

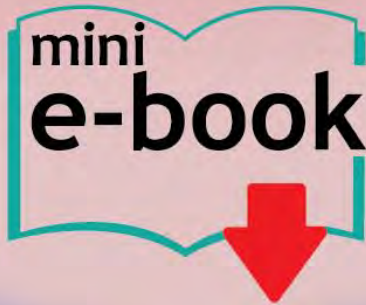


Health

Drug Awareness



For Upper Primary



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Preview

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1. As a class, brainstorm types of drugs and record responses in the thought bubble.



2. Divide this list into two categories: legal and illegal drugs. Some drugs may be legal and illegal in different circumstances; these should be placed in the middle column.

Legal	Both	Illegal

3. What is a drug? As a class discuss this and develop a definition of the word "drug". Write your definition here.



- Read the information then complete the questions.



Did you know that caffeine is classified as a drug? Caffeine is typically found in a range of beverages (drinks), but is also found in chocolate.

Recommendations for the intake of caffeine for adults and children:

Caffeine is not a nutrient like calcium and fibre. This means that we don't need to consume any caffeine to be healthy.

Because consuming too much caffeine can have bad effects on our health, it is recommended that 500 grams per day or up to five cups of coffee, should not be exceeded for adults.

It is recommended that children do not consume caffeine, as the effects on children are more serious than they are for adults.

Questions

1. Brainstorm and identify as many beverages as you can think of that contain caffeine.

Brainstorm area for identifying beverages containing caffeine.

2. Why do people consume caffeine? _____
- _____
3. Think about how caffeine affects the body. Use the bolded words to complete the paragraph.

•stimulant •faster •stomach •dependant •awake •too much

Caffeine is a _____ drug and can help to make a person feel more _____ and energetic. However, consuming _____ caffeine can cause a person to feel hyperactive, nervous and jumpy. It can also make a person's heart beat _____ and can cause headaches and _____ aches. If you consume caffeine regularly, it is possible to become _____.

Consider each of the following statements. Place a tick next to the statements that you believe are true, and a cross next to the statements that you believe to be incorrect.

1. The legal age to be allowed to buy cigarettes in Australia is 16.

2. Point of sale advertising is allowed in Australia.

3. Groups such as Healthyway (Quit) provide sponsorship for sporting events to replace advertising revenue from cigarette companies.

4. Cigarettes cause lots of different types of cancer, including lung cancer, cancer to the lips and throat.

5. Passive smoking is when you only smoke occasionally, not on a daily basis.

6. Smoking can cause emphysema, asthma and blindness.

7. Smoking kills more people in Australia than all the people killed by alcohol, other drugs, murder, suicide, road crashes, rail crashes, air crashes, poisoning, drowning, fires, falls, lightning, electrocution, snakes, spiders and sharks.

