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EUROPEAN DRUG ABUSE PREVENTION



INFORMATION CARDS



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Handbook for the teacher

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Drug Abuse Prevention

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1

Does a cigarette contain drugs?

A. Yes

B. No

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Drugs can influence your emotions, behaviour and perception

1

All drugs are influencing our psychic living, for example they are able to change our emotions, thoughts and perception by having an effect on the brain. Under drugs, you are in a different and unusual state of consciousness: What you see, feel or think is new and unknown. In this state, everything can seem to be new, more colourful, darker, happier, more sad, more intense or just unknown and frightening.

CORRECT ANSWER: A

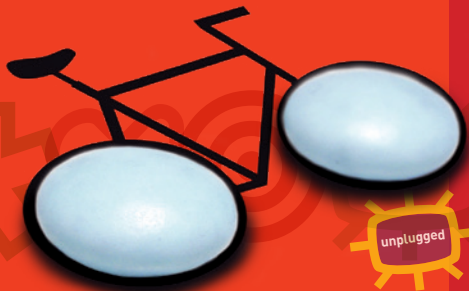
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2

If you take just one pill of a package of sleeping pills are you safe driving your bike?

A. Yes

B. No



Dangers or risks of drugs

2

All drugs have a range of negative effects both on the body and the soul. Therefore, every use (also experimental) is a risk for your health (e.g. you can have a allergic reaction). One of the most important risks of drugs is to become addicted.

CORRECT ANSWER: B

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3

If I don't feel anything after one cigarette, should I smoke an extra one to reach the effect?

A. Yes

B. No


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3

The effect of a drug increases if you take more of it

But that does not imply that a higher dose makes you feel better. If you feel less nervous after having smoked one cigarette, it does not mean you will be even more relaxed after smoking one or a few cigarettes more. Usually, this amount just makes you feel sick. This is the same for all other drugs.



CORRECT ANSWER: B



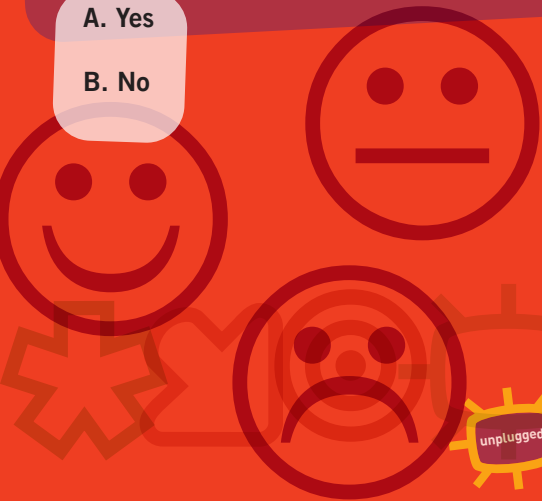
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4

You feel sad. Would you feel better if you took an ecstasy pill?

A. Yes

B. No



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Drugs don't affect all people in the same way

There are huge differences in the effects of drugs. Whether a particular drug makes you feel very good and euphoric, or bad depends on many circumstances. For instance, it may depend on the way of administration, on your state of mind before use, people around you, physical condition at the time of use and so on.

CORRECT ANSWER: B

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5

One of the following statements is not correct: which one?

- A. Girls get intoxicated with lower quantity of drugs than boys do**
- B. Boys usually use more drugs than girls**
- C. Boys are more easily accepted to use drugs than girls**



Drugs are more dangerous for girls than for boys

5

Young people are more at risk by drugs in general, because their body and brain are still in development and therefore more sensitive. Girls can be affected stronger by drugs because of their physical constitution (girls usually have lower weight and less water content in their bodies than boys do) and may experience more intense negative effects of drugs: Girls have therefore a more protective attitude towards alcohol, and are able to enjoy themselves, make a lot of fun without drinking alcohol.

CORRECT ANSWER: C



6

Only one of the following statements is correct: which one?

