Drugs

Drug Use and Abuse

Types of Drugs and Their Effects page 376

Staying Drug Free page 382



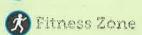


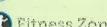
Spreading the word about the dangers of drug use helps others avoid drugs. What are some ways to spread the word about the dangers of drug use?













Videos

Web Quest



& Bilingual Glossary



7



LESSON 1

Drug Use and Abuse

BIGIDEA Using drugs affects your body, mind, emotions, and social life and can lead to consequences with the law.

Before You Read

QUICK WRITE List two legal drugs or types of medicine. Then list two drugs you know are illegal or harmful.

Video

As You Read

FOLDABLES Study Organizer

Make the Foldable® found in the FL pages in the back of the book to record the information presented in Lesson 1.

Vocabulary

drug

- drug abuse
- (Margin Audio

Bilingual Glossary

drug misuse

Developing Good Character

Citizenship Part of being a good citizen is helping to protect the health of others. The Partnership at Drugfree.org or the National Institute on Drug Abuse (NIDA) advocate for the health of others. Conduct research on organizations like these to find out how you can get involved. Present your findings to the class. Encourage your peers to get involved too.

WHAT IS A DRUG?

MAIN IDEA Some drugs can help heal the body, but drugs can also be harmful to your health.

ou have likely heard the word drug many times before. A drug is a substance other than food that changes the structure or function of the body or mind. Some drugs are medicines, which may be able to save your life or the life of someone you love. Other drugs are illegal and dangerous.

All medicines are drugs, but not all drugs are medicines. Medicines prevent or cure illnesses or treat their symptoms. Some are available as overthe-counter (OTC) medicines, meaning you can find them on the shelf at a grocery store or

> pharmacy. Some OTC medicines can only be purchased by an adult, but most of them are available to anyone. Other medicines can only be legally obtained with a prescription, or written permission from a doctor.

All medicines are drugs, but not all *drugs* are medicines.

All types of drugs, including medicines, can be misused or abused. It is important to be careful when using any drug, including medicine prescribed by your doctor. Whether you use an OTC medicine or a prescription drug, always closely read and follow the directions on the label. With a prescription medicine, your doctor will include instructions for how much to take, when to take it, and for how long. Some drugs are illegal because they are harmful to your health. However, even medicines that are legal can be dangerous if they are not used correctly. Medicines are only effective when they are used properly.

Reading Check

IDENTIFY What are two categories of legal drugs?

DRUG MISUSE AND ABUSE

MAIN IDEA Any drug can be harmful to your health if abused or misused.

s you have learned. illegal drugs as well as drugs that are medicines can be harmful if they are not used correctly. Many drugs are illegal for a good reason: they can be extremely dangerous or addictive. However, drug misuse, taking or using medicine in a way that is not intended, is also dangerous and can even lead to abusing drugs. A person who does any of the following is misusing drugs:

- Using the drug without following instructions on the label
- Using a drug not prescribed for you
- Allowing someone else to use a drug prescribed for you
- Taking more of the drug than the doctor prescribed
- Using the drug longer than advised by your doctor Drug abuse is another danger to your health. Drug abuse is intentionally using drugs in a way that is unhealthful or illegal. When someone uses an illegal drug, such as marijuana or her-

oin, he or she is abusing drugs.

When someone uses legal drugs for nonmedical purposes, that person is also abusing drugs. Even prescription medicines can be dangerous if used improperly. You put your health at risk if you take prescription medicine that was not prescribed for you.

Misusing or abusing any drug can damage your body and lead to allergic reactions, illness, or even death. Drug abuse interferes with brain function, affecting your mental/ emotional health. Some drugs make it difficult to concentrate, or they may cause depression or anxiety. Your social health is also affected. Teens who abuse drugs may withdraw from family and friends and lose interest in school or other activities.

Misusing or abusing a drug can damage your body and lead to allergic reactions, illness, or even

death.

Knowing the facts about illegal drugs can help you avoid using drugs. List resources for



Accessing Information

Drug Use and Pregnancy

regnant females who use drugs can seriously harm their unborn babies. Use home, school, and community resources to find out more about how pregnant females who use drugs can get

- * Research drug misuse or abuse. Find specific information about help for pregnant females who engage in drug misuse or abuse.
- * Contact the Substance Abuse and Mental Health Services Administration (SAMHSA) or the National Institute on Drug Abuse (NIDA) to learn about how they can help with drug misuse or abuse.



Report your findings to the class.

Physical Consequences

Physical effects of drug use include sleeplessness, memory loss, irritability, nausea, heart failure, seizures, or stroke. If a drug user drives while taking drugs, that person is putting others at risk too. Many drug users develop an addiction. The symptoms of addiction can include: **TOLERANCE** develops when a person uses a drug regularly. The user needs more and more of the drug to get the same effect. **CRAVING** is a primary symptom of addiction. A person will feel a strong need, desire, or urge to use drugs and will feel anxious if he or she cannot use them. **LOSS OF CONTROL** causes a person to take more drugs than he or she meant to take. Drug use may also happen at an unplanned time or place.

