

EDUCATION DEPARTMENT

Reena Kumar, World Director

Email: reenakr24@gmail.com

The **purpose** of the Education Department is to make the facts about alcohol, tobacco, and illegal drugs known to everyone and to offer contests to further this effort.

Goals: To provide opportunities for every adult and child to know the facts about alcohol, tobacco, and illegal drugs; to use every available setting - home, school, church, community organizations to accomplish this goal.

A basic list of **projects** for this department is given below. Use the interests and creativity of your members to add other projects but use the purpose of each department as a guide for the correct placement of the projects.

1. Have a 10 - 15 minute lesson on alcohol, tobacco, or other drugs at each meeting so your members will be well-informed and up-to-date on the facts. Try to obtain a teacher or member who is skilled at presenting information in an interesting way to present these lessons.
2. Uses DVDs, power points, demonstrations, charts, fact sheets, and quizzes at the meetings to enhance learning.
3. Distribute drug-prevention literature to churches, teachers, mothers, health workers, doctors' offices, and public places such as libraries, shopping centers, etc.
4. Use bulletin boards or other display areas to promote the WCTU message of total abstinence, particularly on specially-designated days such as FAS Awareness Day.
5. Hold contests for children and youth including picture coloring, essay, poster, and speech.



FETAL ALCOHOL SPECTRUM DISORDERS (FASD)

Fetal Alcohol Spectrum Disorders (FASDs) are a group of conditions that can occur in a person whose mother drank alcohol during pregnancy. These effects can include physical problems and problems with behavior and learning. Often, a person with an FASD has a mix of these problems.

Cause and Prevention

FASDs are caused by a woman drinking alcohol during pregnancy. There is **no** known amount of alcohol that is safe to drink while pregnant. There is also **no** safe time to drink during pregnancy and **no** safe kind of alcohol to drink while pregnant. Heavy drinking during pregnancy can lead to spontaneous abortion or a range of disabilities known as fetal alcohol spectrum disorders, of which fetal alcohol syndrome is the most severe.

To prevent FASDs, a woman should not drink alcohol while she is pregnant, or even when she might get pregnant. This is because a woman could get pregnant and not know for several weeks or more. Many pregnancies are unplanned and so it is better to avoid drinking alcohol.

There is no cure. Treatment is focused on mental health and medical services to manage the resulting lifelong disabilities that include learning difficulties, behavioral problems, language, delayed social or motor skills, impaired memory and attention deficits.

Signs and Symptoms

FASDs refer to the whole range of effects that can happen to a person whose mother drank alcohol during pregnancy. These conditions can affect each person in different ways, and can range from mild to severe.

A person with an FASD might have:

- Abnormal facial features, such as a smooth ridge between the nose and upper lip (this ridge is called the philtrum)
- Small head size
- Shorter-than-average height
- Low body weight
- Poor coordination

- Hyperactive behavior
- Difficulty paying attention
- Poor memory
- Difficulty in school (especially with math)
- Learning disabilities
- Speech and language delays
- Intellectual disability or low IQ
- Poor reasoning and judgment skills
- Sleep and sucking problems as a baby
- Vision or hearing problems
- Problems with the heart, kidneys, or bones

Types of FASDs

Different terms are used to describe FASDs, depending on the type of symptoms.

- **Fetal Alcohol Syndrome (FAS):** FAS represents the severe end of the FASD spectrum. Fetal death is the most extreme outcome from drinking alcohol during pregnancy. People with FAS might have abnormal facial features, growth problems, and central nervous system (CNS) problems. People with FAS can have problems with learning, memory, attention span, communication, vision, or hearing. They might have a mix of these problems. People with FAS often have a hard time in school and trouble getting along with others.
- **Alcohol-Related Neurodevelopmental Disorder (ARND):** People with ARND might have intellectual disabilities and problems with behavior and learning. They might do poorly in school and have difficulties with math, memory, attention, judgment, and poor impulse control.
- **Alcohol-Related Birth Defects (ARBD):** People with ARBD might have problems with the heart, kidneys, or bones or with hearing. They might have a mix of these.

Fetal Alcohol Syndrome Disorder is entirely preventable and avoidable. It is not worth living with regrets for one's entire life when one had the choice. Let us work together to spread information and awareness amongst women and families that they undertake the responsibility not to drink alcohol or use any kind of drugs or psychotropic substances.