- A. If my mother takes pills for sleeping, I can take them too
- B. My mother should take pills for sleeping only under strict medical control
- C. If my mother feels well after taking her sleeping pills they cannot have negative effects



Drugs are also used as medicine for treating illnesses

Many drugs were or are still used for curing illnesses. Due to their strong and dangerous side effects, physicians use them only in very distinct illnesses with high prudence and their prescription is under a strong control.

CORRECT ANSWER: B

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7

If you smoke cigarettes, you get warmer fingers

- A. Yes**
- B. No**

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There are many annoying consequences of the narrowing of your veins because of nicotine.

Nicotine, in all cigarettes and other tobacco, leads quite quickly to the narrowing of your blood vessels. It very slightly pumps up your heart beat which gives in the beginning some smokers the impression of a fine feeling. However, it also is the reason for colder extremities of the body: fingers and feet will more easily get cold because the blood vessels are already so narrow in those parts.

CORRECT ANSWER: B

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8

Most smokers continue smoking forever

A. Yes

B. No

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Almost all smokers stop after a certain time.

Many young people smoke only a short while and then stop because it is not so cool or effective as they thought it was. Other reasons for stopping are the high financial cost, negative consequences on sportive results, beauty and looks and of course on health. Adults that smoke, also if they relapsed several times, stop eventually because the addiction really has become a disease.

CORRECT ANSWER: B

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9

**Do cigarettes make
smokers loose weight?**

- A. Yes**
- B. No**

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Smoking leads to getting fatter.

The nicotine in tobacco, like all other drugs, has an influence on several parts of your brain. Also the brain cells conducting feeling for hunger and sense of taste or smell are slightly changed by the nicotine. But when you stop, the averse effect is even bigger, and you eat a lot more, resulting in gaining weight instead of losing.

CORRECT ANSWER: B

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10

Cigarettes lead to a paler skin with bigger pores and impurities: true or false?

- A. True**
- B. False**

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10

Smoking definitely has a negative effect on a smooth skin.

The reduced blood circulation is responsible for degeneration of the skin. Compared to non-smokers, a smoker's skin is grey and pale. Wrinkles develop earlier.



CORRECT ANSWER: A

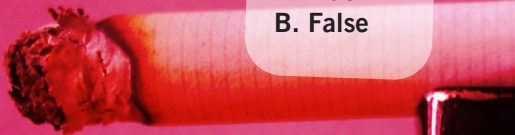


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11

In Brazil plastic surgery clinics don't start a treatment for smokers because they have bad wound healing as a result of tobacco use: true or false?

- A. True**
- B. False**



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Smoking makes wound healing slow.

It is an influence of nicotine, also nicotine pills and nicotine stickers. This is not a minor issue: in top-country for plastic surgery Brazil the beauty surgeons have a rule not to start a treatment for smokers, because the healing never delivers the desired quality!

CORRECT ANSWER: A

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12

What would be a correct answer if someone offers you cannabis?

- A. There is very much chance that I won't like the effect**
- B. There is very much chance that the effect is less interesting than I expect**
- C. There is very much chance that I will feel no effect at all**

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All the answers are correct.

The positive effects of the drug are very much exaggerated by cannabis-promoters. The reality is that answer C, 'I feel no effect at all' is true for most people. The perceived effect is so dependent on personal factors that the promoted effects are obviously only the 'top-stories'. Negative consequences, invisible and not sensed by the user, are nevertheless still there!

CORRECT ANSWER: All

Only one of the following statements is correct: which one?

- A. If I smoke cigarettes only on the weekend I do not risk to become dependent**
- B. A teenager may be dependent on nicotine when smoking just a few cigarettes per week**
- C. Chewing or snuffing tobacco doesn't make you dependent on nicotine**

There are no drugs that **are not addictive**

13

There are no such drugs. The risk of addiction is present with all drugs. The risk is higher with drugs that are injected, smoked or sniffed, because they reach the brain very quickly and intensely. Because these effects are short-lived, you may want to repeat the experience very soon, and may therefore easily lose control.

