

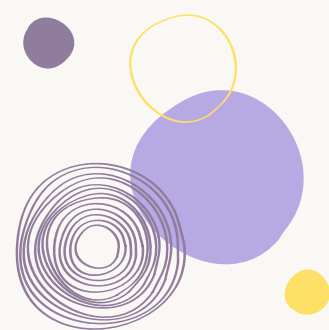
Scenario

“Nice and Easy”



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Topic: Educating young people about hazardous substances in an accessible and engaging way

the

- Participants will learn how to separate facts from myths and recognize the real risks associated with hazardous substances.
- Participants will learn to recognize common myths about substances, which will help them correct misconceptions and counter misinformation.
- Participants will learn about the real dangers of drug use, enabling them to make informed decisions about dangerous substances.

Materials and methods

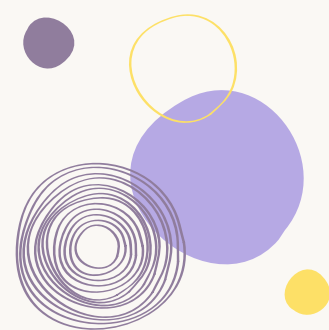
- a lecture by the workshop leader
- discussion of participants with the workshop leader
- discussion of participants in groups

Exercises

- Exercise 1. Substances in Action
- Exercise 2. Myth or fact



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Part 1.

Introduction (30 minutes)

1. Introduction to the topic

- Why is it important to educate young people about hazardous substances?

During a short introduction to the workshop, it is worth discussing:

1. Addiction prevention:

- Risk awareness: Education helps young people understand the risks associated with using dangerous substances such as drugs or alcohol, which may discourage them from experimenting.
- Early intervention: Early education can prevent the development of addictions by providing knowledge about the health and social effects of substances.

2. Health and safety:

- Communicating the effects: Knowing the impact of substances on physical and mental health and the potential consequences, such as addiction, health problems or social problems, helps young people make better decisions.
- Safe Decisions: Having knowledge will enable youth to make informed choices and avoid risky situations involving substances.



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Part 2.

Introduction to Hazardous Substances (2 hours)

1. What are dangerous/psychoactive substances? (30 minutes)
 - Definition of hazardous substances
 - A short introduction to their impact on health and life
2. Substances in action (60 minutes)
 - A game in which participants recognize substances based on their symptoms
3. Group discussion: Why are substances dangerous? (30 minutes)
 - Talking about the side effects and risks of substance use
 - Sharing thoughts and questions



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Part 2.

Introduction to Hazardous Substances (2 hours)

1. What are dangerous/psychoactive substances?

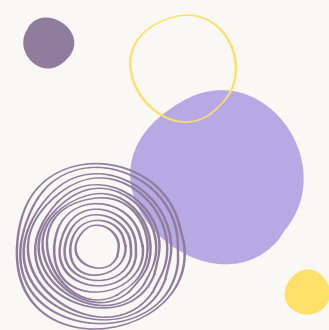
Theoretical part (30 minutes)

1. Definition of hazardous substances:

- Psychoactive substances: What are substances that affect the central nervous system, altering perception, mood and behavior.
- Hazardous substances: Indication of substances that have the potential to cause serious health, mental and social problems. Examples: drugs (cocaine, heroin), chemicals (solvents), new psychoactive substances (NPS).



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Part 2.

Introduction to Hazardous Substances (2 hours)

1. What are dangerous/psychoactive substances?

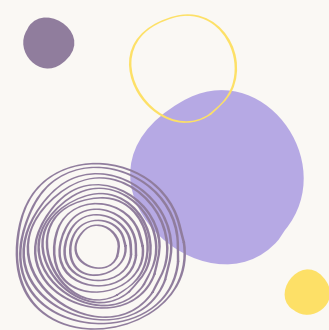
Theoretical part (30 minutes)

2. A brief introduction to their impact on health and life:

- Physical Health: Long-term effects on the heart, liver, lungs, and other organs. Possible consequences such as chronic diseases, infections, organ damage.
- Mental Health: Mood disorders, addictions, depression, psychosis. Impact on brain function and cognitive abilities.
- Social and everyday life: Relationship problems, difficulties in learning and working, legal problems, risk of accidents and crime.



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Part 2.

Introduction to Hazardous Substances (2 hours)

2. Substances in action

Practical part:

Exercise 1. Substances in Action (60 minutes)

Gameplay:

1. Division into groups:

- Divide participants into small groups (3–5 people).