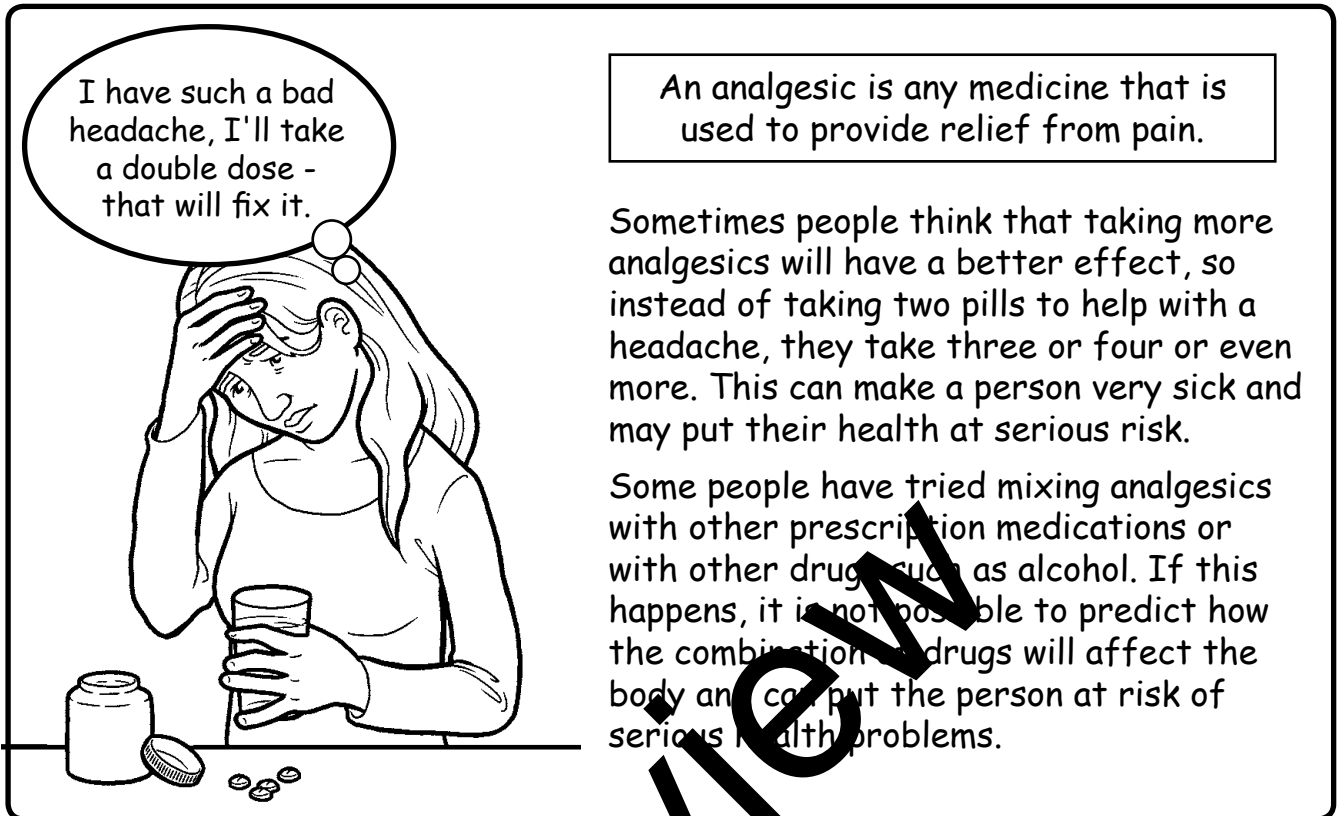
8. Tobacco is the addictive part in cigarettes.



In the space below, rewrite the false statements to make them true and correct statements. You may need to do some research.

EXTRA! On the back of this sheet explain how cigarettes can affect your body. You will need to do some research. A good place to start your research is at www.oxygen.org.au/hardfacts/smokinginaustralia

- Read the information then complete the questions.



I have such a bad headache, I'll take a double dose - that will fix it.

An analgesic is any medicine that is used to provide relief from pain.

Sometimes people think that taking more analgesics will have a better effect, so instead of taking two pills to help with a headache, they take three or four or even more. This can make a person very sick and may put their health at serious risk.

Some people have tried mixing analgesics with other prescription medications or with other drugs such as alcohol. If this happens, it is not possible to predict how the combination of drugs will affect the body and can put the person at risk of serious health problems.

Questions

1. List some analgesics that you have heard of.

Preview

2. Why do you think people use analgesics? _____
- _____
3. How can you make sure that you don't have any problems if you need to use this type of medication?
- _____
- _____

Activity

Refusing Drugs

Some people take drugs because they are offered them and feel pressured to say yes. Practising how best to refuse drugs is important; it will make you feel more confident if ever put in this situation. Giving reasons why you do not want to take drugs offered, helps to make you appear firm in your response and not able to be easily influenced.

- In the speech bubbles below, script refusing drugs and offer reasons why you do not want to take the specified drugs.

1

Say NO to Cigarettes



Want one?
One won't hurt.



2

Say NO to Caffeine



Do you want a cup
of coffee? It might
help you to stay
awake and finish
your homework?

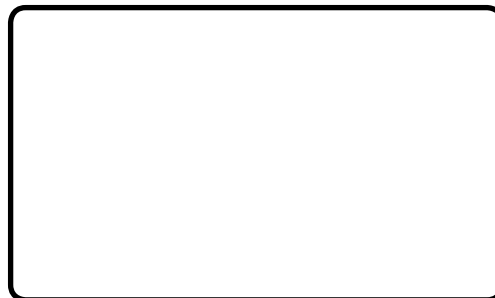


3

Say NO to Analgesics



These
painkillers will
take away your
shoulder pain.



