

Training materials

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1. RESOURCES FOR THE TOPIC ALCOHOL MISUSE

R 1.1 A POSTER FOR AN ANTI-ALCOHOL CAMPAIGN

[HTTP://WWW.BOXVOX.NET/2009/06/1980S-SOVIET-ANTIALCOHOL-CAMPAIGN.HTML](http://www.boxvox.net/2009/06/1980s-soviet-antialcohol-campaign.html)

A COLLECTION OF POSTERS ON ALCOHOL ABUSE

[HTTP://WWW.TULULUKA.NET/ALCO/](http://www.tululuka.net/alco/)

R 1.2 A SHORT MOVIE/COMMERCIAL ABOUT ALCOHOL

[HTTP://WWW.YOUTUBE.COM/WATCH?V=BCD_XJATAEC](http://www.youtube.com/watch?v=BCD_XJATAEC).[HTTP://WWW.YOUTUBE.COM/WATCH?V=3JFTFU30XJG&FEATURE=RELATED](http://www.youtube.com/watch?v=3JFTFU30XJG&feature=related)

R. 1.3 FOR ME, THE ALCOHOL IS ...

[HTTP://WWW.EATINGWELL.COM/NUTRITION_HEALTH/NUTRITION_NEWS_INFORMATION/ HOW_ALCOHOL_AFFECTS_YOUR_BODY](http://www.eatingwell.com/nutrition_health/nutrition_news_information/how_alcohol_affects_your_body)

[HTTP://EDITION.CNN.COM/HEALTH/LIBRARY/SC/00024.HTML](http://edition.cnn.com/health/library/sc/00024.html)

[HTTP://WWW.EDRUGREHAB.COM/ALCOHOL-USE-AND-YOUR-HEALTH-PROS-AND-CONS](http://www.edrugrehab.com/alcohol-use-and-your-health-pros-and-cons)

R 1.5 WHY PEOPLE MAKE ABUSE OF ALCOHOL?

[HTTP://TALKREHAB.ORG/REASONS-WHY-PEOPLE-DRINK-ALCOHOL/](http://talkrehab.org/reasons-why-people-drink-alcohol/)

[HTTP://WWW.APARTMENTS-FOR-RENT-IN-BROOKLYN.COM/ WHY-DO-PEOPLE-DRINK-ALCOHOL.HTML](http://www.apartments-for-rent-in-brooklyn.com/why-do-people-drink-alcohol.html)

R 1.6 BEING DRUNK...ON THE JOB

<http://www.hse.gov.uk/pubns/indg240.pdf>

2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

R 2.1 FIND THE CONNECTION AMONG WORDS, ACTIONS, PICTURES

HEALTHY

1.	2.
3.	4.
5.	6.

UNHEALTHY

A.	B.
C.	D.
E.	F.

2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

Some “healthy” hints

FOOD	DRINKS	PERSONS	ACTIONS	ADJECTIVES
VEGETABLES	MINERAL WATER	A FAMILY DURING COMMON MEALS	TO EAT SLOWLY	SLOW
GRILLED MEAT	FRESH JUICES	A SLIM PERSON	TO EAT REGULARLY	VARIED
FRUIT	ONE GLASS OF RED WINE	A PERSON SELECTING FRESH FOOD	TO GRILL	FRESH
GRILLED FISH	MILK	A PERSON WITH A “HEALTHY” FACE	TO EAT SMALL PORTIONS	GRILLED
CEREALS	TEA	TWO SLIM ELDERLY	TO VARY	BALANCED
FRESH CHEESE/ EGGS	HERBAL DRINKS	A SLIM FAMILY	TO BAKE	NATURAL



