

Lesson 7

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This lesson explores the use of stimulants.

Materials Needed: Chalkboard

Step I Write on the chalkboard: **Stimulants**

Tell the students that a stimulant is any drug that increases the activity of any organ of the body, especially the brain, in an unnatural way.

Step II Tell the students that the most commonly used drugs of the class called stimulants are **amphetamines** and **cocaine**.

Write on the chalkboard: **Amphetamines**

List the “street names” of these drugs and the harmful effects of using these drugs, as suggested by the students. Their responses should include the following:

Amphetamines:

Speed, Uppers, Bennies, Pep pills, Dexies, Black Mollies (diet pills), Ice (a methamphetamine), Meth, Khat (plant), and Crystal

Harmful effects:

Increased blood pressure, loss of appetite, hallucinations, delusions, paranoia*, anxiety, tolerance, and exhaustion. Death from overdose is rare.

*Prolonged use can result in a paranoid psychosis, which may cause feelings of persecution.

Step III Write on the chalkboard: **Cocaine/Crack**

Tell the students that crack is a methamphetamine that is made in a laboratory and used as a substitute for cocaine because it is less expensive. Crack is used in the same way as cocaine and has similar harmful effects. List the “street names” and harmful effects of using cocaine or crack, as suggested by the students.

Cocaine/Crack:

Coke, Toot, Snow, Nose Candy, and White Lady

Harmful effects:

Sleeplessness, hallucinations, paranoid delusions, violent behavior, elevated heart rate, damage to nasal passages, pupil dilation, and addiction from repeated use of the drug. Overdose can cause tremors, convulsions, delirium, and death.

Step IV Tell the students that a stimulant may cause strong psychological *dependence*. Remind students that using **any** of these drugs may result in the development of a tolerance for the drug, thereby causing the user to increase the dosage frequently.