Health Standards:
   A: Health Promotion and Disease Prevention: students will make posters stating the facts on ecstasy to help promote a healthy lifestyle and prevent harm.
   B: Healthy Behaviors: Students will evaluate short and long term consequences of ecstasy
   C: Goal Setting and Decision Making: Students will look at how ecstasy can have an effect on their relationships with family and friends.
   G: Advocacy: Students will show advocacy by making posters against the use of ecstasy.

Learner Objectives/Outcomes:
   - Students will be able to identify what ecstasy is, some facts, and what it does to the human body.
   - Students will be able to identify why people chose to try ecstasy.
   - Students will be able to explain the effects ecstasy can have on the relationships between their family and friends.
   - Students will be able to promote healthy living through their posters against the use of ecstasy.

Announcements
Picture of Ecstasy on the overhead
   What is this a picture of?
   Ecstasy
   Why do you think it looks like it does? (pictures, cool colors)

What is Ecstasy?
Ecstasy is a MDMA (methylenedioxymethamphetamine), which is a synthetic drug with amphetamine and hallucinogenic like properties. It is classified as a stimulant.

What does this mean?
   Synthetic - foreign, not natural
   Amphetamine - A drug that stimulates the central nervous system (brain spinal cord)
   Hallucinogenic - Causes experiences that do not exist outside of the mind, a false belief or impression
   Stimulant - Temporarily quickening some vital process or functional activity.
Why is it used?

It is used at "raves," clubs, and other parties so they can keep on dancing and for mood enhancement. It is used to help people feel Good, Happy, Relaxed, Loss of inhibitions (enhanced self-confidence, open to share their feeling with other people), Enhanced energy, Feelings of peace-fullness, acceptance, Empathy, Desire to be close/touch others (Hugging)

I will be handing out a piece of paper and some markers, your job is to come up with as many short and long term effects that you think could happen when taking Ecstasy. You will have 3 minutes to work in your group before coming back together. (The groups will be the rows)

Posters will be displayed in front of the room and we will go over the effects.

What are some of the short-term effects?

- Involuntary teeth clenching
- Transfixion on sights and sounds
- Blurred Vision
- Feeling faint
- Irrational behavior
- Tremor
- Increases heart rate
- Increase in body temperature
- Stimulates the body
- Hyperthermia
- Kidney and liver failure
- Sleep problems
- Paranoia
- Anxiety
- Inhibit sexual performance

Loss of inhibitions
Nausea
Chills / Sweating
Convulsions
hallucinations
Rapid eye movement
Increases blood pressure
Increase chances of seizures
Dehydration
Muscle breakdown
Cardiovascular failure
Insomnia
Concentration
Depression
Loss of appetite

What are some long-term effects with repeated use?

-Damage the cells that produce serotonin, (which has an important role in the regulation of mood, appetite, pain, learning and memory)
-Disrupt or interfere with memory
-Learning disorders
-Emotional problems
-Mood swings
-Depression
-Isolation from friends and family who do not use
-Over stimulation of sensory receptors
-Death from hypothermia - overheating
-Death from hyperonatremia - where excess fluid intake swells the brain resulting in coma. (drinking to much at one time)
-Death from Stimulation - Over stimulation of the nervous system can result in heart attack or brain hemorrhage.
Signs of overdose
- Feeling hot or unwell
- Becoming confused, not able to talk properly
- Headache
- Vomiting
- Not Sweating
- Racing heart or pulse when resting
- Fainting or collapsing
- Loss of control over body movements
- Tremors
- Problems urinating

Each group of students will receive a sheet of questions that they will have to use to determine which answer they believe is correct.

Street names
Can you name any?
   Adam, Bean, E, Ecstasy, M, Roll, Lover’s Speed, Morning shot, Hug drug, Scooby snacks, Clarity, Cristal, XTC and X

How is it taken?
   Swallowed, Injected, Snorted, Shafted (Anus)

Duration of the Effects?
The effects usually start 20 to 30 minutes after ingestion and last up to 4 to 6 hours or even a month.

The Price of Possession
   Anywhere up to 4 million and up to a lifetime in jail ! ! ! !

Ecstasy is a Schedule 1 Drug
What does this mean?
The Controlled Substance Act places all substances that are regulated under existing federal law into one of five schedules. This placement is based upon the substance’s medicinal value, harmfulness, and potential for abuse or addiction. Schedule I is reserved for the most dangerous drugs that have no recognized medical use, while Schedule V is the classification used for the least dangerous drugs.

Family and friends
   How do you think this can effect your relationships with your family and friends?

Now that you know about Ecstasy your group will need to turn you tag board over and use that side to make a poster that is eye catching and will make people aware of the effects so people will not want to use ecstasy.
What is Ecstasy?

Ecstasy is a MDMA (methylenedioxymethamphetamine), which is a synthetic drug with amphetamine and hallucinogenic like properties. It is classified as a stimulant.

What does this mean?

Why do people try Ecstasy?