2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

Some “unhealthy” hints

FOOD	DRINKS	PERSONS	ACTIONS	ADJECTIVES
FRIED FOOD	ALCOHOLIC BEVERAGES	A VERY THIN PERSON	TO GORGE	FRIED
FAT SAUCES	COKE, FANTA, SPRITE	A FAT PERSON	TO STUFF ONE-SELF	FAT
CANDIES	MILK SHAKES	A PERSON EATING FAST	TO EAT FAST	BIG
SAUSAGES	CHOCOLATE DRINKS	A PERSON DRINKING ALCOHOLICS	TO FRY	OILY
CREAM		FAT CHILDREN		SWEET
FAST FOOD		FAT FAMILY		ALCOHOLIC



2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

R 2.2 PRODUCE A SLOGAN FOR A HEALTHY NUTRITION CAMPAIGN

Hints for possible topics for the slogan:

- healthy eating
- healthy cooking / cooking methods
- healthy food outside home
- choice of food/drinks to buy
- choice of food/drinks to eat /drink
- menu for special meals (a healthy host for an healthy guest)
- number of meals per day
- control of hunger
- recognizing incorrect nutrition symptoms
- risks of incorrect nutrition
- care for your family correct nutrition

R 2.4 JOURNALIST FOR ONE DAY

TEMPLATE FOR INTERVIEWS

Topics for questions	Hints for questions
QUESTIONS ON GENERAL PERSONAL HEALTH STATUS	How do you consider your average health status?
QUESTIONS ON FOOD HABITS	How often do you eat fresh fruit? Do you usually eat white or red meat? How do you cook your vegetables? (fry, steam, grill..)
QUESTIONS ON DRINKING HABITS	During your meals do you usually drink: <ul style="list-style-type: none"> - Water - Sweet drinks (coke, sprite, etc) - Wine - Beer - I never drink during meals
QUESTIONS ON COOKING HABITS	Do you usually cook your own food? Do you buy ready to eat food?
QUESTIONS ON SHOPPING HABITS (related to food and drinks)	Where do you usually go shopping for your home meals?
QUESTIONS ON AWARENESS ON HEALTHY NUTRITION BEHAVIOURS	Which habits or behaviours do you rate as the most correct?
QUESTIONS ON AWARENESS ON UNHEALTHY NUTRITION BEHAVIOURS	Which habit or behaviour do you consider the most incorrect?

2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

QUESTIONS ON EATING ENVIRONMENT	Do you eat at home with your family? How often do you go to restaurants/fast foods?
QUESTIONS ON EATING TIMES	Have your meals a fixed timetable during the day? How long do your meals usually last?
ADVANTAGES AND/OR DISADVANTAGES OF AN HEALTHY NUTRITION STYLE	1. Longer life ? 2. More energy ? 3. Some healthy foods do not taste as good as some fat ones ?
ADVANTAGES AND/OR DISADVANTAGES OF AN UNHEALTHY NUTRITION STYLE	1. Fat food is really filling? 2. Looks better? 3. Fat food are the main cause of many bad diseases?

R 2.5 TABOO WORDS

Hints for the secret words cards and their related taboo words

LIST OF "SECRET WORDS" TO BE GUESSED	THE TABOO WORDS
APPLE	FRUIT
BIOLOGICAL	NATURE
WHITE MEAT	CHICKEN
STILL WATER	DRINK
HOT DOG	BREAD
FRENCH FRIES	POTATOES
EAT	MOUTH
ALCOHOLICS	ALCOHOL
PROTEINS	TISSUES
CARBOHYDRATES	BREAD
VITAMINS	ALL LETTERS OF THE ALPHABET

2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION

CHOLESTEROL	BAD / GOOD
LOSE WEIGHT	DIET
OILY	OIL
ADDITIVES	SUBSTANCES
CANDY	SWEET
BREAKFAST	MORNING
FISH	SEA
FAST FOOD	MAC DONALD
LIGHT	HEAVY
RECIPE	INGREDIENTS
OBESE	FAT
THIN	WEIGHT
APPETITE	HUNGER/HUNGRY
DOSE	QUANTITY
SALT	SEA

