

LIFESKILLS
Drugs and Alcohol

FUEL | ONLINE TRAINING



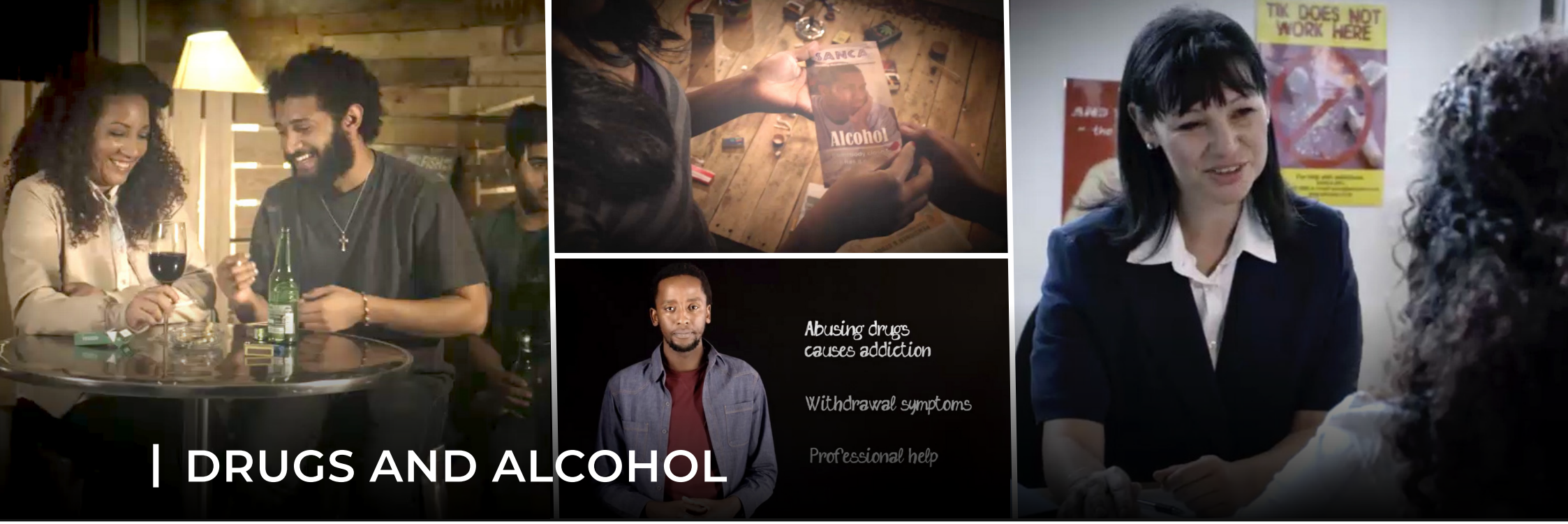


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DRUGS AND ALCOHOL

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| DRUGS AND ALCOHOL

MODULE 1:
Introduction to drugs and alcohol - Part 1

This module answers questions like: What are drugs? Why do people use them? And what is dependency?

MODULE 2:
Introduction to drugs and alcohol - Part 2

This module looks at when drugs become a problem and why they are so difficult to give up. We highlight some warning signs and discuss the meaning of key terms.

MODULE 3:
Dagga

What is dagga? This module discusses how this substance works and what it does.

MODULE 4:
Alcohol

Alcohol is a commonplace in today's society. This module looks at how the substance works and why people use it.

MODULE 5:
Cigarettes and inhalants

This module takes a look at why cigarettes and inhalants are dangerous and where to get help. Then, we look at why people use these substances and why it's hard to quit.

MODULE 6:
Cocaine and crack

This module teaches the learner about cocaine and crack and the dangers of using these drugs. We look at how to identify signs of drug use and where to get help.

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MODULE 7:
Tik

Tik has been causing problems for South African communities for many years. This module discusses the reasons behind its use as well as how to identify and help a tik user.

MODULE 8:
Prescription and over-the-counter medication

This module looks at the reasons behind the abuse of over-the-counter and prescription drugs. We discuss its dangers, how to recognise the symptoms and what to do to help someone who is addicted.

MODULE 9:
Mandrax and nyaope

What is mandrax and nyaope? This module answers this question and what to do to help someone who is dependent.

MODULE 10:
Relationship between drugs, alcohol and HIV/AIDS

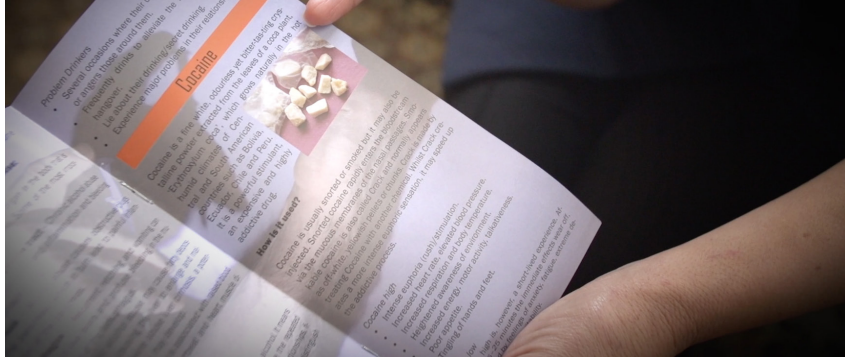
Drug abuse and addiction have been inextricably linked with HIV/AIDS since the beginning of the epidemic. This module recognises the major role that drug abuse plays in the spread of HIV/AIDS.

MODULE 11:
Heroin

This module looks at how heroin works. We explain why people use this drug and how it can be dangerous. By recognising the symptoms, you can help someone you know who is addicted.

MODULE 12:
Getting help

This module ends the series by looking at suggestions for finding happiness that don't involve abusing drugs.







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