

# Ch. 10 Drugs

## Lesson 1: Drug Use and Abuse

### Words to Know

**drug-** Def. 1 a substance other than food that changes the structure or function of the body or mind

Def. 2: Is an illegal substance that alters the structure or function of the body or mind.

**over-the-counter drug (OTC)-** found on the shelves of local pharmacy or grocery stores, you do not need a Dr.'s permission to use

😊 **prescription medicine-** a medicine that can be obtained legally only with a Dr.'s permission

**drug misuse-** taking or using medicine in a way that is not intended

😊 **drug abuse-** intentionally using drugs in a way that is unhealthy or illegal (to get High)

## Types of medicine

1. over-the-counter: used to treat symptoms, rarely cures
2. prescription: powerful medicine used to relieve pain or cure

## Drug/Medicine Use

- 😊 1. always follow Dr's directions
2. never take more or less than prescribed
3. never share or take another's medicine
- 😊 4. read the directions for safe use
- 😊 5. when in doubt ask questions

## Drug Misuse

1. taking too much or too little
2. stopping too soon or continuing after prescribed time
- 😊 3. sharing medicine
4. etc...

## Drug Abuse

1. using a drug to get high
- 😊 2. is illegal
- 😊 3. dangerous
- 😊 4. overdose
- 😊 5. drug addiction
- 😊 6. damage to organs
7. mental/emotional problems
- 😊 8. allergic reactions
9. loss friends and trust

## Lesson 2: Types of Drugs and Their Effects

### Words to know

- tolerance-** the body's need for larger and larger amounts of the drug to produce the same effect
- 😊 **overdose-** taking more of a drug than the body can tolerate
- 😊 **stimulant-** a drug that speeds up the body's functions
- amphetamines-** strong stimulant drugs that speed up the CNS
- depressants-** drugs that slow down the body's functions & reactions, including heart rate, and breathing rates
- club drugs/designer drugs-** illegal drugs that are found mostly in nightclubs or at all-night dance parties called raves
- 😊 **narcotics-** drugs that get rid of pain and dull the senses
- 😊 **hallucinogens-** drugs that distort moods, thoughts, and senses
- inhalants-** the vapors of chemicals that are sniffed or inhaled to get "high"
- 😊 **side effects-** are effects other than that for which the drug was taken

## Classification of Drugs

### A. Stimulants

1. Amphetamines
2. Cocaine
3. Caffeine
4. Ritalin
5. Nicotine
6. Methamphetamines

### B. Depressants

1. Barbiturates
2. Tranquilizers
3. Alcohol
4. GHB
5. Rohypnol

### C. Narcotic Depressants

1. Opium
2. Morphine
3. Heroin/heroine
4. Codeine

### D. Club/Designer

1. Ecstasy (mdma)
2. ketamme

### E. Hallucinogens

1. L.S.D.
2. P.C.P.
3. Mescaline
4. Peyote
5. Magic mushrooms

### F. Inhalants

1. Glue
2. Gas
3. Paint
4. Nail polish
5. Markers
6. White out

### G. Cannabis

1. Marijuana
2. Hashish
3. Hash oil

### H. Steroids

1. Oral
2. Injectable
  - a. oil based
  - b. water based

## Methods of introducing drugs:

### 😊 A. Injection

1. Intravenous: “into the vein” – used in emergency situations
2. Intramuscular: “into the muscle”
3. Subcutaneous: “under the skin” –bypasses the stomach

### 😊 B. Orally: Most convenient

### 😊 C. Inhalation: very quick

### 😊 D. Transdermal: Absorbed through the skin

## Types of drugs abused

### A. Stimulants: are types of drugs used that speed up the body's functions

Medical uses: Treatment of narcolepsy (sleeping disorder), diet pills, Attention deficit disorder, w/ or w/o hyperactivity.

Dangers: Cardiac arrest, circulatory collapse, HIV/AIDS, mental illness, uneven heart beat, stroke, brain damage, physical collapse, death

### B. Depressants: are drugs that slow down the body's functions and reactions, including heart and breathing rates.

Medical uses: pain relief, induces sleep, cause relaxation, controls epilepsy, etc...

Dangers: mood swings, depression, addiction, coma, death, mixing with alcohol can cause death

C. Narcotic depressants: are drugs that relieve pain and dull the senses

Medical uses and dangers: same as depressant

D. Hallucinogens: are drugs that distort the moods, thoughts, and senses.

Medical uses: used experimentally to treat mental illness

Dangers: accidental death, violent behavior, mental illness, suicide

E. Inhalants: are substances whose fumes are breathed in to produce mind-altering sensation (effects are short 1-2 mins. Similar to alcohol intoxication)

#1 drug used by 11-17 year olds

Medical uses: none

Dangers: nausea, vomiting, dizziness, mental confusion, loss of motor skills, brain damage, coma, death

F. Cannabis (marijuana): is a mood altering drug made from the leaves stems, and flowers of the hemp plant.

Medical uses: controls glaucoma, and nausea  
associated with chemotherapy

Dangers: Habituation, apathy

G. Designer drugs

Medical uses: none

Dangers: water intoxication, mental illness, etc..

## Lesson 3: Drug Risks and Teens

### Words to Know

**drug-free zone-** a 1,000 yrd. distance around a school where  
anyone caught with drugs can be arrested.

😊 **drug possession-** when a person has or keeps illegal drugs

**probation-** a set period of time during which a person who has  
been arrested must check in regularly with a court  
officer

## Why Do Some Teens Use Drugs

- 😊 1. boredom
- 😊 2. curiosity
- 😊 3. peer pressure
- 😊 4. media
- 😊 5. addiction
- 😊 6. role models
- 😊 7. parents use
- 8. to fit in
- 9. etc...

## Why are Drugs Harmful to Teens?

### PHYSICALLY

#### Males

Can negatively effect

- 😊 -height
- 😊 -weight
- male hormone levels
- testicle size/functions
- muscle mass/development
- 😊 -deepness of voice
- when facial/body hair appears

#### Females

Can negatively effect

- 😊 -height
- 😊 -weight
- onset of 1st period
- regularity of periods
- 😊 -breast development
- function of ovaries
- 😊 -pregnancy
- the health of embryo/fetus

## MENTAL/EMOTIONALLY

- ☺ -changes thoughts
- ☺ -changes moods
  - difficulty concentrating
- ☺ -poor judgment
  - poor reasoning
- ☺ -affects goals

## SOCIALLY

- ☺ -illegal
  - loss of friends
- ☺ -loss of trust
  - removal from sports
  - expelled from school
  - etc..

## Lesson 4: Staying Drug Free

### Words to Know

- ☺ **alternative**- another way of thinking or acting
- assertive**- willing to stand up for yourself in a firm but positive v