

# Power NO: Drugs



**Bold Text:** suggested words to say to teach lesson  
*Italics:* suggested actions to take  
(Parenthesis): background information or suggested answers

After Check First, the remaining lessons may be covered in any order. In the Power NO series of lessons, the Power NO: Pressure lesson must be first.

### **Materials Needed for Lessons**

- Charlie Check-First / 3 Steps poster
- *Backpack* poster
- Check-First / 3 Steps symbol card
- Power NO symbol card (and any other topics you plan to cover)
- Empty prescription bottles (or a picture of some)
- Empty cigarette pack (or a picture of one)
- Empty beer can (or a picture of one)
- Reinforcement Activities Drug Facts (for your reference; found at end of lesson)
- Letter to the Parents/Guardian

### **Objectives for Students**

- Explain how legal drugs can be both helpful and harmful.
- Describe two negative consequences of tobacco.
- Name two side-effects of alcohol.
- Explain what to do if they are pressured to become involved with drugs.
- Give two reasons why they should have no contact with an illegal drug.

### **Introduction or Review of Past Lessons**

*Decide which topics you plan to teach for your session and put those corresponding symbol cards inside the poster pocket before you begin.*

*Always start with a review of the Check First concept!*

*Using the Backpack poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.*

*As you introduce a topic, a student (or teacher) removes and displays the symbol card from inside the pocket.*

*Proceed with the lesson.*

## Lesson

### Symbol Card



*Remove the Power NO symbol card from the poster pocket. Flex arms to show muscles and strength. Say NO in a strong, assertive voice.*

**This is the Power NO! The Power NO gives you the ability to be in charge of your body concerning what harms you and what is safe for you.**

**There are three steps for the Power NO:**

- 1. Say NO.**
- 2. Get away from the situation.**
- 3. Tell an adult.**

**An easy way to remember it is: NO! GO! TELL!**

### Reinforcement Activity # 1

*You may want to use this activity page during the lesson and go over the answers as you teach. Or you may want to use it afterwards and have students work individually or in pairs to complete this worksheet.*

**One of the times that you may need to use the Power NO is when drugs are involved. What is a drug?** (a substance that changes the way your mind and body work)

*Discuss ways that the mind or body can be altered by a drug.*

### Prop



*Hold up empty prescription containers or picture.*

**These containers held drugs. You all know that you should say NO to drugs. Are all drugs bad? (No.) Prescription drugs are legal. Why are they OK? (They are used to heal sickness, relieve pain, help in research.)**

**How can prescription drugs be harmful?** (Overdose, reaction with other medications, consequences of taking someone else's medicine, etc.)

### Props



*Hold up empty cigarette pack, empty beer can, or pictures.*

**Alcohol and tobacco are drugs that are legal for adults. Are they good for someone your age? Discuss.**

**What is the legal age in our state for someone to smoke? To drink alcohol? Discuss.**

**Think of some ways that tobacco is harmful. Write ideas on the board or have them write the answers on their worksheets.**

Answers may include:

1. Nicotine is addicting
2. Can lead to lung cancer or heart problems
3. Teeth and fingers yellow
4. Breath and clothes smell
5. Chewing tobacco can cause mouth cancer

**What is one side-effect of alcohol?**

Answers may include:

1. Hangovers and nausea
2. Impairs judgment and coordination
3. Addicting
4. May cause health problems

**Even though alcohol and tobacco are legal for adults, they can still be harmful! In spite of all of the consequences of alcohol and tobacco, many kids still use them. Why?**

Answers may include:

1. Makes them feel *cool* or accepted in a group
2. Makes them feel good and happy
3. Curiosity
4. They think it is better than using illegal drugs

*Discuss. This time can be significant!*

**You especially need to use the Power NO when it involves illegal drugs. Do you know the names of any illegal drugs?** (Answers vary. See reference sheet for details on specific drugs. Be sure to include use of steroids.)

**What should you do if you are asked to take, hold, or do something with illegal drugs?** (Use the Power NO and one of the Refusal Skills. These skills can be found in the lesson on Pressures. Review them now.)

*Discuss how simply holding drugs for someone else gets them involved in a criminal act.*

**If it is a friend who is pressuring you to take, hold, or do something with illegal drugs, how do you respond?** *Discuss options for actions.*

(Remember that you are special and important and that you do not need a friend's approval for what you do and do not do. It is difficult to resist pressure from a friend! Try to follow one of the 7 Refusal Skills or a combination of several of them.)

