

Alcohol and Drug Awareness



Course Outline

Course Introduction

- Course Overview and Objectives
- Trends and Changes
 - ✓ Monitoring the Future Survey Results
 - ✓ Delta-8-THC
 - ✓ Marijuana Laws
 - ✓ Status on Ban of Menthol Cigarettes
- Course Content and Related Information

Drug and Alcohol Basics

- All Cultures Use Drugs
- Drugs and Youth
- Terms and Definition
 - ✓ Drugs
 - ✓ Synthetic Drugs
 - ✓ Gateway Drugs
 - ✓ Psychoactive
- Questions About Drugs
- Categories of Drugs
 - ✓ Depressants
 - ✓ Stimulants
 - ✓ Hallucinogens and Psychedelics
 - ✓ Opioids/Opiates and Narcotics
 - ✓ Club Drugs
 - ✓ Inhalants
 - ✓ Cannabinoids

Legal Drugs

- Alcohol Basics
 - ✓ Tolerance
 - ✓ Effects of Alcohol
- Nicotine, Tobacco, and E-cigarettes
 - ✓ Effects of Nicotine and Tobacco
 - ✓ Vaping (Video)

Alcohol and Drug Awareness



Course Outline

Cannabis and Marijuana

- Marijuana
- Marijuana and Teens
- How Is Marijuana Ingested?
- Effects of Marijuana
- Facts About Marijuana
- Marijuana for Medical and Recreational Use

Synthetic Drugs

- Synthetic Cannabinoids
 - ✓ Sales of Synthetic Marijuana
 - ✓ Effects of K2 (Spice)
- Bath Salts
 - ✓ Ingesting Bath Salts
 - ✓ Effects of Bath Salts

Club Drugs

- Club Drugs: All the Rave
- MDMA (Ecstasy)
 - ✓ Common Street Names
 - ✓ Facts about MDMA ("Ecstasy" / "Molly") (Video)

Prescription and OTC Drugs

- Abuse of Prescription and OTC Drugs
- Opioids: Prescription Painkillers
- Commonly Abused Prescription and OTC Drugs
 - ✓ Opioids (Pain Medications)
 - ✓ Stimulants
 - ✓ Depressants
 - ✓ Other
- Effects of Prescription Drugs and Painkillers
 - ✓ Opioids

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- ✓ Stimulants
- ✓ Central Nervous System Depressants
- OxyContin
- Ritalin
- DXM

Inhalants

- Inhalants: Illegal Uses for Legal Substances
- Inhalant Chemicals
- How Are Inhalants Ingested?
 - ✓ Sniffing
 - ✓ Huffing
 - ✓ Bagging
 - ✓ Torching
- Inhalant Highs
- Effects of Inhalants
 - ✓ Short-Term Effects
 - ✓ Long-Term Effects
- Raising Awareness About Huffing in Our Society (Video)

Other Illegal Drugs

- Heroin
- Hallucinogens
 - ✓ LSD
 - ✓ Peyote
 - ✓ Psilocybin
 - ✓ PCP
 - ✓ Ketamin
- Stimulants
 - ✓ Methamphetamine
 - Common Street Names
 - ✓ Cocaine
 - Common Street Names

When Youth Abuse Drugs

- Monitoring the Future Survey Results
- Street Names for Commonly Abused Drugs
- What is Drug Abuse
 - ✓ Defining Drug Abuse
 - ✓ Stages of Drug Abuse
 - Stage 1: Experimentation
 - Stage 2: Regular Use or Misuse
 - Stage 3: Dependence
 - Stage 4: Addiction
- Basic Questions
 - ✓ What We Need to Know
 - ✓ Primary vs Secondary Schools
- Who Abuses Drugs and Why
 - ✓ Who Abuses Alcohol and Drugs?
 - ✓ Why Youth Abuse Alcohol and Drugs?
 - ✓ Where Do Youth Get Drugs?
- Risk Factors and Protective Factors

Recognizing Drug Use and Abuse

- Symptoms and Effects
- Legal Drugs: Alcohol and Tobacco
 - ✓ Accessing
 - ✓ Recognizing the Signs
- Marijuana and Cannabis
 - ✓ Accessing
 - ✓ Recognizing the Signs
- Synthetic Drugs
 - ✓ K2 / Spice
 - ✓ Accessing
 - ✓ Recognizing the Signs
- Prescription and Over-the-Counter Drugs
 - ✓ Accessing
 - ✓ Signs of Prescription and OTC Drug Abuse
 - Opioids
 - Stimulants

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- OTC Drugs
- Inhalants
 - ✓ Recognizing the Signs
- Heroin and Other Illegal Drugs

Programs and New Jersey Policies and Procedures

- Strategies and Prevention in Schools
 - ✓ Overview
 - ✓ Strategies for Elementary School
 - ✓ Middle School/Junior High Programs
 - ✓ Tips for High School
 - ✓ Smoking and Schools
 - ✓ Tips for Discussing Drugs
- Notable Weeks for your Calendar
 - ✓ National Drug & Alcohol Facts Week
 - ✓ National Prescription Take Back Day
- New Jersey Drug and Alcohol Policy
 - ✓ Guidelines for Reporting

Course Summary and Closing

- Final Thoughts
- Course Completion