Source: <http://www.ncadd.org>

Permanent Brain Damage

**PERMANENT BRAIN DAMAGE –
A TRAGIC CONSEQUENCE of
PRENATAL ALCOHOL EXPOSURE**

**The FAS-brain
is remarkably smaller
than the normal brain
and damaged.**



Normal brain

FAS-brain

Both babies 6 weeks old

FACTS

SHORT-TERM EFFECTS OF ALCOHOL

Depending on how much is taken and the physical condition of the individual, alcohol can cause:

- Slurred speech
- Drowsiness
- Vomiting
- Diarrhea
- Upset stomach
- Headaches
- Breathing difficulties
- Distorted vision and hearing
- Impaired judgment
- Decreased perception and coordination
- Unconsciousness
- Anemia (loss of red blood cells)
- Coma
- Blackouts (memory lapses, where the drinker cannot remember events that occurred while under the influence)

LONG TERM EFFECTS OF ALCOHOL

Binge drinking and continued alcohol use in large amounts are associated with many health problems, including:

- Unintentional injuries such as car crash, falls, burns, drowning
- Intentional injuries such as firearm injuries, sexual assault, domestic violence
- Increased on-the-job injuries and loss of productivity
- Increased family problems, broken relationships
- Alcohol poisoning
- High blood pressure, stroke, and other heart-related diseases
- Liver disease
- Nerve damage
- Sexual problems
- Permanent damage to the brain
- Vitamin B1 deficiency, which can lead to a disorder characterized by amnesia, apathy and disorientation
- Ulcers
- Gastritis (inflammation of stomach walls)
- Malnutrition
- Cancer of the mouth and throat

Source:

<http://www.drugfreeworld.org/drugfacts/alcohol/short-term-long-term-effects.html>

FACTS

ALCOHOLISM

ALCOHOLISM is a disease with these manifestations:

- Craving - a strong need to drink
- Loss of control - not being able to stop drinking once started
- Performing poorly at work due to excessive drinking
- Physical dependence - withdrawal symptoms, such as nausea, sweating, or shakiness when not drinking
- Tolerance - the need to drink greater amounts of alcohol to feel the same effect.
- Loss of Control - Drinking more than they wanted to, for longer than they intended, despite telling themselves that they wouldn't do it this time.
- Desire to Stop, But Can't - Alcoholics have a persistent desire to cut down or stop their alcohol use, but all efforts to stop and stay stopped, have been unsuccessful
- Neglecting Other Activities - Alcoholics spend less time on activities that used to be important to them earlier (hanging out with family and friends, exercising - going to the gym, pursuing their hobbies or other interests) because of the use of alcohol.
- Alcohol Takes Up Greater Time, Energy and Focus - Drinkers spend a lot of time drinking, thinking about it, or recovering from its effects. They have few, if any, interests, social or community involvements that don't revolve around the use of alcohol.
- Continued Use Despite Negative Consequences - Alcoholics drink even though they know it's causing problems. As an example, they realize that their alcohol use is interfering with their ability to do their job, is damaging their marriage, making their problems worse, or causing health problems, but they continue to drink.

Alcoholism carries many serious dangers. Heavy drinking can increase the risk of certain cancers. It can cause damage to the liver, brain, and other organs. Drinking during pregnancy can harm the baby.

Source: <http://www.ncadd.org/index.php/learn-about-alcohol/signs-and-symptoms>

FACTS

SIGNS AND SYMPTOMS OF DRUG ABUSE

Warning Signs:

The use and abuse of drugs are serious issues that are not to be ignored. If left untreated, use and abuse can develop into drug dependence. As a result, it is important to recognize the signs and symptoms of drug abuse early. If you're worried that a friend or family member might be abusing drugs, here are some of the warning signs to look for:

Physical and health warning signs of drug abuse

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds--could be related to snorted drugs (meth or cocaine).
- Changes in appetite or sleep patterns.
- Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.
- Injuries/accidents and person won't or can't tell you how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.

Behavioral signs of drug abuse

- Drop in attendance and performance at work or school; loss of interest in extracurricular activities, hobbies, sports or exercise; decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Unusual or unexplained need for money or financial problems; borrowing or stealing; missing money or valuables.
- Silent, withdrawn, engaging in secretive or suspicious behaviors.
- Sudden change in relationships, friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (arguments, fights, accidents, illegal activities).

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appearing lethargic or "spaced out."
- Appearing fearful, withdrawn, anxious, or paranoid, with no apparent reason.

SIGNS AND SYMPTOMS OF DRUG DEPENDENCE

Drug dependence involves all the symptoms of drug abuse, but also involves another element - physical dependence.