PHYSICAL DEPENDENCE makes it very difficult to quit using a drug. A person's body develops an actual physical need for drugs in order to function.

Drug use can reduce your motor skills, or the ability to move your muscles in normal ways. Simple tasks such as writing, speaking, or walking can be affected. This type of damage can often be permanent. Drug use can also have negative effects on teen growth and development.

Mental and **Emotional** Consequences

Drug abuse weakens a person's ability to think and learn, even though the person may not realize it at the time. Some drugs kill brain cells. The brain damage that results can interfere with the user's ability to think.

Using drugs keeps you from learning to handle difficult emotions in healthful ways. Drug users often experience depression, anxiety, and confusion. Drug use also often leads to poor decisions and bad judgment. It can cause a person to engage in other risk behaviors.

Drug abuse can change someone's personality, cause mood swings, or even lead to violence. Drug users often have low selfesteem and difficulty dealing with others, even those closest to them. A person addicted to drugs will start to think only of his or her need for the drug.

Teens who abuse drugs can also lose their friends. Some may end their friendships or lie to friends in order to cover up their addictions. After a while, obtaining and using the drug becomes more important than maintaining relationships with friends.

Teens who use drugs often because they cannot pay attention. Teens may not be able to esting new experiences. Teens who abuse drugs often hurt their chances of reaching their college or having a career.

Reading Check

person's emotional health?

Social Consequences

miss school or do not learn well participate in school activities if they are caught using drugs. As a result, they lose the opportunity to learn new skills or have interlong-term goals, such as going to

DESCRIBE How can drug use affect a

DRUG USE AND THE LAW

MAIN IDEA Using drugs can lead to problems with the law.

he legal consequences of drug use are one of the many negative effects of this harmful behavior. Most drug use is illegal and dangerous. Federal and state laws say that harmful and addictive drugs may not be used or sold. When someone is caught using illegal drugs, the legal consequences are very serious. Teens may be arrested for possession of drugs. Teens can spend time in a detention center or be sentenced to probation where they must regularly check in with a court officer. Often they and their parents may have to pay fines. Teens can also get a criminal record.

A strong connection exists between drug use and crime. Someone who uses drugs may steal the drugs or steal money to buy the drugs. Stealing can lead to acts of violence, which increase the chances of being caught and sent to jail.

Astrona connection exists between drug use and Crime.

The legal consequences of drug use can also impact a teen's social health. A criminal record can last forever. Such a background can restrict access to certain jobs. A criminal record can also affect relationships with family and friends.

Reading Check

EXPLAIN How can drug abuse lead to crime? 🗾

> Selling or just having illegal drugs can result in serious legal consequences. What is of using illegal druas

Thinking Critically

your social health?

LESSON 1

After You Read

sentence.

person's body.

REVIEW

1. VOCABULARY Define

drug misuse. Give at least

2. LIST Name three physical

one example in a complete

effects drugs can have on a

3. DESCRIBE How could using

illegal drugs negatively affect

- 4. **EVALUATE** What is the difference between using drugs as medicine and abusing drugs?
- 5. ANALYZE Why is a person who uses drugs more likely to be involved in a crime?

>>> Applying Health Skills

6. ACCESS INFORMATION Use online or library

resources to research drug misuse and abuse in the United States, Create a pamphlet or electronic presentation to educate others about the dangers.

© Review

Mudio



the health of

unborn babies

can negatively affect: height weight

In females, drug use

- In males, drug use can negatively affect: height
 - weight
 - · male hormone levels
 - testicle size and function
 - muscle mass and development
 - the age at which the voice gets lower
 - the age at which body and facial hair increases

The use of illegal drugs can have serious health consequences during the teen years. Name two reasons why drug use is especially harmful to teens.



LESSON 2

Types of Drugs and Their Effects

BIG IDEA All types of illegal drugs have both short- and long-term effects.

Before You Read

QUICK WRITE List two illegal drugs you know about. Then briefly describe how these two drugs are harmful to a person's health.



As You Read

STUDY ORGANIZER Make the study organizer found in the FL pages in the back of the book to record the information presented in Lesson 2.

Vocabulary

-) marijuana
- → stimulant
- > depressant
-) hallucinogen
- > narcotics
- > club drugs
- → inhalant
-) anabolic steroids



Bilingual Glossary

MARIJUANA

MAIN IDEA Marijuana is an illegal drug that affects the body.

arijuana comes from dried leaves and flowers of the hemp plant, called cannabis sativa. It is an illegal drug that is usually smoked. You may have heard the different terms that people use when referring to marijuana, such as pot or weed.

