

HEALTH EDUCATION II

MODULE 8

SMART DECISION: NO TO STIMULANT ABUSE



- *What this Module is all about*

It is important that you consider your life, your health, your family, and your country every time someone tempts you to take dangerous drugs. Making responsible decisions concerning matters about drugs is a must if you do not want to be hooked on it.

In this Module you will learn more about the difference between regulated and prohibited drugs, the provisions of the Comprehensive Dangerous Drugs Act of 2002, the ways to avoid drug abuse, and how to make responsible decisions to avoid drug abuse.



**What you are expected to learn from this Module*

After completing this Module you shall have:

- Differentiated regulated from prohibited/ dangerous drugs;
- Identified the corresponding penalty for different violations prescribed in the Comprehensive Dangerous Drugs Act of 2002;
- Identified the duties of drug-related agencies in combating drug abuse;
- Made wise decisions on situations about drug abuse;
- Identified actions/ behavior/ decisions that will keep you away from drug abuse.



** How to learn from this Module*

You are encouraged to enjoy spending time in learning from this Module but before you proceed, remember to observe the following reminders:

1. Answer the pre-test before going over the materials. This is to find out what you already know.
2. Be honest in answering and checking your activity.
3. Follow closely the instructions in every activity.
4. Review the lessons that you think you failed to understand.
5. Seek assistance from your teachers if you need help.
6. Answer the post test at the end of this Module.
7. Record your answers and lessons taken in your notebook.

Before working on this Module, first, answer the pre-test to determine what you already know about the lesson.

Are you ready? Good Luck and Happy Learning!



* PRE-TEST

Before you can work on this Module, you have to answer first the pre-test to determine what you already know about the lesson. Write the correct answer in your notebook.

1. One of the following is a dangerous drug
 - a. amphetamine
 - b. caffeine
 - c. cough syrup
 - d. shabu
2. Possession of 50 grams of shabu has a penalty of
 - a. life imprisonment
 - b. life imprisonment to death and two thousand to five hundred thousand pesos fine
 - c. life imprisonment to death and five hundred thousand to ten million pesos fine.
 - d. death sentence
3. Dangerous drugs have
 - a. known medicinal value
 - b. legal purpose
 - c. no medical use
 - d. prescriptions needed
4. If arrested for drug use for the first offense, the penalty is
 - a. 6 months rehabilitation in government rehabilitation center
 - b. 6 months rehabilitation in a private center
 - c. 6 years imprisonment
 - d. 6 weeks imprisonment
5. Controlled/ regulated drugs have
 - a. medical use
 - b. no known medical use
 - c. no valid legal use
 - d. no essential use
6. Takes charge of all confiscated, seized, surrendered dangerous drugs
 - a. DDB
 - b. NBI
 - c. PDEA
 - d. PNP
7. Implementing arm agency of DDB
 - a. DARE
 - b. NBI
 - c. PDEA
 - d. PNP

8. What act repealed the Dangerous Drug Act of 1972?
 - a. Comprehensive Dangerous Act of 2002
 - b. Comprehensive Dangerous Drug Act of 2002
 - c. Comprehensive Drug Act
 - d. Comprehensive Drug Act of 2002
9. Which is not a criteria of a responsible decision?
 - a. promotes health
 - b. respects self
 - c. safe
 - d. shows poor behavior
10. Which is not a way to avoid drug abuse?
 - a. get involved in worthwhile activities
 - b. join income generating projects
 - c. seek advice when serious problems arise
 - d. stay away from friends, just be alone

Compare your answers with the Key to Correction.

You may now proceed to Lesson 1.

• *LET'S LEARN !!!*



Lesson 1

DANGEROUS AND CONTROLLED DRUGS

The use of some drugs like shabu, ecstasy, and other dangerous drugs is illegal under any circumstances. These substances are highly potential for abuse and have no medical use. Some drugs have dual status: their use can either be legal or illegal. Amphetamine use for example is legal when bought with the prescription of a doctor. It becomes illegal when obtained from illegal sources and through illegal means.

Doctors prescribe amphetamines to individuals with health problems, to help them suppress their appetite thus lose weight. Other people take this to fight depression and fatigue without the doctor's advice. The serious side effects and widespread use of this drug resulted to the passing of controlled substances act in some countries.

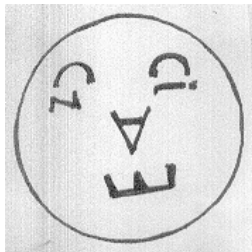
Examples of prohibited drugs are shabu, opium, heroin, ecstasy, marijuana. These drugs have no medical use. These are illegal drugs. To sell, buy, use, possess these drugs is illegal.

