

Scenario

“Nice and Healthy”



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Topic: How different drugs impact our body and health and how to develop healthy habits

Goals

- To equip teachers with knowledge about the long-term and short-term effects of drugs on the body, including their impact on hormones.
- To develop engaging strategies for teaching students healthy alternatives to drug-induced effects.
- To create a collaborative resource hub that teachers can use to promote well-being among students.

Materials and methods

- Handouts summarizing drug effects (long-term and short-term) and their impact on hormones.
- Access to Padlet for collaborative resource sharing.
- Flip charts or large paper and markers for brainstorming.
- Small group discussions focused on specific hormones and their drug effects.
- Strategy development based on provided handouts.
- Collaborative resource compilation on Padlet.
- Group presentations to share insights and encourage discussion.

Exercises

- Group Exploration: Discuss hormones, drug effects, and alternatives; brainstorm teaching ideas.
- Padlet Resource Sharing: Compile resources like exercise videos on Padlet.
- Group Presentations: Share findings and proposed activities.
- Card Games: Use matching games to reinforce drug knowledge.
- Quiz: Assess understanding through a friendly competition.



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Part 1. The Devastating Impact of Drugs on Young People

Introduction to the topic – Theoretical Part:

Physical Health Consequences

- **Cardiovascular Problems:** Drugs can damage the heart and blood vessels, increasing the risk of heart disease, stroke, and high blood pressure.
- **Respiratory Issues:** Substance abuse, particularly smoking and inhalation, can lead to lung damage, bronchitis, emphysema, and chronic obstructive pulmonary disease (COPD).
- **Liver and Kidney Damage:** Prolonged drug use can overload these organs, leading to dysfunction and potential failure.
- **Increased Risk of Infections:** Weakened immune systems due to drug use make individuals more susceptible to infections and diseases.



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Mental Health Effects

- Depression and Anxiety: Drugs can trigger or worsen mental health conditions, leading to feelings of sadness, hopelessness, and excessive worry.
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- Psychosis: Some drugs, especially hallucinogens, can induce psychosis, characterized by hallucinations, delusions, and disordered thinking.
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- Cognitive Impairments: Drug use can impair memory, learning, and problem-solving abilities, affecting academic and professional performance.
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- Addiction and Dependence: Many drugs are highly addictive, making it difficult to quit and leading to dependence, which can have devastating consequences on all aspects of life.

Hormonal Effects

- Disruption of Hormone Production: Drugs can interfere with the body's natural hormone production, leading to imbalances that affect mood, behavior, and physical health.



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- Impact on Growth and Development: Drug use during adolescence can disrupt brain development and growth, leading to long-term consequences.

Conclusion

The harmful effects of drugs on young people's bodies and health cannot be overstated. It is essential to educate young people about the risks and provide them with the support and resources they need to make healthy choices. By understanding the devastating consequences of drug use, we can work together to prevent substance abuse and promote a healthier future for our youth.

Sources:

- National Institute on Drug Abuse (NIDA): <https://nida.nih.gov/>
- Substance Abuse and Mental Health Services Administration (SAMHSA): <https://www.samhsa.gov/>

World Health Organization (WHO):

<https://www.who.int/about>



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Activity – Interactive task (Part 1. The Devastating Impact of Drugs on Young People)

Quiz: The Impact of Drugs on Young People

Multiple Choice Questions

1. Which of the following is a long-term effect of drug use?

- A) Euphoria
- B) Increased energy
- C) **Heart disease**
- D) Impaired judgment

2. Drugs can disrupt the production of which of the following hormones?

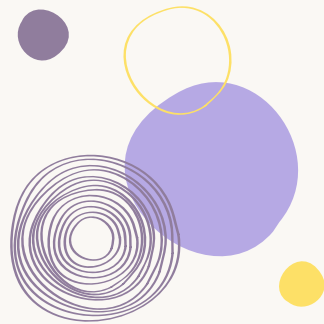
- A) Dopamine
- B) Serotonin
- C) Norepinephrine
- D) **All of the above**

3. Which of the following is a short-term effect of drug use?

- A) Addiction
- B) Liver damage
- C) **Impaired judgment**
- D) Heart disease



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4. What is the most common type of drug used by young people?