Marijuana has a strong effect on the brain of a person who uses the drug. A chemical in marijuana changes the way the brain processes what a person sees, feels, hears, and perceives. Marijuana use can cause a variety of reactions in people. Some users may feel a pleasant sensation, but others do not react well to this drug. It is important to know that marijuana use harms the body in many ways. It has both short-term and long-term effects on body systems.

Short-Term Effects

Marijuana use increases reaction time and impairs coordination and makes it harder to make healthful decisions. It also increases heart rate and appetite. High doses of marijuana can cause anxiety and panic attacks.

Marijuana use harms the body in many Ways.

Long-Term Effects

Marijuana users risk developing lung disease or cancer. The drug has many of the same harmful chemicals as tobacco smoke. In fact, the marijuana plant contains more than 400 chemicals. As with many drugs, marijuana use over time can cause depression, personality changes, or trouble at school or work. It can also affect relationships with friends and family.

Reading Check

EXPLAIN How does marijuana affect the user?

STIMULANTS, DEPRESSANTS, AND CLUB DRUGS

MAIN IDEA Stimulants, depressants, and club drugs have many negative effects on the body.

stimulant (STIM-yuh-luhnt) is a arug that speeds up the body's functions. Stimulants raise the heart rate, blood pressure, and metabolism. A depressant (di•PRE•suhnt) is a drug that slows down the body's functions and reactions, including heart and breathing rates. Stimulants and depressants affect the body in opposite ways. Club drugs are illegal drugs that are found mostly in nightclubs or at allnight dance parties called raves. These are often used in social

settings and are very dangerous.

Stimulants

Stimulants cause the heart to beat faster. Blood pressure and metabolism also rise. Someone who uses a stimulant will often move or speak more quickly than normal. That person may also feel excited or even anxious. Illegal stimulants include cocaine, crack, and methamphetamine (meth). Some stimulants are legal and not necessarily harmful, such as caffeine found in coffee, tea, soda, and chocolate. Doctors sometimes prescribe stimulants to their patients for certain problems. However, stimulant abuse can be dangerous. See the figure below to view the harmful effects of different types of stimulants.

Depressants

In contrast to stimulants, depressants slow down a person's motor skills and coordination. They can affect someone mentally and emotionally by giving a false sense of well-being through feelings of reduced anxiety or relaxation. However, when a depressant wears off, the user may experience extreme mood swings or depression.

Most depressants come in tablet or capsule form. Depressants are legal when prescribed by a doctor to treat certain conditions. For example, doctors sometimes prescribe tranquilizers or barbiturates to treat people who suffer from anxiety or sleep disorders. Alcohol is also a depressant. It is illegal for people under the age of 21 to purchase alcohol. Misuse and abuse of depressants, including alcohol, can lead to coma or even death. The risk is even higher when a person combines alcohol with a depressant drug.

The biggest risk associated with stimulant abuse is damage to your heart, sometimes causing heart attacks or death. What are some other harmful effects of stimulant abuse?

Substance	Other Names	Forms	Methods of Use	Harmful Effects
Amphetamine	Crystal, ice, glass, crank, speed, uppers	Pills, powder, chunky crystals	Swallowed, snorted up the nose, smoked, injected	Uneven heartbeat, rise in blood pressure, physical collapse, stroke, heart attack, and death
Methamphetamine	Meth, crank, speed, ice	Pills, powder, crystals	Swallowed, snorted up the nose, smoked, injected	Memory loss, damage to heart and nervous system, seizures, and death
Cocaine	Coke, dust, snow, flake, blow, girl	White powder	Snorted up the nose, injected	Damage to nose lining and liver; heart attack, seizures, stroke, and death
Crack	Crack, freebase rocks, rock	Off-white rocks or chunks	Smoked, injected	Damage to lungs if smoked, seizures, heart attack, and death

What Teens Want to Know

Teen Brain Development Studies by the National Institute of Mental Health show that the teen brain is very different from the brain of an adult. The part of the brain that helps you foresee control impulses and foresee consequences of your actions is not fully developed in teens. This is a factor that makes it especially dangerous for teens to try drugs.

Club Drugs

Club drugs are often used to make people feel more relaxed in a social setting. They are often made in home laboratories. Club drugs may be mixed with other drugs or harmful chemicals.

ECSTASY increases the heart rate and body temperature, which can damage a person's organs. A person using Ecstasy may experience tingly skin or clenched jaws. He or she can also feel anxious and paranoid.

ROHYPNOL makes a person's blood pressure drop. The user feels dizzy and very sleepy. This drug also causes blackouts and memory loss. Rohypnol typically comes in pill form, although it can be crushed into a powder. It is also a drug that the user may not know that he or she has been given. If added to a drink, for example, it can make a person unconscious. As a result, this drug is unfortunately used to commit the crime of date rape.

