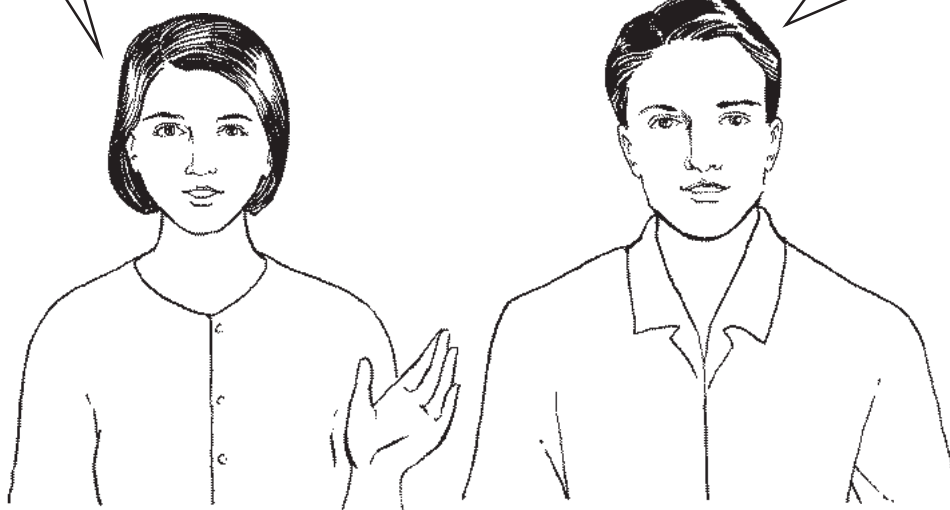




What Is This Module About?

Hi! Have you heard about the problem of addictive drugs in our community? There is an increasing number of Filipinos who have become victims of drug abuse. Thus we need to be informed about drugs and drug abuse.

You may already have your own thoughts about the problem regarding drugs. But do you know that cigarettes and liquor can also be classified as "drugs?" This is because they contain addictive components such as nicotine and alcohol. This module will explain the different types of addictive and dangerous drugs that are often abused by people.



The title of this module is *Addictive and Dangerous Drugs*. It is divided into two parts, namely:

- ◆ Part 1 – *Effects of Drug Abuse*
- ◆ Part 2 – *Preventing Drug Abuse*

To complete the module, make sure that you study both Part 1 and Part 2.

You are now about to study Part 1. It has three lessons, namely:

- ◆ Lesson 1 – *What Are Addictive and Dangerous Drugs?*
- ◆ Lesson 2 – *Are Tobacco and Alcohol Addictive and Dangerous Drugs?*
- ◆ Lesson 3 – *The Effects of Drug Abuse*



What Will You Learn From This Module?

After studying Part 1 of this module, you should be able to:

- ◆ define the terms “addictive and dangerous drugs,” “drug use” and “drug abuse”;
- ◆ identify and classify the different kinds of addictive and dangerous drugs;
- ◆ describe how the different kinds of addictive and dangerous drugs are used;
- ◆ identify the effects of tobacco, alcohol and other drugs on people’s physical and mental health;
- ◆ explain why tobacco, cigarettes and alcohol should be classified as addictive drugs; and
- ◆ identify the signs and symptoms of drug abuse.



Let's See What You Already Know

Before you start studying the module, try to answer the following questions first. This will determine how much you know about the topic that we will discuss.

- A. Indicate whether the statements below are correct or incorrect. Put a check mark (✓) on the column corresponding to your answer.

Statements	Correct	Incorrect
1. Tobacco contains chemicals that can cause cancer.		
2. Anyone can be addicted to a drug if he/she uses it for a long time.		
3. Marijuana improves a person's appetite.		
4. Drug addicts are more prone to diseases like AIDS.		
5. A person who is addicted to drugs will find it hard to solve his/her problems.		
6. Using addictive and dangerous drugs can change a person's behavior.		
7. Alcohol can be considered an addictive and dangerous drug.		
8. Caffeine, which is found in coffee and soft drinks, is a stimulant.		
9. Excessive alcohol intake can damage a person's liver and kidney.		
10. Tobacco and cigarettes have hazardous effects on one's brain.		

- B. Identify whether the following drugs are depressants, stimulants, hallucinogens or narcotics. Write the letter that corresponds to your answer in the Type of Drug column of the table below. Write “D” if the drug is a depressant, “S” if the drug is a stimulant, “H” if it is a hallucinogen and “N” if it is a narcotic. You may use the guide below.

D – *depressant* (slows body processes)

S – *stimulant* (speeds up body processes)

H – *hallucinogen* (causes hallucinations)

N – *narcotic* (relieves pains and often induces sleep)

Name of Drug	Type o
1. Nicotine	
2. Alcohol (beer, liquor, wine)	
3. Cough syrup	
4. LSD (lysergic acid diethylamide)	
5. Cocaine	

- C. Identify whether the effects of drugs listed in the table below are physical, mental, social or emotional. Study the guide below then write the letter that corresponds to your answer in the Type of Effects column of the table.

P – *physical* (physical effects of drugs on a person)

M – *mental* (mental effects of drugs on a person)

S – *social* (social effects of drugs on a person)

E – *emotional* (emotional effects of drugs on a person)

Effects of Drugs	Type c
1. Disorientation	
2. Malnutrition	
3. Disrupted friendships	
4. Low self-esteem	
5. Change in a person's set of friends	

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on pages 45–46 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 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 go now to the next page to begin Lesson 1.

What Are Addictive and Dangerous Drugs?

Most people don't think of themselves as drug takers, but we all use drugs in one form or another at certain times. Alcoholic drinks, cigarettes, paracetamol, aspirin, cough syrup and antibiotics are all examples of drugs. Think about the drugs you and other members of your family use. Recall when and why you use these drugs. Are you aware that some of these drugs are addictive or dangerous if not used correctly? How about illegal drugs such as *shabu*, heroin and cocaine? Do you know anyone in your community who uses these illegal drugs? Why do people use them?

All these questions will be answered in this lesson. After completing this lesson, you should be able to:

- ◆ define the terms “addictive and dangerous drugs,” “drug use” and “drug abuse”;
- ◆ identify and classify the different kinds of addictive and dangerous drugs; and
- ◆ describe how the different kinds of addictive and dangerous drugs are used.



Let's Try This

Follow the instructions below.

- Step 1. Choose five people in your home, community or workplace.
- Step 2. Ask them how they would define “addictive and dangerous drugs” and “drug abuse.”
- Step 3. Ask each of them to name three addictive and dangerous drugs they know or have heard of and the effects of these on people.
- Step 4. Get their opinions on the use of addictive and dangerous drugs. (Ask them whether using drugs is good or bad.)
- Step 5. Write their answers in the chart on the next page. A sample entry has been given to guide you.

Name	Definition of Terms	Drugs	Effects	Opinion on the Use of Drugs
Juan dela Cruz	<p><i>Dangerous Drugs:</i> drugs that a person can be addicted to</p> <p><i>Drug Abuse:</i> wrong use of drugs which can lead to physical, mental and emotional problems</p>	<p><i>shabu</i> cocaine</p> <p>cough syrup</p>	brain damage	I disagree with the use of addictive and dangerous drugs because it is not good for one's health. These also have negative effects on a person's behavior.
1.				
2.				

Name	Definition of Terms	Drugs	Effects	Opinion on the Use of Drugs
3.				
4.				
5.				

Step 6. Analyze the data you have gathered from your interviews and then try and answer the following questions.

- a. How would you define “addictive and dangerous drugs” and “drug abuse?”

- b. Is using addictive and dangerous drugs good or bad? Why?

After conducting the survey and answering the questions, discuss your work with the Instructional Manager or Facilitator. You may also discuss your findings with your family, friends and co-learners. What is their opinion on the issue being discussed? Do they agree or disagree with your answers? Why or why not?

Are you sure about your definition of “addictive and dangerous drugs” and “drug abuse?” Read on to know more about these.



Let's Learn

Here are some standard definitions of the terms we have discussed.

Drugs — substances other than food or water that are intended to be taken or administered for the purpose of altering, sustaining or controlling the recipient's physical, mental or emotional state. They include the medicine we take when we are sick, such as paracetamol (for headaches), antibiotics (for bacterial infections, diarrhea), antipyretics (for fever), etc. Some plants naturally contain addictive substances, like tobacco, which contains nicotine. Other drugs, on the other hand, are manufactured, like alcohol, aspirin or tranquilizers.

