SUBSTANCE USE UNIT: Be above the pressure to use tobacco, alcohol, and drugs

**Tobacco**

Most people smoke cigarettes compulsively. Very few people can smoke occasionally. So, don’t think you’ll just be a “casual” smoker!

“Teens who smoke cigarettes are more likely to drink alcohol, and teens who smoke and drink are more likely to use marijuana.”

**Gateway Drugs:**

**Marijuana**

Today, gateway drugs also include inhalants and narcotics (like pills or Oxy)

Young people who use marijuana weekly have double the chance of depression later in life. This risk is even higher for G-I-R-L-S.

**Alcohol**

A child who reaches age 21 without abusing alcohol or using drugs is virtually certain never to do so.

More teens are in treatment with a primary diagnosis of MARIJUANA dependence than for all other illicit drugs combined.

**Tobacco – Be above the influence!!**

1. Smoking is ____________________________ of death in the United States
   (It causes heart disease, strokes, cancers, emphysema, and Chronic Bronchitis)
2. The harmful ingredients of cigarettes are:
   NICOTINE: • is highly ________________ and the high lasts only 1/2 hour
   • ________________ blood vessels
   • increases heart rate and blood pressure
   • ________________ develops

Smoking a single cigarette may give enough nicotine to
CARBON MONOXIDE:
• is an odorless, tasteless gas in cigarette
• displaces ___________ from blood so less gets to heart, muscles
• causes poor circulation and
• leads to _________________

TAR:
• there are over ____________ chemicals in tobacco smoke
• they contain carcinogens which cause lung ________________

3. Chewing tobacco and cigars are _______________________ than cigarettes!

Watch for a leathery pre-cancerous patch inside their mouth called: Leukoplakia.

4. If you’re pregnant—don’t smoke!! Smoking increases infant death by 33%

5. Don’t hang around a smoker— for every ____________ smokers who die, they take ____________ non-smoker with them!!

Second-hand smoke kills. It’s especially dangerous to young children. Ways to protect yourself from second-hand smoke:
- Ask them to smoke outside only
- Keep your door to your room closed
- Get an air filter
- Ask them to smoke in one place only
- Keep encouraging them to quit!

6. $$$$ spent on tobacco:
   _______ pack/can a day x 365 days in a year = __________per year
   _______ pack/can a day x 365 days per year = _______ x 5 years = _______
   _______ pack/can a day x 365 days per year = _______ x 10 years = _______
   _______ pack/can a day x 365 days per year = _______ x 25 years = _______

List something you’d rather spend your $$$ on:

Figure it for someone you know: _______ pack/can a day x 365 days per year = _______ x ___ years = ______

SUBSTANCE USE UNIT: ALCOHOL— Be above the pressure to use:

2. Alcoholism: is a __________________. You can be addicted 2 ways:
   ________________ and ________________.

   Long-term effects include: cirrhosis of liver, cancers, heart disease, early death. * 1 out of 10 people in the U.S. who drink become ____________.

**BOTTOM LINE IF SOMEONE IS AN ALCOHOLIC OR NOT:
The drinking is ____________________, + they can’t stop since they are addicted.
Alcoholism runs in families: if 1 parent is/was an alcoholic or drug addict you have a 50% chance of also becoming an alcoholic/addict; if 2 parents, you have an 80% chance!* This is true for addiction to any psychoactive drug...

*www.day-by-day.org/sitesparents.htm

THE 3 C’s: you didn’t __________it, you can’t ___________it, you can’t __________ it!

__________________ is for teen children of alcoholics, _____________________________ is for husbands, wives, family, friends, and _____________________________ is for the alcoholic him/herself.

20 Questions to ask to see if someone is an alcoholic: ?

1. ___________________

2. ___________________

3. ___________________

4. ___________________

5. ___________________

6. ___________________

7. ___________________

8. ___________________

9. ___________________

10. ___________________

11. ___________________ 12. ___________________

13. ___________________

14. ___________________

15. ___________________

16. ___________________

17. ___________________

18. ___________________

19. ___________________ 20. _____________

3. HOW SMALL AMOUNTS OF ALCOHOL AFFECT BODY AND BEHAVIOR:

1. ________________ 2. ________________

3. lose your inhibitions 4. ________________

LARGER AMOUNTS OF ALCOHOL:

1. coordination

2. reaction time

3. impaired vision

4. passed out

.00 - .04%: slightly affected (legally intoxicant)

.05 - .07%: impaired (for teens!)

