



Student Discipline
Formation
Office

Drug Education Module

TREDTWO Class

Opening Prayer

Let me be the change I want to see
To do with strength and wisdom
All that needs to be done..
And become the hope that I can be.
Set me free from my fears and hesitations
Grant me courage and humility
Fill me with spirit to face the challenge
And start the change I long to see.
Today I start the change I want to see.
Even if I'm not the light
I can be the spark
In faith, service, and communion.
Let us start the change we want to see.
The change that begins in me.
Live Jesus in our hearts forever!



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TREDTWO Class

Objectives

Knowledge

Skills



Attitudes & Values

Situationer



Use of dangerous drugs is prohibited by **R.A. 9165: Comprehensive Dangerous Drugs Act of 2002.**

An estimated **246 million people**, or **1 in 20 people** between ages 15 and 64 years, abused drugs in 2013.

An estimated **1.8 million** drug users reported in the Philippines in 2012.

Situationer

Most Commonly Abused Drugs

Shabu: **95.47%**

Marijuana: **4.29%**

Others(cocaine, ecstasy, etc.): **0.24%**

Most No. of Drug-affected Barangays

NCR: 92.26%

Region 4A: 49.28%

Region 7: 48.82%

Situationer

No. of users in terms of age

17 years old	– 112
16 years old	– 59
15 years old	– 35
14 years old	– 12
11 years old	– 3

Substance mostly used by Youth

Inhalants

Marijuana

Ecstasy

Level of use among adolescents

Experimenters

Occasional users

Regular users

Situationer: **DLSU**



Student Handbook Section 5.3.1.7

The unauthorized bringing in, carrying, possession or use of prohibited or regulated drugs or chemicals without proper prescription, inside University premises or outside the University during academic function or school activity, and any other violation of the provisions of R.A. 9165, otherwise known as the “Comprehensive Dangerous Drugs Act of 2002” is a **MAJOR OFFENSE.**

Image Source: <https://pbs.twimg.com/media/CQEzdmVVAAETaN.jpg>

Situationer



Close Up Forever Summer Incident (May 2016)

5 Deaths

PNP Autopsy Report: "Brain injury and heart failure"

NBI Autopsy Report: "[Heart is] dark, very black, [with] areas of bleeding."

Situationer



Why, Oh Why Survey 2016 (SDFO Survey)

Common Reasons for Drug involvement

Personal Problems

Peer Pressure

It just feels good

Curiously and experimentation

Escape from reality

Others

Student Discipline Formation Office

Image Source <http://www.dlsu.edu.ph/research/centers/yc/gallery/resources/yuchengco-building.jpg>

Drugs

Any substance that **prevents or cures diseases**, or **enhances physical or mental welfare**.

Any chemical agent that **alters the biochemical** or **physiological processes** of tissues or organisms.



United Nations Office on Drugs and Crime (UNODC)

Image Source <http://media.vocativ.com/photos/2016/02/drugs-pills-0323153180635513.jpg>

<http://media.vocativ.com/photos/2016/02/drugs-pills-0323153180635513.jpg>

https://publications.nigms.nih.gov/medbydesign/images/ch1_drugadmin.jpg

Drugs



Legal Drugs
(Prescribed and OTC Drugs)

Illegal Drugs
(Psychoactive Substances)



United Nations Office on Drugs and Crime (UNODC)
Image Source <http://media.mercola.com/imageserver/public/2010/May/5.25drug-prescription.jpg>
<http://www.businesspundit.com/wp-content/uploads/2011/12/Cover-600x4811.jpg>



Psychoactive Substances

Substances that modify a person's perception, mood, cognition, behavior, or motor functions

Substance Abuse

The harmful use of psychoactive substances, including alcohol and other drugs (AOD).

The sustained use of psychoactive substances
can lead to **dependence syndrome**
a cluster of behavioral, cognitive, and
physiological phenomena.

Introduction to Drug Dependency
Video (“1- Addiction: Context and Signs”)

Understanding Drug Dependence



Typically characterized by:

A strong desire to consume drugs

Difficulty controlling its use

Persistent use despite detrimental effects

Preference to use drugs than to other activities

Increasing tolerance to the drug used

Understanding Drug Dependence

Addiction is progressive.

Without intervention or treatment, it can cause disability or even death.