Addictive and dangerous drugs — are drugs, whether natural or synthetic, with the physiological effects of narcotics, stimulants, depressants or hallucinogens.

Drug use — the moderate use of drugs for purposes of altering one's personal state. When we take medicine to cure headaches, fevers, colds and other common illnesses, this is already considered as drug use.

Drug abuse — the process of using any drug for purposes other than those for which it is normally intended or in a manner or quantity other than directed or prescribed.



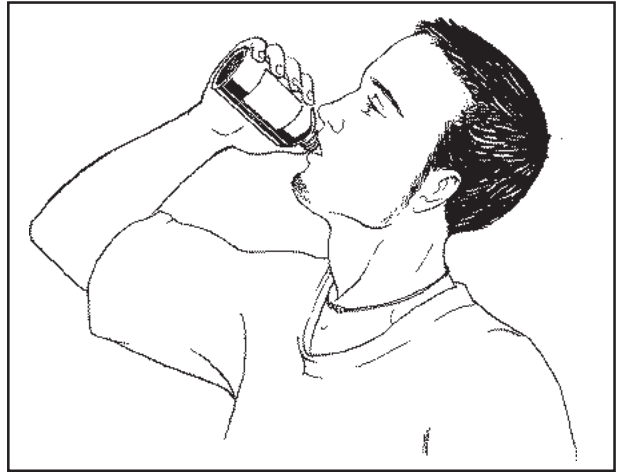
Let's Try This

Let us see how much you have learned so far about addictive and dangerous drugs. Below are illustrations of people using different kinds of addictive and dangerous drugs. Encircle the letter of the drug that matches the illustration.

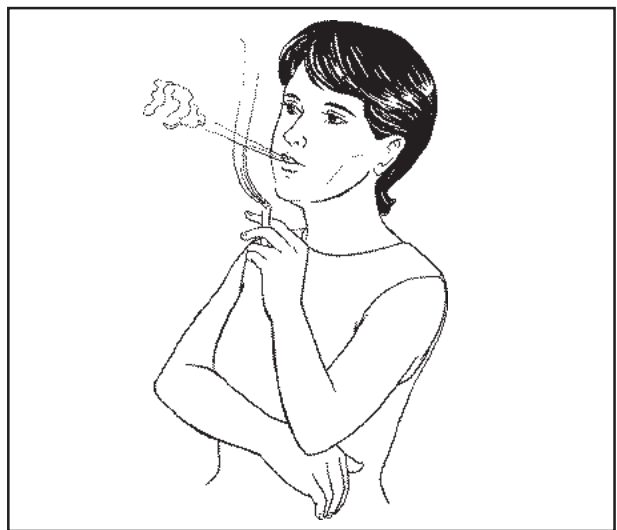
1. a. Marijuana
- b. Cocaine
- c. Alcohol
- d. Shabu



2. a. Sleeping pills
b. Marijuana
c. LSD
d. Cough syrup



3. a. Tobacco and cigarettes
b. Ecstasy
c. Cocaine
d. Alcohol



4. a. Ecstasy
b. Shabu
c. Opium
d. LSD



5. a. Morphine
b. LSD
c. Ecstasy
d. Cocaine



6. a. Heroin
b. Shabu
c. Ecstasy
d. Cocaine

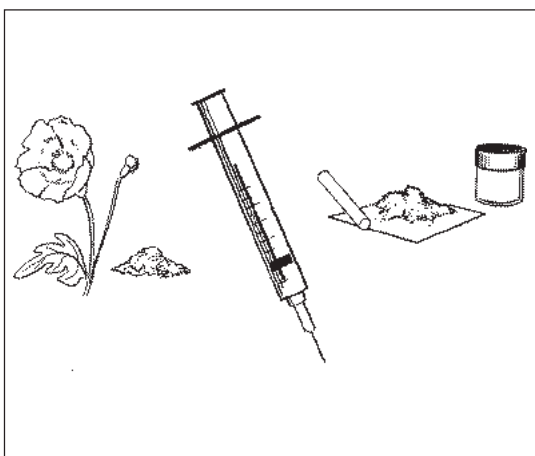
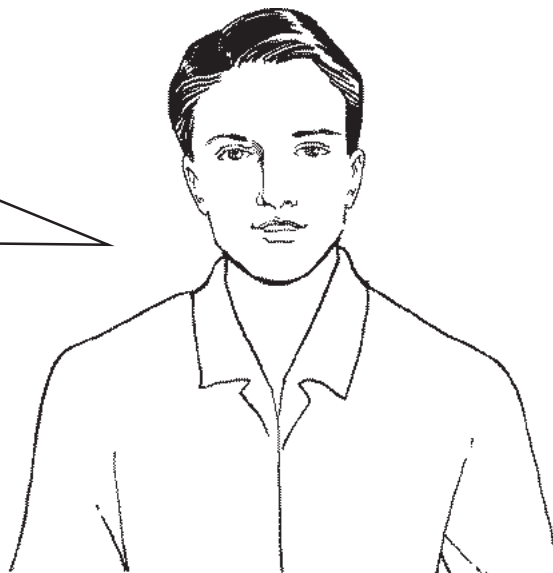


Did you get all the answers right? To find out, look at the *Answer Key* on pages 46– 47. These are just some of the drugs that are commonly abused by people.



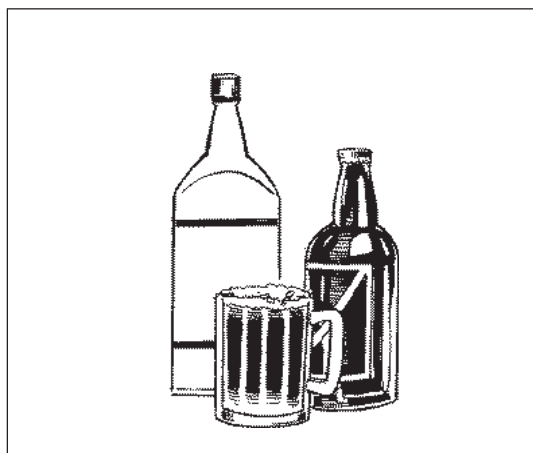
Let's Read

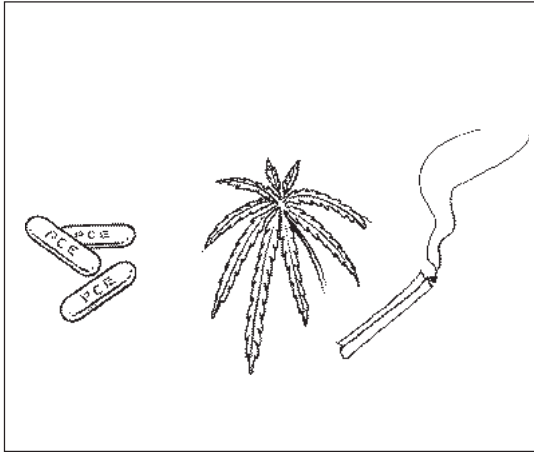
Do you know how drugs are classified? Drugs can be classified into four different major types or categories. These are narcotics, depressants or sedatives, stimulants and hallucinogens. How will we know what drugs belong to each classification?



A **narcotic** is a drug which causes numbness and drowsiness, and eventually unconsciousness. It relieves pain and produces a temporary sense of well-being. Opium, morphine and heroin are examples of narcotics.

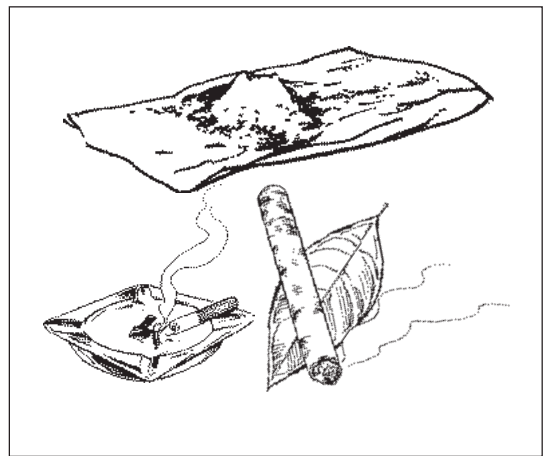
Depressants or sedatives are drugs which may reduce anxiety and excitement. Alcohol is one example of this type of drug.





Hallucinogens are also called “psychedelics.” They increase a person’s perception of color, sound, etc. They also create hallucinations. LSD, marijuana and ecstasy are examples of hallucinogens.