KETAMINE, an anesthetic used in medical procedures, can be deadly if abused. It causes hallucinations, and people who use it often experience memory loss. An overdose of ketamine can cause a person to stop breathing.

Reading Check

COMPARE AND CONTRAST What is the main difference between the way stimulants and depressants affect the body?

HALLUCINOGENS

MAIN IDEA Hallucinogens are dangerous drugs that mainly affect the user's mind.

allucinogens
(huh-LOO-suhnuh-jenz) are drugs
that distort moods, thoughts,
and senses. These drugs interfere with thought processes and
the ability to communicate.
Hallucinogen users may become
disoriented or confused. Strange
behavior is common because the
user can no longer tell what is
real and what is not.

LSD (acid) and PCP (angel dust) are common hallucinogens. LSD is one of the strongest. It may come in tablet form or on absorbent paper. Someone who uses LSD may not know who or where they are. Harmful behaviors are common with LSD use. Users may even have terrifying flashbacks weeks or months after using the drug. The effects of PCP are similar to those of LSD.

Reading Check DETERMINE Name three harmful

EXECUTE: Name three harm effects of LSD.

Hallucinogens can cause many harmful effects, including death. What are two examples of hallucinogens?

Substance	Other Names	Forms	Methods of Use	Harmful Effects
PCP	Angel dust, supergrass, killer weed, rocket fuel	White powder, liquid	Applied to leafy materials and smoked	Loss of coordination; increased heart rate blood pressure, and body temperature; convulsions; heart and lung failure; broke blood vessels; bizarre or violent behavior; temporary psychosis; false feeling of having superpowers
LSD	Acid, blotter, microdot, white lightning	Tablets; squares soaked on paper	Eaten or licked	Increased blood pressure, heart rate, and body temperature; chills, nausea, tremors and sleeplessness; unpredictable behavior; flashbacks; false feeling of having superpowers

NARCOTICS

MAIN IDEA Not all narcotics are illegal, but all are extremely addictive.

arcotics
(nar·KAH·tics) are
drugs that get rid of
pain and dull the senses. These
are highly addictive drugs.
Historically, narcotics have been
made from opium—a plant
liquid that can numb the body.
When used under a doctor's
supervision, narcotics such as
morphine and codeine are effective in treating extreme pain.
However, laws control how all
narcotics are sold and used
because they are so addictive.

Heroin

Heroin is an illegal narcotic made from morphine. It is often inhaled or injected and sometimes smoked. Injecting the drug gives users a pleasant feeling. However, this feeling quickly wears off, and the user experiences symptoms of withdrawal.

Think of all the ways
you can have fun
without using drugs.
What are some drug-free
activities that you and your
friends enjoy?

These symptoms may include nausea, cramps, and vomiting. People who use heroin risk unconsciousness and death.

Since it is usually injected, heroin users also risk HIV or hepatitis infection from shared needles.

Because it is highly addictive, users commonly experience tolerance and dependence.

Oxycodone

Oxycodone is available legally through a doctor's prescription. When used as directed, it can control severe pain in patients with cancer and other diseases. However, oxycodone is also frequently abused. The long-term effect of using the drug is increased tolerance, which leads to physical addiction.

>>> Reading Check

IDENTIFY Name two types of narcotics that may be used as medicine when prescribed by a health care professional.

Health Effects of Narcotic Drug Abuse

Can cause drowsiness, constipation, and depressed breathing.

Taking a large single dose could cause severe respiratory depression or death.

Can cause death if taken with certain medications or alcohol.

Can lead to physical dependence and tolerance. The body becomes used to the substance and higher doses are needed to feel the same initial effect.

Narcotics are highly addictive, often causing uncontrollable drug use in spite of negative consequences.

Withdrawal symptoms occur if use is reduced abruptly. Symptoms can include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes with goose bumps, and involuntary leg movements.

Withdrawal from narcotics usually requires detoxification in a hospital. Although withdrawal is often a painful experience, it is not life-threatening.

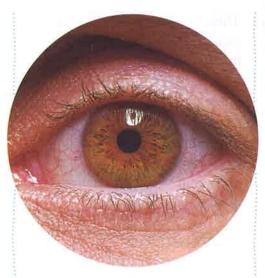
When narcotics are abused, there is a risk of addiction and other health consequences. What are some of these consequences?

INHALANTS

MAIN IDEA) Using inhalants can cause brain damage and even death.

nhalants (in·HAY·luhntz) are the vapors of chemicals that are sniffed or inhaled to get a "high." Most come from toxic household products. Toxic inhalants include hairspray, lighter fluid, air freshener, cleaning products, markers or pens, and paint. Inhalant use can cause nausea, dizziness, confusion, and loss of motor skills.