CORRECT ANSWER: B



One of the following statements is not correct: which one?

- A. Young people use Medication to score better in games of skills: physical skills, concentration skills**
- B. Young people use cannabis at parties because they believe that it helps them overcome shyness**
- C. Young people usually smoke because they want to be part of a group with smokers**

Reasons for young people to try drugs

There are many reasons why somebody tries a drug. Possible reasons are: curiosity, the drive to cross your limits, to be rebellious, to be alternative. There are also psychological reasons, for instance the belief that drugs help solve or forget problems, that they would make you more assertive.

CORRECT ANSWER: A

15

One of the following statements is not correct: which one?

- A. Using drugs may make you unreliable towards friends**
- B. Smoking makes you smell badly**
- C. Using cannabis makes you popular and admired**



People won't like you more if you use drugs

15

People who are ready to take risks are often admired by others for a short period. But in the long run, the most popular people are those who are mastering their lives. This is not really a typical characteristic of drug users.

CORRECT ANSWER: C

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Only one of the following statements is correct: which?

- A. If I inhale paint I won't have any physic damage
- B. If I inhale gas my mood will improve without any brain damage
- C. Inhaling paint, gas, or glue causes both brain and physical damages



It is dangerous to inhale paint, glue or gas

These substances are toxic and inhaling them can cause brain and physical damage (e.g. in the lungs). Furthermore, inhaling these substances induces a state similar to being drunk, which increases the risk of accidents.

CORRECT ANSWER: C

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**Riding any physical after inhaling paint is safe.
True or false?**

- A. True**
- B. False**

Inhalants like gasoline, glue or paint-removers are also drugs

They are, because they influence emotions, perception, thoughts and judgement and users can become addicted to them.

CORRECT ANSWER: B



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Some people have these ideas about drinking alcohol. One of the following statements is not correct: which one?

- A. If someone drinks alcohol he or she has a higher chance to pass an examination the day after**
- B. Drinking alcohol decreases physical balance and coordination the day after (e.g. when biking to school)**
- C. Drinking alcohol decreases the ability to take prompt decisions the day after (e.g. during a class meeting)**



Drugs are not helpful in solving problems

When somebody uses drugs, like alcohol which is very rare in Pakistan, he might forget his worries and problems for a short time. But the problems stay unsolved. Moreover, the use of drugs will lead to additional problems, because drugs have strong unwanted effects and drug use may sometimes also have legal consequences.

CORRECT ANSWER: A

**In a movie you see this scene:
Mansoor drank a lot of beer at a
party. He has slept 8 hours. What
are the chances that Mansoor will
be able to go to school and pass
his maths examination? Pick up
the correct answer.**

- A. Higher than usual**
- B. As usual**
- C. Lower than usual**





19

After taking too much drugs (like alcohol) in the evening, it is not possible to sleep in and to be fit the next day

If you have drunk alcohol, your physical performance is also impaired on the following day. Furthermore, the most relaxing stage of sleep – the dream stage – is disturbed by intense drug use resulting in reduced ability on the next day.

CORRECT ANSWER: C



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Ali complains that, to feel drug effects, he spends more and more money on them. Why? Select the most likely answer.

- A. The dealer adds water to them**
- B. Prices increased**
- C. Ali has developed tolerance (his usual amount to take drugs is not sufficient any longer to feel the same effects)**



You can get quickly used to drugs

The tolerance to drugs, like alcohol is also one, increases, for example you need more and more alcohol to reach the same effect and also to get drunk. This means that your body (especially the liver) is exposed to increasing quantity of alcohol, therefore the likelihood of damage also increases.

