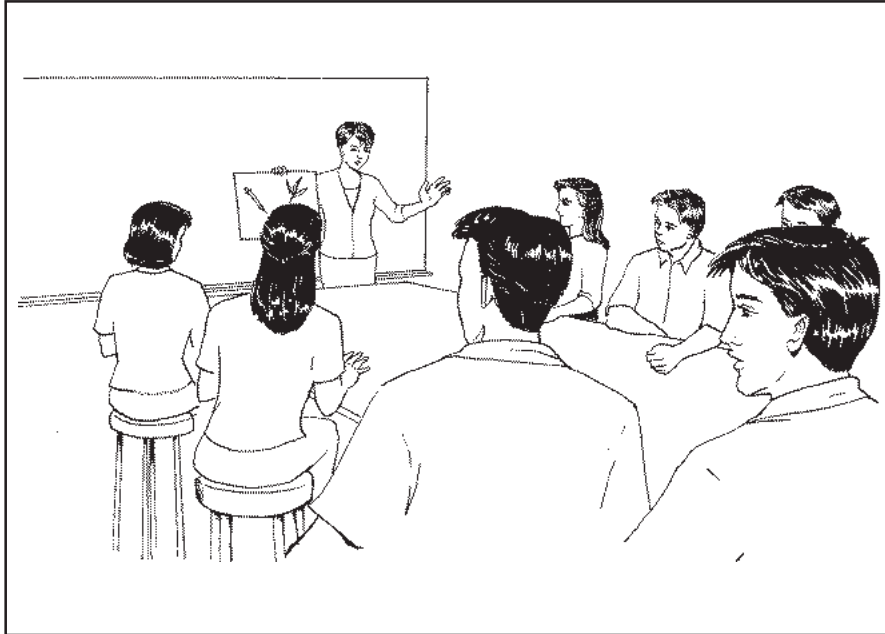
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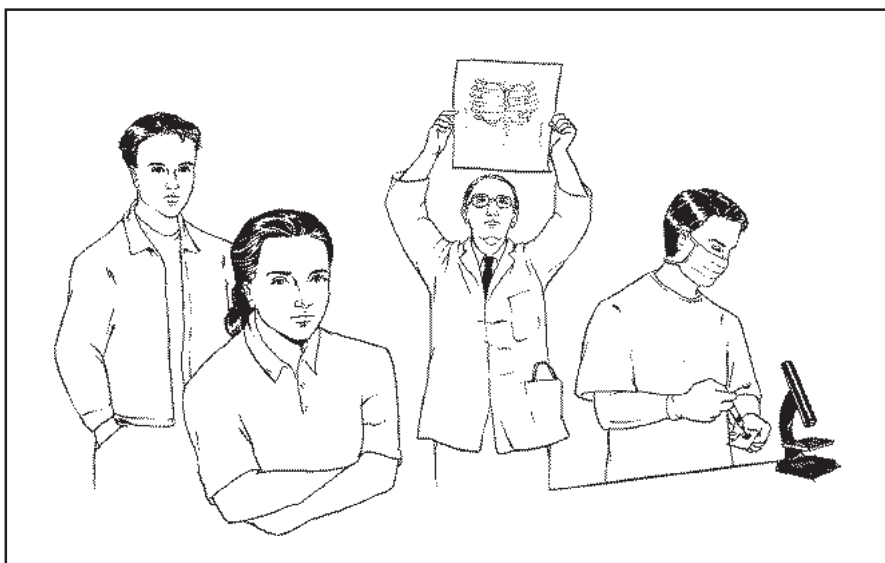
## Let's Learn

If there are drug abusers, there are also medical services and rehabilitation centers that will help cure them of their addiction, and prevent them from becoming drug dependents. These centers provide the following services:

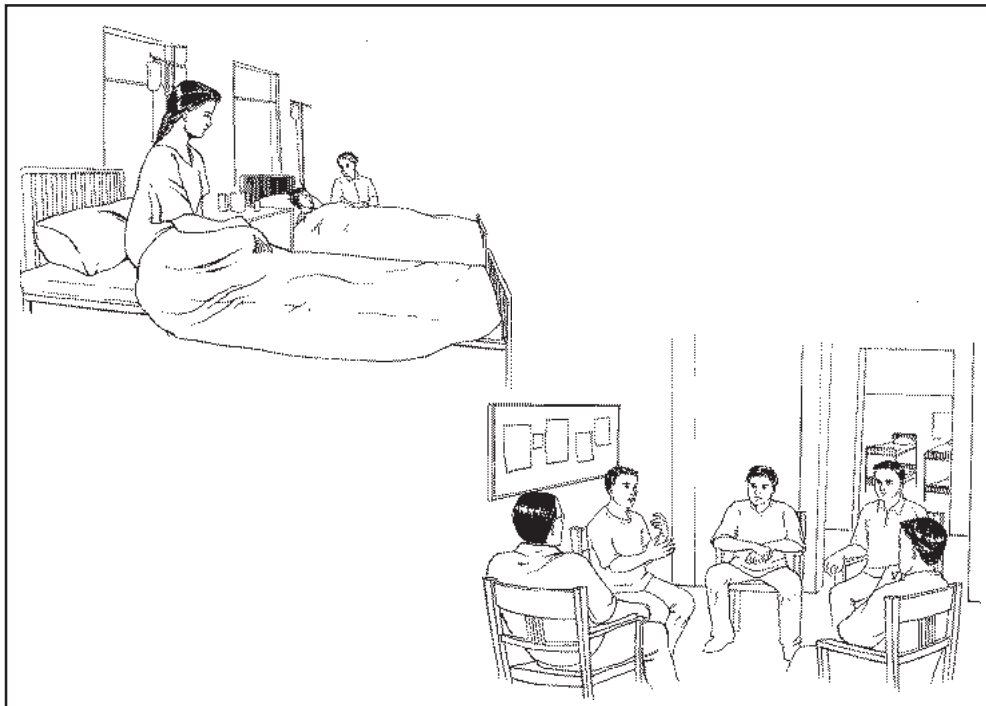
- ◆ **Preventive services** such as forums and seminars on the different types of addictive drugs, their harmful effects, and possible measures that the family and community can take to prevent drug abuse.



- ◆ **Early intervention** such as drug education campaigns, drug testings and health screening programs (e.g., chest X-rays to pick up early signs of health damage) which can detect drug abusers. Early identification of drug abusers can help their families, schools and communities provide necessary measures to address the problems and needs of the drug abusers, and/or to adopt appropriate treatments for drug dependency.



- ◆ **Rehabilitative services** such as medical care and psychiatric care for drug abusers. Medical care includes hospital confinement until the drug user has recovered from the harmful effects of addictive drugs. Psychiatric care involves looking into the mental condition of a drug dependent. It includes consultation with psychologists, psychiatrists and even taking medications as treatment for the damaging effects of addictive drugs on the person's mental health. Some addictive drugs such as cocaine, *shabu*, and marijuana may severely affect the mental condition of a person and may even result in brain damage or severe mental disorders. Long-term treatment includes counseling, regular checkups, home visitations and family group therapies. Family group therapy is a counseling method that requires the participation of a drug user's family as support for the treatment of the drug dependent.



## Let's See What You Have Learned

Answer the following questions.

1. What medical treatment and rehabilitative services are available for drug users in your community? (You may need to look or ask around in your community to answer this question.)

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2. How can these services help fight the problem of drug abuse in your community?

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3. How can you participate in solving the problem on addictive and dangerous drugs in your community?

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Have you finished answering the review test? If yes, you can compare your answers with those in the *Answer Key* on pages 44–45.



## Let's Think About This

Drug abuse is not only a problem of the individual drug user or his/her family, but of the entire nation as well. Over the past 20 years, there has been an increasing population of drug users and abusers. It is possible that all communities have drug dependents and are therefore affected by the drug problem.