Mood enhancement
Feel Good, Happy, Relaxed
Loss of inhibitions
    (enhanced self-confidence, open to share their feeling with others)
Enhanced energy
Feelings of peace-fullness
Acceptance
Empathy
Desire to be close/touch others (Hugging)

What are some of the short-term effects?
<table>
<thead>
<tr>
<th>Involuntary teeth clenching</th>
<th>Loss of inhibitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transfixion on sights and sounds</td>
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- Emotional problems
- Mood swings
- Depression
- Isolation from friends and family who do not use
- Over stimulation of sensory receptors
- Death from hypothermia
- Death from hyperonatremia
- Death from Stimulation

**Signs of overdose**

- Feeling hot or unwell
- Not able to talk properly
- Vomiting
- Racing heart or pulse when resting
- Loss of control over body movements
- Problems urinating
- Becoming confused,
- Headache
- Not Sweating
- Fainting/collapsing
- Tremors
1. Ecstasy has many different names. Which of the following is not one of its names?
   A) Adam
   B) E
   C) Lover’s Speed
   D) Scooby snacks
   E) All are names for Ecstasy
   F) Both A and D are not names for Ecstasy

2. Which is the most common method used to get the drug into the system?
   A) Snorted
   B) Swallowed
   C) Injected
   D) Shafted

3. How long does Ecstasy have to be in the body before the effects begin to take place?
   A) Immediately
   B) 10 to 20 min
   C) 20 to 30 min
   D) 30 min to an hour

4. How long do the effects last?
A) Between 3 and 6 hours  
B) Between 4 and 6 hours  
C) 24 hours  
D) 1 month

5. If caught with ecstasy what is the highest penalty given?
   A) $4 million and up to a lifetime in jail  
   B) $100,000 and up to 99 years in jail  
   C) $50,000 and 50 years in jail  
   D) $1,000 and 1 year in jail

6. Drugs are all labeled with a schedule telling people how harmful and possibly addictive they are. What schedule is Ecstasy?
   A) Schedule I  
   B) Schedule II  
   C) Schedule III  
   D) Schedule IV  
   E) Schedule v

7. What percent of 8th grade students tried ecstasy in both 1996 and in 2003?
   A) In 1996 2.3% and in 2003 2.1%  
   B) In 1996 4.6% and in 2003 3.0%  
   C) In 1996 4.5% and in 2003 4.6%
<table>
<thead>
<tr>
<th>Drug</th>
<th>Size</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thunderdome</td>
<td>7.8 x 5.2 mm</td>
<td>43 mg MDA</td>
</tr>
<tr>
<td>Triangle</td>
<td>10.2 x 4.1 mm</td>
<td>68 mg MDA</td>
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<tr>
<td>Lips</td>
<td>8.1 x 3.4 mm</td>
<td>61 mg MDA</td>
</tr>
<tr>
<td>Killers</td>
<td>9.1 x 4.3 mm</td>
<td>136 mg MDA + caffeine</td>
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<tr>
<td>Number One</td>
<td>8.2 x 4.0 mm</td>
<td>56 mg MDA</td>
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<tr>
<td>Blue Star</td>
<td>8.7 x 5.4 mm</td>
<td>11 mg amphetamine + trace caffeine</td>
</tr>
<tr>
<td>Clover Leaf</td>
<td>7 x 6 x 4.8 mm</td>
<td>40 mg MDA + 10 mg MDEA</td>
</tr>
<tr>
<td>Sunrise</td>
<td>9.1 x 4.8 mm</td>
<td>123 mg MDA</td>
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<tr>
<td>Diamond</td>
<td>12.2 x 7.5 x 4.3 mm</td>
<td>192 mg MDEA</td>
</tr>
<tr>
<td>Twins</td>
<td>9.2 x 4.2 mm</td>
<td>79 mg MDA</td>
</tr>
<tr>
<td>Mercodes</td>
<td>3.6 x 5.3 mm</td>
<td>12 mg amphetamine + trace caffeine</td>
</tr>
<tr>
<td>Micro</td>
<td>3.8 x 1.7 mm</td>
<td>LSD</td>
</tr>
<tr>
<td>Dove</td>
<td>9.2 x 3.0 mm</td>
<td>67 mg MDA + 31 mg MDEA</td>
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<tr>
<td>€uro</td>
<td>9.3 x 2.8 mm</td>
<td>57 mg MDA</td>
</tr>
<tr>
<td>Red Playboy</td>
<td>9.1 x 3.2 mm</td>
<td>27 mg amphetamine + trace caffeine</td>
</tr>
<tr>
<td>Dolphin</td>
<td>9.2 x 3.6 mm</td>
<td>26 mg MDEA + 5 mg MMDA</td>
</tr>
<tr>
<td>TNT</td>
<td>10.1 x 3.4 mm</td>
<td>55 mg MBDB</td>
</tr>
<tr>
<td>Triangle</td>
<td>10.1 x 4.3 mm</td>
<td>107 mg MDEA</td>
</tr>
<tr>
<td>Pyramid</td>
<td>10.1 x 4.6 mm</td>
<td>medicine called Neo-Cibalgin</td>
</tr>
<tr>
<td>CD</td>
<td>8.1 x 4.0 mm</td>
<td>9 mg amphetamine + trace caffeine</td>
</tr>
<tr>
<td>Apple</td>
<td>9.2 x 3.7 mm</td>
<td>42 mg MMDA + trace caffeine</td>
</tr>
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<td>E-mail</td>
<td>4.5 x 8.5 mm</td>
<td>71 mg MMDA</td>
</tr>
<tr>
<td>One Two Five</td>
<td>9.1 x 2.6 mm</td>
<td>41 mg MMDA</td>
</tr>
<tr>
<td>Dove</td>
<td>9.1 x 3.0 mm</td>
<td>18 mg amphetamine + trace caffeine</td>
</tr>
<tr>
<td>Adidas</td>
<td>8.7 x 5.3 mm</td>
<td>8 mg amphetamine + trace caffeine</td>
</tr>
</tbody>
</table>