R 2.6 MONTHS AND SEASONS

LIST OF FOOD AND DRINKS

ITALY

La Frutta

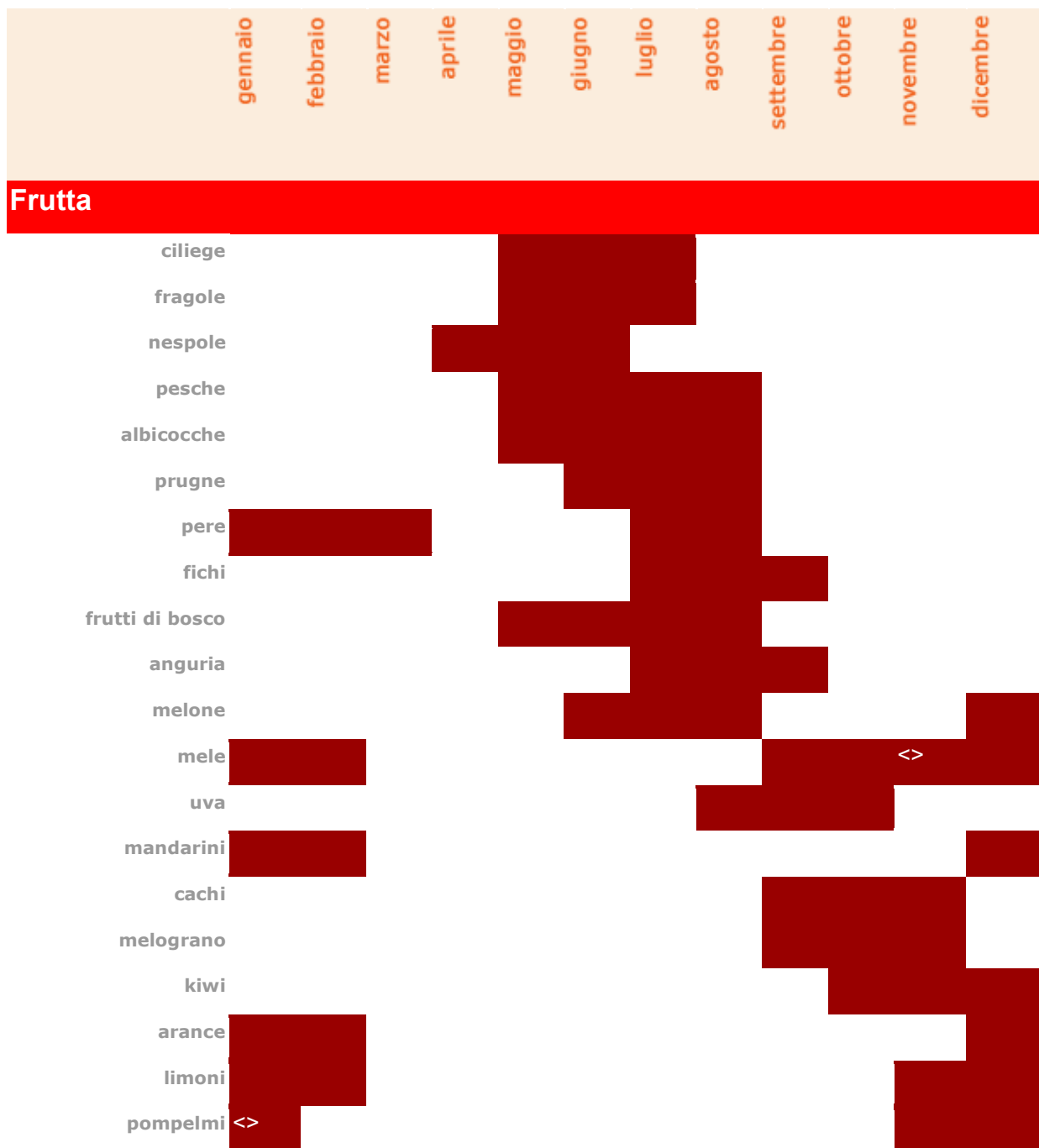
Primavera: ciliege, fragole, nespole

Estate: pesche, albicocche, prugne o susine, pere, fichi,frutti di bosco, anguria, melone