However, we should not be discouraged because the drug problem has a solution. But we must remember that this solution requires *everybody's* help. The different sectors of society should work together to prevent drug abuse. Here's what they can do:

- ◆ The government can build rehabilitation centers and conduct drug education programs nationwide. It should also strictly enforce laws on addictive and dangerous drugs and punish criminals who import, produce, sell or promote the use of illegal drugs.
- ◆ Media should act responsibly in advertising. Newspapers, magazines, television shows and radio programs should inform their readers and viewers about the ill effects of addictive and dangerous drugs.
- ◆ Schools can educate students about addictive and dangerous drugs. They can also involve parents in drug education or awareness campaigns.



- ◆ Nongovernment organizations (NGOs) can support government programs and services which would cater to drug abuse victims and their families. They can also support drug awareness and drug education campaigns.
- ◆ Churches of different religions can strengthen the morality and spiritual foundation of their members to help minimize the incidence of drug use and abuse.
- ◆ The family can teach its members the concept of what is right and wrong. It should be sensitive and attentive to the needs of its members. The family should help its members talk about and cope with the problems they face in their daily lives.

The problem of drugs is everybody's concern. We should all say NO to drugs. Let's join hands in protecting everyone from the harmful effects of addictive and dangerous drugs. Say NO to addictive and dangerous drugs.



## Let's Try This

This is an optional assignment that you can do in your spare time at home. Have you ever tried making a poster? Let us see how well you can make one.

Materials needed:

- ◆ Illustration board
- ◆ Old newspapers and magazines
- ◆ Paste
- ◆ Scissors
- ◆ Pencil
- ◆ Pentel pen

Procedure:

1. Choose a title for your poster. You can make your own title or choose one from the list below:
  - ◆ Drugs! Prevention Is Better Than Cure
  - ◆ Say NO to Addictive and Dangerous Drugs
  - ◆ Let Us Help the Victims of Addictive and Dangerous Drugs
2. After you have selected a title for your poster, look for information, data, illustrations and pictures from old newspapers or magazines. You may cut these materials and paste them on the illustration board.

3. If you're good in drawing, you may draw pictures referring to the title of your poster. You may also ask a friend who can draw to help you out with your poster.
4. After you have pasted the illustrations and materials from old newspapers and magazines, or the illustrations and pictures you or your friend have drawn, write the title of your poster in big bold letters. You may write the title of the poster above or below the illustrations or pictures.
5. Did you finish your poster? You may hang it in your home, school, NFE learning center or community. Put it in a place where many people can see it.
6. You may give a copy of your poster to your barangay chairman. The poster could be hung in the barangay hall. You may also share with your family, friends or co-learners how to make a poster campaigning against addictive and dangerous drugs.



## Let's Remember

There are many solutions to the problem of addictive and dangerous drugs. These involve or include:

- ◆ **Preventive solutions** — activities such as drug education and drug awareness seminars designed to prevent or stop drug abuse. These involve the different sectors of society such as families, communities, government and nongovernment organizations, schools, churches and civic organizations.
- ◆ **Protective factors** — such as having a strong supportive and caring family. This may potentially reduce an individual's use of addictive and dangerous drugs.
- ◆ **Risk factors** — such as a chaotic home life, living in an environment of drug users, poor social and coping skills, and lack of social interaction and inadequate parental nurturing may encourage people to use addictive and dangerous drugs.
- ◆ **Rehabilitative solutions** — solutions to the immediate and long-term treatment of drug dependents. This includes medical and psychiatric treatment which attend to the physical and mental condition of drug abusers.
- ◆ **Long-term rehabilitative solutions** — such as counseling, family therapy and home visitation which involve the process of helping drug dependents reflect on his or her problems and see alternative solutions other than using addictive drugs.

Well, this is the end of Part 2 of *Addictive and Dangerous Drugs*! Congratulations for finishing it. Did you like the module? Did you learn something useful from it? A summary of its main points is given on the next page to help you remember them better.