2. Card Assignment:

- Each group receives a set of cards with descriptions of substances.

3. Symptom matching:

- Groups match the symptoms and effects to the substances described on the cards.

4. Presentation and discussion:

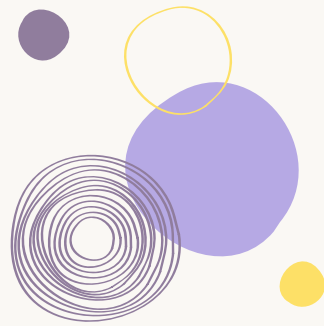
- Groups present their answers. The facilitator discusses correct matches, explains details, and answers questions.

Discussion:

- Reflection: What substances were difficult to recognize? What was most surprising?
- Questions: Participants can ask questions about the symptoms, effects, and impact of different substances.



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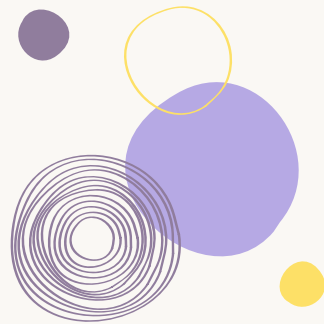
Card: Marijuana

- A plant whose effects are mainly related to THC (tetrahydrocannabinol). Most often smoked in the form of cigarettes (joints)
- Symptoms of use:
 - Fatigue and sleepiness: The person may appear lethargic and less energetic.
 - Coordination disorders: Problems with motor coordination, slow reactions.
 - Increased Appetite: Intense desire to eat.
 - Red Eye: Eye irritation that may cause a red color.
- Side effects:
 - Memory Problems: Difficulty remembering and concentrating.
 - Anxiety: May cause feelings of anxiety or paranoia in some people.



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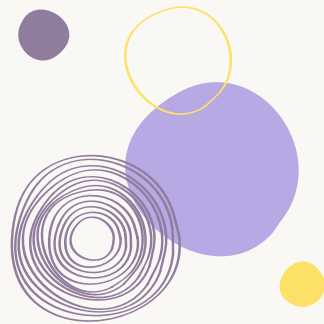
Card: Cocaine

- A stimulant derived from coca leaves, often used in the form of white powder or crystals (crack).
- Symptoms of use:
 - Euphoria: A feeling of intense euphoria and self-confidence.
 - Increased Heart Rate: Rapid heartbeat, increased alertness.
 - Agitation: Over activity, inability to sit still.
 - Dilated Pupils: Increase in the diameter of the pupils.
- Side effects:
 - High blood pressure: Increased risk of heart problems.
 - Insomnia: Trouble falling asleep and staying asleep.



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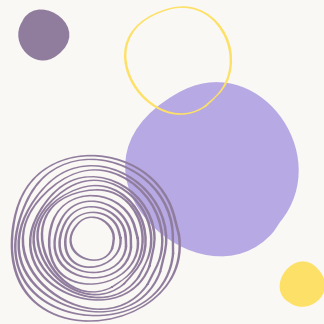
Card: Heroin

- An opioid that often appears as a brown powder or black, sticky mass.
- Symptoms of use:
 - Euphoria: An intense feeling of pleasure and relaxation.
 - Poor Coordination: Problems with balance and motor coordination.
 - Drowsiness: The person may appear extremely sleepy and lethargic.
 - Drop in body temperature: Lower body temperature, pale skin.
- Side effects:
 - Respiratory disorders: Possible risk of respiratory arrest.
 - Addiction: Strong physical and psychological addiction.



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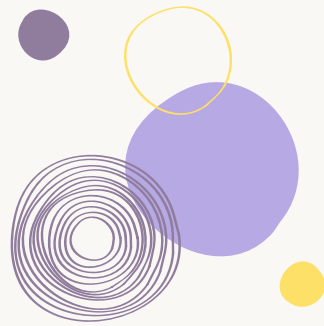
Karta: Ecstasy (MDMA)

- A stimulant and empathogen that is often taken in pill form.
- Symptoms of use:
 - Sense of Closeness: Increased empathy and feelings of closeness to others.
 - Increased Energy: An intense feeling of energy and a need to dance.
 - Euphoria: An intense feeling of joy and pleasure.
 - Enlarged Pupils: Visible dilation of the pupils.
- Side effects:
 - High body temperature: Possibility of overheating of the body, hyperthermia.
 - Mood disorders: Depression and irritability after the effects wear off.