Regulated/ controlled drugs have accepted medical use. These drugs have a high potential for abuse so the use is regulated or controlled. Amphetamine is one example of these drugs.

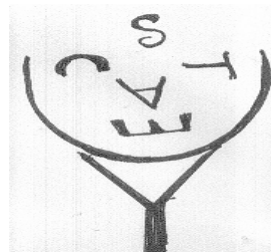


Activity 1 “Guess What!”

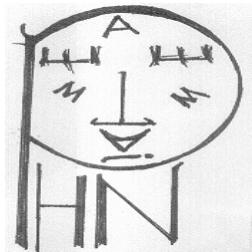
Identify the caricatures below. Categorize whether it is prohibited/dangerous or regulated/controlled drugs. Write your answers in your notebook.



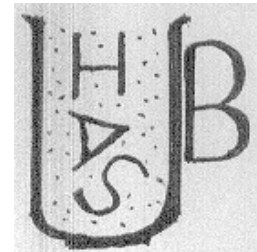
1



2



3



4

You may compare your answers with the Key to Correction.



Activity 2 “Can You Read Me?”

Read the dialogue below:

- Student : Ma'am, can I buy amphetamine at the drugstore?
Teacher : Not unless you have a doctor's prescription.
Student : Why ma'am?
Teacher : It is a regulated drug. You can only use that under the doctor's supervision, so you need a prescription from your doctor.

- Student : I have a problem with my weight. I want to suppress my appetite.
- Teacher : There 's danger when you use that without the advice of your doctor. This drug has high potential for abuse and side effects.
- Student : So shabu, cocaine, ecstasy, and marijuana are even more dangerous, ma'am?
- Teacher : Yes, these are prohibited and dangerous drugs. It is illegal to possess, buy, sell, and use them. Moreover, these drugs do not have medical use.
- Student : I hope drug abuse will be controlled in the Philippines, ma'am.
- Teacher : How I wish also! Well, with the new Comprehensive Dangerous Drug Act of 2002 the penalty is heavier now.
- Student : Ma'am, I'll join the NDEP activities. I want to help in the drug abuse prevention campaign in our school.
- Teacher : Very good! Those NDEP activities can create awareness on the dangers of drug abuse. They will also help keep the students busy. Okay, good luck!



Activity 3 “Agree or Disagree?”

In your notebook, write Agree if the fact/concept is correct and write Disagree if it is not correct.

1. Shabu is a prohibited and dangerous drug.
2. Amphetamine is a regulated drug.
3. Shabu, ecstasy, marijuana and cocaine are regulated drugs.
4. Regulated drugs can only be used with a doctor's prescription and supervision.
5. Joining NDEP activities in the school can help in the drug abuse prevention campaign.



Lesson 2

PROVISIONS OF THE LAW REGARDING DRUG ABUSE

THE Comprehensive Dangerous Drugs Act of 2002 took effect on July 4, 2002. This is an act repealing or revising Republic Act No. 6425, otherwise known as the Dangerous Drugs Act of 1972. In the new Comprehensive Dangerous Drugs Act of 2002 penalties for violations of the law are heavier than before. The following penalties for unlawful act are listed below.

Unlawful Act:	Penalty:
<ul style="list-style-type: none"> • Importation of Dangerous Drugs and/or Controlled Precursors and Essential Chemicals 	<p>for dangerous drugs</p> <ul style="list-style-type: none"> * life imprisonment to death + five hundred thousand to ten million pesos fine <p>for controlled precursors and Essential Chemicals</p> <ul style="list-style-type: none"> • 12 years and 1 day to 20 years imprisonment + one hundred thousand to five hundred thousand pesos fine
<ul style="list-style-type: none"> • Sale, Trading, Administration, Dispensation, Delivery, Distribution, and Transportation of Dangerous Drugs 	<p>for dangerous drugs</p> <ul style="list-style-type: none"> * life imprisonment to death + five hundred thousand to ten million pesos fine <p>for Controlled Precursors and/or Essential Chemicals</p> <ul style="list-style-type: none"> * 12 years and 1 day to 20 years + one hundred thousand to five hundred thousand pesos fine
<ul style="list-style-type: none"> * Possession of dangerous drugs 10 grams or more of cocaine or cocaine hydro chloride 	<ul style="list-style-type: none"> * life imprisonment to death + five hundred thousand to ten million pesos fine
<p>50 grams or more of shabu 10 grams or more of ecstasy</p> <p>Note: If the quantity is less than the foregoing quantities, the penalty is graduated.</p> <p>10 grams or more but less than 50 grams of shabu</p> <p>5 grams or more but less than 10 grams of ecstasy</p>	<ul style="list-style-type: none"> * life imprisonment + fine of four hundred thousand to five hundred thousand pesos <ul style="list-style-type: none"> • imprisonment of 20 years to life imprisonment + four hundred thousand to five hundred thousand pesos fine

