

MONTLY INTRODUCTION

January: Drug Epidemic: Opioids, Steroids, Prescription Drugs & The Effects on the Body and the Brain

In the month of January, we address the dangers of controlled substances. There are discussions addressing the side effects of drugs, steroids, other prescriptions drug misuses, use and abuse. We also cover the effects of these substances on the brain and body. Through the month we touch upon some of the physiological, psychological, sociological, and legal effects of these substances on the individual, the family, and society.

- Drug Classifications and Substance Abuse Prevention
- Contributors to controlled substance use/abuse
- Treatment for controlled substance use/abuse
- Increased risk related to controlled substances use/abuse
 - I.e. Sexual assault, pregnancy, STIs
- Diseases related to controlled substances use/abuse
- Health risks related to controlled substance use/abuse
- Hygiene issues related controlled substance use/abuse
- Legal Consequences
- Financial Consequences
- Controlled Substance and Inhalants
 1. Short-term/Long-term effects
 2. Social, emotional, mental and physical effects
 3. Uses and Misuses
 4. Directions and Effectiveness
- Correlate Substance use with challenges that may occur at various life stages

Drugs, Alcohol, Tobacco, Controlled Dangerous Substances, and Anabolic Steroids require instructional programs to include information on drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances in the development of curriculum guidelines. Instructional programs on the nature of drugs, alcohol, anabolic steroids, tobacco, and controlled dangerous substances must focus on the physiological, psychological, sociological, and legal effects on the individual, the family, and society. This shall be taught in each public school and in each grade from kindergarten through 12 in a manner adapted to the age and understanding of the pupils. The program shall be based upon the curriculum guidelines established by the Commissioner of Education and shall be included in the curriculum for each grade in a manner to provide a thorough and comprehensive treatment of the subject.

Medicine

Go Thrift Shopping		Visit a Health/Vitamin Store
Volunteer At the SPCA	Take a First Aid Class	Take a College Placement Test
Visit Fire Station & Learn Fire Safety	Visit a Radio Station/Show	Go Bowling