Stimulants are drugs which increase alertness, excitement, activity or interest. Caffeine, nicotine and amphetamines such as *shabu*, cigarettes and tobacco are examples of this type of drug.





Let's Read

Look at the chart below to further enrich your knowledge about the different kinds of drugs.

Substance	How It Is Used	Duration of Drug Effect
<i>Narcotics</i> ♦ Opium ♦ Morphine ♦ Heroin	♦ Oral, smoked ♦ Oral, smoked, injected ♦ Smoked, injected, sniffed	♦ 3–6 hours ♦ 3–6 hours ♦ 3–6 hours
<i>Depressants/ Sedatives ("downers")</i> ♦ Tranquilizers ♦ Barbiturates ♦ Alcohol (beer, wine, liquor) ♦ Cough syrup	♦ Oral ♦ Oral ♦ Oral ♦ Oral	♦ 4–8 hours ♦ 1–16 hours ♦ 1–10 hours ♦ 20 minutes to 1 hour
<i>Stimulants ("uppers")</i> ♦ Cocaine ("coke," "dust," "snow," "flake") ♦ Methamphetamine hydrochloride	♦ Sniffed, smoked, injected ♦ Oral, injected, smoked,	♦ 1–2 hours ♦ 4–14 hours

Substance	How It Is Used	Duration Drug Eff
<i>Hallucinogens</i> ♦ LSD ♦ Mescaline ♦ Marijuana (“pot,” “grass,” “Mary Jane”) ♦ Ecstasy ♦ PCP (“angel dust”) ♦ Phencyclidine or solvents (volatile inhalants, rugby, paint thinner)	♦ Oral ♦ Oral, injected ♦ Smoked, oral ♦ Oral, injected, smoked ♦ Smoked, oral ♦ Inhaled	♦ 8–12 hc ♦ 8–12 hc ♦ 2–4 hou ♦ Time m. vary. ♦ Time m. vary. ♦ 30 minu



Let’s Try This

Write **T** in the blank if the sentence is correct and **F** if it is not.

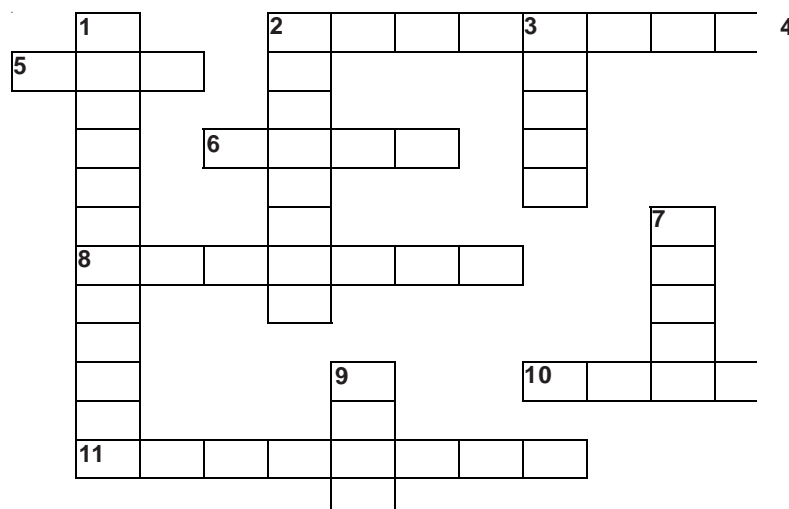
- _____ 1. Marijuana, also known as “Mary Jane,” is a narcotic.
- _____ 2. Alcoholic beverages such as beer, wine and liquor are classified as “downers.”
- _____ 3. People use narcotics to feel extremely happy.
- _____ 4. Cigarettes and tobacco are classified as stimulants. These products can make a person feel relaxed.
- _____ 5. Methamphetamine hydrochloride or “shabu” is the most common hallucinogen in the Philippines.
- _____ 6. Ecstasy, which is commonly used by young people, is classified as a stimulant.
- _____ 7. Hallucinogens are addictive and dangerous drugs that cause heightened perception in a person.
- _____ 8. Caffeine, which is present in coffee and soft drinks, is classified as a stimulant.
- _____ 9. “Coke” is another term for opium.
- _____ 10. A person uses cocaine by injecting it into himself/herself.

Do you want to know if your answers are correct? Look at the *Answer Key* on page 47.



Let's See What You Have Learned

Solve the following crossword puzzle.



Across

- 2 these are drugs which cause numbness and drowsiness and eventually unconsciousness; they also produce a temporary sense of well-being
- 5 this drug, also known as lysergic acid diethylamide, is an example of a hallucinogen
- 6 this is another name for cocaine
- 8 this is another term for depressants
- 10 these are substances other than food or water that are intended to be taken or administered to alter, sustain or control the recipient's physical, mental or emotional state
- 11 these drugs, which include volatile inhalants and rugby, are classified as stimulants

Down

- 1 this is another term for hallucinogens
- 2 this is the chemical found in tobacco and cigarettes which makes them addictive
- 3 this is an example of a narcotic, which can be taken orally or by smoking
- 4 these are drugs which increase alertness, excitement, activity or interest; an example of this is caffeine
- 7 this is the most common "upper" used in the Philippines
- 9 this is the most common type of alcoholic beverage in the Philippines

After completing the puzzle, you may refer to the *Answer Key* on page 47 to find out if you got all the answers right. If so, very good! You may now go to Lesson 2. If you missed some items, reviews this lesson before proceeding.

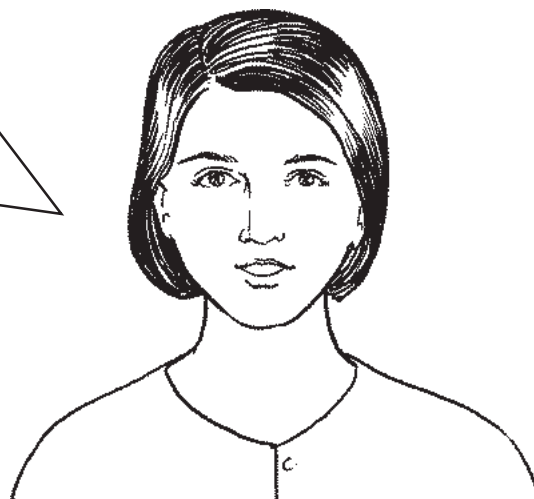


Let's Remember

- ◆ **Drugs** — are substances other than food or water that are intended to be taken or administered for the purpose of altering, sustaining or controlling the recipient's physical, mental or emotional state.
- ◆ **Addictive and dangerous drugs** — are drugs, whether natural or synthetic, with the physiological effects of narcotics, stimulants, depressants or hallucinogens.
- ◆ **Drug use** — involves the moderate use of drugs for purposes of altering one's personal state.
- ◆ **Drug abuse** — is the process of using any drug for purposes other than those for which it is normally intended or in a manner or quantity other than directed.
- ◆ A **narcotic** is a drug which causes numbness and drowsiness, and eventually unconsciousness. It relieves pain and produces a temporary sense of well-being or happiness. Morphine is an example of a narcotic.
- ◆ **Depressants** or **sedatives** are drugs which reduce anxiety and excitement. Tranquilizers are an example of this type of drug.
- ◆ **Stimulants** are drugs which increase alertness, excitement, activity or interest. Cigarettes and tobacco are examples of this type of drug. The most famous stimulant in the Philippines is *shabu*.
- ◆ **Hallucinogens** are also called "psychedelics." They affect sensation, thinking, self-awareness and emotion. They also create hallucinations. LSD, marijuana and ecstasy are examples of hallucinogens.

Are Tobacco and Alcohol Addictive and Dangerous Drugs?

Have you ever thought that tobacco and cigarettes are addictive and contain dangerous substances? Even alcohol is an addictive and dangerous drug. Yes, it's true! In most developed countries, tobacco and alcohol are already classified as dangerous because they are addictive and can result to health problems for a person. Tobacco and cigarettes can lead to many types of cancers, bronchitis and breathing difficulties. Alcohol can cause dizziness, sensory alteration, and liver and kidney problems.



After completing this lesson, you should be able to:

- ◆ identify the effects of tobacco and alcohol on people's health;
- ◆ discuss the health risks faced by people who are exposed to smoking;
- ◆ describe how alcohol intake affects people's mental processes; and
- ◆ explain why tobacco and alcohol should be classified as addictive drugs.