Autunno: mele, uva, mandarini, cachi, melograno, kiwi

Inverno: arance, limoni, pompelmi, mele, pere

2. RESOURCES FOR THE TOPIC UNHEALTHY NUTRITION



3. RESOURCES FOR THE TOPIC PHYSICAL INACTIVITY

R.3.1. CREATE A PLAN FOR USING THE SOURROUNDINGS

List of some possibility activities

1. Use the bicycle or take a walk to the school. If you use the bus get off a few blocks earlier and walk the rest. Walk as long as you are waiting for the bus. If you use the car; park the car at a longer distance from the school so you have to take a short walk and get some fresh air.
2. Use the steps instead of the elevator. If the building is very high you can get on/off some floor downstairs or upstairs so you have to use the steps the rest of the way
3. Take a walk around the building some of the breaks in a day
4. Make different walk paths that fit into a coffee break, lunch break and different breaks in the schedule.
5. Are there special things in the surrounding area that could be used for physical activities such as climbing, jumping, hanging, crawling etc.
 - Different team activities such as
 - Badminton
 - Basket
 - Table tennis
 - Boule/petanque
 - Football
 - Golf
 - Indoor hockey
 - Street hockey
 - Tennis
 - Squash
 - Volleyball
 - Ice hockey
 - Etc.

3. RESOURCES FOR THE TOPIC PHYSICAL INACTIVITY

R.3.3 CREATE SHORT BREAKS IN THE LESSON



3. RESOURCES FOR THE TOPIC PHYSICAL INACTIVITY

R.3.4 REFLEKTIONS OF MY OWN SITUATION

Examples on activities and further information

- Find out what is possible and interested for the learners
- Walking
- Running
- Biking
- Swimming
- Climbing
- Boule/petanque
- Football
- Golf
- Horse riding
- Gym
- Dancing
- Different gymnastic courses
- Volleyball/handball/basketball
- Tennis/badminton/squash/table tennis
- Indoor hockey/football/ice hockey/ Street hockey
- Rodd/canoe/

What kinds of possibilities exist in the area?

Do the learners have a possibility to get special fees or is it possible that the health insurances could take over the prevention? Check the existing possibilities.

R.3.5 MOVEMENT PIE

CHECK OUT THE WEBSITE

[HTTP://WWW.UKKINSTITUUTTI.FI/FILEBANK/64-PHYSICAL_ACTIVITY_PIE.PDF](http://www.ukkinstituutti.fi/filebank/64-physical_activity_pie.pdf)

[HTTP://WWW.CDC.GOV/PHYSICALACTIVITY/EVERYONE/GUIDELINES/ADULTS.HTML](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html)

R.3.7 AN ACTIVITY DAY/AFTERNOON

Websites for more information about teambuilding activities

[HTTP://TEAMBUILDINGACTIVITIES.NET/INDEX.HTM](http://teambuildingactivities.net/index.htm)

[HTTP://WWW.BECHALLENGED.COM.AU/](http://www.bechallenged.com.au/)

[HTTP://WWW.CORPLEARNING.COM/OUTDOOR_TEAM_BUILDING_ACTIVITY/](http://www.corplearning.com/outdoor_team_building_activity/)

[HTTP://WILDERDOM.COM/GAMES/INITIATIVEGAMES.HTML](http://wilderdom.com/games/initiativegames.html)

[HTTP://WWW.TEAMBUILDINGPORTAL.COM/](http://www.teambuildingportal.com/)

3. RESOURCES FOR THE TOPIC PHYSICAL INACTIVITY

List on possible activities for an activity day

- Biking
- Walking
- In the nature
- Around a lake
- On a guided city walk/bike tour
- With different activities in different places
- Dancing/"sit dancing"
- Swimming
- Climbing
- Different water games
- Horse riding
- Petanque
- Volleyball/handball/basketball
- Tennis/badminton/squash/table tennis
- Indoor hockey/football/ice hockey
- Rodd/canoe/
- Para Olympic sports
- Different team building activities.
- If you don't have an education in this, you can use safe and easy things or use an educated person within the theme.