**What are some consequences of using illegal drugs?**

Answers may include:

1. Jail time
2. May make them very sick
3. May cause serious injury or death
4. Might commit other crimes like robbery/assault

**Why do you think kids use drugs if they are so harmful to their bodies?**

Answers may include:

1. Drugs may make them feel more like an adult.
2. Drugs may make them feel *cool* and accepted.
3. They think it helps them deal with their problems.

*Discuss.*

**Remember:**

**When you are in doubt about tobacco, alcohol, drugs, or anything, make sure to Check First!! Check with a responsible adult to make sure that you are doing the safe thing.**

**If you can't do that, use the 3 steps and make a good decision.**

**It's important to *Judge, Think, and Act!* Follow this guideline in all situations.**

## Closure



*Review the 3 steps to take in the Power NO:*

1. Say NO
2. Get away from the situation
3. Tell an adult

## Role-Play

**Reinforcement  
Activity  
#3**

*Role-play these situations of pressures from drugs. Let students create additional scenarios of their own.*

*Allow time for discussion.*

**Be a Safety Kid!**



## Power NO: Drugs Reinforcement Activity #1

# 1 List the names of some drugs that are OK for you to take. What is the reason for taking each one?

**Name of drug**

**Reason to take the drug**

1. \_\_\_\_\_  
2. \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_

# 2 What is the legal age in your state for someone to smoke? \_\_\_\_\_  
What is the legal age in your state for someone to drink alcohol? \_\_\_\_\_

### Answer Bank for #3 and # 4

- is addicting
- makes you grow faster
- breath and clothes smell
- may cause health problems
- makes you more intelligent
- teeth and fingers yellow
- hangovers and nausea
- can lead to lung cancer or heart problems
- helps you ride a bike
- impairs judgment and coordination
- teeth and fingers get yellow

# 3 Harmful side-effects of tobacco:

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

# 4 Harmful side-effects of alcohol:

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

# 5. Why do kids still use alcohol and tobacco, even when they know the harmful consequences of each one?

\_\_\_\_\_  
\_\_\_\_\_



## Power NO: Drugs Reinforcement Activity #2

Make a list of 15 healthy and safe things to do instead of taking drugs or drinking alcohol. Combine your list with others in order to come up with 101 alternatives to drugs. Be creative!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_



# Be a Safety Kid!





## **Power NO: Drugs Reinforcement Activity #3**

### **Refusal Skills**

- 1. Say NO! Say it in a variety of ways. Repeat it. Mean it. Be strong!**
- 2. Make up an excuse or give a reason why you cannot do something.**
- 3. Offer an alternative activity. Suggest something else to do instead of the activity that you are being pressured into doing.**
- 4. Ignore the pressure and change the subject. Act as if you did not hear, see, or feel the pressure, and begin discussing something else in order to avoid giving an answer to or giving in to the pressure.**
- 5. Leave the situation. Walk away. Ask a friend to leave with you or go by yourself.**
- 6. Stay with a buddy! Two people are more powerful than one. Three are more powerful than two. It is much easier for you to refuse pressure if you are with others who also do not want to give in.**
- 7. Avoid the pressure. Stay away from situations and people that you know will be hard to resist.**

Use one or more of the Refusal Skills listed above and discuss or role-play the following:

- A. You are at your friend's house and his parents are not there. Your friend gets his dad's cigars and tells you it would be cool for you to try one. Your friend says he does it all the time when his dad leaves. What do you do?**
- B. On the way home from school an older kid comes up to you and tells you that he will beat you up and make your life miserable if you do not hide some alcohol that he has in his backpack. What do you do?**
- C. You know that your older brother is sneaking into your parents alcohol when they are not home. He threatens you not to tell. In fact, he tells you that you need to try it for yourself or he will tell your parents a lie that will get you in real trouble. What do you do?**





## Drug Facts

### COCAINE

**What it is:** A natural stimulant that comes from coca leaves. Most cocaine is smuggled here from Mexico.

**What it looks like:** Cocaine is a fine, white crystalline powder that dissolves in water. Dealers may dilute it with cornstarch, talcum powder, sugar, or amphetamine. Crack cocaine is a smokable compound cooked with ammonia or baking soda and water to produce a potent "rock" that can be smoked, or melted and injected.