.08 - .25%: intoxicate

.26 - .40%: lose control, passed out

.40% + up: coma (or dead)
4. **Drinking and Driving**: Diff. factors determine effects alcohol will have

- a. _____________________________
- b. how fast you drink
- c. _____________________________
- d. _____________________________
- e. any other drugs in body
- f. amount of food in stomach

**M.I.P.** (Minor in Possession) {Possession/consumption is the__________offense}

***IF YOU ARE CLOSE ENOUGH TO ___________THE ALCOHOL, EVEN IF YOU ARE NOT DRINKING, YOU CAN GET CHARGED WITH AN M.I.P. (the law reads “close proximity”) SO, IF YOU ARE AT A PARTY (even if you are not drinking) YOU CAN GET IN TROUBLE WITH THE LAW!!!

***IN A CAR, EVERYONE IN THE CAR CAN BE CHARGED WITH AN ____________ IF THERE IS A CAN IN THE CAR OR TRUNK.

(EVEN IF IT’S ____________, OR IT’S ____________) -If you are 21, it can be in trunk.

****MINOR: UNDER 21****

**NOT DRIVING:**
- ___________

**DRIVING:**
- if under .02 ___________
- if .02 - .07: ____________________________

which is a misdemeanor / may also be charged with M.I.P.

- .08 or higher: ____________ (same as adult
- Under influence of any drug, including marijuana: ________

**ADULT: 21 OR OLDER**

- if under .08: if considered “impaired” can still get a D.U.I. or “negligent driving.”
- if .08 or over: D.U.I. (less than .15 not as strict, also if it’s a first offense, not as strict. Over .15 and second offense is harsher penalties

*IMPLIED CONSENT*: when you sign your drivers’ license you say you will take a breathalyzer test...
5. SUMMARY OF ALCOHOL RISKS FOR TEENS

6. How to resist peer pressures to drink alcohol: - Have the courage to say _____, drink something else, choose ____________________________, avoid situations where _____________________________, + have fun

Other facts about alcohol:

7. FAS: ____________________________ Syndrome is caused by less ____________________________ to the baby. It can cause birth defects, low birth weight, miscarriages and still births. No amount of alcohol during pregnancy is _____________!!!!

8. Stages + Risk Factors for Addiction
### 9. Hallucinogens: (these interfere with and distort the senses. Some are also depressants like pot)

- **Salvia:** is a legal herb that may be legal, but very dangerous.
- Even seasoned drug users have called salvia “too intense” and “scary,” and it can be a precursor to schizophrenia.

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**How to Protect Yourself from Addictions??**

There are some factors you can’t control, but for many of these risks, simply choose the opposite in your life:

- Choose friends who don’t use
- Work on good grades
- Don’t smoke cigarettes
- Don’t drink alcohol while your body’s still growing
- Choose to have positive self-esteem
- Get depression or other mental illnesses treated
- Deal with stress with time out, work out, reach out (counseling), and be honest about the risk involved and negative side effects of drug use.

**How Many Do You Have in Your Life??**

The more risk factors you have on this list, the more likely it is that you will become **addicted**!!

If you have several risk factors… Look at yourself, your family background, your behavior and your experiences. BEING HONEST about the risk factors in your life can help you assess your own personal risk for addiction. **You are still young and you can have many healthy years ahead.**
- **LSD:** known as “Acid,” causes severe hallucinations, dangerous behaviors, and causes ______________ even 10 years after use.

- **PCP:** is a hallucinogen, depressant, stimulant, and narcotic ________________ – because of this, it causes very dangerous reactions and behaviors

- **Psilocybin (mushrooms):** Be aware of poisonous mushrooms, severe anxiety and paranoia.

- **Cannabis (Marijuana):** The biggest danger of pot is that kids think there’s no danger!!

  Using pot 8 x a month signifies you are ADDICTED!!

- Marijuana is __________________________ (see statistic on cover page)

- Marijuana is a __________________________ drug- it’s often the first drug kids use.

- It takes the average person who is using meth or cocaine 1 year to realize they need to quit. It takes the average person 8 years to realize they are an alcoholic. It takes the average pot smoker ______ years to realize pot is hurting them and they need to quit!!!!