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Karta: LSD

- A hallucinogen that is usually taken in the form of small pieces of paper soaked in the substance.
- Symptoms of use:
 - Hallucinations: Changes in perception of reality, visual and auditory hallucinations.
 - Mood swings: Mood swings ranging from euphoria to anxiety.
 - Time perception disturbances: Time may seem to slow down or speed up.
 - Dilated Pupils: Increase in the diameter of the pupils.
- Side effects:
 - Fears and paranoia: May experience severe fears and paranoia.
 - Permanent Perceptual Changes: Potential long-term changes in perception.



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Part 2.

Introduction to Hazardous Substances (2 hours)

3. Group discussion: Why are substances dangerous? (30 minutes)

During a group discussion on the topic “Why are substances dangerous?” it is worth discussing the following key issues:

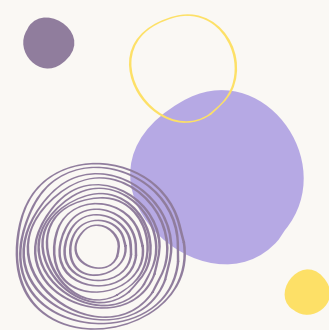
1. Side effects and health risks

- Short and long term health effects:
 - Short-term effects: How substances affect the body immediately after taking them, e.g. changes in behavior, perception, physical reactions.
 - Long-term effects: Potential chronic health problems such as heart disease, liver damage, lung problems, and changes in brain function.
- Addiction and dependency:
 - Physical Dependence: How substances can lead to the development of tolerance and withdrawal symptoms.
 - Psychological Addiction: How psychological addiction affects emotions, thoughts, and behaviors.



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Part 2.

Introduction to Hazardous Substances (2 hours)

3. Group discussion: Why are substances dangerous? (30 minutes)

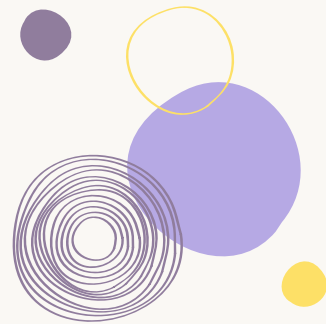
- Overdose Risk:
 - Overdose Signs: Symptoms that may indicate an overdose and are potentially life-threatening.
 - Emergency procedures: What to do in case of an overdose and how to recognize the need for medical intervention.

2. Social and emotional effects

- Impact on interpersonal relationships:
 - Family Problems: How addictions can affect family relationships, conflicts and tensions.
 - Problems at work and school: How substances can affect your performance at work or school and your relationships with colleagues.
- Impact on society:
 - Crime and Delinquency: How substance use can lead to criminal behavior such as theft and violence.
 - Societal costs: The costs of addiction treatment and the impact on the health care system and public safety.



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Part 2.

Introduction to Hazardous Substances (2 hours)

3. Group discussion: Why are substances dangerous? (30 minutes)

3. Psychological and emotional effects

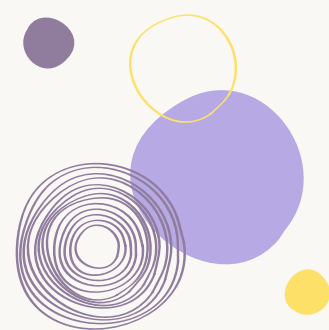
- Emotional problems:
 - Anxiety and depression: How substances can make emotional problems worse or lead to the development of mood disorders.
 - Personality Changes: How long-term substance use can change behavior, personality, and thinking.

4. Stigmatization

- Social stigma: How people with addictions are often perceived by society and what consequences this can have on their self-esteem and willingness to seek help.



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Part 3.

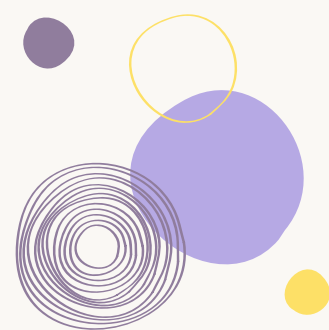
Interactive learning sessions (45 minutes)

1. Workshop: "Myths and Facts" (45 minutes)

- Busting Popular Myths About Psychoactive Substances
- Participants match facts to myths and then discuss the correct information



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Part 3.