**How it is used:** Cocaine can be sniffed, inhaled, injected, eaten or rubbed onto mucous membranes. Injecting and smoking produce the quickest high.

**Its effects:** Users will feel euphoric within minutes of use. The effects can last a few minutes or a few hours. Users might feel energetic and talkative, sensitive to sight, sound and touch, and have less need for food or sleep. The faster the absorption, the more intense the high. Cocaine constricts blood vessels, dilates pupils, and increases temperature, heart rate and blood pressure. Large amounts can cause vertigo, tremors, muscle twitches and paranoia. Any amount can induce a sudden heart attack or seizure. Cocaine is particularly dangerous when used with alcohol.

**Street names:** All-American, Angie, Aunt Nora, base (crack), beam, Bernie, black rock (crack), Blanca, blow, California cornflakes, candy, happy trails, icing, king, lady, nose candy, pearl, powder, sleigh ride, snow, snow cone, soda (injectable cocaine), zip

#### Common lingo among users:

Blow blue, blow boost: to inhale cocaine.

Crisscrossing: to set up a "line" of powder cocaine next to a line of heroin. With a straw in each nostril, the user snorts half of each line and then crosses the straw and snorts the remaining lines.

Rock star: a woman who trades sex for crack.

Speedball: a heroin and cocaine combination.

### HEROIN

**What it is:** Heroin is a fast-acting opiate. It comes from morphine, which is extracted from the seed pods of poppy plants. Synthetic drugs that are analogous to heroin include fentanyl and meperidine (marketed as Demerol). These drugs generally are more potent than heroin.

**What it looks like:** A white or brownish powder or a sticky, black paste known as "black tar" heroin. It generally is diluted with other drugs or sugar, flour, quinine, or powdered milk. It may have a bit of a vinegar smell. In many cities, heroin comes in plastic bags decorated with designs, logos or colored stamps.

**How it is used:** Users frequently snort it or smoke it. As an addiction progresses, users will begin injecting it.

**Its effects:** Euphoria occurs within seconds of an intravenous injection, five to eight minutes after being injected into the muscles, and 10 to 15 minutes after being smoked or snorted. After the rush, users feel drowsy.

**Street names:** Dope, junk, smack, China white, horse

#### Common lingo among users:

Spoon: the bottom of an aluminum soda can that is used as a tiny bowl to dissolve heroin

Speedball: a line of cocaine followed by heroin

## ECSTASY

**What it is:** A synthetic drug with stimulant and hallucinogenic effects. Its chemical structure is similar to methamphetamine and mescaline. The drug generally is imported from northern Europe and sold in clubs or through street dealers. The dealer networks reach into schools, suburban areas and rave parties.

**What it looks like:** Ecstasy generally comes in pill form. The pills are in various colors and are stamped with status symbols, designer logos, cartoon characters, hearts and flowers.

**How it is used:** It is taken orally. Tolerance builds rapidly, so some users take three or four pills at a time.

**Its effects:** Users usually become hyperactive and sleepless. They might grind their teeth and clench their jaws involuntarily, leading many users to suck on pacifiers and lollipops. Other signs of use include muscle tension, nausea, blurred vision, rapid eye movement, faintness, chills and sweating. Large doses cause a sharp increase in body temperature that can lead to kidney and heart failure. Early research indicates that repeated Ecstasy use damages parts of the brain that regulate mood, sexual response, sleep and pain sensitivity.

**Street names:** Adam, beans, blue lips, blue kisses, decadence, disco biscuits, doctor, essence, Eve, kleenex, hug drug, love drug, Scooby snacks, lovers' speed, sweetarts, X, X'ing, XTC, tulips, Armanis, green nips, white octagons

### **Common lingo among users:**

Rolling: getting high on Ecstasy

Hippie flipping: combining mushrooms with Ecstasy

Kitty flipping: combining ketamine with Ecstasy

Candy flipping: combining LSD with Ecstasy

Candy flipping on a string: LSC with Ecstasy, followed by cocaine

Buy a vowel: to use Ecstasy

Stop, drop and roll: to use Ecstasy

Floored: to be too drugged to dance

Etard: a regular Ecstasy user

## GAMMA HYDROXY BUTERATE

**What it is:** GHB is a central nervous system depressant. Ingredients can be obtained from internet mail order operations. The ingredients are cooked with water, diluted, and usually stored in empty sport drink bottles. Analogs of GHB are gamma-butyrolactone and 1,4-butanediol, which are found in some dietary supplements that can be ordered from the Net. Most GHB is cooked by individual suppliers and the strength of doses, usually a capful, varies.