Let's Study and Analyze

Read carefully and analyze the result of a recent study on tobacco and smoking.

Smoking in the Philippines

The latest survey of the Philippine government indicates that one out of every three adult Filipinos or 33% of the country's adult population smoke. Another 13% count themselves as former smokers. Out of the 74 million Filipinos in 1999, therefore, as much as 34 million have been directly exposed to risks of cancer and other diseases related to tobacco use.

While less than half of all Filipino adults actually smoke, their smoking directly affects at least 60% of all households in the Philippines. Only four out of ten Philippine households are smoke-free. A paper on cigarette smoking in the Philippines funded by the World Health Organization states that "with an average of 5.1 members per household, there would be approximately 35 million 'passive smokers' in the country." Passive smokers are called "secondary smokers" because they inhale the fumes exhaled by smokers. They are also more exposed to smoking-related diseases compared to the actual smokers.

Even more daunting, according to the same study, "this is still probably a gross underestimate, because people from nonsmoking homes may actually be exposed to cigarette smoke in their workplaces and other areas."

Source: A White Paper on Tobacco and Smoking (Prepared by the Philippine Senate Committee on Health and Demography, 1999)



Let's Try This

Answer the following questions.

1. Based on the article, how many Filipinos are exposed to risks of cancer and other diseases related to tobacco use?

2. What percentage of households in the country are smoke-free?

3. How many Filipinos are considered passive smokers?

4. After reading the article and thinking about the information presented, do you agree or disagree that smoking is dangerous to people's health? Why or why not?

5. Why do you think the medical authorities are very concerned about the large number of Filipinos who smoke?

Compare your answers with those in the *Answer Key* on page 48.

Do you have loved ones, relatives and friends who smoke? Ask them why they smoke and what benefits they get from smoking. You may discuss what you have just learned with them.



Let's Think About This

Some smokers justify their use of tobacco and cigarettes by arguing that it is their right to choose what they consume. But what about the problem of passive smoking? In a family or workplace where there are heavy smokers, nonsmokers (including children) face serious health risks from inhaling the poisonous fumes of smokers' cigarettes. If smokers claim their right to smoke, nonsmokers may also claim their right to a safe and smoke-free environment.

In order to protect nonsmokers from toxic cigarette fumes, many governments have banned smoking on international flights and in government offices. In other countries, cigarette smoking is also banned in public places like shopping malls and restaurants. Do you agree with these laws? Why or why not?

Compare your answer with that found in the *Answer Key* on page 48.



Let's Read

Below are some facts about smoking. These are included in the paper published by the Philippine Senate Committee on Health and Demography.

- ◆ Tobacco must be considered as a drug and not as a mere agricultural product because it has an addictive component called “nicotine.”
- ◆ **Nicotine** is highly addictive. It is both a stimulant and a sedative to the central nervous system. Addiction to nicotine results in withdrawal symptoms when a person tries to stop smoking.
- ◆ Tobacco use has been declining in developed countries, while it is steadily rising in developing nations such as the Philippines.
- ◆ The Department of Health estimates that at least 20,000 Filipinos die every year due to smoking-related diseases.
- ◆ In many countries, more and more people are starting to smoke at a very young age. If this current trend continues, 250 million children alive today may eventually die because of smoking.
- ◆ The tobacco industry has long known that nicotine is addictive. In fact, it has been alleged that the industry has actually studied how they can use this addictive quality of nicotine to their advantage.
- ◆ Within ten seconds of smoking, nicotine already reaches the brain and begins to take effect. Other drugs such as marijuana, amphetamines (e.g., diet pills and *shabu*) and alcohol take effect more slowly and may be mood-dependent. Nicotine is an example of a fast, highly pharmacologically-effective and cheap drug.
- ◆ Nicotine is a poison that is also classified as a stimulant.



Let's Study and Analyze

1. Why do people smoke? List down as many reasons as you know.

Have you written down your answers? Compare them with the list below.

People smoke:

- ◆ to relax and enjoy the taste;
- ◆ to pass the time;
- ◆ because of peer pressure (the influence of friends); and
- ◆ because their bodies have developed a physical addiction to nicotine.

2. What are the effects of smoking?

Let's see if you got the right answers. Read on.

Smoking has serious negative effects on people's health. Some of these are:

- ◆ Smoking increases the risk of lung cancer, chronic bronchitis and heart ailments.
- ◆ Smoking may cause sudden infant death especially if the mother smokes during pregnancy.
- ◆ Smoking may cause low birth weight for infants of smoking parents.
- ◆ Smoking slows down a person's mental processes.
- ◆ Smoking can cause dependency (addiction to smoking).
- ◆ Smoking may cause impotence for males.

Smoking may also have serious effects on people's finances. It may:

- ◆ drain up to 20% of a smoker's income; and
- ◆ increase a person's health care or hospitalization costs due to health problems that he/she may develop.



Let's Try This

Do you agree or disagree with the classification of tobacco and cigarettes as addictive and dangerous drugs? Why or why not?

Compare your answers with sample answer in the *Answer Key* on page 48.

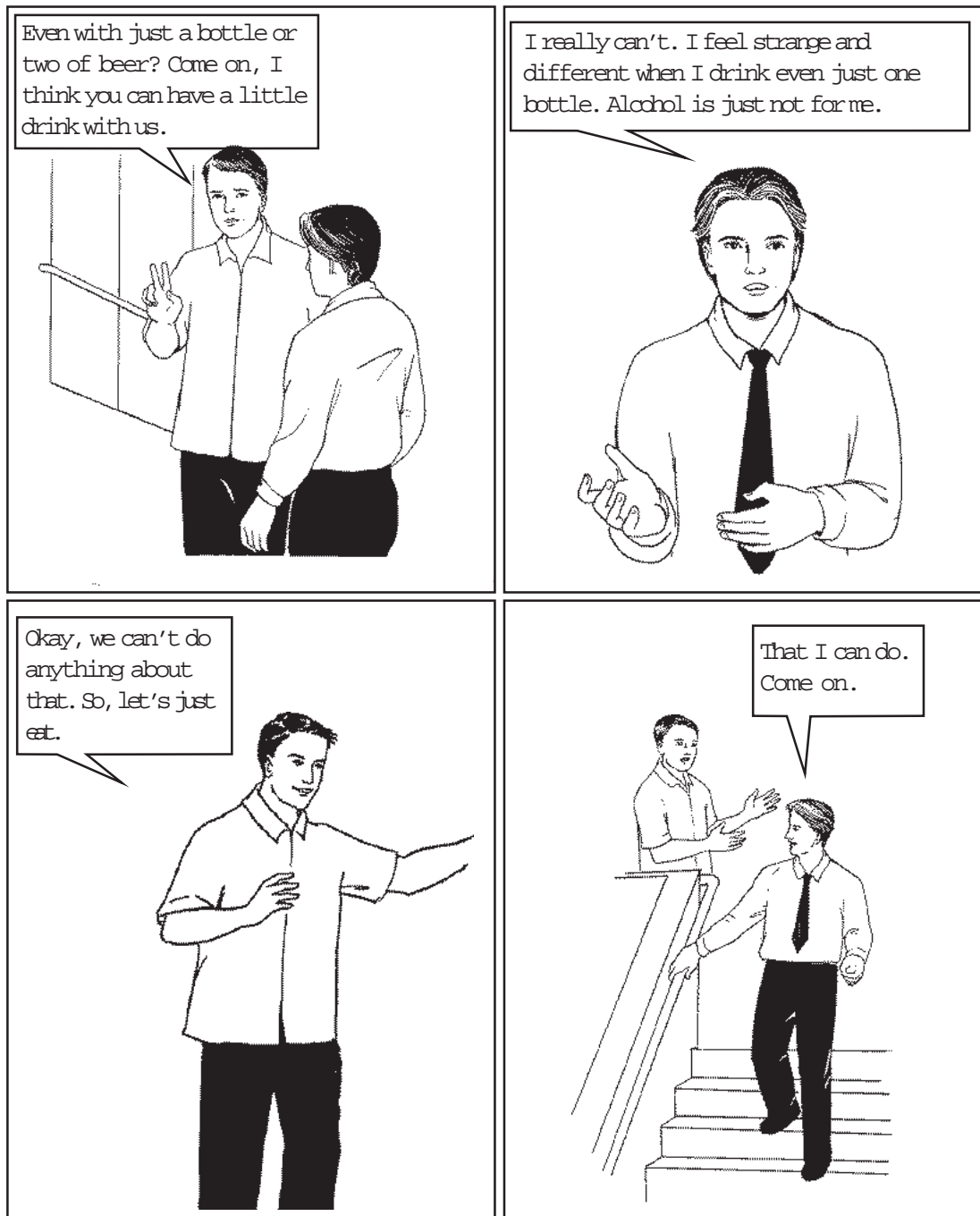
Then discuss your answer with your Instructional Manager or Facilitator or with a member of your family, co-learner or friend. Do they agree or disagree with your answer? Why or why not?