## Let's Sum Up

In this module, you have learned that:

- ◆ There are many reasons why people use or abuse drugs. However, drug abuse is mainly due to three major factors, which are family, friends and environment.
- ◆ The battle against addictive and dangerous drugs can be won with everybody's help. It is important to educate or inform everyone about the negative effects of drug abuse.
- ◆ There are many things that individuals, families and groups can do to reduce the problem of drug abuse in their communities. They should:
  - Be informed about the problem of drug abuse.
  - Think about addictive drugs and their effects.
  - Talk to each other about their problems.
  - Look for alternatives to drug use.
  - Get active in their community to help prevent drug problems.
  - Get advice and help in times of stress or problems.
  - Push for legislation (encourage laws) against drug use and drug abuse.
- ◆ Drug abusers can still be helped. This is done by recognizing the problem and providing support, acceptance, understanding, rehabilitation or medical care.
- ◆ There are facilities and centers that provide medical and psychiatric treatment and care for drug abusers. These facilities and centers do not only help abusers but also their families as well.



## What Have You Learned?

### A. Fill in the blanks.

1. Many people use addictive and dangerous drugs to get away from \_\_\_\_\_.
2. One of the common reasons why people learn how to use drugs is through the influence of \_\_\_\_\_.
3. Forums and seminars on drugs are examples of \_\_\_\_\_ services.
4. \_\_\_\_\_ are one way of promoting tobacco and cigarettes through the use of mass media.
5. \_\_\_\_\_ is a counseling method wherein the members of the drug user's family participate as the support group for the treatment of the drug user.
6. \_\_\_\_\_ is the immediate and long-term treatment of drug abusers.
7. \_\_\_\_\_ is a rehabilitative solution which helps the drug user understand his/her problems. It is a long-term solution because it seeks to build the self-confidence of the person to find solutions to his/her problems.
8. \_\_\_\_\_ is conducted in communities, schools and workplaces in order to identify drug users.
9. \_\_\_\_\_ involves looking into the mental condition of the drug user. He or she may undergo psychological tests and treatment.
10. \_\_\_\_\_ refers to services that attend to the physical condition of the drug abuser.

### B. Encircle the correct answer.

1. What is an example of a "protective factor"?
  - a. poor social and coping skills
  - b. strong and positive bonds within the family
  - c. chaotic home environment
  - d. affiliation with deviant peers

2. Which of the following is a treatment service for drug addicts?
  - a. laboratory test
  - b. drug education
  - c. psychiatric care
  - d. drug testing
3. Which of the following is a “prevention program”?
  - a. banning the advertisements of addictive and dangerous drugs
  - b. drug testing in schools and workplaces
  - c. medical care
  - d. psychiatric care for drug addicts who are suffering from mental problems

C. Define the following terms and give an example for each.

1. Protective factors (1 point)

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2. Risk factors (1 point)

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After finishing the test, you may compare your answers with those in the *Answer Key* on pages 45–47.

If you got:

- |         |  |
|---------|--|
| 0 – 5   | You need to study the module again.  |
| 6 – 9   | Reread the lessons you didn’t understand.  |
| 10 – 12 | Just go back to the wrong items and review them carefully.                                     |
| 13 – 15 | Congratulations! You have learned a lot from this module. You can now proceed to the next one. |



## Answer Key

### A. Let's See What You Already Know *(pages 2–3)*

- A. 1. **Correct** – Liking to experiment is one of the major reasons why people try and use addictive and dangerous drugs.
2. **Correct** – Many young people use addictive and dangerous drugs because they are influenced by their friends. Peer influence is one factor which contributes to drug abuse among young people. They often find it difficult to refuse offers to try out addictive drugs for fear that they would not be accepted by their peers.
3. **Correct** – Growing up in a chaotic home environment could lead to drug abuse because the person might experience family problems such as violence in the family, absentee parents, lack of adequate parental supervision or sexual abuse in the family. A person who doesn't have someone to talk to about his or her problems might look for a group that is more willing to make him or her feel secure and accepted even if these are drug users.
4. **Incorrect** – One of the reasons why people use and abuse addictive drugs is due to family problems such as violence, sexual abuse and absentee parents.
5. **Incorrect** – Drug dependency can be cured. There are medical services and rehabilitation and treatment centers which offer immediate and long-term services to drug users.
- B. 1. **(4)** Having friends who use drugs – Peer pressure or the influence of friends is one of the major reasons why young people use addictive drugs. People who use drugs often encourage their friends to try the drug to experience its effects.
2. Knowing how to cope with problems – People who know how to cope with problems and other forms of stress most often don't use addictive drugs. These are the people who try to find solutions to their problems. They may ask support from their families or close friends. Most often, they participate in wholesome activities such as sports, which can relieve their stress.
3. **(4)** Lacking adequate family support – Family problems such as lack of communication and absentee parents may induce a person to use addictive drugs. A member of a family who doesn't feel secure and loved has a tendency to seek acceptance from other groups, including drug users.
4. Engaging in wholesome, productive and fulfilling activities – Knowing the activities which would further develop your

