

## Chapter Preview

Lesson 1 Drug Misuse and Abuse.....	334
Lesson 2 Marijuana and Other Illegal Drugs .....	338
Lesson 3 Narcotics, Stimulants, and Depressants .....	345
Lesson 4 Hallucinogens and Inhalants .....	352

Lesson 5 Getting Help .....	356
Lesson 6 Staying Drug Free .....	360
Building Health Skills.....	364
Hands-on Health .....	366
Chapter Reading Review.....	367
Chapter Assessment .....	368

### ▲ Working with the Photo

By learning about the risks associated with drug use, you can take a stand and help others stay drug free, too. **What are some ways that you can advocate for a drug-free environment?**

# Start-Up Activities



## Before You Read

What do you know about drugs? Take the short quiz on this page. Keep a record of your answers.

**HEALTH QUIZ** Answer *true* or *false* to each of the following statements:

1. You cannot become addicted to a drug the first time you use it.
2. The abuse of common household products is a serious drug problem in the United States.
3. Marijuana affects all sides of the health triangle.
4. The abuse of anabolic steroids can permanently impair a person's physical growth.

ANSWERS: 1. False; 2. True; 3. True; 4. True

## FOLDABLES® Study Organizer



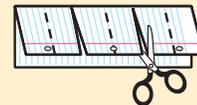
### As You Read

Make this Foldable® to help you organize the information on drugs and medicines in Lesson 1. Begin with a sheet of notebook paper.

- 1** Fold the sheet of paper along the long axis, leaving a  $\frac{1}{2}$ " tab along the side.



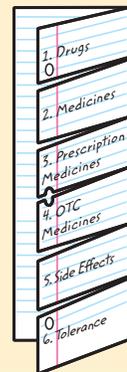
- 3** Cut the top layer along both folds. Then cut each tab in half to make six tabs.



- 2** Turn the paper and fold into thirds.



- 4** Turn the paper vertically and label the tabs as shown.



Under the appropriate tab, write notes and define terms related to drugs and medicines.

**Go Online**

Visit [glencoe.com](http://glencoe.com) and complete the Chapter 14 crossword puzzle.

## Lesson 1

# Drug Misuse and Abuse

## Guide to Reading

### Building Vocabulary

List each new highlighted term and its definition in your notebook.

- drug (p. 334)
- prescription medicines (p. 335)
- over-the-counter (OTC) medicines (p. 335)
- drug misuse (p. 335)
- side effect (p. 335)
- tolerance (p. 335)
- drug abuse (p. 336)

### Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** the difference between drug misuse and drug abuse.
- **identify** the risks of drug abuse.
- **develop** strategies for making healthful choices about taking medicines.

### Reading Strategy

**Drawing Conclusions** Based on this lesson, list three different ways drug abuse can affect your health.

**FOLDABLES** Study Organizer Use the Foldable® on p. 333 as you read this lesson.

### Quick Write

Write a sentence explaining why it is important to read the label directions on medicines before taking them.

## Drug Use

There is a difference between drugs and medicines. A **drug** is a substance other than food that changes the structure or function of the body or mind. A medicine is a drug used to prevent or treat illnesses and disease.

- ▶ Medicines help treat many kinds of illnesses and diseases.  
**Why is it important to use medicines only as directed?**



All medicines are drugs, but not all drugs are medicines. All medicines, including drugs, can be misused and abused.

## Types of Medicines

Medicines can be categorized into two general types. The first type, **prescription medicines**, are medicines that can be sold only with a written order from a physician.

With this type of medicine, a doctor or pharmacist gives specific directions on its use—how much to take, how often, and for how long.

Have you ever taken aspirin for a headache, or used cough syrup for a cold? If so, you have used **over-the-counter (OTC) medicines**. OTC medicines are medicines that are safe enough to be taken without a written order from a physician. They are sold in pharmacies and other stores.