Common Signs of Drug Use



Changes in attendance in school or work
Abrupt changes in overall attitude
Irritable, discourteous, aggressive
Usually untrustworthy and lacks self-confidence
Low frustration tolerance
Lacking interest in one's studies or work

World Health Organization, 2000

Image Source <http://www.about-drugs.org/skin1/images/signs-of-drug-use.jpg>

Common Signs of Drug Use

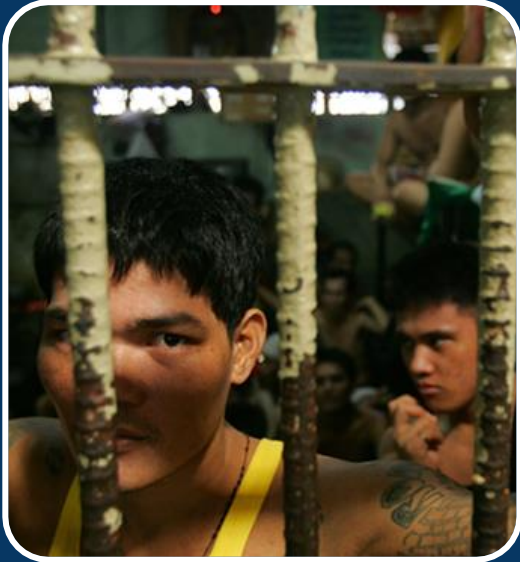


- Blames everybody but oneself
- Prefers to stay with peers
- May frequent odd places
- Poor physical appearance
- Wearing of sunglasses at inappropriate times
- Unusual effort to cover arms to hide needle marks

World Health Organization, 2000

Image Source https://i.ytimg.com/vi/g_-TnJ3Myvs/maxresdefault.jpg

Common Signs of Drug Use

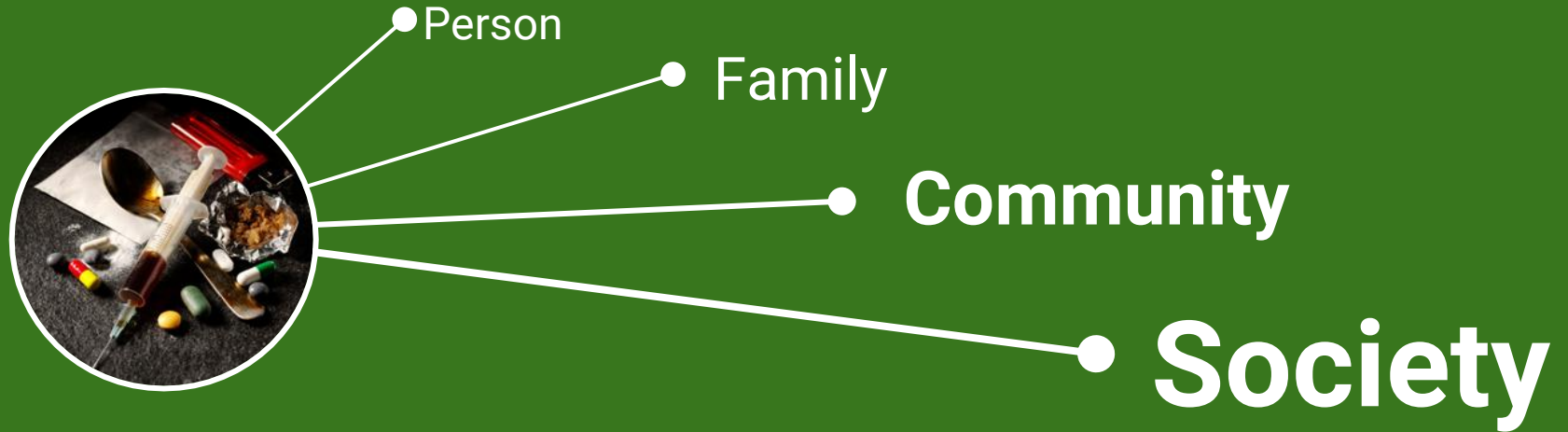


Stealing items which can be readily sold
Unusual borrowing of money from relatives and friends
Association with known drug abusers

World Health Organization, 2000

Image Source http://cnnphilippines.com/news/vwekg9-Criminals-PH_CNNPH.png/alternates/FREE_640/Criminals-PH_CNNPH.png

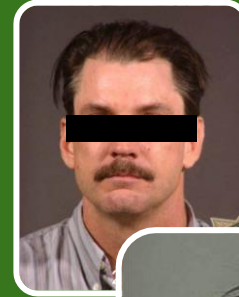
Effects of Drug Abuse



Effects on the Person

Medical and Physical Deterioration

Respiratory, digestive, and other health problems



Personal Deterioration

Manipulativeness; negative attitudes; selfishness; low frustration tolerance; poor family relations; non-trustworthiness; depression; absence of good manners and right conduct, among others.



