

# Drug Abuse Prevention Badge



Girl Guides  
of Canada  
Guides  
du Canada



Royal Canadian  
Mounted Police

Gendarmerie royale  
du Canada



# Topics

- Being a role model
- Drugs and their effects
- What you need to do to earn your badge





# Being a Role Model

- What is a role model?
- Are there bad role models?
- Name some good role models.
- Can you be a role model?





# Who Can You Be A Role Model For?

- A younger brother or sister
- Cousins
- Neighbours
- Friends
- Younger kids at school





# What Can Role Models Do?

- Influence people to do good things
- Influence people to not do bad things





# What Is A Drug?

- Any substance taken into the body which changes the way the body or mind works.
- Drugs affect how we feel and how well the different parts of our body work.
- Many drugs are legal and are beneficial to people's health.





# What Is Drug Abuse?

- The misuse of drugs to provide something beyond a helpful effect
- Using drugs to relieve stress
- Using a drug incorrectly or for the wrong reasons
- Taking drugs to enhance performance
- Taking a drug for too long (longer than needed or prescribed)





# Why Do People Use Drugs?

- Curiosity
- Peer pressure
- Rebellion
- Lack of self confidence
- Stress
- Learned behaviour





# What Is Drug Dependence?

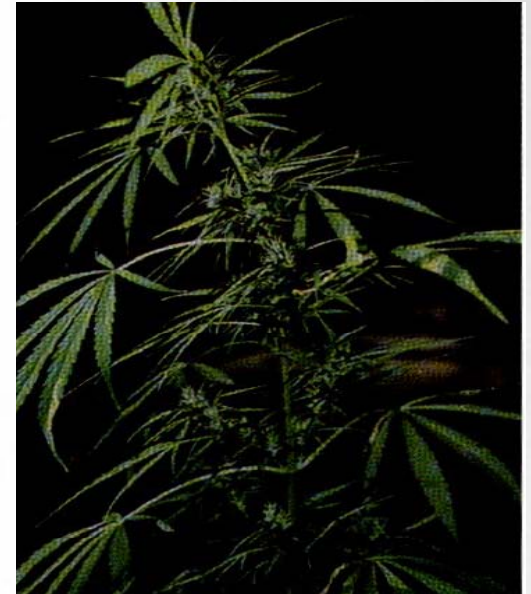
- When someone can't stop using a drug even if they want to
- When users need it to be happy or to get by
- When users feel bad, emotionally or physically if they don't have it





# Marihuana

- Also known as: hash weed, grass, pot
- Depressant
- More potent and harmful than it was 20 years ago
- Dependency developed
- Withdrawal symptoms





## Marihuana (Effects)

- Euphoria – feeling of intense happiness
- Physical changes
- Behavioural changes
- Addiction
- Confusion
- Increased heart rate
- Body tremors
- Increased appetite
- Short term memory loss





# Cocaine

- Nervous system stimulant
- Also known as Coke, Crack
- Injected, smoked, snorted or inhaled
- Intensively addictive
- Provides intense feelings of pleasure





## Cocaine (effects)

- Elevated heart rate & blood pressure
- Can cause strokes or seizures
- Headaches, blurred vision
- Tremors, twitching
- Paranoia
- Depression
- Irritability
- Withdrawal





# Ecstasy

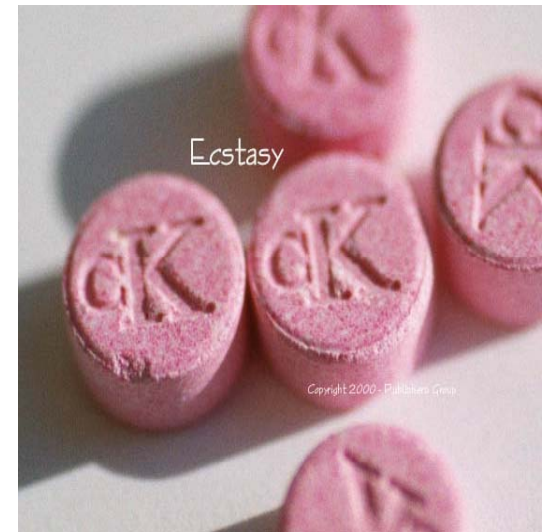
- MDMA: methylenedioxymethamphetamine
- Street Names: E, lovedrug, XTC
- Stimulant and hallucinogen
- Commonly used at “Rave” parties
- Usually a pill or a tablet
- Can look like candy
- Very addictive
- High tolerance developed





## Ecstasy (effects)

- Pleasure sensation
- May cause permanent brain damage
- Dry mouth, nausea, convulsions
- Increased blood pressure
- Increased heart rate
- Personality changes
- Acute kidney failure
- Blood clots





# Methamphetamine

- Commonly known as meth
- Highly addictive
- Stimulant
- Produced from household products
- Effects are:

absence of fatigue, high energy,  
feelings of joy, power & high self-  
esteem





## Methamphetamine (effects)

- Delusional thinking & paranoia
- Violent behaviour
- Nausea & Vomiting
- Increased blood pressure
- Impulsive decision making
- Seizures that can be fatal





# Consequences of Drug Use

- Personality disturbances
- Learning problems
- Strained relationships
- Problems at home, school & work
- Criminal activity
- Destructive actions





## Activity

- You do not need to turn to drugs to feel good about yourself or just to get by. There are other choices in life you can make rather than turning to drugs.
- Break into groups and come up some alternatives to drug use.





# How to Earn Your Drug Abuse Prevention Badge

- Write an essay on why drugs are bad and why you won't do drugs.
- Be a role model for someone younger than you and tell them why you won't do drugs.





**Any Questions?**



**Drug Abuse Prevention Badge**