Let's Read

Read the comic strip below. It shows a scene inside the Marquez and Associates Realty Office. As Alfredo entered the Marketing Division, he saw Jose, the assistant manager, who had just finished conducting a meeting.





Jose is a good role model because he refuses to drink alcohol, even at the good-hearted urging of his friend. He knows that even a small amount of alcohol can have bad effects on him. Do you think that we should try to follow Jose's behavior? Think about this before continuing to study the lesson.



Let's Study and Analyze

1. Do you know how alcohol affects a person? Too much alcohol intake may have positive and negative effects on people. Complete the chart below by listing three positive and three negative effects of alcohol. If you are not familiar with the effects of alcohol, you may ask a family member, relative or friend. An example has been given to guide you.

Drinking Alcohol (beer, wine and liquor)	
Positive Effects	Negative Effects
relaxation	dizziness
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____

2. Do you think drinking alcoholic beverages in excess is bad? Explain your answer.

When you have finished answering the questions, discuss your answers with your Instructional Manager or Facilitator or with a member of your family, friend or co-learner. Do they agree or disagree with your answers? Why or why not?

You may also compare your answers with the sample answers given in the *Answer Key* on page 49.



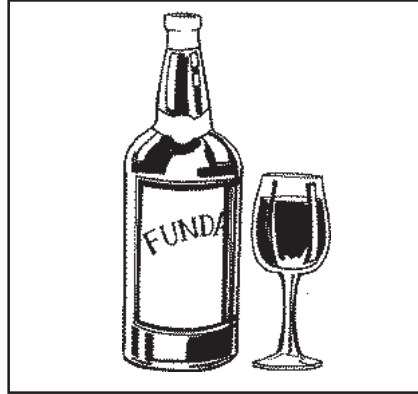
Let's Try This

Are you familiar with alcoholic drinks? Write in the blanks the name of each drink illustrated below.

1.



2.



3.



4.



5.



Check if you got the correct answers. Refer to the *Answer Key* on page 49.



Let's Learn

Alcohol is a substance used as an intoxicant in drinks such as beer, wine and liquor. It is found in drinks distilled from fermented fruits, grains or vegetables. It affects a person's judgment and emotions. It contains ethanol, methanol and methylated spirits which make it addictive and dangerous to a person's health.

The following are some types of alcoholic beverages:

- ◆ Beer – fermented alcoholic beverage made from malted cereal grains, usually barley flavored with hops.
- ◆ Brandy – a strong alcoholic drink distilled from grape wine.
- ◆ Whisky – an alcoholic spirit distilled from a fermented mix of cereal grains, e.g., barley, wheat or rye.
- ◆ Gin – an alcoholic spirit made from barley, rye or maize and flavored with juniper berries.
- ◆ Rum – a spirit distilled from fermented sugar cane juice or from molasses.



Let's Study and Analyze

Why do you think people drink alcoholic beverages such as beer, wine and liquor?

Now compare your answers with what the experts say on the next page.

People drink alcohol for the following reasons:

- ◆ to experiment;
- ◆ to be sociable;
- ◆ to gain attention;
- ◆ to relax;
- ◆ because alcohol is cheap and easily available; and
- ◆ because their body has become addicted to alcohol (i.e., they have become alcoholics).

2. What are the possible effects of drinking alcoholic beverages?

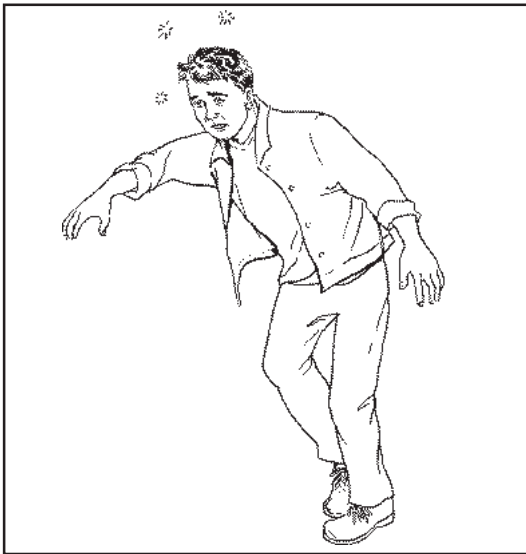
Is your answer the same as what the experts say? Let's find out. According to studies, drinking alcoholic beverages can have the following effects on a person:

- ◆ alcoholism or addiction to alcohol
- ◆ increased risk of accidents (e.g., road or vehicular accidents)
- ◆ lowered quality of work
- ◆ dizziness and slower reactions to situation
- ◆ memory lapses called "blackouts"
- ◆ insomnia (not being able to sleep at night) for heavy drinkers and alcoholics
- ◆ liver and kidney problems
- ◆ self-destructive impulses including suicide
- ◆ disruption of personal relationships
- ◆ reduced sex drive
- ◆ violent tendencies which may lead to domestic violence, assault, etc.



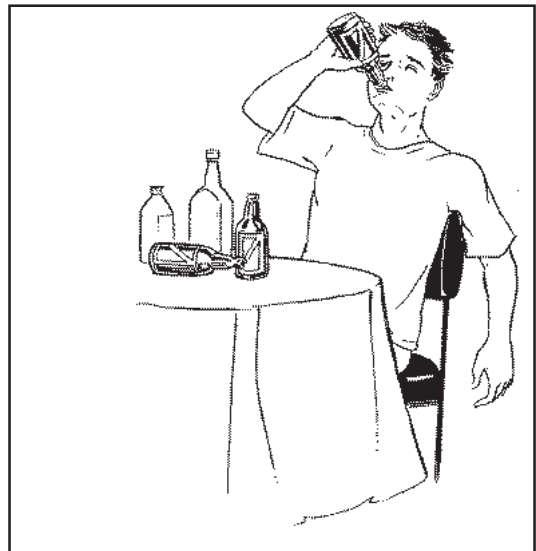
Let's Learn

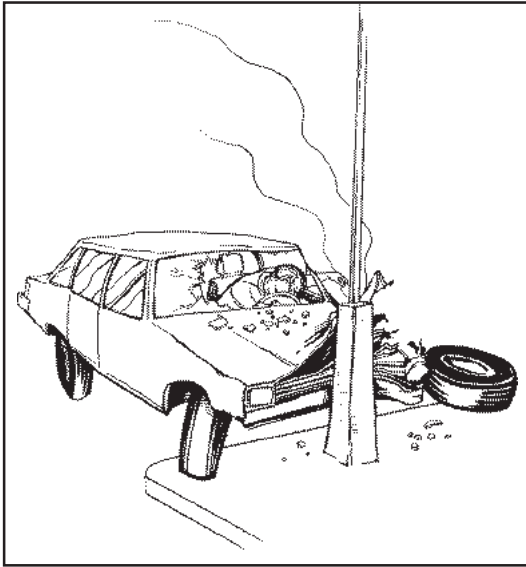
Drinking alcoholic beverages is commonly seen as a means of relieving stress and anxiety. It helps a person relax. However, every person who drinks or even those who are beginning to drink should know the following :



Alcohol is a depressant. As such, it slows down body processes which can make a person encounter difficulties with coordinated activities.

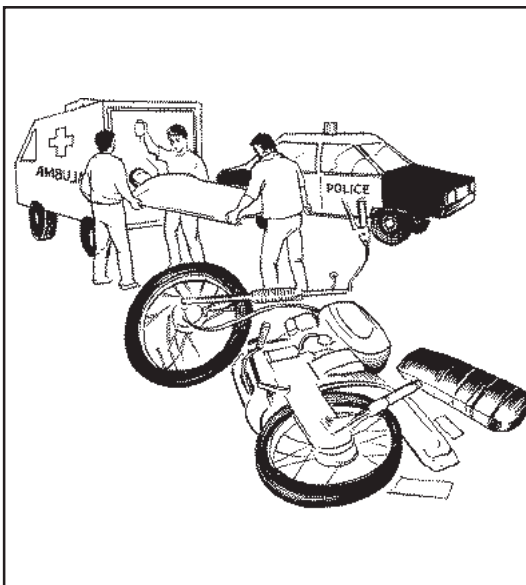
Regular intake of alcoholic beverages can lead to alcoholism, which has even worse effects on a person's health.