less than 5 grams of shabu, cocaine, ecstasy	<ul style="list-style-type: none"> • 12 years and 1 day to 20 years imprisonment + three hundred thousand to four hundred thousand pesos fine
* Use of dangerous drugs	<p><u>1st offense</u></p> <ul style="list-style-type: none"> • 6 months rehabilitation in a government center <p><u>2nd offense</u></p> <ul style="list-style-type: none"> • 6 years and 1 day imprisonment to 12 years and fifty thousand to two hundred thousand pesos fine
<ul style="list-style-type: none"> • Unnecessary prescription of Dangerous drugs 	<ul style="list-style-type: none"> • 12 years and 1 day to 20 years imprisonment + one hundred thousand to five hundred thousand fine and revocation of license to practice the profession
* Unlawful prescription of Dangerous drugs	<ul style="list-style-type: none"> * life imprisonment to death + five hundred thousand to ten million pesos fine



Activity 4 “Headline!”

Read the news headlines below and write the corresponding penalty for the offense committed. Write all answers in your notebook.

- Headline # 1 Chemist Caught In The Clandestine Laboratory,
Now Facing Charges
- Headline # 2 Known Artist Caught With 50 Grams Of Shabu!
- Headline # 3 First Timer Drug Users Arrested!
- Headline # 4 Million Pesos-Worth Of Shabu Brought In By
Big Time Syndicate..... Uncovered!

Headline # 5 Delivery Of Dangerous Drugs..... Busted!

Headline # 6 Unlawful Drug Prescription? Why Doctor?



Lesson 3

DRUG-RELATED AGENCIES IN COMBATING DRUG ABUSE

The government, together with other agencies is working hand in hand to solve the problems of drug abuse in our country, and help in the rehabilitation of drug dependents.

Let's see if you know some of these agencies/ organizations.



Activity 5 “Help! Help!”

Find the agencies/ organizations where you can get help regarding drug abuse. Write the agencies/ organizations in your notebook.

P T R S O D
D D B L O A
B S E M H R
P M H A T E
L P R E D A
M A L A Y A
D S W D S T
S H A L O M

What does DDB stand for? It is **Dangerous Drugs Board**. It's duties are to:

- ➔ regulate the importation, distribution, manufacture, production, prescription, and dispensing of dangerous drugs necessary to meet the research and medical needs of the country;
- ➔ coordinate with law enforcement agencies to effect the apprehension of drug offenders and the confiscation of dangerous drugs;
- ➔ take charge and custody of all seized, confiscated, surrendered dangerous drugs;
- ➔ encourage, assist, and accredit private rehabilitation centers;
- ➔ develop information and education program; and
- ➔ conduct researches related to dangerous drugs.

The **Philippine Drug Enforcement Agency** (PDEA) is the implementing arm of DDB. It is responsible for the efficient and effective law enforcement of all the provisions on any dangerous drug and/or controlled precursors and essential chemicals.

Philippine Mental Health Association (PMHA), (DARE), (PREDA), and (MALAYA) center provide services to help rehabilitate drug dependents. The **Department of Health** (DOH) oversees and monitors all drug rehabilitation and intervention programs. The **Department of Social Welfare** (DSWD) is in charge of the guidelines for the treatment and rehabilitation of drug dependents.



Activity 6 “Let’s Match”

Match the agencies with its functions. Write the letters only in your notebook.

Functions	Agencies
1. takes charge of confiscated drugs	a. DOH
2. lead agency in the enforcement of Republic Act 9165	b. DARE
3. rehabilitates drug dependents	c. PDEA
4. monitors rehabilitation centers	d. DDB
5. formulates guidelines for rehabilitation of drug dependents	e. DOJ
	f. DSWD

Avoid Drug Abuse, Make Healthy Decisions

You make decisions on all the things you do. You make choices. Your choices and decisions affect your safety. They also affect your feelings and actions. Making wise decision is one of the most important skills everybody must learn and practice.

Making responsible decision is helpful to avoid drug abuse. How do you know if your decision is a responsible one? Let's see these criteria.

