



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

Topic: GHB
Target Group: High School
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Objectives:

Students will be able to identify and understand the effects of the club/rave drug GHB, "Georgia Home Boy".

Introduction:

I have been in law enforcement for five years. I am currently a School Resource Officer. I am also a D.A.R.E. instructor. In today's lesson you will learn how to identify and understand the effects of the club/rave GHB.

Body:

- I. What is a rave?
 - A. Huge dance party.
 - B. Club
- II. Who goes to clubs and raves?
 - A. Students
 - B. Teenagers
- III. What are club drugs?
 - A. Drugs that intoxify and impairs the body.
 - B. Club goers use to take advantage of teenagers.
- IV. What is GHB?
 - A. Gamma-Hydroxybutyrate.
 1. One found in health food stores as a muscle enhancer.
 2. Is a depressant for the central nervous system.
 3. In 1990 FDA banned GHB for its severe uncontrollable side effects.

- V. How is GHB used?
 - A. Orally
 - 1. Capsule
 - 2. Powder form
 - B. Dissolved in liquid
 - 1. Beverages
 - 2. Water
 - C. Used as a sedative
 - 1. To come off of stimulants
 - 2. Other drugs
- VI. Slang terms
 - A. Grievous bodily harm, Easy Lay, Georgia Home Boy, Soap, Scope, Cherry Meth, Fantasy.
- VII. How much GHB is too much?
 - A. 10-20 mg, produces a painkilling sensation, and amnesia.
 - B. 50 mg or higher will cause respiratory depression or coma.
- VIII. What are GHB's effects?
 - A. Produces intoxication and deep sedation.
 - B. It takes effect within 15 minutes to one hour.
 - C. It lasts for up to 3 hours.
 - D. Causes nausea, Vomiting, Delusions, Visual disturbances, Seizures, Heart attacks, Loss of Consciousness, Amnesia, and Coma
 - E. Mixed with alcohol it can escalate.
- IX. How long does GHB stay in the user's body?
 - A. It can be detected in the urine for up to 12 hours after ingestion.

Review:

"GHB is one of the most dangerous club drugs. Highly addictive, its strength varies widely from batch to batch, and a single overdose can be fatal. A powerful depressant, it is usually found in liquid or powder form. It produces relaxation and increased self-confidence in small doses. Larger doses, however, can quickly result in vomiting, seizures, unconsciousness, coma, and death".

Sources:

<http://www.health.org/govpubs/phd852>

and

<http://www.semca.org/rave.htm>

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