

# **SHROOMS/ECSTASY**

## **Hallucinogens Part I**

### **ACTIVITIES AND DISCUSSION GUIDE**

**5 Minutes**

#### **Introductory Group Discussion (Prior to viewing the video)**

- What is a hallucinogen? Name the most common ones.
- What is a bad trip?
- What is a flashback?
- What is a “designer” drug? (Answer included in FAST FACTS)
- Because a drug is legal does that mean it is safe?

#### **Things to think about while watching the video**

- Are natural drugs such as mushrooms and peyote less dangerous than synthetic drugs like LSD or PCP?
- What are the possible negative side effects of tripping? Are they permanent?

### **VIEW THE VIDEO**

**15 Minutes**

### **GROUP DISCUSSION QUESTIONS**

**25 Minutes or Longer**

- Did anything in the video surprise you?
- Did anything in the stories of Lanai, Samantha, Dale or Herbert remind you of something in your own life, or the life of a friend?
- Even though Lanai and Samantha knew a guy who got “perma-fried”, why do you think they continued to take hallucinogens?
- What were some of the things that Dale said he gave up when he started getting loaded all the time?
- Why would Dale’s parents take the door off his room?
- Dale said that in order to get sober, he had to find real friends. What is a real friend, and what do you think is the difference between the friends he was getting high with and the friends he has now?
- Do you agree with Dale’s statement that, “You can’t be successful and do drugs at the same time?” Why or why not?

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### **FAST FACTS**

**These facts contain information that is supplementary to what is in the video. They can be used to stimulate more discussion, written on the board, or incorporated into the discussion generated by the Group Discussion Questions.**

- There are documented deaths associated with Ecstasy (MDMA).
- Ecstasy has similar properties to amphetamines and cocaine. It can cause brain damage and irreversible Parkinson's disease.
- Ecstasy is a name used for many designer drugs, so when you take it, you never know exactly what you're taking.
- "Designer Drug" is a term used to refer to a substance that appears in the illicit drug market that is a chemical analog or variation of another psychoactive drug. Underground chemists produce these new drugs by slightly changing the chemical composition of illegal drugs so that they are technically legal.
- Use of PCP among adolescents may interfere with hormones related to normal growth and development, as well as with the learning process.
- PCP can mimic certain primary symptoms of schizophrenia.
- People who use PCP for long periods report memory loss, speech difficulties and severe depression.
- PCP combined with alcohol can lead to coma or overdose.

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## **Hallucinogens Part I**

### **ACTIVITIES FOR ANOTHER SESSION**

#### **Role-Play**

**Try this role-play with your students after they have thoroughly discussed the video. It can be presented as a skit, written assignment, or a small group discussion topic.**

Characters: Two good friends.

Situation: They are talking about going to a rave. One has heard that there will be free ecstasy there, and wants to go. The other has to decide what to do.

#### **Friendship Discussion**

**Lanai and Samantha have a friendship based on taking drugs together. Dale, who is completely sober today, talked about the difference between the old friends he had when he was using and the real friends he has now.**

- What is friendship based upon?
- How do you choose a friend?
- List 3 important qualities a person must have in order to be your friend.
- Are there different kinds of friends in different situations?
- What is one thing a true friend would NEVER do?
- What is one thing you could ALWAYS count on a true friend for?
- What do you do when you aren't getting what you need from a friend?
- How does your choice of friends affect your life?
- What can you do when you really like someone, but not what they do?
- How do you end a friendship without causing a fight?