Inhalant use sends poisons straight to the brain. Inhalants cause permanent damage and affect a person's ability to walk, talk, or think. Inhalant abuse, even if it is only the first time, can also kill the user instantly. Experimenting with inhalants can cause death from choking, suffocation, or heart attack.



One symptom of inhalant abuse is red or runny eyes. What inhalant abuse damage?

Warning Signs of **Inhalant Abuse**

A person who uses inhalants often shows symptoms of the abuse. Some common symptoms are listed below. If you notice these symptoms in someone you know, speak to a teacher or trusted adult about your concerns.

- Eyes that are red or runny
- Sores or spots near the mouth
- Breath that smells strange or like chemicals
- Holding a marker or pen near the nose

Reading Check **GIVE EXAMPLES** What are two symptoms of inhalant abuse?



Accessing Information

Marijuana Myths

M arijuana is the most commonly used illegal drug. Because its effects are not as dramatic as some other illegal drugs, it is often mistakenly believed to be a harmless drug. Here are some common myths about marijuana use:

Myth: "Marijuana is not addictive. Users can stop whenever they want."

Myth: "Smoking marijuana is safer than using other drugs."

Myth: "Everyone smokes marijuana."



Using this lesson and other reliable online or print resources, find information that shows how these myths may not be true. Develop a facsheet listing each myth and the truths behind each myth.

Fitness Zone

Improving Performance Some professional athletes use steroids to get stronger or better. I know that the best and healthiest way to get stronger is to practice. After school each day and over the weekend, I try to practice soccer drills and ball handling. I also try to stay active and get exercise at least a few days each week to get stronger.

STEROIDS

MAIN IDEA Steroid use can cause serious health problems.

ome drugs mimic the behavior of chemicals made by the body. For example, anabolic steroids (a·nuh·BAH·lik STAIR·ovdz) are substances that cause muscle tissue to develop at an abnormally high rate. Doctors sometimes legally prescribe steroids to treat growth problems, lung diseases, and skin conditions.

Any nonmedical use of **steroids** is illegal.

Some athletes use steroids to try to increase their body weight, strength, or endurance. However, steroid use causes a variety of serious health issues.

Effects include uncontrolled anger, shrunken testicles, severe acne, high blood pressure, and infertility. Females can develop a deeper voice, excess facial hair, and a masculine-looking body. Steroid use can also cause damage to other body systems.

Any nonmedical use of steroids is illegal. Athletes who use steroids can be dismissed from a team or an event. Illegal steroid users may also face fines and jail time. Athletes who are caught using steroids are often suspended or banned from their sport. Many have had their reputations damaged as a result.

Reading Check

RECALL How are anabolic steroids similar to chemicals in your body?

LESSON 2

REVIEW

>>>> After You Read

- 1. VOCABULARY Define depressant. Use the term in a complete sentence.
- 2. EXPLAIN What is the biggest long-term risk for marijuana users?
- 3. SUMMARIZE Name three types of drugs that are legal only when prescribed by a doctor.

>>> Thinking Critically

- 4. APPLY Suppose a friend told you inhalants were safe because they are items found in your own house. How would you respond? Is this valid health information?
- 5. ANALYZE What are some of the high-risk behaviors that could result from using hallucinogens or club drugs?

Applying Health Skills

6. ADVOCACY Write a script for a public service announcement for radio or television, explaining the short- and long-term effects of narcotics use.

© Review

Audío

The best way to improve your athletic performance is to practice. How could using drugs stand in the way of reaching your goals?



LESSON 3

Staying Drug Free

BIG IDEA Many reasons and resources exist to help teens and their families stay drug free.

Before You Read

QUICK WRITE Write a short paragraph describing why you think drug use may be harmful for teens.

♥ Video

As You Read

STUDY ORGANIZER Make the study organizer found in the FL pages in the back of the book to record the information presented in Lesson 3.

Vocabulary

- alternative
- > drug rehabilitation
- (Audio
- Bilingual Glossary

Developing Good Character

Citizenship You can demonstrate good

citizenship by encouraging others to stay drug

free. Find out about programs in your school or

community that educate teens on the dangers

of drug use and tell your classmates about them.

Identify what methods they use to reach teens

and find out how students can get involved.

What programs would you be interested in

WHY DO SOME TEENS USE DRUGS?

MAIN IDEA Responding to peer pressure, the media, and personal problems can influence teens to try drugs.

eens use drugs for many different reasons. For example, the media often show people enjoying alcohol or even drugs, particularly in TV shows or movies. These images can make some teens feel they will be like the happy, attractive people they see if they begin to drink alcohol or use drugs too.

What these images may not show are the problems addiction can cause. Often it appears that using drugs or alcohol is harmless or without consequence. However, drug and alcohol use can have serious effects on all sides of your health triangle. The

> media does sometimes offer helpful information about drugs and alcohol. Television reports and magazine articles can provide accurate health information about the effects of drugs on the brain and body, for example.