Alcohol intake can lead to accidents and even death.

Despite the negative effects of excessive alcohol intake on a person's health, drinking sprees are accepted as a form of relaxation.



Drinking and then driving is one of the major causes of road or vehicular accidents which endanger not just those who drink but innocent people as well. Always remember that driving under the influence of alcohol is not only illegal but also reckless, irresponsible and immoral.



Let's See What You Have Learned

Write **T** in the blank before the number if the sentence is true. Write **F** if the sentence is false, then rewrite it to make it true.

- ____ 1. Alcoholic beverages are addictive because they contain nicotine.

- ____ 2. Tobacco and cigarettes are classified as depressants or “downers” because they increase one’s alertness and improve one’s physical condition.

- ____ 3. People who inhale the tobacco and cigarette smoke of others are called first-hand smokers.

- ____ 4. Heavy drinking can cause liver and kidney problems.

- ____ 5. Nicotine is highly addictive. It works both as a stimulant and a sedative to the reproductive system.

Do you want to know how well you did? Refer to the *Answer Key* on pages 49–50. If most of your answers are correct, very good! You are ready to move on to the next lesson. If not, review this lesson first before proceeding.

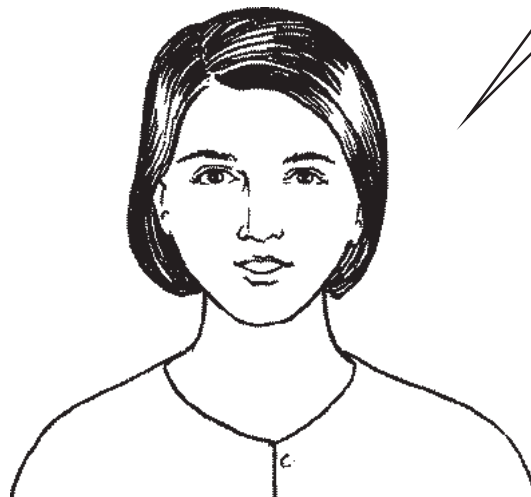


Let's Remember

- ◆ Tobacco should be considered as a drug and not just as an agricultural product because it contains nicotine.
- ◆ Nicotine is highly addictive. It works both as a stimulant and a sedative to the central nervous system. Addiction to nicotine results in withdrawal symptoms when a person tries to stop smoking.
- ◆ Alcoholic beverages are liquids distilled from fermented fruits, grains and vegetables. They contain ethanol, methanol and methylated spirits which make them addictive and dangerous.
- ◆ Alcohol is a substance in drinks such as beer, wine and liquor which affects a person's judgment and emotions.
- ◆ Drinking alcohol can result in liver and kidney problems, as well as many other diseases. It can cause harm even to non-drinkers, who may, for instance, become victims of accidents resulting from drunk driving.
- ◆ Excessive alcohol intake can damage a person's health. It can lead to accidents and even death.

The Effects of Drug Abuse

Addictive and dangerous drugs have numerous effects on people who use them. These effects can be physical, mental, emotional or social. This lesson will help you understand what addictive and dangerous drugs can do to a person. It will also help you determine if a person is a drug user or a drug abuser.



After completing this lesson, you should be able to:

- ◆ identify the signs and symptoms of drug abuse, and
- ◆ describe the effects of drugs on one's body and mind.



Let's Read

Miguel was the only boy and the youngest among four siblings. He was the center of attention in their family. Everyone loved him. He had a loving family. His parents were open to him and they always listened to his problems.

Miguel was also good-looking. He was healthy, medium-built and very cheerful. He always joked with his sisters and parents. They were really a happy and close family.

When Miguel went to college, he studied engineering. He then started going out with his friends from school. His friends were all smokers and drinkers. Drinking sprees, going to discos and partying with their girlfriends were always part of their activities. Miguel wanted so much to be accepted by his friends. He tried smoking and drinking until he got used to it. When one of his friends invited him to try drugs, he could not refuse. He tried marijuana and eventually ended up using "shabu," which was commonly used by most of his friends. They used it to keep them awake when studying at night.

The cheerful Miguel suddenly started to change. He seldom talked to his family. He also often argued with his parents and sisters. He was always irritated and angry. Most importantly, his health deteriorated. He became thinner and he looked older than his age.

Miguel never thought of what was happening to him. What was important was that he had his friends. He became so dependent on his friends because they were his source for drugs.



Let's Review

Answer the following questions about Miguel's story.

1. Describe Miguel before he started using addictive and dangerous drugs.

2. What happened to him when he started using drugs? What were the changes that occurred?

Compare your answers with those in the *Answer Key* on page 50.



Let's Try This

Now try answering the following questions.

1. Enumerate different signs and symptoms of using addictive and dangerous drugs.

2. What are the possible effects of addictive and dangerous drugs on one's body and mind?

To find out if you gave the correct answers, read on. The following are some signs and symptoms of drug use and abuse:

- ◆ becoming very sensitive
- ◆ staying away from home for long unexplained periods
- ◆ lying
- ◆ stealing
- ◆ becoming detached from family members
- ◆ having obvious toxic states (drunk, delirious, incoherent, unconscious)
- ◆ changes in behavior and normal attitudes
- ◆ deteriorating performance (in school or at work)
- ◆ becoming involved in criminal activities (to raise money to sustain one's drug addiction)

Well, are these answers similar to yours? Now try answering one more question and find out if you got it right.

3. What are the four kinds of effects of addictive and dangerous drugs on a person?

The four kinds of effects of drug abuse are classified into four categories. They are the following:

Physical — effects on one’s body

Emotional — effects on one’s emotions and personality

Social — effects on one’s interpersonal relationships and economic status

Mental — effects on one’s mind

Look at the chart below to see the effects and impacts of drugs on a person.

Physical	Mental	Emotional	Social
<ul style="list-style-type: none"> ◆ Malnutrition ◆ Liver and kidney damage ◆ Drastic weight loss ◆ Vitamin deficiencies ◆ Insomnia ◆ Heart failure ◆ Dizziness ◆ Nerve damage ◆ Sexual problems ◆ Death 	<ul style="list-style-type: none"> ◆ Mental illness ◆ Impaired judgment ◆ Disorientation ◆ Paranoia ◆ Psychosis 	<ul style="list-style-type: none"> ◆ Anxiety ◆ Depression ◆ Confusion ◆ Suspiciousness 	<ul style="list-style-type: none"> ◆ Disrupted family life ◆ Disrupted friendships ◆ Financial problems ◆ Inefficiency at work or in school ◆ Marital separation ◆ Violent behavior ◆ Dangerous behavior



Let’s Talk About This

Look for a partner. He or she may be a family member, friend or co-learner. Discuss with him or her the meaning of “Drug users never grow old ‘coz they die young.” Write your explanation in the space provided below.

How did your discussion go? Did you learn a lot from it? Look at the sample answer in the *Answer Key* on page 50.



Let's See What You Have Learned

Encircle the letter of the correct answer.

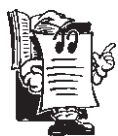
1. Which of the following is a physical effect of drug abuse?
 - a. malnutrition
 - b. mental illness
 - c. impaired judgment
 - d. confusion
2. Which of the following is a mental effect of drug abuse?
 - a. liver and kidney damage
 - b. impaired judgment
 - c. disrupted family life
 - d. anxiety
3. Which of the following is an emotional effect of drug abuse?
 - a. insomnia
 - b. psychosis
 - c. depression
 - d. marital separation
4. Which of the following is a social effect of drug abuse?
 - a. violence
 - b. nerve damage
 - c. disorientation
 - d. suspiciousness

You may compare your answers with those found in the *Answer Key* on pages 50–51. If most of your answers are correct, congratulations! You are ready to take the final test. If not, review this last lesson first before proceeding.