Effects on the Person



Mental Deterioration

Loss of interest to productive activities; emotional immaturity; no initiative for self-improvement; inability to concentrate; psychosis, among others.

Spiritual Deterioration

Drug abusers are godless; no spiritual beliefs, no spiritual obligations, nor religious responsibilities.

Effects on the **Family**



Family members develop intense feelings of **humiliation and guilt**

Low self esteem of family members

Spirit of togetherness and unity are broken

Domestic violence

Loss of money or valuables

Effects on the Community



Increase in **petty crimes** within neighborhoods

Increase of **drug dependents** and **drug pushers**

Developing fear of drug users among residents, especially at night

Neighborhood association and interaction is reduced

Effects on Society



Increase in **heinous and anti-social crimes**

Overwhelming fear towards drug dependents, limiting people's movement especially at night

Disregarding of moral values and the deterioration of the moral fiber of society (leading to prostitution, pedophilia, child abuse, and other immoral acts)

A threat to **national security**

Myths and Misconceptions
Video (“2- They Said...They Lied”)

Myths & Misconceptions



~~**“Recreational use of drugs is not harmful”**~~

All illegal drugs are dangerous and can cause physical and psychological changes to the user.

Prolonged drug use worsens the harmful effects. Prescription drugs should always be administered and used only at the direction of a physician.

Myths & Misconceptions



~~*“Marijuana is no worse than using alcohol or tobacco”*~~

Alcohol leaves the body within 24 hours (it is water-soluble)

Marijuana is fat-soluble. It attaches to fatty parts of the body (usually the brain and reproductive organs) and can be detected up to **30 days after initial use.**

Myths & Misconceptions



~~***“Marijuana is no worse than using alcohol or tobacco”***~~

Marijuana:

Impairs short term memory

Interferes with reproductive functions

Impairs lung and respiratory functions

Interferes with perception, judgment, and fine motor skills

Myths & Misconceptions



~~***“Everybody is taking drugs. Only the weak ones become drug dependent.”***~~

The **majority of the population** do not use illegal drugs.

Peer pressure is always difficult to cope with and it takes more courage and strength to stand up for what you know is right.

Myths & Misconceptions



~~*"Drug abuse is a 'victimless' crime that only hurts the user."*~~

It affects the **user**, one's **family**, **friends**, immediate **community**, and **society** at large.

Myths & Misconceptions



~~*“If a person wants to take drugs,
governments should not interfere”*~~

The rights of an individual must be **consistent with the safety and welfare of all.**

No one has a right to behave in a manner destructive to others. Users must accept responsibility for the damage, disruption and destabilizing effects his/her behavior causes.

Myths & Misconceptions



~~**“All drug users should be imprisoned.”**~~

Imprisonment does not solve the problem.

Counseling, medical treatment, and long-term support are essential as intervention tools.

Imprisonment does not cure the disease and he/she is likely to return to the drug cycle upon release.



Risk Factors (Family)

Drug Use and Criminal Behavior

Drug use in the family is a factor associated with the initiation and frequency of drug abuse by children.



Poor, Inconsistent Family Management Practices

Children in families with **low disciplinary practices and interaction** with parents are at high risk for delinquency and drug abuse.

Risk Factors (Family)



Family Conflict

Children raised in **families with high rates of conflict** appear at risk for delinquency and drug abuse.

Homes broken by **marital discord** are at higher risk of delinquency and drug use.

Family Social Deprivation

Children living in families characterized by social isolation and multiple entrapments of parents in extreme poverty are at elevated risk of drug abuse.

Risk Factors (Social)

Early Exposure and Frequency of Antisocial Behaviors



Early antisocial behavior in the primary grades predicts frequent use of drugs in adolescence.