Drug and alcohol use can have Serious effects on all sides of your health triangle.

Additionally, teens might see adults in their lives using alcohol. Friends might pressure a teen to try drugs or alcohol. Peer pressure can have a strong influence even if it is negative. It can be difficult to say no to friends whose approval you would like.

Finally, some teens may try drugs to cope with emotional problems. To escape or forget, they may turn to substance **abuse**, or using illegal or harmful drugs, including any use of alcohol while under the legal drinking age. Substance abuse includes drug misuse and drug abuse.

Reading Check

EXPLAIN Describe the influence that peers can have on a teen's decision to use alcohol or drugs.

WAYS TO STAY DRUG FREE

MAIN IDEA > Staying drug free has many benefits.

he choice to avoid illegal drugs and the improper use of legal drugs may be the most healthful decision you can make. Being substance free shows self-control. It means you have taken charge of your life and your health. It is important to make decisions that promote both a healthy body and mind. Staying drug free can be difficult, but it has many benefits.

Reasons to **Avoid Drugs**

Making wise choices about drugs will have a positive effect on your physical, mental/emotional, and social health. When you avoid drugs, you will have a greater chance of reaching your goals.

These are a few activities you can enjoy without using alcohol or other drugs. Can you think or some other positive alternatives

By deciding not to use drugs, you can enjoy these benefits:

- Physical health You show that you care for yourself and your health. You will not suffer the physical consequences of drug abuse on the body.
- Control over your actions You are better able to stay in control and act more responsibly.
- Obeying the law You show respect for the law and are a good citizen.
- Protecting your future You are able to set goals and work toward them. You are able to concentrate better and will do better in school.
- Healthier relationships You are able to enjoy other interests with family and friends.
- Self-respect You want to avoid harm to your body and mind. You can be confident about your decisions. You know you have made healthful choices.

The choice to avoid illegal drugs is the most important and healthful decision you could make.

Alternatives to Drug Use

If someone offers you drugs or alcohol, what would you do? You could suggest an alternative (ahl-TER-nuh-tihy), or another way of thinking or acting.

Offering positive alternatives can help relieve some of the pressure you may be feeling. It also gives you the chance to be a positive influence on your peers. Possible alternatives include attending drug-free events and improving your talents and skills.



Have fun at drug-free and alcohol-free events. Avoid environments where alcohol and other drugs are present. Use positive peer pressure to help others avoid these environments.

Improve your talents or skills. Choose an activity you like, and practice it until you become an expert. Become a great skateboarder, a computer whiz, or the best artist at school.

Be part of a group. Join a sports team, a club, or a community group.

Start your own business. Make yourself available for babysitting, yard work, or other jobs. Let friends and neighbors know.

participating in? Why?



Refusal Skills

Refusing Drugs

yler has noticed that his best friend, Jonathan, has become a little distant. Jonathan recently changed schools, so Tyler no longer sees him every day. Tyler knows that Jonathan has made some new friends at his new school, When they get together, Tyler notices that Jonathan doesn't seem interested and has trouble following the conversation.

One day, Tyler meets up with Jonathan and some of his new friends. Jonathan's new friends suggest that everyone go back to Jonathan's house to smoke marijuana. Tyler wants to keep Jonathan as a friend, but he doesn't want to use drugs. What should Tyler do?



- · Say no in a firm
- · Tell why not.
- · Offer other ideas.
- · Promptly leave

Explain how Tyler might use this strategy to refuse the harmful suggestion made by Jonathan's friends.

Saying No to Drugs

Developing skills to refuse drugs is very important. The best way to avoid being pressured to use illegal substances is to use refusal skills. Refusal skills can help you say no to other unhealthy behaviors as well. You can resist negative peer pressure without feeling guilty or uncomfortable. Saying no in a clear and confident way lets others know you respect yourself and your health. If you feel pressure to experiment with drugs, remember the S.T.O.P. strategy: Say no in a firm voice; Tell why not; Offer alternative ideas or activities; and if all else fails, Promptly leave.

This strategy is helpful when you are faced with a difficult situation. However, you can also take steps to help you avoid even having to use your refusal skills.

You can choose to make friends with people who have also chowill support your decision and help you avoid situations where You can also look for healthful you may face. If you feel lonely to a parent or another adult you deal with your feelings can all have a positive effect on your ability to be drug free.

Reading Check

IDENTIFY What are two positive alternatives to drug use?

Friends can be an important

influence during the teen

years. How can friends help

you stay drug free?

sen to avoid drugs. Friends who are committed to being drug free drugs or alcohol may be present. ways to deal with whatever issues or depressed, or if you need help solving a personal problem, talk trust. Making wise choices about how you spend your time, who your friends are, and how you

HELP FOR DRUG USERS AND THEIR FAMILIES

MAIN IDEA Resources are available to help drug users and their families face substance abuse.

topping drug abuse after it has started is much harder than resisting drugs in the first place. Some effects of drug abuse are permanent. However, drug addiction is treatable. Many resources are available to help drug users overcome the pattern of addiction.