- Marijuana causes __________________________ syndrome- an “I don’t care” attitude. Pot is the only drug that makes people who use it unmotivated to quit it.

10. **Narcotics:** (some RELIEVE PAIN, some are DEPRESSANTS to treat anxiety or sleep disorders)

   - **Includes:** Oxycodone (Oxycontin), Darvon, Hydrocodone (Vicodon), Percocet, Heroin, Morphine, Codeine, Valium, Xanax, and more...

   - One of the most dangerous ways narcotics affects the brain is ________________.

     Addiction occurs when patients take the medications for effects other than pain relief. Use of these medications needs to be monitored by you and your physician. THESE DRUGS ARE NOT MEANT TO BE TAKEN WITHOUT A DOCTOR’S PERMISSION AND MONITORING!!!
Drug Video Review Spreadsheet:

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<td>Narcotics:</td>
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Do I, or does my friend have a drug problem?

Does your friend seem like a different person when she drinks or gets high? Has she been letting you down lately and you think it's connected to drug use? This can be a difficult situation to deal with, and sometimes it gets worse before it gets better. Don't make excuses. Talk to them.

Do I, or does my friend have any of these signs?
- Gets drunk or high on a regular basis.
- Drinks or uses drugs when he/she is alone.
- Shows up at school drunk or high or has skipped class to use.
- Needs drugs or alcohol to have a good time or cope with everyday life.
- Plans for drug use in advance.
- Starts hanging out with new friends who'll do drugs with him/her or score for him/her.
- Lies about drug use.
- Pressures others to use drugs.
- Has broken plans with you or showed up late because they were drunk or high.
- Shows little interest in or quits sports or activities he/she once enjoyed.
- Has driven a car while drunk or high.
- Borrows or steals money to buy drugs or alcohol.

If you or your friend has one or more of the above signs:

drug use is causing problems (which is the bottomline if it's considered addiction or not!) Get professional help:

- Our school counselors or our drug and alcohol counselor phone #: ________________
- Resource in our town: ________________________________
- Resource in our state: ________________________________
- **Girls and Boys Town National Hotline** Call 1-800-448-3000 (24 Hours/7 Days A Week)
- **Freevibe.com** Information about drugs and helping a friend in trouble, as well as free resources. (This also has a "When Your Parents Use Drugs" section)
Name: __________________________ PERIOD: ______

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1. Tobacco – Be above the influence!!

1. Smoking is _______#1 preventable cause_____ of death in the United States (It causes heart disease, strokes, cancers, emphysema, and Chronic Bronchitis)

2. The harmful ingredients of cigarettes are:

NICOTINE:
• is highly addictive and the high lasts only 1/2 hour
• constricts blood vessels
• increases heart rate and blood pressure
• a tolerance develops

Smoking a single cigarette may give enough nicotine to initiate addiction!
CARBON MONOXIDE:
• is an odorless, tasteless gas in cigarette smoke
• displaces oxygen from blood so less gets to heart, muscles
  • causes poor circulation and
  • leads to amputations... YIKES!
• there are over 4,000 chemicals in tobacco smoke
• they contain carcinogens which cause lung cancer

3. Chewing tobacco and cigars are _____ NO SAFER _______ than cigarettes!!!
Watch for a leathery pre-cancerous patch inside their mouth called: Leukoplakia.

4. If you're preganant—don't smoke!! Smoking increases infant death by 33%!

5. Don't hang around a smoker— for every ____8_____smokers who die, they take ___1___non-smoker with them!! Second-hand smoke kills. It's especially dangerous to young children.

Ways to protect yourself from second-hand smoke:
- Ask them to smoke outside only
- Keep your door to your room closed
- Ask them to smoke in one place only
- Keep encouraging them to quit!

copy this from someone in class:

6. $$$$ spent on tobacco: _______pack /can a day x 365 days in a year = ________per year
  _______pack /can a day x 365 days per year = _______ x 5 years =________
  _______pack /can a day x 365 days per year = _______ x 10 years =________
  _______pack /can a day x 365 days per year = _______ x 25 years =________
  _______pack /can a day x 365 days per year = _______ x ___ years =_______

List something you'd rather spend your $$$ on:

Figure it for someone you know:

2. Alcoholism: is a __disease________________. You can be addicted 2 ways:
  __physically__________ and _____mentally____________. Long-term effects include: cirrhosis of liver, cancers, heart disease, early death. * 1 out of 10 people in the U.S. who drink become ___alcoholics__.