1. **Tolerance** - Tolerance means that, over time, more drugs are needed to feel the same effects. Do they use more drugs now than they used before? Do they use more drugs than other people without showing obvious signs of intoxication?
2. **Withdrawal** - As the effect of the drugs wear off, the person may experience withdrawal symptoms: anxiety or jumpiness; shakiness or trembling; sweating, nausea and vomiting; insomnia; depression; irritability; fatigue or loss of appetite and headaches. Do they use drugs to steady the nerves, stop the shakes in the morning? Drug use to relieve or avoid withdrawal symptoms is a sign of addiction.

In severe cases, withdrawal from drugs can be life-threatening and involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous and should be managed by a physician specifically trained and experienced in dealing with addiction.

3. **Loss of Control** - Using more drugs than they wanted to, for longer than they intended, or despite telling themselves that they wouldn't do it this time.
4. **Desire to Stop, But Can't** - They have a persistent desire to cut down or stop their drug use, but all efforts to stop and stay stopped, have been unsuccessful.
5. **Neglecting Other Activities** - They are spending less time on activities that used to be important to them (hanging out with family and friends, exercising or going to the gym, pursuing hobbies or other interests) because of the use of drugs.
6. **Drugs Take Up Greater Time, Energy and Focus** - They spend a lot of time using drugs, thinking about it, or recovering from its effects. They have few, if any, interests, social or community involvements that don't revolve around the use of drugs.
7. **Continued Use Despite Negative Consequences** - They continue to use drugs even though they know it's causing problems. As an example, person may realize that their drug use is interfering with ability to do their job, is damaging their marriage, making problems worse, or causing health problems, but they continue to use.

- Q.** What can you do to help someone who is using marijuana or any other form of drugs?
- A.** Be supportive and non judgmental. Encourage your friend to seek professional help. Speak to Health Worker or a doctor who will guide you to the de- addiction centre or rehab centre.

Source: <http://www.ncadd.org>

FACTS

THE TRUTH ABOUT TOBACCO

Key Statistics According to World Health Organization (WHO)

Tobacco kills up to half of its users.

Tobacco kills nearly 6 million people each year. More than five million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke. Unless urgent action is taken, the annual death toll could rise to more than eight million by 2030.

About 250 million adults consume smokeless tobacco in the 11 countries of the WHO's south east Asian region which alone accounts for the 90% of global smokeless tobacco users.

India lays claim to 32% men and 18.4% women who consume smokeless tobacco costing the country \$389 million in Health care costs.

India has the highest number of smokeless tobacco users in the world and tobacco causes over 1 million deaths in India annually.

India also has the highest number of oral cancer cases in the world and 90% of these cases are attributed to smokeless tobacco use.

Nearly 80% of the world's one billion smokers live in low- and middle-income countries.

Consumption of tobacco products is increasing globally, though it is decreasing in some high-income and upper middle-income countries.

Approximately one person dies every six seconds due to tobacco, accounting for one in 10 adult deaths. Up to half of current users will eventually die of a tobacco-related disease.

Nearly 80% of the more than one billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest.

Tobacco users who die prematurely deprive their families of income, raise the cost of health care and hinder economic development.

In some countries, children from poor households are frequently employed in tobacco farming to provide family income. These children are especially vulnerable to "green tobacco sickness", which is caused by the nicotine that is absorbed through the skin from the handling of wet tobacco leaves.

What is Tobacco?

Tobacco refers to the **more than 70 plant species** within the genus **Nicotiana** of the **Solanaceae** (nightshade) family, as well as to products manufactured from dried tobacco leaves, including cigars and cigarettes, snuff, pipe tobacco, chewing tobacco and flavored shisha. Further uses of tobacco are in plant bio-engineering and as ornamentals, and chemical components of tobacco are used in some pesticides and medications.

Tobacco is consumed in many forms and through a number of different methods. Below are examples including, but not limited to, such forms and usage. Tobacco products are products made entirely or partly of leaf tobacco as raw material, which are intended to be smoked, sucked, chewed or snuffed. All contain the highly addictive psychoactive ingredient, nicotine.

Beedi are thin, often flavored cigarettes from India made of tobacco wrapped in a **tendu** leaf, and secured with colored thread at one end.

Chewing tobacco is the oldest way of consuming tobacco leaves. It is consumed orally, in two forms: through sweetened strands, or in a shredded form. When consuming the long sweetened strands, the tobacco is lightly chewed and compacted into a ball. When consuming the shredded tobacco, small amounts are placed at the bottom lip, between the gum and the teeth, where it is gently compacted, thus it can often be called *dipping tobacco*. Both methods stimulate the saliva glands, which led to the development of the *spittoon*.