Drug Treatment Options

Drug addiction is a disease. Treatment requires changes in behavior. People who are addicted to drugs must first admit that they have a problem. Then they need to seek help to recover. In some cases, drug rehabilitation is needed. This is a process in which a person relearns how to live without an abused drug. Sometimes a drug abuser may enter a treatment facility.

Support groups allow people to work together to help stay drug free. Often, recovering addicts find strength from talking with other people who are working toward the same goal.

Regular meetings encourage these positive relationships. Support groups for addiction include Narcotics Anonymous and Cocaine Anonymous.

Some people find the support and help they need to stay drug free through counseling. Counseling provides an opportunity to openly share thoughts and feelings with a trained expert. It can help addicts deal with their psychological dependency on drugs. Counseling may involve only the addict or the person's entire family.

Help for Families

When someone is addicted to drugs, that person's family also needs help. One of the many resources for families is Nar-Anon. Like Al-Anon, Nar-Anon helps family members learn how to deal with the problems caused by drug addiction.

Reading Check

RECALL What are some drug treatment options?

Support from friends can help you stay substance free. community for teens vith substance abuse

LESSON 3

REVIEW

After You Read

- 1. VOCABULARY Define drug rehabilitation. Use it in a complete sentence.
- 2. LIST What are two reasons why some teens might choose to use drugs?
- 3. DESCRIBE What are some of the ways support groups help people become drug free?

Thinking Critically

- 4. EVALUATE How can suggesting a positive alternative to alcohol or drug use help you stay substance free? Explain your answer.
- 5. APPLY What do you think is the most important reason for you to stay drug free? Explain your reasoning in a short paragraph.

>>> Applying Health Skills

6. REFUSAL SKILLS Think about ways to say no to harmful behaviors. Team up with a classmate. Role-play a situation where you use these strategies to say no to illegal drugs.







WHAT YOU WILL NEED

- * Paper for each member of the group
- * Pencil for each member of the group
- * 2 posters with 25 pictures of everyday items on each
- * A source of loud music

WHAT YOU WILL DO

Using pictures from magazines, one person in the group will make 2 posters with 25 everyday items on each one.

The leader will hold up the first poster and give the group 30 seconds to look at it. Each student should try to remember as many items as possible.

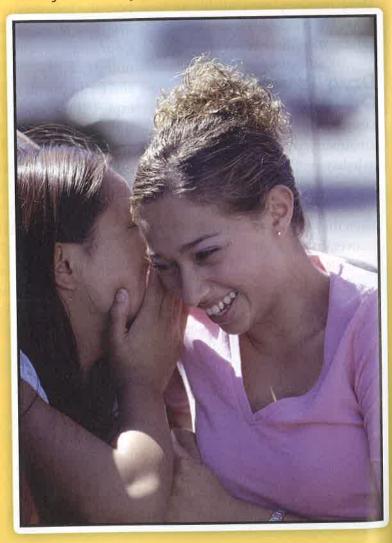
The leader then puts the poster down, and the students write down as many of the items as they can recall.

Now loud music is turned on. The leader also asks two people on opposite sides of the room to have a loud conversation with each other

Then the leader holds up the second poster and repeats step 3.

Memory Obstacles

Many drugs make it difficult to process information. In this activity, loud music and disruptive talk mimics the effects of some drugs. How will these distractions interfere with your ability to recall information?



WRAPPING IT UP

How many people in the group had more trouble remembering items on the second poster than on the first? Why? Compare what just happened in your group to what can happen to your brain when under the influence of a drug.

CHAPTER 16

READING REVIEW

FOLDABLES and Other Study Aids

Take out the Foldable® that you created and any study organizers that you created. Find a partner and quiz each other using these study aids.

LESSON 1 Drug Use and Abuse

BIG IDEA Using drugs affects your body, mind, emotions, and social life and can lead to consequences with the law.

- * Drugs can be medicines that help the body, but many drugs are harmful to your health.
- * Any drug can be harmful to your health if abused or misused.
- * Drug misuse, or taking medicine in a way that is not intended, is dangerous and can lead to drug abuse.
- Drug abuse is intentionally using drugs in a way that is unhealthful or illegal.
- Using drugs can result in serious legal problems, including arrest, fines, jail time, and a criminal record.

LESSON 2 Types of Drugs and Their Effects

BIG IDEA All types of illegal drugs have both short- and long-term effects.

- * Marijuana is an illegal drug that affects the body.
- ** Stimulants come in several forms and have effects on the user.
- Common stimulants include caffeine, which is legal, along with illegal drugs such as cocaine.
- Depressants slow down the body and mind and affect a person's motor skills and coordination.
- Many depressants are legal when prescribed by a doctor, but they are often misused or abused.