A) Marijuana

B) Cocaine

C) Heroin

D) Alcohol

5. Which of the following is a risk factor for drug use among young people?

A) Peer pressure

B) Family history of substance abuse

C) Mental health issues

D) All of the above

6. What is the most effective way to prevent drug use among young people?

A) Punishments

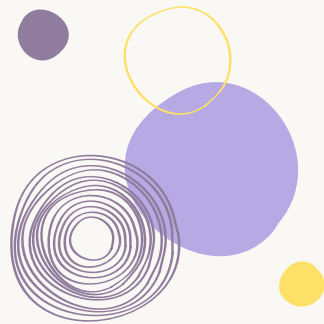
B) Education and awareness campaigns

C) Restrictive laws

D) None of the above



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7. Which of the following is a stimulant?

- A) Alcohol
- B) Heroin
- C) Cocaine**
- D) Marijuana

8. Which of the following is a depressant?

- A) LSD
- B) Alcohol**
- C) Ecstasy
- D) Amphetamines

9. What is the primary cause of death among young people who use drugs?

- A) Overdose**
- B) Suicide
- C) Accidents
- D) Heart disease

10. Which of the following is a healthy alternative to drug use?

- A) Engaging in physical activity
- B) Spending time with friends and family
- C) Pursuing hobbies and interests
- D) All of the above**

Tip: We suggest using Kahoot.com to create a quiz.



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Part 2. Drug effect: Long term, short term (momentary) and hormones

Activity – Interactive task: Matching Cards (90 minutes)

In this activity, you will be working with 5 piles of cards. Each bullet point represents a card. You can either print the entire page and cut along the lines, or copy the text into a different format to create cards for printing on sturdy paper. Make sure to leave out the drug name from the cards from piles 2,3,4 and 5. Instructions are at the end.

Piles:

- 1.Pile 1: Drug Names – Each card will have the name of a specific drug.
- 2.Pile 2: Drug Descriptions – Each card will describe the drug's appearance, form, or method of use.
- 3.Pile 3: Short-Term Effects – These cards will list the immediate effects of using the drug.
- 4.Pile 4: Long-Term Effects – These cards will describe the long-term consequences of drug use.
- 5.Pile 5: Hormone Effects – These cards explain which hormones are impacted by the drug and how they affect the body.



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Pile 1: Drug Names

- Cocaine
- Heroin
- Marijuana
- LSD
- MDMA (Ecstasy)
- Amphetamine

Pile 2: Drug Descriptions

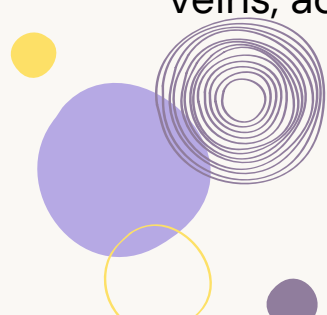
- Cocaine: A white, powdery substance that can be snorted, injected, or smoked.
- Heroin: A sticky, dark substance typically injected or smoked.
- Marijuana: A plant that can be smoked, eaten, or vaped. It comes in various forms, including dried leaves, buds, and concentrates.
- LSD: A clear, colorless liquid that is usually dropped onto blotter paper or sugar cubes.
- MDMA (Ecstasy): A pill or tablet that can be swallowed or crushed and snorted.
- Amphetamine: A pill or powder that can be swallowed, snorted, or injected.

Pile 3: Long-Term Effects

- Cocaine: Risk of heart disease and stroke, severe mood swings, addiction.
- Heroin: Risk of infections, liver and kidney damage, collapsed veins, addiction.



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- Marijuana: Impaired cognitive function, respiratory issues (for smokers), potential addiction.
- LSD: Persistent psychosis, hallucinogen persisting perception disorder (HPPD).
- MDMA (Ecstasy): Memory loss, impaired cognitive function, anxiety, depression.
- Amphetamine: Risk of heart disease, weight loss, anxiety, addiction.

Pile 4: Short-Term Effects

- Cocaine: Euphoria, increased energy, paranoia, anxiety.
- Heroin: Euphoria, drowsiness, slowed breathing, nausea.
- Marijuana: Euphoria, altered perception, impaired memory, increased appetite.
- LSD: Hallucinations, altered sense of time and reality, anxiety, paranoia.
- MDMA (Ecstasy): Euphoria, heightened empathy, increased energy, dehydration.
- Amphetamine: Increased energy, euphoria, reduced appetite, insomnia.

Pile 5: Hormone Effects

- Cocaine: Increases dopamine and norepinephrine levels, causing euphoria and increased energy.
- Heroin: Increases dopamine levels, leading to pleasure and relaxation.



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- Marijuana: Increases dopamine and anandamide, producing relaxation and euphoria.
- LSD: Affects serotonin levels, leading to hallucinations and altered perception.
- MDMA (Ecstasy): Increases serotonin, dopamine, and norepinephrine, causing euphoria, empathy, and increased energy.
- Amphetamine: Increases dopamine and norepinephrine, causing euphoria and heightened energy.