A decision is responsible if your action will:

- help maintain/ promote health
- be safe
- not violate the law
- show respect to oneself and others
- follow parents' instructions
- show good behavior

Young people like you need the opportunity to develop skills in making responsible decisions about your health. Think carefully before making any delicate decision. On the use of dangerous drugs, it is important to bear in mind that NOT EVERYONE IS DOING IT.

In turning down an invitation to try drugs, you must:

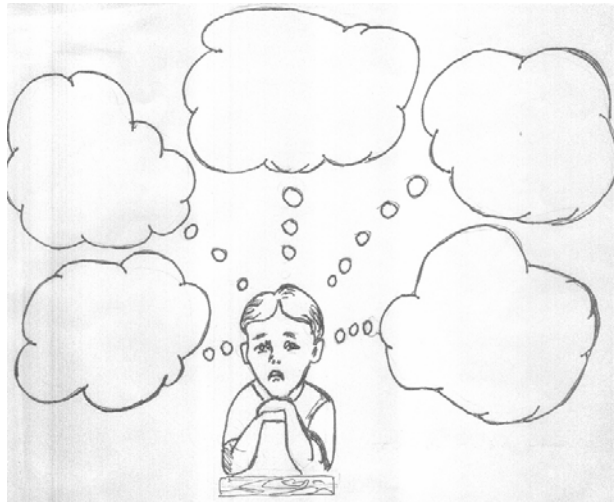
- ➔ Clearly say "NO" and avoid half-heated responses like "well, I don't think so." Do not argue, don't discuss, just say "NO" and show that you mean it.
- ➔ Give reasons for saying "NO." "My coach says drugs will hurt my game," "drugs is against my religion," are examples of excuses.
- ➔ Tell the other person what can be done instead.
- ➔ Be firm but not offending. Use humor.



Activity 7 "It's Final!"

How are you going to make a decision in this situation? Draw 5 bubbles in your notebook. Write your possible and varied decisions in each bubble. Be sure to consider the criteria of a responsible decision. Below the bubbles, write your final decision.

Problem: Your classmate is inviting you to their house. You have a feeling that he/she will pressure you to try drugs just like what he/she did to others. What will you do?



My final decision:

.....



Activity 8 “Healthy or Not Healthy?”



Draw _____ if the action/decision/behavior is healthy, and draw _____ if the action/decision/behavior is not healthy.

1. I refuse politely the people who encourage me to try drugs.
2. I avoid places with drug uses and drug pushers or places that might tempt me to use drugs.
3. I join worthwhile activities in school and in our community.
4. I always ask advice from my parents and other responsible adults.
5. I avoid ‘barkada’ who are into drugs.
6. I make myself busy with school activities
7. I like going with my ‘barkada and do what they do.
8. I am a curious person. I want new, daring and exciting experiences even if I risk my health.
9. I find it difficult to cope up with problems. I am a loner.
10. I feel fulfilled with the income-generating project I am participating in now.



Activity 9 “I’m Committed!”

Complete the sentences and state your commitment in following a healthy lifestyle, free from dangerous drugs. Write answers and commitment in your notebook.

1. Drug abuse
2. Instead of turning to drugs I
3. I can help in the drug abuse prevention campaign if
4. I will always remember that drug abuse
5. I promise that



* *LET’S SUMMARIZE*

- The use of some drugs is illegal under any circumstances.
- The use of other drugs can be legal or illegal, depending on how the drug was obtained.
- Controlled drugs need doctors’ prescription if it will be used for medical reasons/ purposes.
- Drugs that are illegal and have no medical use are dangerous.
- The New Comprehensive Dangerous Drugs Act of 2002 has provisions regarding the abuse of dangerous drugs and/or controlled precursors and essential chemicals.
- Penalty awaits drug offenders ranging from a fine, imprisonment, and death.
- There are agencies working hand in hand in combating drug abuse in the country.
- Responsible decision making is a life skill that can protect people from abusing dangerous drugs.
- Worthwhile activities/ healthy actions/ wise decisions/ good behavior is very important in preventing drug abuse.

Remember:

Drug abuse is a problem that can be prevented.

Prevention rests with you. The important thing is

to start where you are and respond to what is at hand.

*** LET'S SEE WHAT YOU HAVE LEARNED**



POST TEST

Choose the best answer and write them in your answer notebook.

