



DELAWARE 4-H

Healthy Living

ALCOHOL AND DRUG PREVENTION

GOALS

To review concepts and dangers of taking drugs and consuming alcohol.
Participants will increase their knowledge in these topics.

SUPPLIES

- This sheet of paper
- 5-10 students
- Chart with all effects of each substance
- Evidence card sheet listing various effects for students to then determine the specific substance

TIME REQUIRED

15-30 minutes

SUGGESTED AUDIENCE

Ages 11 and up

PROCEDURE

1. Put the students into groups of 5.
2. Give each group a chart with the effects of each drug on the human brain and body.
3. Give students "Evidence Card" and tell them what their substance affects.
4. Have students match information of their substance with the substances on the chart.
5. Go through each substance until each group is able to solve the mystery of what substance they have.

REFLECT: Ask Youth

1. What are some new facts you learned today?
2. What do you think you could do to help someone who isn't aware of some of the dangers of drugs and alcohol?

APPLY: Ask Youth

1. How will you share this information with others?

Thank you for participating in this fun activity!



Cooperative Extension
COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



Our thanks for supporting DE 4-H
"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!



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EFFECTS OF ALCOHOL AND DRUGS

ALCOHOL

- Interferes with brain's communication pathways (changes mood, behavior, and makes it hard to think clearly)
- Can cause heart problem (Stroke, high blood pressure, irregular heart beat, stretching and drooping of heart muscles)
- Can lead to liver problems and inflammations (fatty liver, alcohol hepatitis, fibrosis, cirrhosis)
- Can lead to pancreatitis and cause swelling of blood vessels in pancreas that prevents proper digestion
- Can cause cancer (mouth, esophagus, throat, liver, breast)
- Can weaken immune system

MARIJUANA

- Impaired Judgment
- Increased anxiety
- Increased Depression symptoms
- Weakened Immune system
- Lung Cancer
- Accelerated Heartbeat
- Phlegmy cough
- Bronchitis
- Red eyes
- Memory Problems

COCAINE

- Loss of appetite
- Increased heart rate, blood pressure, and body temperature
- Contracted blood vessels
- Nausea
- Disturbed sleep patterns
- Increased rate of breathing
- Anxiety and paranoia
- Depression
- Seizures, which can lead to sudden death
- Permanent damage to blood vessels, heart and brain
- High blood pressure
- Destruction of nose tissue
- Malnutrition
- Tooth Decay
- Reproductive damage and infertility
- Liver, kidney and lung damage

LSD

- Hypothermia or overheating
- Cardiovascular collapse or sudden heart failure
- Impaired judgment
- Hallucinations
- Delusions or false beliefs
- Disorganized thought patterns
- Mood swings

HEROIN

- Deterioration of brain (affecting decision making, ability to regulate behavior, and responses to stressful situations)
- Restlessness
- Muscle and bone pain
- Insomnia
- Diarrhea
- Vomiting
- Extremely addictive
- Collapsed veins
- Bacterial Infections
- Infection of heart lining and valves
- Arthritis
- Liver and Kidney disease



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Healthy Living

EVIDENCE CARD SHEET

EVIDENCE CARD

- I can change your mood!
- I weaken the immune system!
- I could give you a stroke!
- I can ruin your liver!

WHAT AM I? ALCOHOL

EVIDENCE CARD

- I can make your eyes red!
- I can give you a gross cough!
- I could make you get lung cancer!
- I can make you forget things!

WHAT AM I? MARIJUANA

EVIDENCE CARD

- I can make you see things that aren't really there!
- I can make your body overheat!
- I can mess with your mood!
- I could make your heart fail.

WHAT AM I? LSD

EVIDENCE CARD

- I can ruin the inside of your nose!
- I could give you a seizure!
- I could make your heart beat way too fast!
- I can make you sad!

WHAT AM I? COCAINE

EVIDENCE CARD

- I eat away at your brain!
- I am very addictive!
- I can make your heart infected!
- I can make you not be able to fall sleep!

WHAT AM I? HEROIN