Cigars are tightly rolled bundles of dried and fermented tobacco, which is ignited so its smoke may be drawn into the smoker's mouth.

Cigarettes are a product consumed through inhalation of smoke and manufactured from cured and finely cut tobacco leaves and reconstituted tobacco, often combined with other additives, then rolled into a paper cylinder.

Creamy snuffs are tobacco paste, consisting of tobacco, clove oil, glycerin, spearmint, menthol, and camphor, and sold in a toothpaste tube. It is marketed mainly to women in India, and is known by the brand names Ipco (made by Asha Industries), Denobac, Tona, Ganesh. It is locally known as "mishri" in some parts of Maharashtra.

Dipping tobaccos are a form of smokeless tobacco. Dip is occasionally referred to as "chew", and because of this, it is commonly confused with *chewing tobacco*, which encompasses a wider range of products. A small clump of dip is 'pinched' out of the tin and placed between the lower or upper lip and gums.

Gutka is a preparation of crushed betel nut, tobacco, and sweet or savory flavorings. It is manufactured in India and exported to a few other countries. A mild stimulant, it is sold across India in small, individual-size packets.

Hookah is a single or multi-stemmed (often glass-based) water pipe for smoking. Originally from India, the hookah has gained immense popularity, especially in the Middle East. A hookah operates by water filtration and indirect heat. It can be used for

smoking herbal fruits or *moassel*, a mixture of tobacco, flavouring and honey or glycerin.

Kreteks are cigarettes made with a complex blend of tobacco, cloves and a flavoring "sauce". It was first introduced in the 1880s in Kudus, Java, to deliver the medicinal *eugenol* of cloves to the lungs.

Roll-Your-Own, often called rollies or roll ups, are very popular, particularly in European countries. These are prepared from loose tobacco, cigarette papers and filter all bought separately. They are usually much cheaper to make.

Pipe smoking typically consists of a small chamber (the bowl) for the combustion of the tobacco to be smoked and a thin stem (shank) that ends in a mouthpiece (the bit). Shredded pieces of tobacco are placed into the chamber and ignited.

Snuff is a ground smokeless tobacco product, inhaled or "snuffed" through the nose. If referring specifically to the orally consumed *moist snuff*, see *dipping tobacco*.

Snus is a steam-cured moist powder tobacco product that is not fermented, and does not induce salivation. It is consumed by placing it in the mouth against the gums for an extended period of time. It is a form of snuff used in a manner similar to American dipping tobacco, but does not require regular spitting.

Topical tobacco paste is sometimes recommended as a treatment for wasp, hornet, fire ant, scorpion, and bee stings.[40] An amount equivalent to the contents of a cigarette is mashed in a cup with about a 0.5 to 1 teaspoon of water to make a paste that is then applied to the affected area.

Tobacco water is a traditional organic insecticide used in domestic gardening. Tobacco dust can be used similarly. It is produced by boiling strong tobacco in water, or by steeping the tobacco in water for a longer period. When cooled, the mixture can be applied as a spray, or 'painted' onto the leaves of garden plants, where it kills insects. Tobacco is however banned from use as pesticide in certified organic production.

Tobacco use is one of the main risk factors for a number of chronic diseases, including cancer, lung diseases, and cardiovascular diseases. Despite this, it is common throughout the world. A number of countries have legislation restricting tobacco advertising, and regulating who can buy and use tobacco products, and where people can smoke.

Sources:

<http://www.who.int/mediacentre/factsheets/fs339/en/>

<http://www.cdc.gov/Features/SmokeExposure/>

The Times of India , New Delhi edition , dated Thursday , September 13, 2013



MARIJUANA

Marijuana is the word used to describe the dried flowers, seeds and leaves of the Indian hemp plant. On the street, it is called by many other names, such as: astro, turf, bhang, dagga, dope, ganja, grass, hemp, home grown, J, Mary Jane, pot, reefer, roach, Texas tea and weed.

This drug is a **hallucinogen**—a substance which distorts how the mind perceives the world you live in.

Hashish is a related form of the drug, made from the resins of the Indian hemp plant. Also called chocolate, hash or shit, it is on average six times stronger than marijuana.

Cannabis describes any of the different drugs that come from Indian hemp, including marijuana and hashish.

Marijuana is the most commonly used illegal drug in the world.