**BOTTOM LINE IF SOMEONE IS AN ALCOHOLIC OR NOT: The drinking is ___causing problems/interferring___, + they can’t stop since they are addicted.
Alcoholism runs in families: if 1 parent is/was an alcoholic or drug addict you have a 50% chance of also becoming an alcoholic/addict; if 2 parents, you have an 80% chance!* This is true for addiction to any psychoactive drug...

*www.day-by-day.org/sitesparents.htm

THE 3 C's: you didn’t __cause____it, you can’t__control___ it, you can’t _____cure___ it!

__Alateen________________ is for teen children of alcoholics, __alanon____________is for husbands, wives, family, friends, and _____AA_____ is for the alcoholic him/herself

How to resist peer pressures to drink alcohol: - Have the courage to say __No____, drink something else, choose _friends who don't use____________, avoid situations where __alcohol it________, + have fun ____in other ways!________

HAVE YOU or DO YOU:
1. lost time at school due to drinking?
2. drink because you’re shy?
3. drink to build up self-confidence?
4. had $ problems due to drinking?
5. drink alone? ********
6. always drink until the bottle is empty?
7. started hanging out with a crowd where alcohol is?
8. have to have a drink to go on a date?
9. get along with people better?
10. drink to escape from worry?
11. feel guilty after drinking?
12. feel bothered if someone says you’re drinking too much?
13. lost any friends since you’ve been drinking?
14. have friends who drink less than you?
15. had alcohol affect your reputation?
16. feel a sense of power from drinking?
17. ever been to a hospital or busted from drinking?
18. ever had a complete loss of memory? (BLACKOUT)
19. turn off to studies or lectures about alcohol?
20. DO YOU THINK YOU HAVE A PROBLEM?

-A PROBLEM IS SOMETHING THAT INTERFERES WITH YOUR LIFE

-YES TO 1 - a possibility you're an alcoholic
-YES TO 2 - a high chance you're an alcoholic
-YES TO 3 or more - you are definitely an alcoholic
HOW SMALL AMOUNTS OF ALCOHOL AFFECT BODY AND BEHAVIOR:

1. __judgment__________ 2. __reasoning__________
3. lose your inhibitions  4. __blood vessels dilate__________

LARGER AMOUNTS OF ALCOHOL:
1. coordination
   .00 - .04% : slightly affected (legally intoxicated for teens!)
2. reaction time
   .05 - .07% : impaired
3. vision
   .08 - .25% : intoxicate
4. passed out
   .26 - .40% : lose control, passed out
   .40% + up : coma (or dead)

Drinking and Driving: Diff. factors determine effects alcohol will have
a. __amount________________
   d. ___tolerance____________
b. how fast you drink
c. ___body weight_______________
e. any other drugs in body
f. amount of food in stomach

M.I.P. (Minor in Possession) {Possession/consumption is the____SAME______offense}

***IF YOU ARE CLOSE ENOUGH TO _touch_____THE ALCOHOL, EVEN IF YOU ARE NOT DRINKING, YOU CAN GET CHARGED WITH AN M.I.P. (the law reads “close proximity”) SO, IF YOU ARE AT A PARTY (even if you are not drinking) YOU CAN GET IN TROUBLE WITH THE LAW!!! ***IN A CAR, EVERYONE IN THE CAR CAN BE CHARGED WITH AN __M.I.P.____ IF THERE IS A CAN IN THE CAR OR TRUNK.

(EVEN IF IT’S ___not opened________, OR IT’S ___empty__________ ) -If you are 21, it can be in trunk.

*****MINOR: UNDER 21*****

NOT DRIVING: • ___ M.I.P.__________

DRIVING: •if under .02 ___ M.I.P.__________
   •if .02 - .07:  __ Zero Tolerance Policy __________
      which is a D.U.I. (same as adult
   •Under influence of any drug, including marijuana: __D.U.I.________

ADULT: 21 OR OLDER
•if under .08: if considered “impaired” can still get a D.U.I. or “negligent driving.”
•if .08 or over: D.U.I. (less than .15 not as strict, also if it’s a first offense, not as strict. Over .15 and second offense is harsher penalties

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5. SUMMARY OF ALCOHOL RISKS FOR TEENS:

SEXUAL DECISIONS, RAPE, IT'S A GATEWAY DRUG, VIOLENCE, DRINKING + DRIVING, D.U.I., BAD DECISIONS, ALCOHOL POISONING, ALCOHOLISM, ACCIDENTS, Mi.I.P, ATHLETIC CODE, SCHOOL SUSPENSION, DRINKING GAMES, ADDICTION...