Interactive learning sessions (45 minutes)

1. Workshop: "Myths and Facts" (45 minutes)

Practical part:

Exercise 2. Myth or fact (60 minutes)

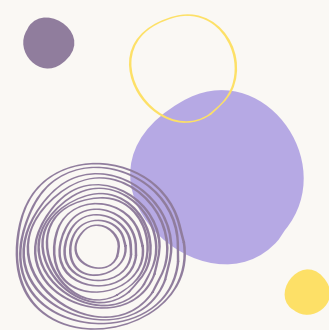


During this exercise it is worth discussing the following key aspects:
Deciphering whether a statement is fact or myth

- The task for participants is to distinguish fact from myth, which will help to better understand the difference between false beliefs and reality.
 - Discussing correct information, i.e. analyzing whether it is a fact or a myth
 - Understanding Myths: Introduce a myth, discussing why it is false and what its sources are. Help participants understand how false beliefs can affect social attitudes and behaviors.
 - Explanation of the facts: Presentation of accurate and up-to-date information about a substance, based on scientific research and medical data.



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Marijuana is completely safe because it is natural.

Marijuana, although derived from a plant, has a number of potential side effects, including problems with memory, concentration and lung health.

Long-term use of marijuana can lead to addiction and mental problems.

Amphetamine increases performance and has no long-term effects.

Amphetamine may initially increase energy and concentration, but long-term use can lead to serious health problems, such as cardiovascular problems, addiction, and behavioral and mental changes.

Cocaine is only a problem in big cities.

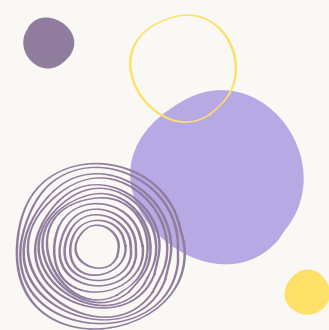
Cocaine is used in a variety of settings and locations, including small towns and rural communities.

The effects of cocaine are dangerous and have serious health consequences.



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Drugs do not harm if they are only taken occasionally.

Even occasional drug use can lead to addiction, health problems, and the risk of serious accidents and legal problems.

The effects of drug use can be unpredictable and serious.

LSD and other hallucinogens are not addictive.

Although LSD does not lead to physical addiction, it can cause serious mental disorders, including permanent changes in perception and psyche.

Taking LSD can lead to psychological addiction.



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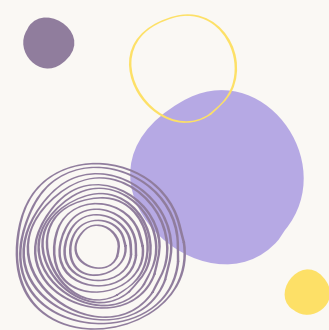
Part 4.

Creating action plans (45 minutes)

1. Crisis planning (30 minutes)
 - How to avoid situations involving hazardous substances
2. Summary and reflection (15 minutes)
 - Sharing conclusions and thoughts



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Part 4.

Creating action plans (45 minutes)

1. Crisis planning (30 minutes)

During the last, summarizing part of the workshop, it is worth discussing the following aspects:

Recognition and analysis of crisis situations

- Identifying Crisis Situations: Discuss typical crisis scenarios involving hazardous substances, such as overdose, substance-related aggression or confusion, and situations where a person is in distress.
- Risk Assessment: How to assess the level of risk and needs of someone in a crisis. Tips for quickly and accurately identifying health and emotional problems.

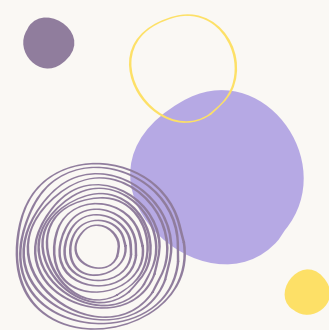
Developing action plans

- Intervention Steps: What steps should be taken in a crisis to ensure the safety of the person and others. Examples of actions such as calling for medical help, providing psychological support, or safe storage of substances.



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Part 4.

Creating action plans (45 minutes)

2. Summary and reflection (15 minutes)

During the last, summarizing part of the workshop, it is worth discussing the following aspects:

Sharing your findings

- Reflection on Action Plans: Participants share their thoughts on the action plans they created during the workshop. What strategies and steps were most effective? What could be improved?

Ideas for further action

- Encouragement to action: Motivating participants to actively apply the acquired knowledge and skills in their daily lives. What are the next steps in improving crisis management skills?



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Safe Choices

Play and Learn About Drugs

Welcome to Safe Choices, a collection of games designed to help you better understand the impact of drugs on your health and life. Our quizzes are an interactive way to learn about drugs and their effects.

GO!

