



GET INTO RUGBY SCHOOLS

Health

Saying 'no' to alcohol and drugs

Wallaby star says ‘No more alcohol!’



PROFILE:

Name: Radike Samo

Born: 9 July, 1976 in Nadi, Fiji

Wallaby Caps: 23 caps

- Radike Samo's decision three years ago to give up drinking alcohol has helped him to extend his career.
- "The main reason I gave up alcohol was because my dad passed away. In Fiji you have to do it (abstain from alcohol) for three months or 100 nights. After 100 nights everyone got back together to celebrate and got back on the drink, but I chose not to."
- "I look back when I used to drink, I'd have a big weekend and come Monday, try to train and struggle with it. It would take me two to three days to recover. When I'm not drinking come Monday I feel better at training. I thought I'd just give it up. It makes a lot of difference. The body feels better. I don't feel tired and stuff."

Part of an article: "The secrets of Wallabies veteran Radike Samo's success", The Courier Mail, NOVEMBER 07, 2012 12:00AM,

SOURCE: [HTTP://WWW.NEWS.COM.AU/SPORT/RUGBY/THE-SECRETS-OF-WALLABIES-VETERAN-RADIKE-SAMOS-SUCCESS/STORY-FNDPT9S1-1226511544827](http://www.news.com.au/sport/rugby/the-secrets-of-wallabies-veteran-radike-samos-success/story-fndpt9s1-1226511544827)

What do you think?

AGREE



UNSURE



DISAGREE





1. Drinking alcohol makes you look cool.
2. I think it's ok for kids to drink alcohol if they're Mum and Dad do.
3. Drugs can be good for your health.
4. Some kids take drugs because of peer pressure.
5. Some kids take drugs to escape boredom, loneliness, poverty or insecurity.
6. Some kids need drugs to get better from an illness.
7. It would be easy to beat a drug addiction.
8. Some athletes take drugs to improve their sporting performance.

Why is it important to keep sports “clean”?

What is the biggest problem for sports in relation to drugs?


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Keep Rugby Clean e-learning




Be super natural - Keep Rugby Clean

Learn about doping in Rugby and the importance of staying clean. Our educational resource will show you all you need to know.

- About Keep Rugby Clean • Ambassadors • Doping Control Procedures • Player Whereabouts • Therapeutic Use Exemptions • Prohibited substances • Dietary supplements • Consequences of doping

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Anti-Doping News



WADA Publishes 2018 List of Prohibited Substances and Methods

4 October 2017


Exeter Seven's Unite to Keep Rugby Clean

15 July 2017

WADA Publishes 2017 Prohibited List

29 September 2016

Anti-doping videos



World Rugby Anti-Doping

Anti-doping enthusiast Sean Maloney takes a light-hearted look at the doping control process

What are drugs?

1. Can you name some kinds of drugs?
2. What are some drugs that are good for your body and help you when you are sick?
3. How do you use medicines safely?
4. What are some drugs that are bad for your body and can make you very sick?



Drugs.....

- are any chemical substance that changes the physical, mental or emotional state of the body.
- are either:
 - **Legal** to consume or sell e.g. Bush and alternative medicines; prescription drugs or non-prescription drugs (e.g. alcohol, tobacco, tea, coffee, energy drinks, cough medicine); or
 - **Illegal** to consume or sell e.g. cannabis, narcotics, cocaine, performance-enhancing drugs.
- should only be used to benefit your health.

Different types of drugs make people respond in a variety of ways

Stimulant Drug Effects



Stimulant drugs
speed a person up...



Hallucinogen Drug Effects



Hallucinogen drugs can make you
see things that aren't really there...



Depressant Drug Effects



Depressant drugs
slow the body down...



Inhalant Effects

Inhalants produce
psychoactive
(mind-altering) effects...





Too much drug use – what would it feel like?

Game 1: Spin and catch

- Form a class circle and get students to pass and catch a soft ball for 2 minutes. Then choose one student to stand in the middle of the circle and spin around on the spot 10 times, before throwing and catching the soft ball to and from the rest of the class. Are many catches dropped?



Game 2: Spin and walk the line

- In pairs, one partner spins around in a circle 10 times, after which time they must walk along a straight line on the ground. How well do they walk the straight line?

Game 3: Spin and write name

- Students write their name in their notebooks, then stand up and spin around on the spot 5 times, before trying to write their name again next to their first attempt. How neat is students' writing?

Game ideas based on material from: http://www.ehow.com/info_7954738_games-teach-children-drugs-alcohol.html (29 January 2013)