6. How to resist peer pressures to drink alcohol: Have the courage to say __No___, drink something else, choose _friends who don't use__________, avoid situations where __alcohol it________, + have fun ____ in other ways!_______

Other facts about alcohol:

7. *FAS: __Fetal Alcohol Syndrome_______ Syndrome is caused by less __oxygen_______ to the baby. It can cause birth defects, low birth weight, miscarriages and still births. No amount of alcohol during pregnancy is __safe___!!!!

8. Stages + Risk Factors for Addiction
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<td>Stress or Problems in Life</td>
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<td>3</td>
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<td>Childhood Trauma</td>
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<td>Poor grades</td>
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<td>Friends Who Use (the most powerful risk factor of them all!)</td>
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**HOW TO PROTECT YOURSELF FROM ADDICTIONS??**

There are some factors you can’t control, but for many of these risks, simply choose the opposite in your life:

- choose friends who don’t use
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Flashbacks__ even 10 years after use.

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- **Psilocybin (mushrooms):** Be aware of poisonous mushrooms, severe anxiety and paranoia.

- **Cannabis (Marijuana):** The biggest danger of pot is that kids think there's no danger!!

  - Marijuana is __addictive__ (see statistic on cover page)
  - Marijuana is a __gateway__ drug - it’s often the first drug kids use.

  It takes the average person who is using meth or cocaine **1** year to realize they need to quit. It takes the average person **8** years to realize they are an alcoholic. It takes the average pot smoker **15** years to realize marijuana is hurting their life and they need to quit!!!

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10. **Narcotics:** (some RELIEVE PAIN, some are DEPRESSANTS to treat anxiety or sleep disorders, and some are STIMULANTS)

  - **Includes:** Oxycodone (Oxycontin), Darvon, Hydrocodone (Vicodon), Percocet, Heroin, Morphine, Codeine, Valium, Xanax, and more...

    One of the most dangerous ways narcotics affects the brain is ____addiction____. Addiction occurs when patients take the medications for effects other than pain relief. Use of these medications needs to be monitored by you and your physician. THESE DRUGS ARE NOT MEANT TO BE TAKEN WITHOUT A DOCTOR'S PERMISSION AND MONITORING!!!

  - Another dangerous side-effect of use is ____overdosing____. Narcotics can cause: Restlessness, Nausea, Dizziness, Confusion, Respiratory depression
  Scars (tracks) caused by injections, Loss of appetite, Cough
  Lethargy, Tolerance, Addiction, Unconsciousness

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  Scars (tracks) caused by injections, Loss of appetite, Cough
  Lethargy, Tolerance, Addiction, Unconsciousness

  **Withdrawal affects:** Watery eyes, Runny nose, Cramps, Loss of appetite, Irritability, Nausea, Tremors, Panic, Chills, Sweating

  **Overdose:** Slow, shallow breathing,Clammy skin,Convulsions
    Respiratory depression and arrest (stop breathing), Coma, Death

THESE ARE CONTROLLED SUBSTANCES!!
## Drug Video Review Spreadsheet:

<table>
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<th>Drug Name</th>
<th>Appearance (pill, liquid, powder, plant?)</th>
<th>Why do teens want to use it?:</th>
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- (THC can be taken by pill) | -high  
- relaxation  
- escape | -mellow  
- relaxed  
- out of it | -depression  
- addiction  
- amotivational syndrome  
- gateway to other drugs |
| **Narcotics: Pain Medications** | - pills | - high  
- escape  
- pain | - confused  
- dizzy  
- unconscious | - nausea, vomiting  
- depression  
- addiction  
- overdose, death |
| **Narcotic: Heroin** | - powder  
- liquid | - high  
- escape  
- pain  
- addicted and Dr. cuts off prescription | - confused  
- dizzy  
- unconscious | - nausea, vomiting  
- extreme withdrawal symptoms  
- depression  
- addiction  
- overdose, death |