**What it looks like:** Water, usually. It comes as a white powder, tablet or in capsule form. It has no odor.

**How it is used:** Most often it is taken in liquid shots. The liquid is bitter, so users might mix it with alcoholic drinks or fruit juices. GHB pills and capsules are taken orally. Heavy users might inject the liquid into their muscles.

**What it does:** GHB relaxes or sedates the body, and slows breathing and the heart rate.

**Its effects:** It takes effect in 10 to 20 minutes and produces a high that lasts about four hours, depending on the dose. Users feel euphoric, then sleepy. Over-doses result in nausea, vomiting, drowsiness, and headache and can escalate to loss of consciousness and reflexes, trouble breathing, coma and death. Because it can knock out users, GHB has been used as a date-rape drug. It clears quickly from the body, so lab tests at hospitals might not detect it.

**Street names:** Cherry meth, easy lay, everclear, fantasy, Georgia Home Boy, goop, Grievous Bodily Harm, jib, liquid Ecstasy, liquid X, organic Quaalude, salty war, scoop, sleep 500, soap, vita G

**Common lingo among users:** G-ber Daze: a coma-like stupor from overdosing

## MARIJUANA

**What it is:** Marijuana comes from cannabis sativa, the hemp plant. Other forms of cannabis are sinsemilla, hashish and hash oil. Marijuana is a psychoactive, or mild-altering, drug. The active ingredient is THC. The effect depends on the potency of the THC. Most marijuana contains an average of 3% THC. Sinsemilla, made from the buds and flowering tops of female plants, contains about 7.5% THC. Hashish, the resin from the flowers, has an average of 3.6% THC, with a range as high as 28%, according to the National Institute on Drug Abuse.

**What it looks like:** A green, brown or gray mixture of dried, shredded leaves, seeds, stems and flowers. When smoked, it has a distinctive, pungent smell that users may try to cover by burning incense.

**How it is used:** Users roll the leafy mixture into a cigarette rolling paper or smoke it in a regular pipe or water pipe. Some users take tobacco out of cigars and refill the cigars with marijuana.

**Its effects:** Users become dizzy, have trouble walking, giggle frequently, and have red, bloodshot eyes. Users often binge on junk food and have trouble remembering things that happened only minutes before. They may become focused on ordinary objects or a certain color. The effects usually last two to three hours.

**Street names:** Bud, pot, Mary Jane, blond, can, Cheeba, chunky, Colombia, weed, dope, dew, Don Juan, doobie, fu, ganja, gash, grass, green goddess, herb, hay, jay, KGB, kind, leaf, puff, magic dragon, Rasta, reefer, sen, tea

### **Common lingo among users:**

**A-bomb, Atom Bomb:** marijuana joint with heroin or opium

**Joint:** marijuana cigarette

**3750, Oolies, P-dogs:** Marijuana and crack cocaine rolled in a joint

**Banano:** marijuana joint laced with cocaine

**Blunt:** hollowed-out cigar filled with marijuana

**Woolah, primo:** a blunt refilled with marijuana and crack

**B-40:** a blunt smoked with a 40-ounce bottle of malt liquor

**Buda, Buddha:** high-grade joint filled with crack or opium

**Candy Blunt:** a blunt dipped in cough syrup

**Caviar, Champagne:** a combination of cocaine and marijuana

**Clicker, Love Boat, Fry sticks:** a joint dipped in formaldehyde

**Coca Puff:** to smoke cocaine and marijuana

**Dust blunt, happy stick, wicky:** a joint with PCP and marijuana

**Geek, marijuana and crack**

**Rompums:** marijuana with horse tranquilizer

**Speedboat, squirrel:** a combination of marijuana, PCP and crack

**Spliff:** a large joint

## KETAMINE, KETAMINE HYDROCHLORIDE

**What it is:** An injectable anesthetic approved for medical use on humans and animals since 1970. In the USA, 90% of the drug is used for veterinary surgery. Gangs have been stealing it from veterinary clinics. It also is smuggled from Mexico. It is sold in club venues, raves and bars.