- * Drugs that are considered to be hallucinogens, such as LSD, PCP, and Ecstasy, affect the user's mind and have dangerous effects.
- Club drugs are often used in social settings and can result in dangerous consequences.
- * Not all narcotics are illegal, but these types of drugs are all extremely addictive.
- Using inhalants, even for the first time, can cause brain damage and even death.
- * Anabolic steroid use can cause many serious health problems, including anger issues, shrunken testicles in males, masculine characteristics in females, severe acne, heart disease, certain types of cancer, and damage to other body systems.

LESSON 3 Staying Drug Free

BIG IDEA Many reasons and resources exist to help teens and their families stay drug free.

- Responding to peer pressure, the media, and personal problems can influence teens to try drugs.
- * Practicing refusal skills can help you stay drug free.
- Staying drug free can benefit all sides of your health triangle—physical, mental/emotional, and social.
- Resources are available to help drug users and their families deal with the problems of substance abuse and break the pattern of addiction.



Web Quest

ASSESSMENT

Reviewing Vocabulary and Main Ideas

-) depressant
- hallucinogens
-) marijuana
-) drug abuse

- -> drug
- § drug misuse
- inhalants
- stimulant
- On a sheet of paper, write the numbers 1–8. After each number, write the term from the list that best completes each statement.

LESSON 1 Drug Use and Abuse

- 1. _____ involves taking or using medicine in a way that is not intended.
- **2.** When someone takes an illegal drug, such as marijuana or heroin, that person is engaging in ______.
- **3.** A ______ is a substance other than food that changes the structure or function of the body or mind.

LESSON 2 Types of Drugs and Their Effects

- **4.** _____ are drugs that distort the moods, thoughts, and senses of the user.
- **5.** _____ include any substance whose fumes are sniffed and inhaled to produce mind-altering sensations.
- **6.** The most commonly used illegal drug is _____
- **7.** A drug that raises the heart rate, blood pressure, and metabolism is called a _______.
- **8.** A ______ slows down a person's motor skills and coordination and can affect a user mentally and emotionally.

On a sheet of paper, write the numbers 9–14.
Write True or False for each statement below. If the statement is false, change the underlined word or phrase to make it true.

LESSON 3 Staying Drug Free

- **9.** Another way of thinking or acting is called an <u>alternative</u>.
- **10.** The use of illegal or harmful drugs is called rehabilitation.
- **11.** <u>Support groups</u> allow people to work together to help stay drug free.
- **12.** Few resources are available to help drug users and their families deal with substance abuse.
- **13.** The <u>S.T.O.P. strategy</u> involves saying no in a firm voice, telling why not, offering positive alternative ideas or activities, and promptly leaving if all else fails.
- **14.** A process in which an addicted person learns how to live without drugs is called <u>refusal skills</u>.

>> Using complete sentences, answer the following questions on a sheet of paper.

Thinking Critically

- **15. HYPOTHESIZE** What are three reasons someone might begin experimenting with drugs?
- **16. HYPOTHESIZE** Why might someone ignore the risks of drug use?

Write About It

- **17. NARRATIVE WRITING** Write a story about a teen athlete who is considering using steroids.
- **18. EXPOSITORY WRITING** Write a paragraph describing how a teen can use positive peer pressure to influence others to avoid using drugs.

(A) B) STANDARDIZED TEST PRACTICE

Reading

Read the two paragraphs and then answer the questions.

Heroin is a highly addictive drug that relieves pain and dulls the senses. Heroin users usually inject the drug into their body. The drug gives users a sense of euphoria, or a feeling of intense joy. This feeling is short-lived, however. Soon after, the users suffer from withdrawal, which can be extremely painful.

Because the symptoms of heroin withdrawal are so painful, users must go through a detoxification process. Most need professional help to quit. The process may include doses of legal drugs that relieve the withdrawal symptoms. One of the drugs used in heroin detoxification is called methadone. It is a synthetic drug not found in nature. It delays the feelings and cravings that users experience during withdrawal.

- 1. In the first paragraph, euphoria means
 - A. a feeling of pain.
 - **B.** a feeling of fullness.
 - **c.** a feeling of intense joy.
 - **D.** None of the above
- **2.** From the information in the second paragraph, the reader can conclude that heroin
- **A.** is a safe drug.
- **B.** can be used with moderation.
- **c.** can be given up easily by users.
- **D.** is a dangerous and addictive drug.
- **3.** According to the second paragraph, many heroin users must go through a detoxification process in order to quit because
 - **A.** withdrawal symptoms are so painful.
 - **B.** it is required by the law.
 - **C.** it stops cravings for other drugs, as well.
 - **D.** None of the above