How to Play:

Group Setup: divide participants into Groups:

- Split the participants into groups of 3.
- Depending on the total number of participants, you will have multiple groups. For example, if there are 12 participants, you will have 4 groups.



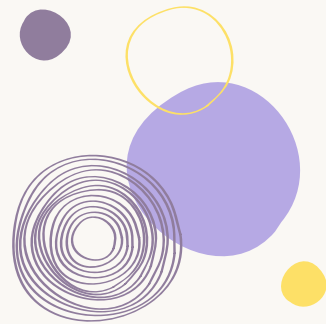
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1. Lay out the five piles separately.
2. Each group will receive the cards without the drug names written on the description, short-term effects, long-term effects, and hormone effects cards.
3. Make sure to leave out the drug name from the cards.
4. The task is to:
 - Select a drug name card from Pile 1.
 - Match it with a description card from Pile 2 based on the description provided.
 - Then, find the corresponding short-term effects card from Pile 3 that describes how the drug affects the body immediately after use.
 - Next, match it with the long-term effects card from Pile 4 that outlines the long-term health consequences of using the drug over time.
 - Finally, match the drug to the hormone effects card from Pile 5, which explains the hormonal changes caused by the drug.
5. Time Limitation: Set a time limit of 10–15 minutes for each group to complete their matching process. This adds urgency and excitement to the activity.



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Discussion and Conclusion:

- After all groups have finished, everyone will come together to compare results.
- Each group will present their matched sets and explain their reasoning behind each match.
- Other groups can discuss or challenge the matches, fostering a collaborative learning environment.
- Finally, review the correct matches as a full group, ensuring everyone understands the connections between drugs, their effects, and hormonal changes.

Goal:

The objective is to correctly match each drug name with its description, short-term effects, long-term effects, and hormone effects, improving understanding of the effects drugs have on both the mind and body.



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Part 3. Healthy Alternatives to Drug-Induced Hormones

Activity – Interactive task: Healthy Alternatives to Drug-Induced Hormones (90 minutes)

In this workshop, we will explore healthy alternatives to drug-induced hormones and develop effective teaching strategies. By using Padlet, we aim to create a shared resource hub where you can gather and organize helpful materials to promote healthy lifestyles among your students.

What is Padlet?

- Padlet is an interactive online platform that allows users to create collaborative boards. Participants can add links, videos, images, and notes in real-time, making it an excellent tool for sharing resources and ideas in a visually engaging way.

Here is a link to our board in Padlet:

<https://padlet.com/ampersandskopje/healthy-alternatives-to-drug-induced-hormones-teaching-strat-ryycx6s5qd5kco9n>



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Materials Needed:

- Handouts summarizing drug-induced hormones and their healthy alternatives
- Padlet wall set up for resource sharing
- Flip charts or large paper (optional for brainstorming)
- Markers

Activity Outline:

1. Group Formation (5 minutes):

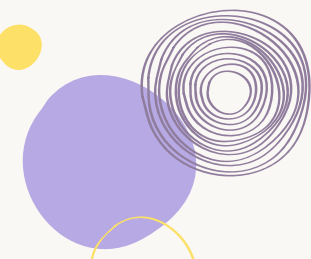
- Divide participants into 4 groups of 3 teachers each.
- Assign each group one hormone:
 - Group 1: Dopamine
 - Group 2: Serotonin
 - Group 3: Norepinephrine
 - Group 4: Anandamide

2. Group Exploration and Strategy Development (25 minutes):

- Each group receives handouts summarizing their assigned hormone, its drug-induced effects, and healthy alternatives.
- Groups will brainstorm:
 - Engaging activities to teach participants about their hormone (e.g., exercises, discussions, interactive activities).



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- How to communicate the importance of healthy alternatives for hormone regulation.
- Strategies for addressing drug use and discussing its impact on their bodies and hormones.
- Groups can use flip charts if they prefer for brainstorming.

3. Resource Sharing on Padlet (15 minutes):

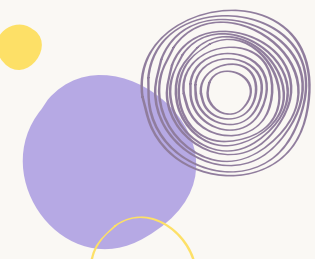
- Introduce the Padlet wall to participants.
- Encourage each group to find and add resources related to their assigned hormone. This could include:
 - Free yoga or exercise videos
 - Podcasts for health and well-being
 - Local sports clubs or community activities
 - Mindfulness and relaxation resources
- Participants will contribute links and ideas in real-time.