▲ Prescription drugs are available only with a written order from a doctor. **What type of directions are provided with prescription drugs?**



**Compare** What is the difference between prescription and over-the-counter medicines?

## Drug Misuse

Both prescription medicines and over-the-counter medicines can be misused. **Drug misuse** is taking or using medicine in a way that is not intended. A person who does any of the following is misusing drugs:

- Using the drug without following the 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 the doctor

Even when taken correctly, some medicines will cause side effects. A **side effect** is any effect of a medicine other than the one intended. Common side effects include stomach upset, drowsiness, sleeplessness, and headache. Side effects should be discussed with your doctor if they occur.

When a physician prescribes a medicine that must be taken for a long period of time, a drug tolerance may develop. **Tolerance** is a condition in which a person's body becomes used to the effect of a medicine and needs greater and greater amounts of it in order for it to be effective.



### Media Watch



#### Medicine Ads

Find several magazine ads for medicines. What information do these ads share?

Use critical thinking skills to interpret the ads' messages. What conclusions can you draw about the legal requirements for medicine ads?



# Health Skills Activity

## Practicing Healthful Behaviors

### Handling Medicine Safely in Your Home

What do you know about medicine safety in the home? Follow these guidelines to store, use, and dispose of medicine safely.

- Know what medicines are in your home and what they are used to treat.
- Store medicines in a cool, dry place.
- Keep medicines safely sealed in childproof containers, and keep them out of the reach of children.
- Never share prescription medicines. They could cause serious harm to someone else.
- Do not use OTC medicines for more than ten days at a time unless you check with your doctor.
- Before taking two or more medicines at the same time, get your doctor's approval. Combining medicines can cause harmful side effects.
- Do not use medicines that have passed their expiration date.
- To safely dispose of outdated or unused liquid or pills, flush them down the toilet.

### On Your Own

Create a "Medicine Safety Checklist" suitable for home use. Review the completed checklist with your family. Post the list in an appropriate place in your home.

## Drug Abuse

When you hear the term *drug abuse*, what do you think of? **Drug abuse** is *intentionally using drugs in a way that is unhealthy or illegal*. Certainly the person using illegal drugs is abusing drugs. However, using illegal drugs is only one form of drug abuse. Using *legal* drugs for nonmedical reasons or using a medication for something other than its intended use is also drug abuse.

Drug abuse can affect all three sides of your health triangle. The physical effects range from sleeplessness and irritability to heart failure and stroke. Drug abuse interferes with brain function, affecting your mental/emotional health. Some drugs make it difficult to think or concentrate. Other drugs cause depression or anxiety. Your social health is also affected. Teens who abuse drugs may withdraw from family and friends. They may lose interest in school or other activities.

**Go Online**

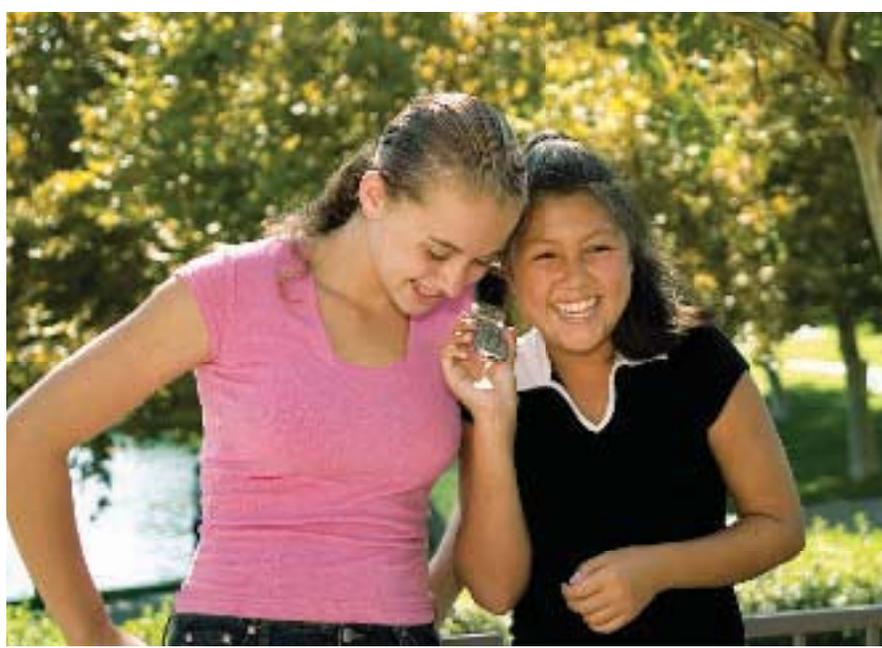
Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 1.