4. RESOURCES FOR THE TOPIC SMOKING

R.4.1 TO START UP

[HTTP://DE.WIKIPEDIA.ORG/WIKI/LUCKY_LUKE](http://de.wikipedia.org/wiki/Lucky_Luke)

[HTTP://ES-ES.HELP-EU.COM/PAGES/PAGE-CAMPAGNEMOBILE-2.HTML](http://es-es.help-eu.com/pages/page-campagnemobile-2.html)

This website – Help for a life without tobacco - offers interesting materials and help for those who want to quit smoking. Although it might be too early for your trainees, here you can find an interesting source. You can choose the language of every European country.

R.4.3 VISION LIVING WITHOUT (Kick the habit)

Catalogue of exemplary leading statements / questions:

- you sit on your chair in a comfortable position;
- you feel both feet well placed on the ground;
- your breath is coming and going safe and strong;
- try to imagine a place or situation which makes you feel positive and trustful;
- be open to what appears in your mind and disappears again.
- feel free to follow this invitation of mental journey;
- please come back with your concentration to this place, move one foot after the other, breathe deeply, stretch your body!

Now please write down or draw or choose a symbol (from a collection of some things you brought with you) or find a symbol in your mind for this good experience you made before.

If you like you can exchange your findings with a colleague of the group.

R.4.4 NEW DEAL: CONTRACT WITH MY OWN

EXAMPLE of a CONTRACT

- I want to quit smoking until the end of the training course. Therefore I reduce smoking from (number of cigarettes) a day to a certain (concrete!) number from (date) to (date). The money I save will be about yxy Euro. I will reward me with yxyyx / by doing.... This contract will be checked by me until (date). If I detect that I can not see any positive development, I will a) look for a modification of this contract or b) check if I need support or c) check if I really want to quit!

SMART aims – list of helpful positive aims and information on how to describe them

- To smoke a specific number of cigarettes a day less
- To smoke only at certain occasions (outside the flat; outside the house; only in the kitchen; only during the official breaks during the course; etc.)
- To quit smoking generally at certain occasions (When children are in the same room; in the car; at parties; during drinking alcohol; etc.)
- To smoke only at certain times of the day (only in the morning; only in the evening)

4.RESOURCES FOR THE TOPIC SMOKING

R.4.5 TIP-LIST

Material of health insurance, the ministry of health affairs – can be good sources!

<http://es-es.help-eu.com/pages/page-campagnemobile-2.html>

This website – Help for a life without tobacco - offers interesting materials and help for those who want to quit smoking. Although it might be too early for your trainees, here you can find an interesting source! You can choose the language of every European country!

R.4.6 TV-CULTURE: SMOKING YESTERDAY AND TODAY

[HTTP://WWW.AERZTEINITIATIVE.AT/](http://www.aerzteinitiative.at/)

This website offers daily updated information on tobacco and smoking. The initiative is named „The Austrian council on smoking and health“. They describe themselves as an independent initiative and offer also information in English. In the menu at the left you will find the category „Bilder“ (images) – which is a source of very interesting material and can offer inspiration.

R.4.7 REFLECTIVE PRACTICE

Diary form with questions (What do you spend your money on? Why would you want to quit? Who will be your support?)

Dot list: For one month people get a template where they can put dots for positive events during the day / the week

5. RESOURCES FOR THE TOPIC STRESS

R 5.2 Self Test at the Internet

REFERENCE 1 - TESTS IN GERMAN LANGUAGE

Stressbarometer

http://www.focus.de/gesundheit/gesundleben/stress/tests/test_aid_264655.html#

Welcher Stress-Typ bin ich:

<http://www.apotheken-umschau.de/Stress/Welcher-Stress-Typ-bin-ich-A090206GOK0Q107503.html>

Wie gestresst sind Sie?