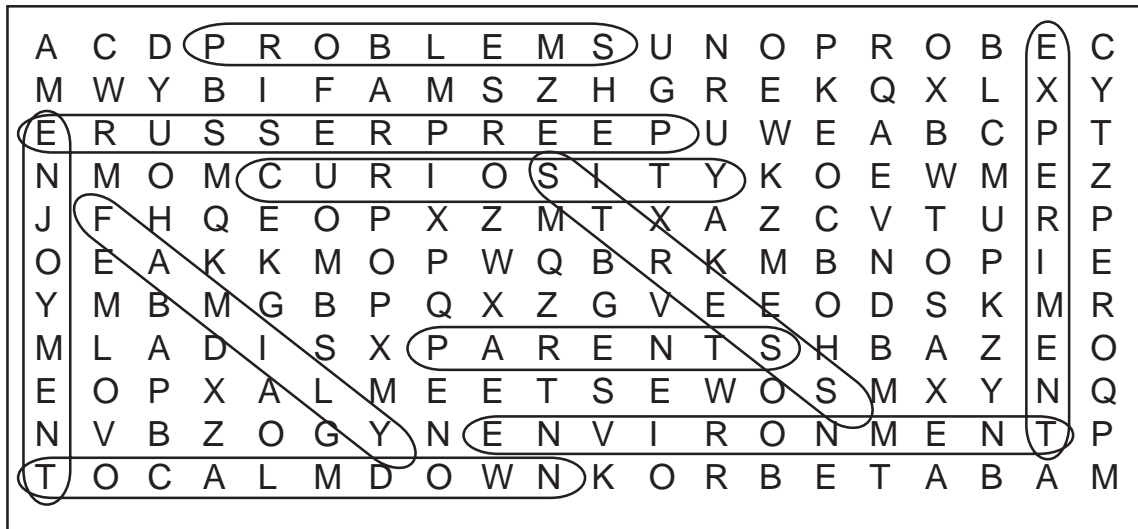
personality and tolerance to stress may keep you away from using addictive drugs. These activities help in the development of your self-confidence and self-reliance. Participating in civic and church organizations are examples of wholesome and productive activities.

You may have identified other activities which will help a person avoid drug abuse. Show your answers to your Instructional Manager or Facilitator for additional feedback.

5. **(4)** Being curious or interested in experimenting with drugs – Some people use addictive drugs to find out its effects on the human body. This is very dangerous and can lead to drug addiction even after using the drug only once, because of the addictive chemicals found in it.
- C.
1. **Preventive** – Education and awareness campaigns regarding the drug problem prevent and discourage people from using drugs.
  2. **Rehabilitative** – Counseling is a long-term program in rehabilitation centers and private institutions catering to drug dependents and drug users. It is a program which helps drug users understand their problems. It seeks to build the self- confidence of the person for him or her to find solutions to his or her problems without using addictive drugs. It can also help drug users reflect on the harmful effects of addictive drugs.
  3. **Rehabilitative** – Medical care is provided to drug dependents whose health has been severely affected by drug use. Vital signs of the drug user are monitored until he or she has physically recovered from the harmful effects of drug abuse.
  4. **Preventive** – Teaching people about the drug problem will make them more vigilant and participative in solving it.
  5. **Rehabilitative** – Psychiatric care is given to drug users whose minds have been severely affected. This includes medication and treatment of drug users.