## Addiction

People who abuse drugs risk developing an addiction. An addiction is a physical or psychological need for a drug. When a person uses a drug regularly, he or she will develop a tolerance to the drug. The user needs more and more of the drug to get the same effect. Eventually, the user becomes addicted. There is no telling how many times a person can use a drug before becoming addicted. Once addicted, the user can no longer function without the drug. It becomes the focus of his or her daily life.

Drug addiction, like alcoholism, is a disease. Once a person becomes addicted, it is very difficult to quit using the drug. Treatment options exist that can help drug users overcome their addiction. You will learn more about the different treatment options available to drug users in Lesson 5.



- ▲ Drug abuse takes you away from your friends and other people in your life whom you love. **Can you imagine what your life would be like without those who are closest to you?**



### Reading Check

**Recall** Name two different forms of drug abuse.



## Lesson 1 Review



### After You Read

**Review this lesson for new terms, major headings, and Reading Checks.**

### What I Learned

1. **Vocabulary** Define *drug*. Use the word in an original sentence.
2. **Identify** Name two side effects that can occur when taking medicine.
3. **Compare** What is the difference between drug misuse and drug abuse?

### Thinking Critically

4. **Explain** How does drug addiction occur?

5. **Hypothesize** What might you say to persuade a friend not to take a medicine that has not been prescribed for him or her?

### Applying Health Skills

6. **Accessing Information** Use library resources and the Internet to research drug misuse and abuse in the United States. Create a pamphlet to educate others about the dangers.

## Lesson 2

# Marijuana and Other Illegal Drugs

## Guide to Reading

### Building Vocabulary

In your notebook, use each of the new vocabulary terms in an original sentence that illustrates its meaning.

- marijuana (p. 338)
- THC (p. 338)
- amnesia (p. 341)
- anabolic steroids (p. 343)

### Focusing on the Main Ideas

In this lesson, you will learn to

- **describe** the effects and risks of marijuana use.
- **identify** the most commonly used club drugs.
- **explain** the reasons that teens abuse anabolic steroids.
- **list** the physical effects of anabolic steroid abuse.

### Reading Strategy

**Finding the Main Idea** For each major heading in this lesson, write one sentence that states the main idea.

## Quick Write

List one physical, mental/emotional, and social risk of using marijuana.

## What Is Marijuana?

You may have heard the different names people use when referring to marijuana. **Marijuana** is *dried leaves and flowers of the hemp plant, called *Cannabis sativa**. It is also commonly called *pot* or *weed*. Marijuana is an illegal drug that is usually smoked.

## What Are Marijuana's Effects?

Marijuana affects the brain of the person using the drug. *The main active chemical in marijuana* is **THC**. THC alters the way the brain processes sensory information.



- ◀ Marijuana use can cause a lack of interest in the things you once enjoyed. **What are some other reasons to avoid marijuana?**



Marijuana can cause a variety of reactions. Some people experience a pleasant sensation for a short while. Others may experience unpleasant reactions to the drug. It is also impossible to know what other harmful substances may be mixed in with marijuana.

### Short-Term Effects

Marijuana use has many negative effects. It reduces reaction time and coordination, and impairs judgment. It also increases heart rate and appetite. High doses of marijuana can cause anxiety and panic attacks. **Figure 14.1** lists some additional effects of marijuana use.



### Long-Term Effects

Long-term effects of marijuana use are serious. Since the drug contains many of the same chemicals found in tobacco smoke, users are at risk for the same lung diseases that tobacco users confront, including cancer.