<http://www.apotheken-umschau.de/Stress/Test-Wie-gestresst-sind-Sie-A050805ANOND018083.html>

REFERENCE 2 – TESTS IN ENGLISH LANGUAGE

How stressed are you? Take the two minute stress Quiz to find out your present level of stress.

<HTTP://PRESSUREPROFILING.COM/QUIZ.HTM>

Are you stressed, depressed or affected by anxiety? Lovibond and Lovibond developed the Depression Anxiety Stress Scale 42.

<HTTP://WWW.PSYCHOLOGISTWORLD.COM/STRESS/STRESSTEST.PHP>

R.5.3 Going for a (fictive) walk

Example for the story of a walk:

Start with walking along a street – then there is a junction and we reach a meadow full of flowers. It is a hot summer day, so we turn off our shoes – walk into a forest – ground is covered with roots and pine cones – now go up a hill leaving the forest – have to cross a small stream – two options: jumping over it or wade through the very cold water – leave the stream and continue the walk – the ground is very smooth now – covered with moss – now small path covered with pebbles – street with hot asphalt....

Another version: seaside, beach - water – sun.....

6. RESOURCES FOR THE TOPIC SUBSTANCE MISUSE

R.6.1 DRUG AWARENESS QUIZ

Questions to enable learners to develop an awareness of substances and the potential effects

- 1. What possible side effects could magic mushrooms incur?**
Stomach pains, sickness and diarrhoea could complicate mental health conditions.
- 2. Tranquilisers are safe because they are prescribed by the Doctor?**
As with all medication prescribed by the Doctor they have to be used by the individual they are prescribed to and taken as instructed by the Doctor.
- 3. Are there any possible long term effects from cannabis?**
Cannabis can make existing mental health problems worse.
- 4. Is speed (amphetamines) addictive?**
Speed can cause high dependency especially if injected
- 5. In women; facial hair, deepening voice, shrinking breast, possible miscarriage and still birth can be caused by?**
Anabolic steroids
- 6. Heart, kidney, liver and memory problems can be caused by?**
Ecstasy tablets or powder
- 7. What may be a risk or side effect of taking heroin?**
Risk of dangerous infection, such as hepatitis B or C and HIV/ADS (through sharing of injection equipment)
- 8. Breathing problems such as „crack cough“ or „crack lung“ can be caused by taking?**
Crack cocaine
- 9. Solvents are only used for cleaning?**
„Solvents cover a huge number of substances: gas lighter refills, aerosols containing hair-spray, deodorants and air fresheners, tins or tubes of glue, some paints, thinners and correcting fluids, cleaning fluids, surgical spirit, dry-cleaning fluids and petroleum products. When inhaled, solvents have a similar effect to alcohol. They make people feel uninhibited, euphoric and dizzy.“ <http://www.talktofrank.com>
- 10. Is nicotine a drug (smoking)?**
Tobacco in cigarettes smoke contains over 4000 chemicals. The risks can be cancer, emphysema (related to your lungs) or heart disease

References: <http://www.talktofrank.com>

6. RESOURCES FOR THE TOPIC SUBSTANCE MISUSE

R.6.2 EXPLODING THE MYTHS

There are many myths generated about the use and misuse of substances. This list is a guide to some of the myths:

1. All drugs are illegal
Myth (fiction) – prescription drugs such as tranquilisers, cigarettes (contain nicotine)
2. Stick to the same drugs then you won't ever get hurt
Myth (fiction)
3. You can not tell the strength of a drug just because you have tried the drug before
True (fact)
4. Just because you have always taken drugs doesn't mean you can't overdose
True (fact)
5. It is dangerous to mix drugs with alcohol
True (fact)
6. If you start taking cannabis you will get addicted to harder drugs such as cocaine
Myth (fiction)
7. People with drug convictions can have difficulties getting a visa to travel to some countries (e.g. Canada)
True (fact)

References: <http://www.talktofrank.com>

R.6.3 PORTRAIT GALLERY

This activity requires 6 substances and the potential physical changes which can occur when taking the substance. The examples below can be either used exclusively or act as a guide to aid teaching and learning.