CORRECT ANSWER: C



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Jalal was told by his friends that using some cannabis and drinking some alcohol, would make him feel confident. Which of the following is most likely to happen to him? Pick one answer

- A. He will become aggressive**
- B. He will feel sick and stink**
- C. He will be most attractive and confident**

Drinking or taking other drugs do not increase the chances of making friends

It might happen that somebody feels more courageous and assertive in making friends. But when getting into contact with other people it is important to interpret the reactions of the other person in an appropriate way and to register his or her emotions. Because alcohol and any drug influences our feelings and thoughts, it might easily happen that we are acting too fast or hurting someone's emotions. Another important point is that you smell strongly after having drunk alcohol. That is not always attractive for everybody.

CORRECT ANSWER: B

**Which of the following is most likely to happen to you if you smoke cannabis?
Pick up one answer**

- A. You're going to be the group's leader**
- B. You increase your chances to look ridiculous**
- C. You will be appreciated by your boy/ girl friend**

Other people will not like you more if you smoke cannabis

It is possible that you get the impression to be more courageous and therefore think to have easier contact with other people after 'Cannabis' But drugs, like cannabis, lead to a loss of control over the situation and yourself, the risk of giving a wrong impression of yourself is high.

CORRECT ANSWER: B

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Which of the following signs most likely indicate dependence from cannabis?

- A. Having red eyes**
- B. Not sleeping well**
- C. Need to have cannabis all the time in order to feel well**

It is possible to get addicted to hashish or marihuana

If you use cannabis to relax, to be happy, to enjoy music or to be together with other people, you are on the way to become dependent. The consequences of psychic dependence refer to many areas of life. An addicted person needs help and counselling in any case.

CORRECT ANSWER: C



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Which one of the following statements is true?

- A. It is less dangerous to smoke one joint than one cigarette**
- B. Smoking joints and cigarettes are often related**
- C. Smoking one cigarette is equally harmful as smoking one joint**

It is not less harmful for the body to smoke hashish than to smoke cigarettes

Since the smoke of cannabis (which is mixed with tobacco) usually is inhaled more deeply and kept for a longer time in the lung compared to the smoke of cigarettes, the harm of one joint is comparable to the harm of 3 to 5 cigarettes (we are now only talking about the effect of the smoke!). However, most people smoking cannabis also smokes cigarettes, thus enhancing the harm.

CORRECT ANSWER: C



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**Javed says “Today everything is wrong. Maybe with a joint..?”
Which of the following people give the right advise to Javed?**

- A. Ali: Oh yes, sure!! You'll forget everything!**
- B. Shahzad: What are you saying!? It will just be worse: it will increase your bad feelings!**
- C. Ahmad: What about a drink?**



Cannabis will not change your mood when you do not feel fine

Cannabis can not solve problems, it can just make you forget about them for some hours. Furthermore, it is very likely that having trouble will make things worse, because cannabis amplifies emotions and does not change negative emotions into positive. People feeling sad or anxious or having mental problems certainly should not use cannabis. There is the risk that cannabis increases mental problems which might break out then completely.

CORRECT ANSWER: B

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Only one of the following statements is correct: Which one?

- A. It is easier to get together with people using hash**
- B. People using hash are free and peaceful**
- C. It is more difficult to get in contact with people using hash**

You will not become more attractive in a group when you use cannabis

If a group considers the use of cannabis as a “must”, it might be that you are only accepted when using it. But the question arises whether it is worth being part of such a group in which you need to be in a flush to feel comfortable. Besides this, cannabis has the effect of concentrating on yourself and having not very distinct interest in other people. That is usually not very attractive for people who want to get into contact to others.

CORRECT ANSWER: C

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Your best friend is not feeling well, and he seems to have hallucinations. You know he's eaten a cannabis pie. Which is the most likely that occurred to him?

- A. He is intoxicated by cannabis and needs urgent help**
- B. Probably the eggs in the pie were not fresh**



27

It is more harmful to eat or drink cannabis than to smoke it

Drinking or eating cannabis has stronger effects compared to smoking it, though these effects start with a delay (of about one hour). Oral consumption more often leads to hallucinations.

CORRECT ANSWER: A



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Sakeena notices that her friend looks different after the weekend: she is Interested Instead of uninterested, her eyes are red and her conversation is confused. Which of the following explanations is most likely?