Let's Remember

- ◆ Some signs and symptoms of drug abuse are:
 1. becoming very sensitive
 2. staying away from home for long unexplained periods
 3. lying
 4. stealing
 5. becoming detached from family members
 6. having obvious toxic states (drunk, delirious, incoherent, unconscious)
 7. changes in behavior and normal attitudes
 8. deteriorating performance (in school or at work)
 9. becoming involved in criminal activities (to raise money to sustain one's drug addiction)
- ◆ The effects of drug abuse are classified into:
 1. **Physical** — effects on the body
 2. **Emotional** — effects on emotions and personality
 3. **Social** — effects on interpersonal relationships and economic status
 4. **Mental** — effects on the mind
- ◆ The worst effect of drug abuse to a person is death.



Let's Sum Up

You have almost finished Part 1 of this module on addictive and dangerous drugs. To help you remember the important points, here is a summary:

- ◆ Drugs are normally used for medical reasons. They are taken upon the advice of medical experts or doctors. They are acquired through medical prescriptions given by a doctor.
- ◆ Drug use refers to the taking of drugs to cure a disease or symptom or to promote health or a desired bodily condition. It includes the taking of prescribed drugs to cure headaches or body pains, to reduce fever, etc.
- ◆ Drug abuse is the taking of drugs in a manner or amount that is different from that prescribed by the doctor or from common practice. This is harmful to the person and can lead to dependence or addiction. Drug abuse also includes the use of illegal drugs and of so-called addictive and dangerous drugs.
- ◆ Addictive and dangerous drugs are classified into four (4) types, namely: narcotics, depressants or sedatives, stimulants and hallucinogens.
- ◆ Tobacco and alcohol are considered addictive and dangerous drugs. Tobacco contains nicotine, while alcohol contains ethanol, methanol and methylated spirits. These chemicals are addictive and unhealthy.
- ◆ There are many signs and symptoms of drug abuse, such as:
 - having a new or different set of friends
 - becoming very sensitive
 - staying away from home for long unexplained periods
 - lying
 - stealing
 - becoming detached from family members
 - obvious toxic state (drunk, delirious, incoherent, unconscious)
 - changes in behavior and normal attitudes
 - deteriorating performance (at school or at work)
 - becoming involved in criminal activities (to raise money to sustain one's drug addiction)

- ◆ The effect of drug use and abuse are classified into four categories. They are:
 - **Physical** — effects on one's body
 - **Emotional** — effects on one's emotions and personality
 - **Social** — effects on one's interpersonal relationships and economic status
 - **Mental** — effects on one's mind, thinking and brain
- ◆ The worst effect of drug abuse on a person is death.

Congratulations! You have just finished Part 1 of the module. Here you have learned the different types of drugs and its effects on a person. You have also learned that tobacco and alcohol are addictive and dangerous drugs which do not only affect a person's health, but may also drain his/her money. Do you know what factors can contribute to drug use and abuse? You will learn all of these in Part 2 of the module entitled *Preventing Drug Abuse*.

Before going to Part 2, let us try to recall what we have learned from Part 1 of this module by answering the activity below.



What Have You Learned?

A. Briefly define the following terms. (1 point each)

1. Drugs

2. Addictive and dangerous drugs

3. Drug use

4. Drug abuse

5. Alcohol

6. Nicotine

B. Enumerate the four classifications of addictive and dangerous drugs and give two examples of each. (2 points each)

1.

2.

3.

4.

C. Enumerate five signs and symptoms of drug abuse. (1 point each)

1.

2.

3.

4.

5.

D. Give the four categories of the effects of drug use and abuse. Give an example for each category. (1 point each)

1.

2.

3.

4.

How was the test? You may compare your answers with those in the *Answer Key* on pages 51–52.

If you got:

0 – 6 You need to study the module again.

7 – 12 You need to review the topics you did not understand.

13 – 19 You need to go back to the items you got wrong.

20 – 23 Very good! You learned a lot from Part 1 of the module
 Addictive and Dangerous Drugs. You may now proceed to
 Part 2.



Answer Key

A. Let's See What You Already Know (pages 3–4)

- A. 1. **Correct** — Based on studies, tobacco users are at risk of acquiring certain types of cancer.
2. **Correct** — Drugs contain substances which are addictive. If the person has been using them for a long time, he or she will be dependent on or addicted to their chemical content.
3. **Correct** — It has been found in most cases that people who use marijuana eat more.
4. **Correct** — Addictive and dangerous drugs can affect a person's immune system. His/Her resistance to diseases may be weakened. There are also addictive drugs which require injection. If the needle is not sterilized or has been used by other people, the drug user runs the risk of contracting deadly diseases such as AIDS or hepatitis.
5. **Correct** — The use of drugs may provide temporary relief from stress and worries but this is not the solution to one's problems. In all cases, the use of addictive and dangerous drugs results in more problems for a person.
6. **Correct** — The use of drugs can affect a person's physical, mental, emotional and social well-being. It alters a person's feelings, emotions and thought processes.
7. **Correct** — Alcohol is addictive. Excessive alcohol intake leads to many serious health and social problems such as liver disease, brain damage, drunk driving and domestic violence.
8. **Correct** — Caffeine is a stimulant found in coffee and soft drinks.
9. **Correct** — Occasional alcohol drinking may be healthy but excessive intake can lead to liver and kidney damage.
10. **Correct** — Tobacco contains nicotine which may act as a stimulant and a sedative to the central nervous system. After only ten seconds of smoking, nicotine reaches the brain and begins to take effect.
- B. 1. **S** — Nicotine speeds up body processes.
2. **D** — Alcohol is consumed for relaxation, because it slows down body processes.

3. **D** — Cough syrup slows down body processes which is the reason why a person may feel sleepy after taking it.
 4. **H** — LSD can cause a person who uses it to hallucinate.
 5. **S** — Cocaine causes a person to feel euphoria (extreme happiness).
- C.
1. **M** — Disorientation involves a disturbance of a person's mental health and causes him/her to experience confusion in determining reality from fantasy. Using addictive drugs such as cocaine and marijuana can lead to this mental state.
 2. **P** — Drug users often lose their appetite when they use addictive drugs, thereby causing malnutrition.
 3. **S** — Drug users often look for friends who will support and encourage their drug dependency. Friends who discourage them from using drugs are often seen as enemies.
 4. **E** — A drug user doesn't see his/her worth and potential as a person. He/She feels he/she cannot do anything useful.
 5. **S** — Drug users are likely to have friends who are also drug dependents. This is more convenient for them because they can acquire drugs from each other. They also get encouragement in using addictive and dangerous drugs.

B. Lesson 1

Let's Try This (pages 10–12)

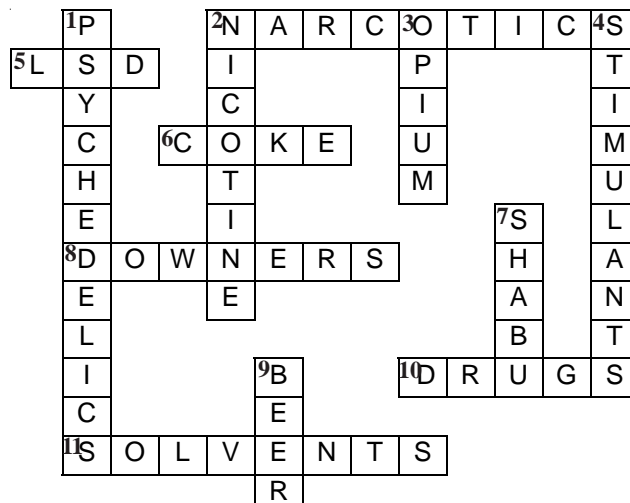
1. **(c)** — The man is consuming excessive amounts of alcohol.
2. **(d)** — Cough syrup is usually consumed from a bottle. Sleeping pills and LSD are taken in the form of tablets, while marijuana is taken in through smoking.
3. **(a)** — This woman is smoking cigarettes. Alcohol is consumed by drinking, cocaine by sniffing, and ecstasy by swallowing.
4. **(a)** — Ecstasy is consumed by swallowing a pill. *Shabu* is sniffed through an aluminum foil and tooter. Opium is consumed through smoking or by drinking and LSD is taken in the form of tablets.

5. **(d)** — Cocaine is sniffed through a straw or may be consumed by smoking or by injection. Morphine is injected, LSD and ecstasy are taken in the form of tablets and pills.
6. **(a)** — Heroin is injected using a syringe. Cocaine and shabu is sniffed, ecstasy is taken as a pill.

