PDHPE Department Assessment task 1 – “The Party”

Student Name: ___________________________________

Class: _________________________________________

Teacher: _________________________________________

Due Date: _________________________________________

Time allowed: 2 weeks
Marks available – 20

Instructions:

Read the task fully prior to beginning, but the main points are outlined below. Please discuss any questions or issues with your PD teacher.

1. Find a song that has references to drug use, sexual health, road safety or safe partying (or any combination of these)

2. Make a copy of the lyrics, deleting any swearing.

3. Research each of the topic areas mentioned in your song according to the marking criteria

4. Go to the Duval High School PDHPE website and access the Year 10 assessment document (AIHW) and answer the questions related to it

5. Answer ONE of the essay questions on your own paper
6. Submit your task to your PD teacher by the due date.

**PLEASE NOTE:**

Assessments must be in hard copy – no technological assessments will be accepted. This means that you cannot submit your task via email etc.
### Marks will be allocated according to the criteria below

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Section 1

You are to pick a song that addresses the areas of the topics that have been covered in PD this semester – Drug use, Sexual Health, Road Safety and Safe Partying. You are to use the lyrics of the song to provide stimulus for your research. For each mention of drugs, sexual health, road safety or partying in your song, you are to provide some research and statistical information regarding that topic.

YOU MUST:

* HAVE AT LEAST 2 RESEARCH TOPICS IN YOUR TASK (Greater marks will be awarded for 3 or more topic areas)

* SUBMIT A COPY OF THE LYRICS WITH ANY SWEARING DELETED

An example is provided below.

"Jesus Of Suburbia" - Greenday

I'm the son of rage and love
The Jesus of Suburbia
From the bible of none of the above
On a steady diet of
Soda pop and \underline{Ritalin}
No one ever died for my sins in hell
As far as I can tell
At least the ones I got away with

And there's nothing wrong with me
This is how I'm supposed to be
In a land of make believe
That don't believe in me

Get my television fixed
Sitting on my crucifix
The living room or my private womb
While the Moms and Brads are away
To fall in love and fall in debt
To \underline{alcohol} and \underline{cigarettes} and \underline{Mary Jane}
To keep me insane,
Doing someone else's \underline{cocaine}
And there's nothing wrong with me
This is how I'm supposed to be
In a land of make believe
That don't believe in me

As outlined above, the topics we can see from this song are:

1. Ritalin
2. Alcohol
3. Tobacco
4. Marijuana (Mary-Jane)
5. Cocaine

For each of the topics named, you are to provide information on each that has been gathered from reputable sources i.e. government websites (aihw, bureau of statistics) school library, other trustworthy sources/websites. You must address: the definition of the topic area, relevant statistics from Australia, recent trends in incidence of the issue regarding the topic area and sources/resources of assistance to young people dealing with this issue in their life. For each of your topics, you are to provide information related to it. For example, for drug use, you should give an outline of the characteristics of that drug, plus the rates of usage in Australia.
BELOW IS AN EXAMPLE OF HOW TO ADDRESS A DRUG TOPIC MENTIONED IN A SONG

1. Ritalin

**Ritalin** is a drug used to treat attention deficit-disorder (ADD) in children and adults. A central nervous system stimulant, Ritalin (or methylphenidate) is similar to both amphetamines and cocaine, although its effects are generally milder and less pleasurable. Still, the increasing prevalence of ADD has prompted concerns about the potential of the drug -- and others like it -- for overuse.

**Appearance:** Several companies produce methylphenidate, and tablets vary in appearance, depending on dosage and manufacturer.

**Actions:** Although how, exactly, Ritalin relieves ADD symptoms remains unclear, researchers believe that the drug alters biochemical pathways involved in the screening of irrelevant stimuli by increasing the action of neurotransmitters known as catecholamines.

**Effects:** Ritalin's effects begin shortly after ingestion and last about three hours. At low doses, methylphenidate increases alertness and focus, while blocking hunger and fatigue. Objective effects include increases in heart rate, blood pressure, and body temperature.

**Side Effects:** May include insomnia, rapid or arrhythmic heart beat, dizziness, irritability, and headaches. More severe reactions include agitation, changes in appetite and sleep habits, weight loss, and facial tics. Overdose is possible.

**Addiction Potential:** While there is little evidence of physical addiction to (or abuse of) Ritalin when used under medical supervision, it can produce both tolerance and physical addiction when used recreationally.

The information above was supplied by ‘[http://www.doitnow.org/pages/526.html](http://www.doitnow.org/pages/526.html)’.

According to the Australian Institute of Health and Welfare (AIHW) Ritalin is classified as a stimulant and is treated as an Amphetamine drug which is illicit (without a prescription) and has the following effects:

- weightloss
- chronic sleep problems
- high blood pressure, paranoia
- anxiety
- nervousness
- decreased emotional control
- severe depression
- violent behaviour
- death from heart failure or suicide
- nerve cell damage


Treatment for abuse of Ritalin can be sought from a number of sources. In Armidale, the following places are suitable sources for assistance:

1. Armidale Hospital
   Rusden Street, Armidale NSW 2350
   Telephone: (02) 6776 9500

2. Community Health Centre – Armidale
   (02) 6776 9600
   Rusden St (cnr Butler St)
   Armidale NSW2350

3. Healthdirect Australia
   1800 022 222

END OF EXAMPLE
Section 2

Access the PDHPE page of the Duval High School Website and open the link under the Year 10 Assessment section titled AIHW report and answer the following questions using page XV as a starting point.

Tobacco:
1) What percentage of people aged 14 or over are daily smokers? __________________
2) Which gender is more likely to smoke? __________________
3) What percentage of males are smokers? __________________
4) What percentage of females are smokers? __________________

Alcohol:
1) What percentage of those aged 14 or over drank one full serve of alcohol (1 standard drink) in the last 12 months? __________________
2) What percentage drank at least once per week? __________________
3) What percentage drank less than once per week? __________________
4) What percentage drank daily? __________________
5) What has happened to the rate of alcohol consumption since 1991? _____________________________________________
6) What fraction of people consume alcohol that puts them at risk of injury or disease? __________________

Illicit Drugs:
1) What percentage of those aged 14+ used an illicit substance at least once in their lifetime?___________________
2) What percentage of those aged 14+ used an illicit substance in the last 12 months? __________________
3) What is the most commonly used illicit drug? __________________
4) Regarding Cannabis, what percentage of people have used it at least once in their lifetime? __________________
   What percentage of people have used it in the previous 3 months? __________________

Pharmaceuticals:
1) What percentage of medicines are subsidised by the Australian Federal Government? __________________
2) ______________ % of people have used someone else’s prescribed medicine

Crime and Law Enforcement:
1) Which drug is responsible for 72% of illicit drug arrests in Australia? ________________
2) What fraction of people have been imprisoned for drug related offences? ________________
Section 3

Using the information you have gathered from Sections 1 and 2, answer ONE of the following questions. You will be judged on your clarity, structure, information and referencing.

A) “Analyse how sexual attitudes and behaviours are influenced by gender expectations and assumptions”

OR

B) “Describe the long-term consequences of illicit drug use on the individual and community”

OR

C) “Outline and analyse present strategies designed to promote safe road-use attitudes and behaviours”

You should submit a response approximately 1 A4 page in length to the question of your choice.

Summary – to receive the best mark possible, you will:
1. Find a song that has references to drug use, sexual health, road safety or safe partying (or any combination of these)
2. Make a copy of the lyrics, deleting any swearing.
3. Research each of the topic areas mentioned in your song according to the marking criteria
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