

**Talking Points for Pharmacists
For Classroom Presentation of
“The ROAD TO NOWHERE II”**

Introduce yourself and tell the students that you are a licensed pharmacist and where you work. Then tell them the following:

“We are going to watch a short video. This video tells the story of Tyler. Tyler was a student just like you. But Tyler made one bad decision – He decided to take drugs not prescribed to him by his doctor. Watch and then we will have time to talk about the video afterwards.”

SHOW VIDEO –“Road To Nowhere” (14 minutes)

Following the video, discuss the following:

“Sometimes students ask me questions about drug use. I will tell you some of the questions I am often asked and give you my answers. Then I will give you a chance to ask more questions.”

I. What do drugs really do to a person?

1. Any drug can be abused and affect the way that your brain and body function. Drugs work by changing how your brain normally functions. Some drugs cause a release of a chemical, called dopamine, which the brain interprets as feeling pleasurable. Drugs also interact with several other neurochemicals (like serotonin and adrenaline) that alter many different parts of the brain.

2. You cannot predict how drugs will affect your body. For example, the effects of marijuana can “last” up to several hours from a single joint. When people smoke pot, they may experience many things, such as feeling high, mellow, or relaxed. But some people may have other feelings. Some people experience paranoia, high anxiety, irritability, mood swings, depression, and hallucinations while marijuana is in their bodies. One person’s experiences may differ every time that he/she smokes pot.

3. Depending on how a drug is used, it can leave a permanent mark on your body and your brain. Drugs can cause long-lasting effects or even permanent brain damage. People who use drugs can experience problems with memory, learning abilities, decision-making and poor impulse control, even if they have stopped using drugs. And, of course, if the brain is damaged, this can cause behavior problems with friends, family and involve law enforcement.

4. Abusing drugs can kill you and hurt those you love and care about. Abuse of drugs is a *Road to Nowhere*.

II. Is it bad to use drugs to get by every once in a while, such as when I am feeling stressed from school or family problems?

1. To be safe and healthy, do not take drugs that your doctor did not prescribe for you. Taking drugs not prescribed to you is never helpful or healthy and it is against the law. It is like playing with fire. No one ever intends on getting burned or suffering.

2. Drugs impact your brain and some may do so in such a way that after you come down you feel worse, often a lot worse. This is why many times people end up doing more and more drugs in order to try to feel better. Abuse of drugs never helps you and users, even the first time they use, can become addicted, which mean they can't stop taking drugs either physically or psychologically.

3. If you are feeling stressed at school or with family problems, tell a trusted adult, like a family member or school counselor or teacher about how you are feeling. It takes courage to ask for help but they WANT to help you.

III. What should I do when my friends pressure me to use drugs?

You saw what happened when Tyler took drugs that his friends gave to him. He made a bad decision that affected the rest of his short life. You now know the dangers of drug abuse. You can make smart decisions. Just say “No” if anyone offers you drugs that your doctor did not tell you to take, even if it is someone close to you or someone you care about. Remember, it is illegal, it is harmful and it is wrong. You DO have a choice. You do know it is “RIGHT” to say “no.”

IV. Ask for questions from the students and answer them.

V. Hand out bookmark

1. Review the bookmark information to students.

2. Tell them, “If you would like to watch the video again or want a friend to watch the video, go to – www.pharmacy.ok.gov and click on Resources/Road to Nowhere Video.”

VI. Closing

Remind students, “The decision about the use of drugs is yours, but remember – Your brain is the only brain that you have. And there is no such thing as a brain transplant.

Information for talking points was obtained in part from www.abovetheinfluence.com, a website of the Partnership for Drug-Free Kids.

The pharmacist or a teacher may use these questions if additional class discussion is desired.

Questions for Class Discussion

1. What age do you imagine Tyler and his party friends to be?
2. Why do you think young people abuse drugs?
3. What could Tyler have said when he was offered prescription drugs at the party?
What could a bystander have said to intervene so the drugs were not used or shared?
4. Did Tyler have a choice **not** to use?
5. Do you think Tyler knew what he looked like or appeared to be on the street?
6. How did the helpful man on the street view Tyler?
7. What did Tyler do with the money the man gave him for food?
8. Do you think Tyler “planned” on being a drug addict or junkie?
9. Listening to Tyler’s heartbeat rhythm in the video, what happened to him?
10. Is using someone else’s prescription drugs legal?
11. Where can an addict go for help?
12. What would you advise a friend or loved one if you knew they were abusing drugs?
13. What can you say if someone offers you a drug NOT prescribed for you?
14. What ways can a young person have fun without using a drug?
15. What can you do to feel better when you are stressed or sad?
16. What message did this video send to you?

Web Resources Regarding the Prevention of Substance Abuse

Teen:

www.justthinktwice.com
www.abovetheinfluence.com

Parents:

www.parentsempowered.org
www.mediacampaign.org
www.intheknowzone.com
www.theantidrug.com



Drugs:

www.dea.gov
www.nida.nih.gov
www.theantidrug.com
www.drugabuse.com

Rx:

www.drugfree.org

Inhalants:

www.inhalants.org
www.inhalants.com