Page 3

1) Provide students with time to discuss/ write down as many examples as they can of drugs (alcohol; cigarettes; panadol/similar analgesics; antibiotics/other prescription medicines; illicit drugs (marijuana, speed, ice, etc.); coffee, chocolate). Popcorn these ideas to the board (popcorn involves having students calling out their ideas to be written on the board). Do not edit their suggestions at this stage, but rather discuss the suggestions. They are divided into legal and illegal categories in the next part of the activity and at this time, you may choose to cross some of the suggestions out.

2) Divide the suggestions into two groups: legal and illegal drugs. Note: some legal drugs may be illegal in particular circumstances, for example, alcohol under the age of 18, cigarettes under the age of 18, etc. Some medicines require a prescription to be legal. Scaffold a discussion with the class to identify these.

SUGGESTED ANSWER

3) A drug is any chemical that you take that affects the way that your body works; substance that change a person's physical or mental state.

Page 4

1) (Suggested) coffee, Redbull; Mother; Coca Cola; tea, etc.

2.) They like the taste; they have become addicted to caffeine; caffeine makes them feel better; caffeine makes them feel more awake; to be social; improves their concentration; consuming caffeine has become a habit.

3) Caffeine is a **stimulant** drug and can help to make a person feel more **awake** and energetic. However, consuming **too much** caffeine can cause a person to feel hyperactive, nervous and jumpy. It can also make a person's heart beat **faster** and can cause headaches and **stomach aches**. If you consume caffeine regularly, it is possible to become **dependent**.

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This activity can be run as a thumbs up-thumbs down activity.

Ask students to complete the task as best they can, with a simple tick if they believe the statement is true and a cross if they believe the statement is incorrect. After they have been provided time to do this, read the statements out loud to the class. Students should respond with a thumbs up if they have answered it as true and thumbs down if they believe the statement to be incorrect. Ask individual students to explain their responses (to increase accountability). Provide the students with the correct answer. If the statement is incorrect, students need to alter the sentence to make it read correct.

ANSWERS

1. The legal age to be allowed to buy cigarettes in Australia is 16. (False) The legal age to purchase cigarettes in Australia is 18.
2. Point of sale advertising is allowed in Australia. (False) Cigarette companies are no longer allowed to advertise their products anywhere, not even where they are sold.
3. Groups such as Healthyway (Quit) provide sponsorship for sporting events to replace advertising revenue from cigarette companies. (True) Taking away the advertising money paid by cigarette companies to sporting events, put such events at great financial risk. Funds from cigarette taxes are channelled through Healthyway to provide financial support to certain sporting and entertainment events. These partnerships also provide Healthyway with an avenue to promote the anti-smoking message.
4. Cigarettes cause lots of different types of cancer, including lung cancer, cancer to the lips and throat. (True)
5. Passive smoking is when you only smoke occasionally, not on a daily basis. (False) Passive smoking refers to breathing in

Answers

second hand smoke. This occurs when you are standing close to a person smoking.

6. Smoking can cause emphysema, asthma and blindness. (True)
7. Smoking kills more people in Australia than all the people killed by alcohol, other drugs, murder, suicide, road crashes, rail crashes, air crashes, poisoning, drowning, fires, falls, lightning, electrocution, snakes, spiders and sharks. (True)
8. Tobacco is the addictive part in cigarettes. (False) Nicotine is the addictive drug in cigarettes.

EXTRA!

Possible responses for this activity:

- reduced lung function (trouble breathing, may be noticed more when exercising);
- lung damage;
- sore throat;
- damage to blood vessels (veins and arteries);
- makes the heart work harder and faster;
- less blood flow to the fingers and toes which over time can lead to gangrene and amputation;
- increased risk of stroke and heart attack;
- immune system doesn't work as well so more prone to infections (such as pneumonia and influenza);
- bones become weaker;
- loss of smell and taste;
- increase risk of blindness;
- skin becomes wrinkly at an earlier age;
- susceptible to gum disease;
- yellow/brown stained teeth;
- stained fingers;
- if pregnant, increase risk to the baby of deformities such as cleft palate and cleft lip, SIDS, ear infections and meningococcal disease and lowered birth weight;
- cancer of mouth, lungs, nose, tongue, and throat.

Page 6

1) (Suggested) aspirin, codeine (in combination products), ibuprofen, paracetamol or more specifically Panadol, Neurofen, Disprin, and Panadeine.

2) To reduce or eliminate headaches, muscle aches and pains, fever/temperature, migraines.

3) It is very important that analgesics are used in strict compliance with the instructions on the packet or as instructed by a doctor.