Delinquent behavior may lead to drug addiction later in adolescence.

Risk Factors (Social)

Attitudes and Beliefs



Individuals with **values different from those dominant in society** are likely to become delinquents and drug abusers. These values include:

Low religiosity

Rebelliousness

High tolerance of deviance

Resistance to authority

A strong need for independence

Risk Factors (Social)

Attitudes and Beliefs

Knowledge about the health effects has preventive effect on drug use. Positive beliefs and attitude towards use of drugs, alcohol, and tobacco leads to use of these vices.



Risk Factors (Social)



Peer Pressure and Other Factors

Drug behavior and drug-related attitudes of peers are among the **strongest and most potent** predictors of drug involvement.

Risk Factors (School)



School Failure

Delinquency is related to academic performance in school.

School failure in elementary grades precedes delinquency.

Poor school performance is a common antecedent into drugs.

Risk Factors (School)

Low Degree of Commitment to Education and Attachment to School

Those who are committed to participating in school activities, hold high achievement and educational aspirations are the least prone to delinquency and drug abuse.

Drug users are more likely to be absent from school, cut classes and to perform more poorly than non-users.

Risk Factors (Social)

Neighborhood Attachment and Community Disorganization

High population densities, high crime rates, and lack of natural surveillance in public places can cause increased delinquency and drug abuse.

Similar to crime rates, community values and norms also affect rate of adolescent delinquency and drug abuse.



Risk Factors (Other Factors)

Mobility



Increased antisocial behavior results when experiencing **transitions** (transferring schools or moving between levels)

Residential mobility can also predict delinquency, and is also related with drug initiation and frequency of use.

Risk Factors (Other Factors)

Constitutional, Genetic and Personality Factors

Children with biological or psychological deficiencies are at greater risk of abusing drugs.

Those displaying abnormal mood, anxiety or behavior disorders are at increased risk.

Those who are clinically depressive, display anxiety disorders, or impulse control disorders are vulnerable to substance abuse.

Risk Factors (Other Factors)

Media

Advertising is powerful in influencing youth decisions.

Film and TV stars, pop stars and fashion models make smoking seem attractive (Ary, 1988) and the adolescents **imitate** them to smoke their style.



Image Source <http://drmichaelwayne.com/blog/wp-content/uploads/2010/03/drug-ad1.jpg>

Commonly Abused Substances

Alcohol



Other Terms: Ethyl alcohol or ethanol

How it is Used: Drinking

Effects on the Body: Slows reflexes and causes drowsiness when used in excess, dementia, stroke, cardiovascular problems, hypertension, increased risk of many kinds of cancer.

Commonly Abused Substances

Caffeine



Found in: Coffee, tea, cocoa, soft drinks, and some medications

How it is Used: Orally in pill form or consumed in food and drinks

Effects on the Body: Reduces fine motor coordination, increases alertness, alters sleep patterns, and can cause headaches, nervousness, and dizziness.

Commonly Abused Substances

Nicotine



Other Terms: Tobacco; found in cigarettes, cigars, and smokeless tobacco

How it is Used: Smoked or chewed

Effects on the Body: Reduces appetite and can cause nausea and vomiting, increases alertness.

Commonly Abused Substances

Marijuana



Other Terms: Grass, pot, reefer, and weed

How it is Used: Usually smoked; baked into brownies; brewed like tea

Effects on the Body: Marijuana impairs memory, concentration, perception, and movement.

Commonly Abused Substances

Cocaine



Other Terms: Crack, blow, rock, snow, coke

How it is Used: Snorted, smoked, or injected

Effects on the Body: Causes dizziness, headache, stimulates the brain and spinal cord, and increased heart rate. Elevated blood pressure, increased body temperature, increased breathing rate.

Commonly Abused Substances

Ecstasy



Other Terms: X, Molly, Happy Drug, Love Drug

How it is Used: Orally in pill form

Effects on the Body: Increased heart rate, blood pressure, and body temperature, dehydration, nausea, muscle cramping, involuntary teeth clenching, blurred vision, chills, sweating.

Commonly Abused Substances

Shabu



Other Terms: Shabs, S, bato

How it is Used: Snorted

Effects on the Body: Tachycardia, hypertension, atrial and ventricular arrhythmias, chest pain, accelerated atherosclerosis, dyspnea, edema, abscess, cellulitis, seizures, hypotension, dental caries, periodontal abscess (meth mouth), pupillary dilatation.