- A. She may have smoked cannabis**
- B. She doesn't want to be friends any more**
- C. She may have received bad news**
- D. She may have lost his job**

Cannabis does not increase the chances in making friends

Seductive aspects of smoking cannabis should be doubted. First of all, you get red eyes by cannabis and the eyelids are often swollen also on the following day – which does not appear very attractive. Besides this, you often say senseless things or concentrate on yourself under cannabis. In this state, you communicate worse with others and are therefore probably also worse in starting or keeping friendships.

CORRECT ANSWER: A

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Which of these statements about cannabis is correct?

- A. Cannabis smoking is connected to an alternative lifestyle**
- B. Cannabis is an organic and ecological product**
- C. Cannabis use fits within anti-consumerist values and norms**

None of the answers are correct

These statements are marketing messages promoted by the cannabis industry, which is a very big and important commerce for seeds where product development and sales techniques play the same role as in the alcohol and tobacco industry. Product placement of cannabis or hemp in vegetarian sales points is a strategy creating this alternative, natural and anti-consumerist image.

CORRECT ANSWER: None



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30

Smoking cannabis is a safe way of drug use, true or false?

- A. True**
- B. False**



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30

It is a social myth or misunderstanding that cannabis use is safe

Just like with alcohol, 10% of cannabis users become heavy users with problematic use or addiction. There are also a few people, vulnerable for psychosis, that are dragged over a threshold by use of cannabis (or of certain mushrooms or other drugs) and get in a completely crazy state. So you can not conclude that it is 'safe'.

CORRECT ANSWER: B



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31

Is cannabis use part of a modern lifestyle of well earning and successful people?

- A. Yes**
- B. No**

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Regular and continuing cannabis users averagely have less income and less jobs.

Also on school level this is a fact: regular and frequent cannabis smokers have less success. One of the long term consequences of cannabis in the brain is a reduction of complex problem solving competences, that may be a reason for these facts.

CORRECT ANSWER: B



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Nasreen is disappointed because her engagement has been called off. She decides to take an ecstasy tablet. Which of the following is most likely to happen?

- A. She will forget about the engagement for a while, but she will behave in a way that the morning after she will regret**
- B. She will be so attractive that an other engagement will immediately start off**
- C. She will cough all night**

Reasons to avoid ecstasy

Every feeling, which is established in an artificial way, has risks: it is a dangerous game with body and soul to try to establish an emotional state in an artificial way without feeling the way before. Furthermore, the happiness is lasting only as long as the substance is effective. After some hours the user usually feels mouldy: exhausted and sad for hours and often mildly depressed for days.

Ecstasy has only a short-time effect in deleting sad emotions. Weekend ecstasy users are usually suffering by mild depression during the week.

CORRECT ANSWER: A

What would be the effect if you use ecstasy?

- A. You loose control over yourself and your contact with other people
- B. You have a deeper and intense contact with others around you
- C. You feel easy and calm

Party drugs give you another impression of your own appearance than it really is

Many party drug users think they have a warm and intense contact with other people when they are under the influence of ecstasy while there is a lot of music and dancing. But other people can have similar feelings only under the influence of the music and dancing. The difference is that they don't lose control over themselves and over their contacts with others. Young music lovers not using party drugs do not want to lose control.

CORRECT ANSWER: A

It is not possible to become addicted to ecstasy or amphetamines if you just take it during the week-ends. True or false?

A. True

B. False

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It is possible to get addicted to party drugs

After having used party drugs often, the desired effects (to feel good and fit) are getting weaker time by time. Increasing the dose is not followed by a reduction of tiredness and sadness.

CORRECT ANSWER: B

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Only one of the following statements is correct. Which one?

- A. Using cocaine will help to loose weight
- B. Using cocaine will lead to gaining weight
- C. Using cocaine will probably not affect weight



You will not lose weight by using cocaine

Cocaine just has the effect of suppress the perception of hunger during the flush. This implies that you probably will not eat anything during this time, but it is very likely that you will eat later on, for example after approximately one hour, because you feel sad and therefore eat sweet or fat food.