**What it looks like:** Ketamine comes either in liquid form or as a white powder.

**How it is used:** It is snorted or smoked. Often it is combined with marijuana and Ecstasy. Some inject it.

**Its effects:** Users complain of a foul-tasting "drip" when mucous drips from their nasal passages into their throats. Users may babble or speak jibberish. They may believe that their mind has separated from their body or that they are outside themselves and watching their own actions.

**Street names:** Black hole, Special K, Vitamin K, K, kit kat, cat Valium, super C, horse tranquilizer

## METHAMPHETAMINE

**What it is:** Methamphetamine is a psychostimulant, in the same category as cocaine and amphetamine. It is a synthetic that affects the central nervous system and remains in the body longer than cocaine. It is made in remote laboratories, where it can be difficult for neighbors or police to smell the often pungent chemical reactions. It can be made with inexpensive ingredients found in over-the-counter medicines, such as nasal decongestants.

**What it looks like:** White, odorless, crystalline powder that dissolves easily in water or alcohol. Smoked methamphetamine is usually a large, clear crystal that is smoked in a glass pipe. The smoke does not smell. The residue can be resmoked.

**How it is used:** It can be smoked, snorted, swallowed or injected. Smoking and injecting produces an intense, pleasurable rush that lasts a few minutes. Snorting or ingesting produces a euphoria that is less intense. Users tend to binge, or "run", on the drug because the pleasurable effects disappear quickly.

**Its effects:** Hyperactivity, decreased appetite, rapid heart rate, irregular heartbeat, increased blood pressure, strokes. Overdoses may cause elevated body temperature and convulsions. Chronic use causes inflammation of the heart lining and psychosis. More than 10,000 people each year visit U. S. emergency rooms with overdoses.

**Street names:** Amp, B-bombs, Black, Dex, bam, Bennie, Bens, Benz, Benzedrine, black and white, black beauties, black Cadillacs, black Mollies, blue boy, blue belly, bolt, browns, cartwheels, chalk, Co-pilot, crank, crystal, diamonds, diet pills, fives, glass, go, Gonzalez, ice, jelly baby, jelly bean, lid poppers, marathons, meth, 19, pep pills, pixies, road dope, sparklers, speed, white cross.

### Common lingo among users:

Amped: high

Amped-out: tired after the high

Crank craters: facial sores caused by the drug

Paper: a quarter-gram

Teenager: 1/16 of a gram

Tina: a baggie of methamphetamine

Tooter: a straw used to snort the drug

Tweaking: getting high

Geeking: To do something for hours while high

Spin doctors, Tweakers: Users

Spun-out: to be high on the drug

## LSD

**What it is:** Lysergic acid diethylamide is a hallucinogen discovered in 1938. It is manufactured from lysergic acid, which is found in a fungus that grows on grains. Dealers obtain it wholesale and sell it at bars, parties and raves, and from their homes. There is generally no way for the user to determine the strength of the dose aside from the word of the dealer.

**What it looks like:** LSD comes as tablets or capsules, known as "microdots", or as a liquid solution with a gelatin medium called "window pane". Most often it is blotter paper soaked with the drug, perforated into squares and printed with pictures. Other forms include sugar cubes, powder, gelatin sheets or shapes, and powder. It is odorless, colorless, and tastes slightly bitter. Heat and light degrade LSD, so many users wrap the blotter paper in foil.

**How it is used:** LSD is taken orally. Users generally eat the blotter paper.

**Its effects:** Users can experience rapid mood swings or have visual hallucinations. Users lose sense of time and may believe they can hear colors or see sounds. The sensations generally intensify over several hours, culminating in visions and a sense that time has stopped. If these sensations cause panic or if users experience terrifying feelings of a loss of control, death and despair, they refer to it as a "bad trip". Users may feel unusually creative and spiritual.

**Street names:** acid, L, blotter, Cid, tabs, doses, trips, microdots

### Common lingo among users:

Frying, Flying or Tripping: using LSD

Sitter: a sober friend who will look out for you while you are tripping