1. **Cannabis**
Effects: dilated pupils, listlessness, yellow/brown teeth, bad breath, memory loss, mental health problems (schizophrenia/depression/paranoia)
2. **Anabolic Steroids**
Effects: men; erection problems, breast development, acne, shrunken testicles, low sperm count.
Women; facial hair, deepened voice, shrunken breasts
3. **Cocaine**

6. RESOURCES FOR THE TOPIC SUBSTANCE MISUSE

Effects: destruction of nose, veins from injecting, seizures and can stop breathing. Potential heart attack, reduction of sex drive.

4. Ecstasy

Effects: anxiety, panic attacks, temperature highs and heart beating faster, loss of urine production, salts imbalances

5. Heroin

Effects: dizziness, Vomiting, coma, loss of cough reflex, drowsy unable to concentrate and engage in conversation

6. Cigarettes

Effects: brown stained fingers, teeth and hair. Increased risk of chest infections, cancer or heart disease.

References: <http://www.talktofrank.com>

R.6.4 MATCH IT UP!

Two sets of cards which match up to identify possible side effects to the substance described if required. If required a matching symbol can be placed in the corner of each card to support the learner's choices.

1.	Cocaine	Chest pains and potential fatal heart problems
2.	Cigarettes	Possible breathing problems, cancer or heart disease
3.	Cannabis	Possible fertility problems in men and women
4.	Ecstasy	Possible liver, kidney, heart problems

6. RESOURCES FOR THE TOPIC SUBSTANCE MISUSE

5.	Heroin	Risk of catching hepatitis B/C and HIV/Aids
6.	LSD	Mental health problems
7.	Magic Mushrooms	Complication of mental health problems
8.	Methamphetamine Crystal Meth	Can cause weight loss, seizures, and mental health problems
9.	Cannabis	Risk of mental problems; including schizophrenia
10.	Amphetamines Speed	Risk of strain to the heart

6. RESOURCES FOR THE TOPIC SUBSTANCE MISUSE

R.6.5 DRUGS DON'T KILL YOU!

A short list of substance related deaths which could act as a prompt for learner research.

1. Judy Garland (47, Actress): addicted to pills and alcohol died of an overdose of seconal on 22/06/69
2. Marilyn Monroe (36, Actress): addicted to pills died of an overdose of barbiturate and Nembutal
3. River Phoenix (23, Actor): died of „speedballing“ 31/10/93
4. Sid Vicious (21, Singer): heroin addict
5. Paula Yates (40, Presenter): choked on her own vomit on 17/09/200
6. George Best (UK footballer): had issues with alcohol and died as a result of multiply organ failure on 25/11/2005
7. Bruce Lee (32, Actor): verdict of „mis-adventure“ recorded death on 10/05/73
8. Count Gottfried von Bismarck (44, Aristocrat): cocaine overdose
9. Brian Epstein (32, Manager of The Beatles): accidental sleeping pill overdose.
10. Sigmund Freud (83, neurologist): long-term cocaine use, physician assisted morphine overdose (euthanasia).
11. Janis Joplin (27, rock and roll and blues musician): heroin overdose
12. Jimi Hendrix (27, rock and roll musician): respiratory arrest caused by alcohol/ barbiturate overdose and vomit inhalation.
13. Hillel Slovak (26, musician - Red Hot Chilli Peppers): heroin overdose
14. Keith Moon (32, musician - the Who): accidental overdose on anti-seizure medication prescribed for alcoholism

A list could be created which is pertinent to your country of origin.

References: <http://www.talktofrank.com>