

Meth, Sex & STD's

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Lesson Plan for Middle, High School & College Students on the relationship between meth, sex and sexually transmitted disease. This lesson plan to accompany the video:

“Meth, Sex & STD's” by Moonshadow Productions ©2012

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Target Audience: High School Students ages 13-18; College Students 18-25; Teen & Adult Clients in Addiction Recovery under clinical supervision.

Duration: 1 Class Period

Goals: To reduce the spread of STD's and prevent the incidence of first time use of methamphetamine.

Objectives: By the end of this session, students will be able to:

*Understand the harm methamphetamine poses to health

*Learn that in recent years increases in sexually transmitted diseases (STDs), HIV, and viral hepatitis have been associated with methamphetamine use throughout the US

*Gain a greater understanding that meth users are more likely to engage in risky sexual behavior that could increase their risk of getting HIV or another sexually transmitted disease

*Understand the reasons for the increase in risky behavior for people using Meth.

*Identify the infections are common among Meth addicts

*Identify the symptoms of many common STD's

*Understand what steps people can take to prevent STDs including the vaccines that are available.

*Cite the strong relationship of methamphetamine use to the spread of STD's

*Gain exposure to several positive health education messages

*Understand that using Meth will diminish their ability to make good decisions when it comes to their health

Setting: Classroom

Materials:

Television with DVD player

Whiteboard and marker pens

Copy of DVD titled 'Meth, Sex & STD's by Moonshadow Productions

Copies for each student of Test and Review

Lesson Overview:

Class Session One: 50 Minutes

1. Teacher reads introduction to Part One to class
3 Minutes while distributing a copy of the Test & Review to each student
2. Students watch Meth, Sex & STD's 24 minutes
3. Students answer Test and Review questions – 5 Minutes
4. **Classroom Dialogue- 15 Minutes (Approx)**

Class Session 1: 50 Minutes

1. Welcome and Introduction- 3 Minutes

For this session we are going to be learning about the drug Methamphetamine and its relationship to the spread of STD's and HIV. As many of you have doubtlessly heard, meth is also often called 'Crystal' or 'Ice' and has many other slang names. This drug has become an extremely serious problem in our country and it is commonly promoted as a big time aphrodisiac, that is, initially it makes you want sex all the time. As you will see, that may sound intriguing but the results can be devastating. In addition to the infections, impotency is very common among young men who use meth over time. It is estimated that the epidemic of methamphetamine abuse is second only to marijuana and alcohol. Some estimates of the addiction rate for first time users range from 75% to 98%; however inasmuch as there are no quality controls for production and all people react differently, it's difficult to predict how often a person has to use to actually become addicted. One thing we know for sure, this drug is extremely toxic and causes serious health problems in users. And after years of addiction, successful recovery often takes 12 to 18 months of total isolation from the drug. In some cases, there is no recovery from certain infections that are passed when having indiscriminate and unprotected sex. Today, we are going to watch a video titled "Meth, Sex & STD's" and then answer some questions to measure what we have learned.

2. Play DVD Meth, Sex & STD's- 24 Minutes

3. Students complete Test and Review Questions & Evaluaitons –8 Minutes

4. Teacher moderates classroom dialogue about answers to questions on the Test & Review. Have students retain the test to answer questions during the discussion.

5. Teacher collects evaluations and returns them to Moonshadow Productions

METH, SEX & STD'S

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Photocopy this quiz and handout to each student before watching the video.

Students should retain this answer sheet for classroom dialogue.

Test and Review, 8 minutes, Circle the correct answer.

1. Many people start using methamphetamine for the sexual energy that it gives them, but a common side effect after prolonged use is impotency and sexual dysfunction. T/F
2. Meth users engage in riskier sexual behavior, have more sexual partners, and are much more likely to contract sexually transmitted diseases. T/F
3. Hepatitis A is passed by fecal-oral contact and is common among meth users due to their incredibly poor personal hygiene and sex practices. T/F
4. Hepatitis C is sexually transmitted and can be passed by sharing needles and may also cause cirrhosis of the liver or liver cancer. T/F
5. Hepatitis A, B, And C are viruses that attack the liver. T/F
6. Symptoms of viral hepatitis include feeling very tired, loss of appetite, having the whites of the eyes and the skin turn yellow. T/F
7. If you think your partner has an STD, both you and your partner should be promptly seen by a medical provider to be evaluated. T/F
8. Infants born to women with untreated Chlamydia or gonorrhea infections can get the infection from the mother during delivery. T/F
9. You should always use condoms with every sexual encounter and learn how to use them correctly T/F
10. Using Meth will certainly diminish your ability to make good decisions when it comes to your health T/F

Photocopy this evaluation and handout to each student before watching the video. Pass out evaluation sheets and have students complete the evaluations. Go over responses in class to stimulate conversation. Evaluations should be collected by the teacher and furnished to the curriculum director who oversees Drug and Alcohol Education.

