

Energy Lecture by Miles To Go Drug Prevention 2013-2014

Starting in the fall of 2013, our newest presentation—Energy—will be available for booking. Energy is something just about everybody could use a little more of, but lately a lot of us—especially students and young adults—are reaching for a supplement to get a jolt of it. Many students today simply have too much to do. They are overscheduled, have trouble setting boundaries and establishing priorities, and yet they still want and deserve a social life. Unfortunately, many young people think that their only option if they want to get everything done is to forego sleep, a decision with far-reaching and costly consequences. Faced with the choice of giving something up or employing the use of an outside supplement or substance to maintain a high level of energy, many are choosing stimulants as their solution.

We start our discussion by outlining the challenges we all face with finding enough energy to live our busy lives. We then quickly present an overview of all the different substances discussed in the program, beginning with the legal stimulants like caffeine and ending with the devastating consequences of synthetic drugs like bath salts.

As we discuss caffeine, we list the sources where the drug is found, how it is used, and how it can easily become a problem. We will spend a good amount of time on energy drinks and the new body of knowledge surrounding them, and we talk about caffeine tablets as well.

The search for energy tends to take a dark turn after we leave caffeine. The abuse of ADHD medications has grown dramatically over the last decade, and these drugs can open a door to the promise of increased academic performance and higher levels of energy. Taking any medicine in the absence of a properly diagnosed condition is a bad idea at best, but many students and adults we talk to underestimate the dramatic harm associated with the abuse of ADHD stimulants. Please note that we take great care to point out that many people benefit from taking these medications, but we have to cement the idea that these benefits are only possible in people who are properly diagnosed with the condition.

Seeking enhanced performance through substance use begs the question of athletic cheating, and we take a moment to define and discuss the differences between stimulant abuse, steroid abuse, and other forms of cheating such as blood doping.

As we burrow ever deeper into the more harmful and dangerous stimulant drugs, we discuss tobacco, cocaine, methamphetamine, ecstasy, and the new synthetic compounds generally referred to as bath salts.

In conclusion, we strive to leave our audience with the knowledge that while we may occasionally find stimulant effects through moderate and occasional use of stimulants like caffeine; true energy is derived only through things that have been with us from the beginning. Healthy diets, plenty of fluids, exercise, and above all, sleep, are the way human bodies are energized and revitalized. Stimulants are loaded with great promise, but they regularly break that promise over time.

Audience: 9th grade -12th grade.

Time: Plan 75 min.