There are over 400 chemicals in the marijuana plant. Research has found that people who abuse marijuana for a long period of time experience changes to the region of the brain that processes information. It has been associated with depression, anxiety, and personality disturbances. Users may fall behind in school or at work.

Marijuana use can also affect a person's social health. The loss of motivation that comes with continued marijuana use can lead to problems with friends or family members.



#### Reading Check

**Explain** How does marijuana affect the user?

**FIGURE 14.1**

## MARIJUANA OVERVIEW

Marijuana affects your ability to think clearly, concentrate on goals, and relate to people in healthful ways. **What are some other effects of marijuana use?**

Marijuana Overview	
<b>Brief Description</b>	The most commonly used illegal drug in the U.S. The main active chemical is THC.
<b>Street Names</b>	Pot, ganja, weed, grass, and many others.
<b>Effects</b>	Short-term effects include memory and learning problems, distorted perception, and difficulty thinking and solving problems.



Careers  
for the

21<sup>st</sup>  
Century

### Pharmacist



Pharmacists fill prescriptions for patients and show them how to use both prescription and over-the-counter medications. They also discuss types, dosages, and side effects of drugs with doctors. Pharmacists are in demand because everyone takes medication at some point in his or her life, whether it is for a cold or a chronic condition.

**What skills does a pharmacist need? Go to Career Corner at [glencoe.com](http://glencoe.com) to find out.**



## Safety Risks

Using marijuana puts teens at risk in a number of ways. Since it is an illegal substance, users risk getting arrested. Users may also say or do things that could hurt themselves or hurt others. Impaired reaction time and coordination can make driving a car dangerous while under the influence of marijuana.

Since marijuana can affect judgment, its use can lead to participation in other risky behaviors. These can include using alcohol or other drugs, or engaging in sexual activity. This can increase the risk of sexually transmitted diseases and unplanned pregnancy.

## Marijuana and Addiction

Perhaps you have heard someone say, “Marijuana? What’s the big deal? It’s not like you can get hooked or anything.” Not true. Frequent users of marijuana can develop a tolerance to the drug. Developing a tolerance often leads to physical dependency and addiction. Each year, more than 120,000 people seek treatment for addiction to marijuana.



Reading Check

**Recall** What are some of the safety risks involved in using marijuana?



- ▲ Driving under the influence of marijuana can be dangerous.  
**What are some effects of marijuana use that could impair a person’s ability to drive safely?**



# Health Skills Activity

## Accessing Information

### Marijuana Myths

Marijuana 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."

### On Your Own

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

## What Are Club Drugs?

Club drugs get their name from the dance clubs or raves where they are often used. Some people may falsely believe that club drugs are safe to use. However, research shows that these drugs may produce harmful effects.

Hallucinations, paranoia, and amnesia are among the harmful effects of club drugs. **Amnesia** is *partial or total loss of memory*. When club drugs are mixed with alcohol, which they often are, the effects of both substances are increased. These effects are also unpredictable. People react differently to club drugs. No one can tell ahead of time what their reaction will be. Two forms of club drugs are ecstasy and date rape drugs.



### Ecstasy

Ecstasy is a club drug that affects the user in similar ways to hallucinogens and stimulants. It speeds up the central nervous system, making a person feel very alert, or "hyper." The scientific name for ecstasy is MDMA. Unlike marijuana, which comes from a plant, MDMA is a synthetic chemical, created in illegal laboratories. Makers of the drug often add other substances to ecstasy, such as caffeine or amphetamines. As a result, an ecstasy user may not even know what drug is being ingested.



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 program would you be interested in participating in? Why?**

Ecstasy is usually taken as a pill, tablet, or capsule. When combined with alcohol, the effects can be even more dangerous.

It is hard to predict how ecstasy will affect a user. Some users might feel energized, happy, and relaxed, while others become nervous and agitated. Initial effects can start within 30 minutes and can last for three to six hours. However, after effects such as sadness, depression, and memory problems can last for several days or longer. Researchers are currently studying how long-term use of ecstasy may affect the brain.