Let's Try This (page 16)

1. **F** — Marijuana is a hallucinogen or psychedelic.
2. **T**
3. **F** — Narcotics provide numb comfort.
4. **F** — Stimulants increase alertness and physical disposition. Depressants slow down body processes and make a person feel relaxed.
5. **F** — Shabu is a stimulant and not a hallucinogen.
6. **F** — Ecstasy is a hallucinogen.
7. **T**
8. **T**
9. **F** — “Coke” is another name for cocaine.
10. **T**

Let's See What You Have Learned (page 17)



C. Lesson 2

Let's Try This (pages 20–21)

1. Thirty-four million Filipinos run the risk of contracting cancer and other diseases related to tobacco use.
2. Only 40% of all Philippine households are smoke-free.
3. Thirty-five million Filipinos are considered passive smokers.
4. I agree that smoking is dangerous to people's health because it can cause many diseases and is a waste of people's precious money and resources.
5. Medical authorities are concerned because of the serious health problems associated with smoking, such as cancer, bronchitis and heart ailments. They are also concerned because the number of people exposed to dangerous cigarette smoke either through direct or passive smoking continues to increase.

Let's Think About This (page 21)

I agree with the laws banning smoking in public places. Smoking affects not only the smokers but those who do not smoke as well. Passive smoking is a serious health threat and the government should take action to try and address this threat by passing laws to minimize smoking in public places. By poisoning innocent bystanders with their fumes, smokers are violating the rights of non-smokers to be free from the harmful effects of cigarettes and tobacco smoke.

Let's Try This (page 24)

Yes, I agree with this classification especially since tobacco and cigarettes contain nicotine, an addictive substance. And besides, they have dangerous effects on a person's health.

Let's Study and Analyze (page 27)

1.	<table><tr><th>Positive Effects</th><th>Negative Effects</th></tr><tr><td><ol style="list-style-type: none">1. provides a venue for socialization2. can be healthy if moderately taken3. can provide temporary relief from stress</td><td><ol style="list-style-type: none">1. can be addictive2. may cause violent behavior in a person3. may increase the risk of developing heart ailments and other diseases4. can consume one's limited financial resources5. can interfere with a person's thought processes and even lead to injuries or death (e.g., from vehicular accidents if you drive under the influence of alcohol)</td></tr></table>	Positive Effects	Negative Effects	<ol style="list-style-type: none">1. provides a venue for socialization2. can be healthy if moderately taken3. can provide temporary relief from stress	<ol style="list-style-type: none">1. can be addictive2. may cause violent behavior in a person3. may increase the risk of developing heart ailments and other diseases4. can consume one's limited financial resources5. can interfere with a person's thought processes and even lead to injuries or death (e.g., from vehicular accidents if you drive under the influence of alcohol)
Positive Effects	Negative Effects				
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2. I think drinking alcoholic beverages in excess is bad because it can damage a person's health, as well as alter a person's behavior and thought processes. This may even lead to injuries or death. It can also deplete one's money or resources. There are many alternatives to alcohol consumption. Other activities such as sports, involvement with civic organizations and other activities in the community all bring positive effects in a person's life.

Let's Try This (page 28)

- | | |
|------------------------------------|----------------|
| 1. beer | 4. <i>basi</i> |
| 2. brandy | 5. gin |
| 3. <i>lambanog</i> and <i>tuba</i> | |

Let's See What You Have Learned (page 33)

The explanations or restatements below are just examples. The learner may have restated the sentences in different ways that may still be correct.

1. **F** — Tobacco and cigarettes are addictive because they contain nicotine. Alcoholic beverages do not contain nicotine.

2. **F** — Tobacco and cigarettes are classified as stimulants or “uppers” because they improve a person’s alertness and physical disposition.
3. **F** — People who inhale the fumes exhaled by smokers are called passive smokers or secondary smokers.
4. **T**
5. **F** — Nicotine is highly addictive. It affects the central nervous system but not the reproductive system.

D. Lesson 3

Let’s Review (page 36)

1. Miguel was good looking, healthy and very cheerful. He was very close to his family and liked to joke around with them.
2. He preferred to be with his friends who were drug users. Since he started using drugs, he seldom talked to his family and often argued with them. He limited himself to a group of friends who also used drugs. He was always irritated and angry, became thinner and looked older than his age.

Let’s Talk About This (page 38)

Using dangerous drugs such as marijuana, *shabu*, cocaine, LSD, tobacco and alcohol can result in serious health problems. A drug user tends to die young due to the health complications arising from the use of dangerous and addictive drugs. It is important to know that drug abuse can lead to many health-related problems. Ultimately drug abuse can lead to death.

Let’s See What You Have Learned (page 39)

1. **(a)** — People who are under the influence of addictive drugs tend to lose their appetite. **(b)** is incorrect because it is a mental effect of drug abuse. **(c)** is incorrect because it is a social effect of drug abuse. **(d)** is incorrect because it is an emotional effect of drug abuse.
2. **(b)** — Addictive and dangerous drugs such as marijuana, cocaine and heroin can lead to unreasonable thinking or judgment. **(a)** is incorrect because it is a physical effect of drug abuse. **(c)** is incorrect because it is a social effect of drug abuse. **(d)** is incorrect because it is an emotional effect of drug abuse.

3. (c) — Drug users who have problems may dwell more on their daily problems once the drugs take effect. They will feel even more hopeless, helpless and depressed. (a) is incorrect because it is a physical effect of drug abuse. (b) is incorrect because it is a mental effect of drug abuse. (d) is incorrect because it is a social effect of drug abuse.
4. (a) — People under the influence of drugs may become violent due to impaired judgment and aggressive behavior. People under the influence of drugs are most likely to be irrational. They can't distinguish right from wrong, especially if they take addictive drugs in high quantities or doses. (b) is incorrect because it is a physical effect of drug abuse. (c) is incorrect because it is a mental effect of drug abuse. (d) is incorrect because it is an emotional effect of drug abuse.

E. What Have You Learned? (*pages 42–43*)

- A.
 1. Substances other than food or water that are intended to be taken or administered for the purpose of altering, sustaining or controlling the recipient's physical, mental or emotional state
 2. Drugs, whether natural or synthetic, with the physiological effects of a narcotic, stimulant, depressant or hallucinogen
 3. The moderate use of drugs for purposes of altering one's physical, emotional or mental state
 4. The use of illegal drugs and the abuse of prescription or other legalized drugs; the use of any drug for purposes other than those for which it is normally intended, or in a manner or quantity other than directed.
 5. A substance found in drinks such as beer, wine, and liquor which are made from fermented fruits, grains and vegetables. These drinks contains ethanol, methanol and methylated spirits which make them addictive and dangerous.
 6. A chemical found in tobacco and cigarettes which is highly addictive. It works both as a stimulant and a sedative to the central nervous system. Addiction to nicotine results in withdrawal symptoms when a person tries to stop smoking.
- B.
 1. Narcotics — opium, morphine and heroin
 2. Depressants, sedative or “downers” — alcohol, solvents, cough syrup and tranquilizers
 3. Stimulants or “uppers” — *shabu*, tobacco and caffeinated drinks
 4. Hallucinogen or “psychedelics” — marijuana, ecstasy and LSD

C. Your answer should include five of the following signs and symptoms of drug abuse.

1. a change in a person's set of friends
2. becoming very sensitive
3. staying away from home for long unexplained periods
4. lying
5. stealing
6. becoming detached from one's family
7. being obviously intoxicated (drunk, delirious, incoherent, unconscious)
8. exhibiting changes in behavior and normal attitudes
9. deteriorating performance (at school or at work)
10. becoming involved in criminal activities (to raise money to sustain one's drug addiction)

D. Your answer should include an example for each kind of drug effect on a person.

Physical	Mental	Emotional	Social
<ul style="list-style-type: none"> ◆ Malnutrition ◆ Liver and kidney damage ◆ Drastic weight loss ◆ Vitamin deficiencies ◆ Insomnia ◆ Heart failure ◆ Dizziness ◆ Nerve damage ◆ Sexual problems ◆ Death 	<ul style="list-style-type: none"> ◆ Mental illness ◆ Impaired judgment ◆ Disorientation ◆ Paranoia ◆ Psychosis 	<ul style="list-style-type: none"> ◆ Anxiety ◆ Depression ◆ Confusion ◆ Suspiciousness 	<ul style="list-style-type: none"> ◆ Disrupted family life ◆ Disrupted friendships ◆ Financial problems ◆ Inefficiency at work or in school ◆ Marital separation ◆ Violent behavior ◆ Dangerous behavior



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