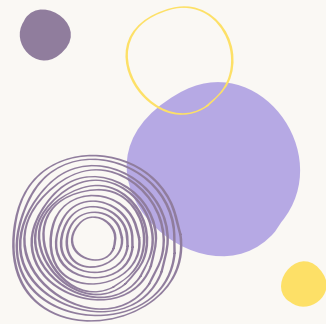
4. Group Presentations (25 minutes):

- Each group presents their strategies and activities, as well as highlights from their Padlet contributions (approximately 5 minutes per group).
- Encourage questions and discussions after each presentation.



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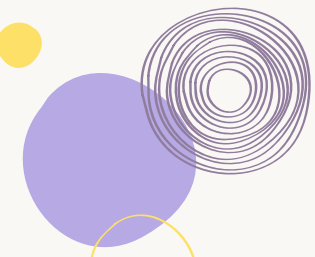
5. Reflection and Integration (10 minutes):

- Engage in a group discussion on how teachers can implement these strategies in their classrooms or workshops.
- Ask participants to share one approach they found particularly effective or innovative.

Conclusion: Summarize key takeaways from the workshop and emphasize the importance of promoting healthy lifestyles and addressing drug use among students.



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Material for the handouts:

Healthy Alternatives to Drug-Induced Hormones

Dopamine

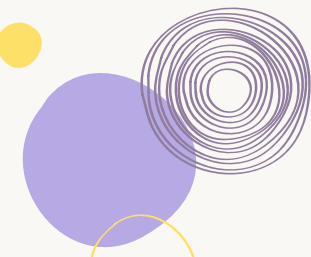
- Drug-induced effects: Feelings of pleasure, reward, and motivation.
 - Healthy alternatives: Exercise: Regular physical activity can boost dopamine levels naturally.
 - Spend time in nature: Exposure to sunlight and natural environments can increase dopamine production.
 - Listen to music: Music can evoke positive emotions and release dopamine.
 - Engage in creative activities: Hobbies like painting, writing, or playing music can stimulate dopamine production.

Serotonin

- Drug-induced effects: Feelings of happiness, well-being, and social connection.
 - Healthy alternatives: Spend time in nature: Sunlight exposure can increase serotonin levels.
 - Practice gratitude: Focusing on positive aspects of life can boost serotonin production.
 - Engage in social activities: Spending time with loved ones and friends can improve mood and increase serotonin levels.
 - Volunteer: Helping others can promote feelings of well-being and increase serotonin levels.



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Norepinephrine

- Drug-induced effects: Increased alertness, energy, and focus.
 - Healthy alternatives: Exercise: Regular physical activity can boost norepinephrine levels.
 - Get enough sleep: Adequate sleep is essential for maintaining healthy norepinephrine levels.
 - Manage stress: Effective stress management techniques can help regulate norepinephrine levels.
 - Eat a balanced diet: Consuming foods rich in nutrients can support overall health and hormone production.

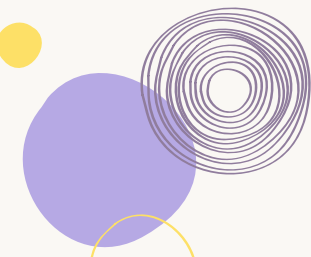
Anandamide

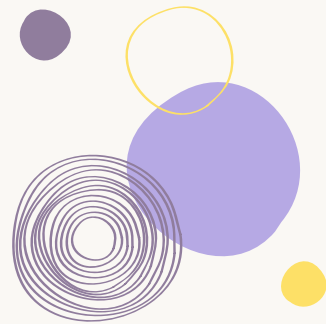
- Drug-induced effects: Feelings of relaxation and euphoria.
 - Healthy alternatives: Practice yoga or meditation: These activities can promote relaxation and increase anandamide levels.
 - Consume chocolate: Dark chocolate contains compounds that can boost anandamide levels.
 - Spend time in nature: Exposure to nature can reduce stress and increase anandamide production.

Remember: It's important to consult with a healthcare professional before making significant changes to your lifestyle or diet, especially if you have underlying health conditions.



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Sources:

- National Institute on Drug Abuse (NIDA): <https://nida.nih.gov/>
- Substance Abuse and Mental Health Services Administration (SAMHSA): <https://www.samhsa.gov/>
- World Health Organization (WHO): <https://www.who.int/about>
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