

Teen Health Course 2

Chapter 10 Drugs

VIDEO SUMMARY

In the video, you learned about the harmful effects of club drugs. Although they are often promoted as safe, club drugs can cause many serious health problems. Club drugs are not created in a controlled environment, so you can never be sure what harmful chemicals you are consuming if you use these drugs. All drugs, even legal drugs, are dangerous if they are abused.

[Click here to watch video; 00:04:07](#)



Discussion Questions

1. According to the video, what are the physical effects of club drugs?
Euphoria, psychosis, memory loss, and sometimes death.
2. Why are some club drugs known as “date-rape drugs?”
Date-rape drugs cause sedation and memory loss, causing the victim to have no memory of a sexual assault.
3. What strategies would you use to say no if someone offered you drugs?
Answers will vary.

Activity

OBJECTIVE

Students will use visual media to demonstrate their understanding of strategies for living drug-free.

Skill Summary: Practicing Healthful Behaviors; Refusal Skills; Advocacy

MATERIALS

- Poster board
- Drawing supplies

PROCEDURES

1. Have students create posters highlighting strategies teens can use to avoid drugs.
2. Ask students to illustrate their posters and present them to the class.
3. Students may choose to use a different medium to present their ideas, such as a brochure or a skit.

EXTENSION

Have students form small groups and research a club drug to learn about its effects. Students may share their findings with other classes or grades with a presentation or by making posters to hang in the school.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- Learn about the warning signs of teen drug abuse at the [Focus Adolescent Services](#) Web site.
- Go to the [U.S. Department of Health and Human Services](#) Web site for a tip sheet for teens that answers some common questions about club drugs.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

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After you have watched the video, write your responses to these questions.

1. According to the video, what are the physical effects of club drugs? _____

2. Why are some club drugs known as “date-rape drugs?” _____

3. What strategies would you use to say no if someone offered you drugs? _____
