



Corbin & Associates, Inc.
Lesson Plan of the Month
(February 2003)

Topic: Ecstasy
Target Group: High School
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Objectives:

Upon successful completion of this 40 minute presentation on MDMA (Ecstasy), the students will be able to:

- Briefly describe MDMA
- List some of the physical and psychological effects from MDMA use.
- Identify some of the health risks associated with MDMA use.
- Identify resources for additional information on MDMA.

Introduction:

My name is Todd Cook and I am a police officer with the Cortland City Police Department where I've been employed for the past 4 years. I have a Bachelors of Arts Degree from the State University College at Cortland. I currently reside in the City of Cortland with my wife.

Body:

Today I'm going to talk about "Methylenedioxymethamphetamine" (MDMA) or commonly known as "Ecstasy".

I. Describe MDMA

1. MDMA is an illegal drug in the U.S. and most other countries.
2. MDMA is both a "Stimulant" and a "Hallucinogen".
 - a. Stimulants are agents, which excite or quicken the activity of physiological processes.
 - b. Hallucinogens cause imaginary sensations that seem real

3. Users claim to receive a feeling comfort, empathy and connection to others.
4. Most common form of MDMA is ingested orally in tablet form, but also found in capsule and powder form.
5. MDMA tablets are made in several colors.
6. Price can range from \$20-\$50 for a single tablet.
7. Logos/Markings placed on MDMA tablets by drug dealers:
 - a. Playboy Bunny
 - b. Rolex symbol
 - c. Mitsubishi symbol
 - d. Nike Swoosh
 - e. Lightning bolt
 - f. 007
8. Common "Street" names:
 - a. E
 - b. Hug drug
 - c. Disco biscuits
 - d. Lover's speed
 - e. White doves
 - f. XTC
 - g. New Yorkers
 - h. Clarity
 - i. Rolls
 - j. Adams
9. Effects of MDMA begin 10 to 20 minutes after ingestion and last 3 to 6 hours depending on dose.

II. Discuss History of MDMA.

1. Originally developed by a German pharmaceutical co. in the early 1900's and believed to have been developed to act as an appetite suppressant.
2. In the 1970's MDMA was being used in the U.S. by therapists to facilitate psychotherapy.
3. In the 1980-1990's MDMA gained popularity with college students
4. Current trends indicate that use of MDMA is increasing and while the age of the user is decreasing.
5. SAMHSA's (Substance Abuse and Mental Health Services Administration's) National Household Survey on Drug Abuse reports that in 2001, 8.1 million Americans age 12 or older were lifetime users of MDMA, up from 6.5 million in 2000.

III. Health Risks

1. Physical effects:
 - a. Muscle tension
 - b. Nausea
 - c. Tremors
 - d. High blood pressure
 - e. Elevated heart rate
 - f. Headaches
 - g. Blurred vision.
2. Psychological effects:
 - a. Depression
 - b. Confusion
 - c. Suicidal thoughts
 - d. Hallucinations
 - e. Drug cravings
 - f. Violent irrational behavior.
3. Permanent damage can result:
 - a. Kidney failure
 - b. Destroys brain cells
 - c. Liver damage
 - d. Heart attack
 - e. Stroke
 - f. Seizures.
4. Overdose or death can result

IV. Resources for additional information on MDMA:

1. S.R.O.
2. D.A.R.E. Officer
3. Internet
4. Local Libraries
5. Community drug counseling services

REVIEW:

- I. MDMA is an illegal drug that has both stimulants and hallucinogenic properties
- II. MDMA has several potential physical and psychological side effects.
- III. MDMA has the potential of causing permanent damage to your body.
- IV. Additional resources are available in the school and community.

PRACTICE:

- I. Is MDMA a legal drug here in the U.S.?
- II. What are some common “Street” names used for MDMA?
- III. What are some physical effects of MDMA use?
- IV. Can permanent damage result from ingesting MDMA?
- V. What is an example of permanent damage to the body as a result of ingesting MDMA?

Documentation And/Or Sources:

- DRUG INFORMATION WEB SITES:
 - National Institute on Drug Abuse
 - <http://www.nida.nih.gov>
 - <http://www.clubdrugs.org>
 - <http://www.steroidabuse.org>
 - Partnership For A Drug Free America
 - <http://www.drugfreeamerica.org>
 - National Clearinghouse of Alcohol and Drug Information
 - <http://www.health.org>
 - American Council for Drug Education
 - <http://www.acde.org>
 - PBS **In the Mix** – “Drug Abuse: Altered States”
 - http://www.pbs.org/mix/drugabuse_index.html
 - PBS “Close To Home: Moyers On Addiction”
 - <http://www.pbs.org/wnet/closetohome/home.html>

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