## B. Lesson 1

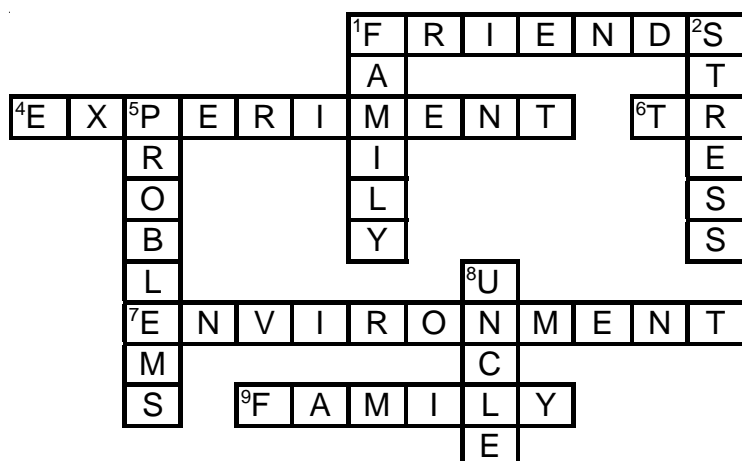
*Let's Try This* (pages 4–5)



*Let's Review (pages 7–8)*

1. Richard started using drugs when he was a child.
2. He learned from his mother and other family members
3. Solvent, cough syrup, rugby, marijuana
4. He feels better because the drugs make his problems seem to disappear.
5. To look for a job
6. No
7. She became a prostitute.
8. She uses drugs.
9. Solvent, cigarette, cocaine
10. Yes, there is a remedy for her addiction. She can have herself be medically treated or she can go back to the rehabilitation center

*Let's Try This (page 14)*





*Let's Study and Analyze (page 15)*

1. **Absentee parents** – Pepito's parents were seldom home due to their work.
2. **Curiosity** – Pepito wanted to know the effects of drugs so he tried using them.
3. **To experiment** – After trying one kind of drug, he thought of experimenting with others.
4. **Influence of friends** – Pepito had friends who used drugs. They also provided Pepito with drugs.
5. **Problems** – Pepito used drugs to escape from his problems.

## **C. Lesson 2**

*Let's Think About This (page 17)*

The best solution to the problem of the use and abuse of addictive and dangerous drugs is prevention. We must prevent people from being tempted to use drugs and avoid the damaging consequences suffered by drug users.

“Prevention” of drug abuse involves educating people, especially the youth. On the other hand, “cure” means rehabilitating or treating drug addicts. Although rehabilitation centers and hospitals play an important role in helping drug addicts, it is better to prevent drug abuse first rather than trying to repair the physical, emotional, economic and spiritual damages inflicted by drug addiction.

*Let's Think About This (page 19)*

Given the “protective and risk factors,” it is important that in a family, the parents should maintain open communication with its members. Open communication may include family dialogues about work, school or the neighborhood. This keeps the parents informed of what is happening in their children's lives. It also makes the children feel that their parents care about them. Furthermore, it helps develop the children's social interaction skills.

Parents should also get to know their children's friends. They could invite them for lunch on a weekend or on a nonworking day. Knowing who their children hang out with helps parents assess whether their children are exposed to illegal drugs.

*Let's Read (pages 19–20)*

Other activities we can do to help avoid drug abuse are:

1. sports activities such as basketball, volleyball and swimming
2. church-related activities such as charity projects and catechism classes
3. attending forums and seminars on addictive and dangerous drugs
4. any type of activity that will keep you preoccupied and fulfilled; this will help keep you from using addictive and dangerous drugs

You may have identified other activities which can help a person avoid illegal drug use and abuse. Show your answers to your Instructional Manager or Facilitator for additional feedback.