Your Opinion Counts! (METH, SEX & STD'S) The purpose of the "Meth, Sex & STD's" DVD is to provide information regarding your health and the harmful effects that Methamphetamine has on it. After reviewing this DVD, please let us know what really worked, and what needs to be improved by answering the following questions using a scale of 1 to 5, with **1 being BAD** and **5 being GREAT, or 1 being Disagree** and **5 being Strongly Agree—depending on the question.** Please circle the number that best reflects your opinion. Remember this is your opinion.

1 2 3 4 5 Music, Graphics, Photos & Animations

1 2 3 4 5 Overall value of the information provided

1 2 3 4 5 This presentation clearly improved my understanding of the harm methamphetamine poses to sexual health.

1 2 3 4 5 This presentation helped me gain a greater understanding that meth users are more likely to engage in risky sexual behavior that could increase their risk of getting HIV or another sexually transmitted disease.

1 2 3 4 5 This presentation helped me learn that in recent years increases in sexually transmitted diseases (STDs), HIV, and viral hepatitis have been associated with methamphetamine use in the US.

1 2 3 4 5 This presentation will help solve the meth problem by replacing the ignorance in which the epidemic spreads with reasons to avoid the drug.

1 2 3 4 5 This presentation raised my understanding about making healthy choices.

What did you like most about the DVD? _____

If this DVD were to be updated in the future, what change(s) would you suggest? _____

Every teenager or young adult in my community should see this video. Yes ___ No ___

Your Age: _____ Gender: _____ Grade: _____ School: _____

Return this completed form to your teacher or proctor. Thank you for your thoughts, ideas, and time. Please return completed evaluations to: Moonshadow Productions & Research, 6507 Pacific Avenue, #305, Stockton, CA 95207 Phone 209-477-2398; fax 209-477-0818; email: Charlie@moonshadow.biz

Teacher: We want all students to become informed word-of-mouth advertisers who can de-market methamphetamine. That means convince others to stay away from meth.

Some further points for Classroom discussion are:

- Methamphetamine, marijuana and alcohol were the most common drugs used by felons in the prison system prior to their arrest and convictions
- The average age of first time use for methamphetamine is 18

(Excerpts from “Methamphetamine Use: Lessons Learned” The author(s) shown below used Federal funds provided by the U.S. Department of Justice and prepared the following final report: Author(s): Dana Hunt, Ph.D.; Sarah Kuck; Linda Truitt, Ph.D. Document No.: 209730; Date Received: February 2006

- Unlike many other illegal drugs, methamphetamine is a drug that appeals equally to men and women. All of the national data sets show an almost equal gender split for self reported Meth use.
- Users also tend to be White and in their 20s and 30s.
- Methamphetamine is a drug that has both acute toxic effects and can produce long term physiological problems.
- It is a powerful central nervous system stimulant that promotes the release of neurotransmitters like dopamine, norepinephrine and serotonin, each of which controls the brain’s messaging systems for reward and pleasure, sleep, appetite and mood. However, when ingested (injected, snorted, eaten), Meth produces prolonged euphoric or energized states.
- The adverse effects are both short-term (cardiac problems, hyperthermia, depression, confusion) and chronic.
- When used chronically, methamphetamine causes long- term neural changes that result in impaired memory, mood alterations, impaired motor coordination, and psychiatric problems long after termination of use.

Optional Activities:

Research has shown that a single exposure to educational materials like this does not change student's behavior unless it is accompanied by activities that solidify and personalize the information for the individual student. Choose from one or more of the following activities to facilitate discussion and to allow the students to process this information in a meaningful way.

1. Writing assignment

Describe one of your best friends. Tell about the personality features that make this person special to you. How would you feel if this person became addicted to methamphetamine and died from catching HIV or hepatitis? What would you do to try to prevent your friend from using methamphetamine the first time?

2. Role Play

Have your class select actors who form into two groups: parents and children. The 'parents' should try talking to their 'children' about the dangers of using drugs. The children should respond with objections based on their perceptions of the parents' use of alcohol (or drugs like marijuana). The point is to gain an understanding that the unhealthy behavior of the parents doesn't give license to their children to behave in unhealthy ways. And in the end, it's not about anyone's rights, but really about their health and no one can escape the consequences of unhealthy behavior.

3. Drama

Have students write and perform a drama describing the impact of methamphetamine on a person and his or her family.

4. Poster contest

Sponsor a competition among students to design a poster illustrating the effects of methamphetamine. Offer awards in several categories, based on classes, e.g. – 9th grade vs. 10th grade, to the most graphic, most scientific, best use of color, so that there are several winners. Display posters in the school.

5. Teaching younger students

Have groups of your students prepare a lesson for the 7th graders about the impact methamphetamine could have on their personality and functioning.