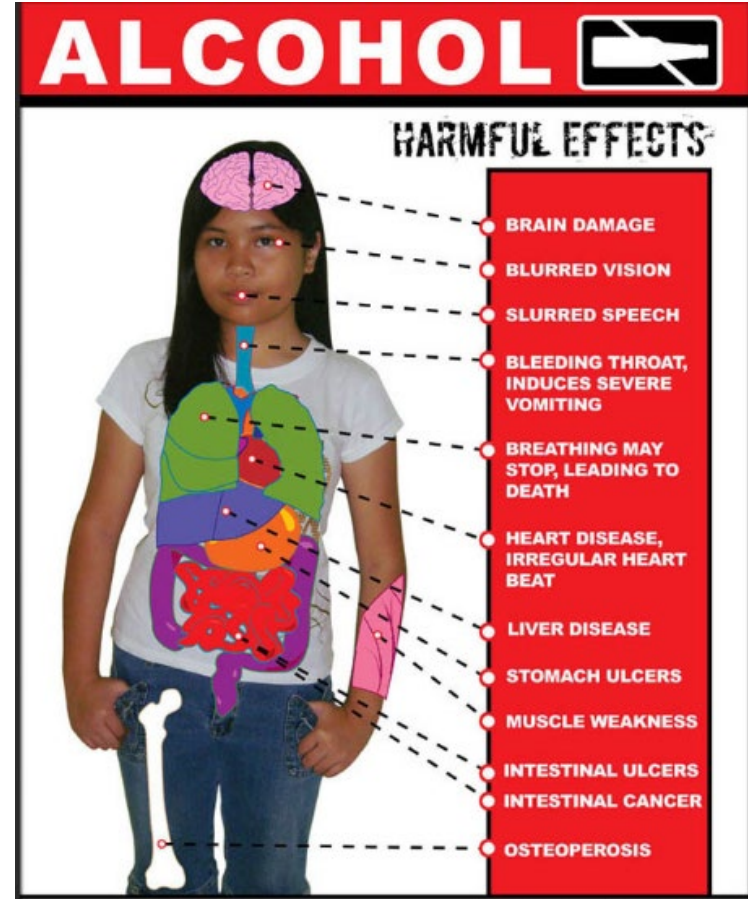
Effects of alcohol



Effects of Alcohol

YouTUBE video "Effects of Alcohol" (2:03)

Source: <https://www.youtube.com/watch?v=nTc4S18cl0U>



Source: <http://www.peacequam.org/newsroom/media.htm>

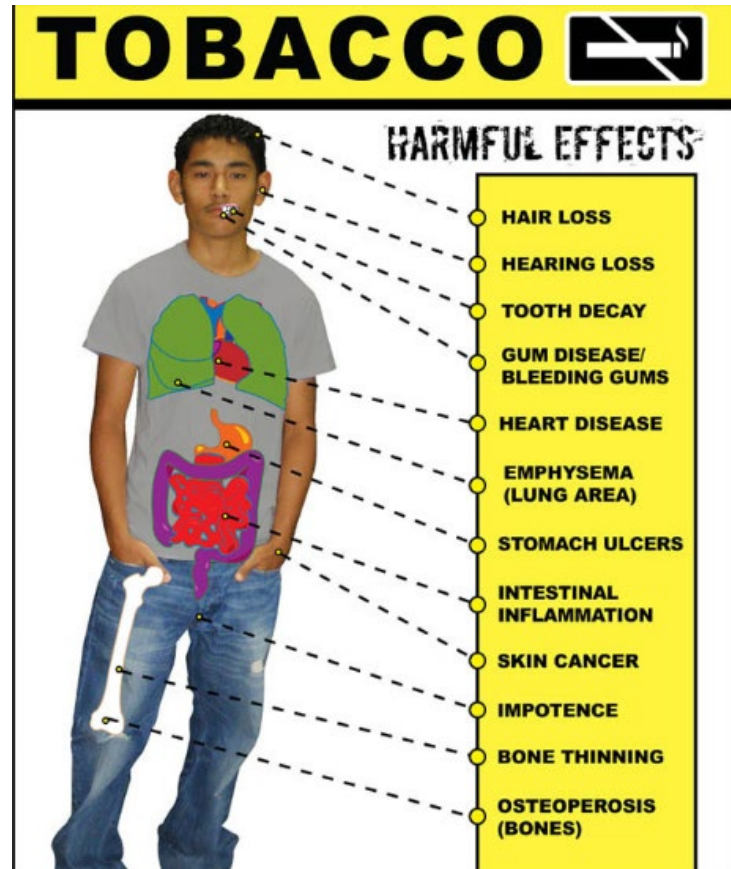
Effects of smoking



Smoking and its effects on Health - Stop today!

YouTube video "Smoking and its effects on Health – Stop today! (2:46)

Source: <https://www.youtube.com/watch?v=IW6hwmdZbmE>



Source: <http://www.peaceguam.org/newsroom/media.htm>

Long term effects of drugs on individuals



A series of mug shots reportedly taken of a young girl in New York City, documenting the effects of drugs over a span of 15 years.

Source: <http://www.eagle-wing.net/GoodWords/Thoughts/Spiral.shtml>

- What would be the impact of drug use on communities?

Ways of saying “NO!”

What would you do if someone asked you if you wanted to try a drug that you knew was bad for you?

- “No, thanks” is an effective response because it sets boundaries against the person offering the drug;
- Non-verbal response i.e. if a situation gets too uncomfortable (e.g. party is going on, and alcohol is being abused too excessively) students can just leave the location;
- Asking questions to figure out if a situation is risky for them or not e.g. if a drink of any kind is offered, they should ask, “What is it?” and “Where did you get it?”
- “No, thanks. I’ve got too much to do today.”
- “I’ll just end up embarrassing myself.”
- “I’ve got to stay clean for basketball practice.”
- “My parents told me that they would ground me for 3 weeks if I use, and I don’t want to take the chance of missing my friend’s party.”



Role play saying NO in these social situations

1. A group of friends are talking about a party they are going to and the types of drugs they'll use at it.
2. Kids are using drugs at your friend's birthday party and offer you some.
3. An older student offers you a ride home in their car but you can tell they've been drinking alcohol.
4. Your older brother and his friends are smoking cigarettes and tell you to join them.
5. Your friend is upset because her parents are separating. She wants you to join her for an alcoholic drink.



People who can help

Some drug addicts use drugs because they have a lot of problems.
But drugs can make their life worse.

A much better way to handle your problems is to talk to a
grown-up / adult you trust and ask for help.

Who are three people in your family, school or community
who can help you with problems?