*Let's Review (page 24)*

1. **(T)** – Schools provide an important opportunity for teaching young people about the damages of addictive and dangerous drugs and how they can resist the temptation of using drugs.
2. **(T)** – Our parents play a significant role in preventing drug abuse. Children who are able to talk to their parents about their problems are less likely to resort to addictive drugs.
3. **(F)** – One way of preventing drug abuse is by educating people about the harmful effects of drugs. Knowing these harmful effects would make people think twice before using addictive and dangerous drugs.
4. **(T)** – The community plays an important role in the prevention of drug abuse. Communities should make a clear stand against addictive and dangerous drugs through legislation, law enforcement, community-based education programs, creation of drug-free zones and restrictions on drug advertising.
5. **(T)** – Forums and seminars could properly disseminate information about addictive drugs and their harmful effects to members of a community.
6. **(T)** – Engaging in activities such as sports will help focus our thoughts and energy on healthy alternatives, instead of putting ourselves at risk by using addictive and dangerous drugs.
7. **(T)** – Peer pressure is one reason why many people use drugs. Having friends who use and abuse addictive drugs may encourage individuals to take drugs to be socially accepted in a group. Others are influenced to take drugs out of curiosity

8. **(F)** – Experimenting with drugs, even if it is done once, is dangerous and may even lead to addiction.
9. **(T)** – Rehabilitated victims are very credible in relating the harmful effects of addictive drugs because they have experienced these effects.
10. **(F)** – A family that avoids talking about drugs at home is not helping to fight drug abuse. Families should be informed about drugs and they should communicate with each other about their problems. This includes talking about drug abuse, the effects of drug use and what they can do to help fight the use and abuse of addictive drugs.

*Let's Think About This (pages 25–26)*

1. The illustrations show advertisements of tobacco, cigarettes and alcohol.
2. These advertisements are seen in billboards, the print (magazines, newspapers, etc.) and broadcast (television and radio) media.
3. The advertisements present addictive drugs as products which can relieve stress, solve problems and make a person look good or “cool” to others. Addictive drugs are also portrayed by advertisements as products with no harmful effects to a person’s health.
4. Yes, advertisements promote the use of addictive drugs such as tobacco and alcohol because their harmful effects on people’s health are not shown. They are presented as solutions to relieve stress and cope with problems. The advertisements also mislead consumers to think that the drugs can make a person look and feel good.
5. The learner may either agree or disagree. His/Her explanation may be:

Yes, I agree with the advertisement ban on tobacco and alcohol. They should be restricted from television, newspapers, billboards and radio because tobacco and alcohol are addictive drugs which are harmful to a person’s health. Aside from their harmful effects, these drugs can be an expensive habit and actually drain a person’s limited budget. Most importantly, through advertisements, children are also encouraged to try addictive drugs.

No, I disagree with the restrictions on advertisements about tobacco and alcohol. They are an important source of income for television, newspapers and magazines. They also help provide sponsorship for sports and cultural events and activities. The Philippines is also a democratic country, hence tobacco and alcohol companies have a right to advertise their products.

*Let's Review (pages 28–29)*

1. “coke” or cocaine
2. Gia started using drugs because she felt a lot of pressure in her work. She also had personal problems. Her relationship with her female makeup artist didn’t work out. She has also been longing for her mother’s affection ever since her parents separated.
3. Other factors which may have contributed to Gia’s drug dependency are:
  - a. Having friends who use addictive drugs
  - b. Lack of parental support
  - c. Difficulty in coping with problems in daily life
  - d. To relieve stress and anxiety
4. Yes, her work was affected. She would walk away in the middle of her pictorials and not attend her appointments.
5. “shakes” – shaking of the body once the drug effect has worn out
6. morphine, heroin
7. She should have been provided with medical care, psychiatric care and rehabilitation.
8. Yes, if she had been treated earlier, maybe she would have been free from addictive drugs. She wouldn’t have reached the point of using morphine and heroin.
9. Anybody close to Gia could have encouraged her to seek treatment. This could have been a close friend, a family member, and maybe even her mother.
10. I agree that drug abusers can still be treated. It is a matter of understanding their needs and problems. In treating a drug abuser, it is important to involve the people who are close to him/her. His/Her physical condition should also be evaluated in order to determine the kind of treatment he or she requires.