Global Statistics of Marijuana Use as Given by the United Nations:

- According to the United Nations, 158.8 million people around the world use marijuana—more than 3.8% of the planet's population.
- Over 94 million people in the US have admitted using it at least once.
- According to the 2007 National Survey on Drug Use and Health, 2.1 million people in the US abused marijuana for the first time that year.
- Among 12 to 17 year olds, 6.7% were current marijuana users in 2007.
- According to US government estimates, domestic marijuana production has increased tenfold over the last twenty-five years: from 1,000 metric tons (2.2 million pounds) in 1981 to 10,000 metric tons (22 million pounds) in 2006. Not surprisingly, 58% of those aged 12 to 17 state that pot is easy to obtain. US marijuana users spent approximately \$10.5 billion on the drug in the year 2000.
- In 2005, 242,200 emergency room visits in the United States involved marijuana.
- According to the US Drug Enforcement Administration, a large percentage of those arrested for crimes test positive for marijuana. Nationwide, 40% of adult males tested positive at the time of their arrest.
- Of adults 26 or older who used marijuana before age 15, 62% went on to use cocaine at some point in their lives; 9% went on to use heroin at least once; and 54% made some nonmedical use of mind-altering prescription drugs.

- Next to alcohol, marijuana is the second most frequently found substance in the bodies of drivers involved in fatal automobile accidents.

How is Marijuana Used?

Marijuana is usually smoked as a cigarette (joint), but may also be smoked in a pipe.

Less often, it is mixed with food and eaten or brewed as tea.

Sometimes users open up cigars and remove the tobacco, replacing it with pot—called a “blunt.”

Joints and blunts are sometimes laced with other, more powerful drugs, such as crack cocaine or PCP (phencyclidine, a powerful hallucinogen).

A more concentrated, higher THC content, resinous form of marijuana, is called hashish and, as a sticky black liquid, hash oil.

Marijuana smoke has a pungent and distinctive, usually sweet-and-sour odor.

Marijuana is sometimes laced with crack cocaine and/or hallucinogen phencyclidine (PCP), making marijuana more dangerous.

Short Term Effects:

When a person smokes a joint, he usually feels its effect within minutes. The immediate sensations include:

- Sensory distortion
- Panic
- Anxiety
- Poor coordination of movement
- Lowered reaction time
- After an initial “high,” the user feels sleepy or depressed
- A “dreamy,” or unreal state of mind peaks within the first 30 minutes
- Increased heartbeat (and risk of heart attack)

These short-term effects usually wear off in two to three hours, but they could last longer depending on how much the user takes, the potency of THC and the presence of other drugs added into the mix.

Long Term Effects:

- Reduced resistance to common illnesses (colds, bronchitis, etc.)
- Suppression of the immune system
- Growth disorders
- Increase of abnormally structured cells in the body
- Reduction of male sex hormones
- Rapid destruction of lung fibers and lesions (injuries) to the brain could be permanent
- Reduced sexual capacity

- Study difficulties: reduced ability to learn and retain information
- Apathy, drowsiness, lack of motivation
- Personality and mood changes
- Inability to understand things clearly

As the typical user inhales more smoke and holds it longer than he would with a cigarette, a joint creates a severe impact on one's lungs.

Aside from the discomfort that goes with sore throats and chest colds, it has been found that consuming one joint gives as much exposure to cancer-producing chemicals as smoking five cigarettes.

The mental consequences of marijuana use are equally severe. Marijuana smokers have poorer memories and mental aptitude than do non-users.

Those who smoke marijuana continuously may be constantly at a suboptimal mental state to those who do not.

Marijuana Addiction Risks - (THC) The Main Culprit

The level of *delta-9-tetrahydrocannabinol (THC)* content in marijuana after cultivation can range from less than 1% to more than 30% and has been increasing dramatically, making marijuana increasingly potent and more addictive.

THC flows rapidly from the lungs to the bloodstream. Once in the blood stream the chemical gains entrance into many of the body's main organs, including the brain.

THC has potential to impair learning and memory ability for weeks after use. The result is consequential. THC stays in the body for weeks, possibly months, depending on the length and intensity of usage.

Marijuana contains more than 400 known chemicals, including the same cancer-causing substances found in tobacco smoke.

THC damages the immune system.

Signs of Marijuana Use:

- Bloodshot eyes
- Smells like marijuana (sweet smell)
- Drowsiness
- Uncoordinated, awkward movements
- Giggling or being silly

Sources & Resources:

<http://drugabuse.gov/infofacts/marijuana.html>

<http://teens.drugabuse.gov/drug-facts/marijuana>

<http://www.well.com/user/woa/fspot.htm>

<http://www.edrugrehab.com/3-signs-of-marijuana-use.html>

http://en.wikipedia.org/wiki/Legality_of_cannabis_by_country

<http://www.drugfreeworld.org/drugfacts/marijuana/the-harmful-effects.html>