1. Dangerous drugs have
 - a. known medical use
 - b. legal purpose
 - c. no medical use
 - d. prescriptions needed

2. One of the following is a dangerous drug
 - a. amphetamine
 - b. caffeine
 - c. cough syrup
 - d. shabu

3. Controlled/ regulated drugs have
 - a. medical use
 - b. no essential use
 - c. no known medical use
 - d. no valid legal use

4. Possession of 50 grams of shabu has a penalty of
 - a. death sentence
 - b. life imprisonment
 - c. life imprisonment to death and 2 thousand to 5 thousand pesos fine
 - d. life imprisonment to death and 5 hundred thousand to 10 million pesos fine

5. If arrested for drug use for the 1st offense the penalty is
 - a. 6 months rehabilitation in government rehabilitation center
 - b. 6 weeks imprisonment
 - c. 6 months imprisonment
 - d. 6 years imprisonment

6. Implementing arm agency of DDB is
 - a. DARE
 - b. NBI
 - c. PDEA
 - d. PNP

7. Takes charge of all confiscated, seized, surrendered dangerous drugs

- a. DDB
 - b. NBI
 - c. PDEA
 - d. PNP
8. Which is not a criteria of a responsible decision
- a. promote health
 - b. self respect
 - c. safe
 - d. show poor behavior
9. Which of the following is not a way to avoid drug abuse
- a. get involved in worthwhile activities
 - b. join income-generating projects
 - c. seek advice when serious problems arise
 - d. stay away from friends, be alone
10. What act repealed the Dangerous Drugs Act of 1972?
- a. Comprehensive Dangerous Act of 2002
 - b. Comprehensive Dangerous Drugs Act of 2002
 - c. Comprehensive Drug Act
 - d. Comprehensive Drug Act of 2002

Now, compare your answers with the Key to Correction.



• *Key to Correction*

Let's See What You Already Know

PRE-TEST

- 1. Shabu
- 2. life imprisonment to death and five hundred thousand to ten million pesos fine
- 3. no medical use
- 4. 6 months rehabilitation in government rehabilitation center
- 5. medical use
- 6. DDB
- 7. PDEA
- 8. Comprehensive Dangerous Drugs Act of 2002
- 9. Shows poor behavior
- 10. Stay away from friends, just be alone

Activity 1 “Guess What”

1. cocaine - prohibited
2. ecstasy - prohibited
3. amphetamine - regulated/ controlled
4. shabu - prohibited

Activity 3 “Agree or Disagree”

1. Agree
2. Agree
3. Disagree
4. Agree
5. Agree

Activity 4 “Headline!”

- Headline # 1 - life imprisonment to death
- five hundred thousand to ten million pesos fine
- Headline # 2 - life imprisonment to death
- five hundred thousand to ten million pesos fine
- Headline # 3 - six months rehabilitation in a government center
- Headline # 4 - life imprisonment to death
- five hundred thousand to ten million pesos fine
- Headline # 5 - life imprisonment to death
- five hundred thousand to ten million pesos fine
- Headline # 6 - life imprisonment to death
- five hundred thousand to ten million pesos fine

Activity 5 “Help! Help!”

Note: In any order

- DDB
- PDEA
- DARE
- SHALOM

- MALAYA
- DOH
- DSWD
- PMHA

Activity 6 “Let’s Match”

1. DDB
2. PDEA
3. DARE
4. DOH
5. DSWD

Activity 7 “It’s Final!”











You may have different choices, but analyze and choose which of this is the most responsible one.

- I could tell him, “Why don’t we just play basketball instead?”
- I could just tell him, “No, thank you, I’m busy.”
- I could tell my mother about my problem and ask her what I could do.
- I could say “No” to him and explain my feelings.
- I could go with him and see what will happen.

Final decision:

I will say “NO.”

Activity 8 “Healthy or Not Healthy”

- | | |
|--|--|
| 1.  | 6.  |
| 2.  | 7.  |
| 3.  | 8.  |
| 4.  | 9.  |
|  |  |

5.

10.

Activity 9 “I’m Committed!”

You may not exactly have the same answer but with similar concept, it’s alright.

1. Drug abuse will make people miserable. I won’t be into it. Drug abuse destroys life. Drug abuse gives rise to crime and violence.
2. Instead of turning to drugs, I will join worthwhile activities.
3. I can help in the drug abuse prevention campaign if:
I will not be encouraged to try it.
I will join the campaign in our school and community.
4. I will always remember that drug abuse will do no good to me.
5. I promise that I will never be involved in drug abuse.

Let’s See What You Have Learned

POST TEST

1. no medical use
2. shabu
3. medical use
4. life imprisonment to death and 5 hundred thousand to 10 million pesos fine
5. 6 months rehabilitation in government rehabilitation center
6. PDEA
7. DDR
8. Self respect
9. Stay away from friends, be alone
10. Comprehensive Dangerous Drugs Act of 2002



What is your score? If you got 10 correct answers in the post test,

Congratulations !

If your score is 6 or below, you need to go over this Module again.