CORRECT ANSWER: B

36

Which of the following is most likely to happen to Bilal if he uses cocaine?

- A. His conversation will be more brilliant**
- B. He will look sexy and elegant.**
- C. His friends are going to hear a lot of puzzling babbling**



Cocaine does not make somebody more attractive

Under cocaine you experience a strong drive to talk and might conclude to become more sociable or interesting. But others perceive this rather as too much and puzzling babbling than as an attractive conversation. Furthermore, cocaine often causes an enduring rhinitis and strong sweating – which ruins the so desired “sexy image”.

CORRECT ANSWER: C

Which of the following statements is correct?

- A. The use of cocaine now and then doesn't cause dependence
- B. The use of cocaine enhances school performance
- C. After the use of cocaine you feel strong and calm for a long while
- D. None of the above statements is correct

It is possible to get addicted to cocaine

You can become addicted to cocaine especially because you are feeling that bad after the flush that you want to use the drug directly again to feel strong and assertive again.

CORRECT ANSWER: D

Which of the following statements is not correct?

- A. After the use of cocaine you feel aggressive
- B. Cocaine relieves headache
- C. After the use of cocaine you are more prone to do risky things, for instance very fast driving

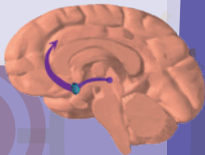
Effects of using cocaine

Cocaine causes an intense euphoric feeling very quickly. The user feels very awake, vital and restless and has the drive to move. Thoughts are running and sometimes, users talk very much and say senseless things. He feels excessively assertive, ready to take risks and can become very thoughtless and aggressive. This includes also the danger of underestimating real risks. In a cocaine flush you don't perceive hunger, thirst or tiredness. After the effect of cocaine has faded out (approximately after one hour), you feel sad, tense or anxious for a longer period and have the urge to use cocaine directly again.

CORRECT ANSWER: B

Only one of the following statements is correct. Which one?

- A. Using cocaine is a way to easily pass examinations
- B. Using cocaine increases concentration
- C. After the use of cocaine it is difficult to control thoughts



It is not possible to increase school performance by using cocaine

Use of cocaine causes the loss of control over your thoughts. Furthermore, you have a false self image under cocaine: you believe to know things better, but this is not true.

CORRECT ANSWER: C

Which of the following statements on heroin is correct?

- A. Heroin dependence develops very quickly**
- B. Heroin dependence develops over several years**
- C. Heroin dependence only develops among people who already have psychological problems**

Heroin is a highly addictive drug

YES, it is. Regular use of heroin causes both physical and psychic dependence already after a short period of time. This implies that you feel bad without heroin (aches in the whole body, sleeplessness, nervousness and restlessness, weakness) and have an irresistible urge to use the drug again. People who are dependent to heroin are usually not able to take care or to be interested in any other issue than heroin. Heroin is becoming the focus in their lives.

CORRECT ANSWER: A

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41

Nadeem told Ayesha to rather sniff heroin than to inject, because it is less dangerous for health. Should Ayesha trust him? Pick up the correct answer.

- A. Yes**
- B. No**
- C. Yes, but only if she has an infection**



It is not less dangerous to smoke or sniff heroin

Whether Insteas of Equal if you smoke, sniff or inject heroin,you are risking your physical and mental health. Heroin leads to dependence if used regularly and you are risking very much if you try this drug.

CORRECT ANSWER: B



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**Two of the following statements are not correct:
Which ones?**

- A. The use of heroin makes you feel euphoric**
- B. The use of heroin makes you sad**
- C. After using heroin you cannot foresee your own reactions**
- D. After using heroine you become more talkative**

How you feel after the use of heroin

Heroin sedates feelings and all reactions (slowing down speaking and thinking). Heroin users isolate themselves and are not very interested in other people or topics.

CORRECT ANSWER: A & D



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