*Let's See What You Have Learned (pages 31–32)*

1. The following are possible existing treatment and rehabilitative services present in your community:
  - ◆ Counseling
  - ◆ Drug education
  - ◆ Drug testing

- ◆ Conducting chest X-rays for diagnosis of drug use and abuse.
  - ◆ Hospitals with drug treatment and rehabilitation facilities including doctors, psychiatrists, rehabilitation clinics, etc.
  - ◆ Family therapy
  - ◆ Home visitations
  - ◆ Drug rehabilitation self-help groups
2. These services provide medical, psychiatric and psychological care and treatment to victims of drug abuse as well as to their families. They could help increase the awareness of people on the ill effects of addictive and dangerous drugs.
3. We can help solve the drug problem in our community by participating in community activities against addictive and dangerous drugs. These activities may include discussing the problem of drugs among our families and friends, conducting drug education forums and other seminars against the use of addictive drugs. We can also make posters illustrating the harmful effects of addictive and dangerous drugs. These posters could be set in places where many people will be able to see them. Finally, we can provide moral, political and perhaps even financial support for the establishment of drug rehabilitation centers that will provide medical and psychiatric care for victims of drug abuse in our communities.

#### **D. What Have You Learned?** *(pages 36–37)*

- A.
- |                         |                     |
|-------------------------|---------------------|
| 1. problems             | 6. Rehabilitation   |
| 2. friends              | 7. Counseling       |
| 3. preventive           | 8. Drug testing     |
| 4. Advertisements       | 9. Psychiatric care |
| 5. Family group therapy | 10. Medical care    |
- B.
1. **(b)** is the correct answer. Having strong and positive bonds within the family may reduce the potential of drug use and abuse for its members. Communication keeps the family abreast with what is happening with each member. Moreover, open community will allow members to seek advice and support from the family. (a), (c) and (d) are incorrect answers because they are “risk factors.” Having poor social coping skills (a) may lead to potential drug use and abuse.

People who encounter difficulty in coping and relating with others feel out of place. They may seek acceptance from other groups who would be more willing to accept them. Growing up in a chaotic home environment (c) prevents the family from communicating with other members. Members may look for other groups where they will feel more appreciated and loved. Being affiliated with deviant peers (d) may encourage the person to conform with what their peers do. If his or her friends use addictive drugs, he or she is also likely to use drugs.

2. (c) is the correct answer. Some addictive drugs have chemical contents which gravely affect a person's mental capability. Addictive drugs such as marijuana and *shabu* can lead to mental illness or paranoia. People who use these drugs may need psychiatric care which is also a part of treatment services. Psychiatric care requires the patient to be psychologically evaluated. The treatment he or she will receive would be based on the results of the psychological exam.

(a) is incorrect because it is used for diagnosis of drug abuse but not for treatment. Laboratory tests can determine the extent of physical damage caused by drug abuse.

(b) is an incorrect answer because it is a preventive solution. Conducting drug education or drug awareness campaigns can teach and educate people on the different types of addictive drugs and their harmful effects. Drug education can also encourage participation from all sectors of the society in coming up with programs and activities that could prevent drug abuse.

(d) is incorrect because it is used for diagnosis and detection of drug abuse. Drug testing can be conducted in schools, community centers, sports events and even at workplaces. This could help identify people who use addictive drugs. Early detection of drug abuse can help a person because he/she can be given the necessary treatment he or she may need.

3. (a) is the correct answer. Banning advertisements on addictive and dangerous drugs such as tobacco and alcohol is a preventive program or activity. Other countries in Asia, such as Thailand, have restrictions on advertisements for tobacco and alcohol. This is to prevent people from using these potentially dangerous and addictive drugs which are commonly promoted as a relief for stress and a solution to problems. There are some advertisements that insinuate that drugs can make a person look good and strong. Advertisements on addictive drugs can disseminate false information about drug products. It doesn't present the harmful effects caused by drugs. It may also invoke curiosity and interest

of young people, making them want to try the drugs. (b) is incorrect because it is used for early intervention. (c) and (d) are incorrect because they fall under treatment services.

- C. 1. Protective factors are factors which may potentially reduce an individual's use of addictive and dangerous drugs. Examples of these factors are: strong and positive bonds in the family, parental monitoring, clear rules of conduct that are consistently enforced within the family and involvement of parents in the lives of their children.
- 2. Risk factors are factors that may encourage people to use addictive and dangerous drugs. Examples are: chaotic home environment, poor social coping skills and affiliation with peers who use addictive and dangerous drugs.





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