Commonly Abused Substances

Benzodiazepines



Other Terms: Vs, Downers, Benzos

How it is Used: Taken orally

Effects on the Body: Euphoria, drowsiness, stupor, coma, respiratory depression, seizures, slurring of speech, disorientation, delayed reflexes.

How to Avoid Drug Use



Understand how alcohol and drug addiction develops

Get help if you have an alcohol or drug problem

Avoid temptation and peer pressure

Find support that you need

Maintain physical wellness and mental health

Use drugs properly

How to Avoid Drug Use



Accept yourself

Develop your potentials and engage in productive and fulfilling activities

Communicate your issues and concerns

Learn how to cope with your problems

Seek professional help if you feel you cannot cope with problems

Develop strong moral and spiritual foundations.

Introduction to Drug Treatment
Video (“3- Three Legged Stool”)

Drug Treatment

Withdrawal Management (WM)

Medical and psychological care of patients who are experiencing **withdrawal symptoms** as a result of ceasing or reducing use of their drug of dependence

Drug Treatment

Detoxification

The process of expelling toxins and substances from the body and suppressing withdrawal symptoms.

U.S. Department of Health and Human Services (2006). "Detoxification and Substance Abuse Treatment": 4–5.

Drug Treatment

Rehabilitation Program

Sets of medical or psychotherapeutic treatment for dependency on psychoactive substances such as alcohol, prescription drugs, and street drugs such as cocaine, heroin or amphetamines.

Potenza, M. N (12 October 2008). "The neurobiology of pathological gambling and drug addiction: an overview and new findings".

Drug Treatment

Out-patient Treatment

Drug dependency treatment where the patient is not admitted to the hospital or facility.

Drug Treatment

Residential Rehabilitation

Treatment programs for substance dependency provided for patients in residential settings.

<https://www.addiction.com/a-z/residential-rehabilitation/>

Drug Treatment

Follow-up and Aftercare

Support services for persons discharged from hospitals and rehabilitation centers.

LEVEL OF USE	MANAGEMENT
<i>Abstainer</i>	<i>Preventive Education</i>
<i>Experimenters</i> <i>Occasional Users</i> <i>Regular Users</i>	<i>Counseling</i>
<i>Drug Dependent</i>	<i>Drug Rehabilitation</i>
<i>Mentally Ill Chemical Abuser</i>	<i>Psychiatric treatment (Substance Induced Psychosis)</i>

How to Help a Friend



Reflection/Interactive Activity

Video (“4- Tom’s Story”)

0:00-2:03

Morality

**The principles of right or wrong behavior
generally accepted by society.**

Morality determines what is right and wrong, good and bad personal or social behavior, based on a certain standard of conduct.

<https://newlife.bible/article/what-is-morality/>

Christian Morality

The set of moral standards based on the
Bible and the teachings of Jesus

Following the these moral codes helps mold us into people of integrity.

Christian Morality

*“...your **bodies are temples of the Holy Spirit**, who is in you, whom you have received from God...”*

1 Corinthians 6:19

Teachings of the Founder

“Don’t be discouraged by anxieties and troubles. Life is full of them.”

(Letter 102 - to an unnamed Brother, date unknown)

“You have received talents and graces from God.”

(MTR 13.1 [Med 205.1])

“God inspires us to walk in the footsteps of his Son.”

(Med 3.3)

“Remembering that God is with you will help and inspire you in all that you do.”

(Letter 2 - to a Brother, 15 May 1701)

Integration

Video (“5- Addiction: You Will Be Freed”)

**You may access the videos and presentation
thru this link:**

<http://tinyurl.com/drugeduc>

WE WOULD BE GLAD TO SERVE YOU



Service Hours

Monday to Friday

Saturday

7:00AM - 9:30PM

7:00AM - 6:00PM



Offices

Enforcement Section - SJ117

Education, Advocacy, and Programs Section - SJ115

Lost and Found Section - SJ105



Landline

- 536-0269
- 524-4611 to 24
- Local nos. 414, 611, 290



Mobile

- 0928 393 9036



Email

- sdfo@dlsu.edu.ph

for updates and announcements



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