Other effects include:

- increased heart rate
- nausea and dizziness
- elevated blood pressure
- chills
- sweating
- increased sense of confidence
- loss of appetite

### Date Rape Drugs



Rohypnol, commonly called roofies, is a club drug that appeared in the United States in the 1990s. It works by suppressing the central nervous system. Rohypnol is odorless and colorless. In pill form, it can easily be slipped into someone's drink. When a person unknowingly takes rohypnol, he or she is unaware of what is happening and is unable to resist an attack or unwanted sexual advances. The drug also causes amnesia, so the person who has taken it often has no memory of what has occurred.

GHB is another depressant of the central nervous system. Until

1992, GHB was available as an over-the-counter drug used by bodybuilders to increase muscle mass and decrease fat. GHB usually comes in liquid form. Like rohypnol, it has been linked to sexual assault.

Ketamine, sometimes called Special K, is an anesthetic used in medical procedures for humans and animals. Ketamine is usually snorted, or sprinkled over marijuana or tobacco and smoked. Ketamine is so powerful that only a small amount may cause serious health effects, such as hallucinations, memory loss, and even respiratory failure.

What **Teens** THINK



How can a teen avoid being pressured to use drugs?

A teen can avoid being pressured to use drugs by hanging around people who do not use drugs. They can also become educated about drugs. Learning about the consequences of drug use can help if you are being pressured.

Allah S.  
Blackshear, GA





## Anabolic Steroids

**Anabolic steroids** are synthetic substances related to the male sex hormones. Physicians sometimes prescribe these drugs to treat growth problems, lung diseases, and skin conditions. Anabolic steroids are similar to the male hormone testosterone. They help build muscle mass and enhance the development of male characteristics.

Steroids are most often abused by people who want to enhance their athletic abilities by adding muscle mass and increasing their strength and endurance. Abuse of these drugs has become a serious concern in professional sports in the United States. **Figure 14.2** lists some of the harmful effects of using anabolic steroids.



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



Reading Check

Recall What are anabolic steroids?

▼ **FIGURE 14.2**

### THE FACTS ABOUT ANABOLIC STEROIDS

A person caught using steroids can face social consequences, such as being kicked off a team or expelled from school. **Can you think of some consequences of steroid use related to mental/emotional health?**

#### The Facts About Anabolic Steroids

<b>Brief Description</b>	Human-made substances related to male sex hormones. Some athletes abuse anabolic steroids to enhance performance. Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible.
<b>Effects</b>	Major side effects can include liver tumors and cancer, jaundice, high blood pressure, kidney tumors, severe acne, and trembling.  In males, side effects may include shrinking of the testicles and breast development.  In females, side effects may include growth of facial hair, menstrual changes, and deepened voice.
<b>Statistics and Trends</b>	In NIDA's 2004 <i>Monitoring the Future</i> study, 3.4% of high school seniors reported using steroids at least once.

Source: NIDA Infofacts: High School and Youth Trends.

Go Online

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 2.



## Teens and Steroid Use

Most teens avoid using steroids. Those who do risk damaging their health. They also risk negatively affecting their appearance. Steroids can put acne on your face, make your hair fall out, and stunt your growth. They can also cause a person to become angry or violent, which can result in personal injury or injury to others.

Steroid use can also cause a hormonal imbalance. Hormones

are important during the teen years. They are responsible for the physical, mental/emotional, and social changes that all teens go through on their way to adulthood. When hormone levels are not balanced, problems with the development of female and male characteristics can occur. Boys can grow breasts and girls can develop mustaches or beards.

- ▲ Playing well after hard work and practice can give you a deep sense of pride and accomplishment. **Have you ever felt this way after achieving something that you worked hard for?**

### Reading Check

**Explain** How might anabolic steroids affect a teen's health?



## Lesson 2 Review

### After You Read

**Review this lesson for new terms, major headings, and Reading Checks.**

### What I Learned

1. **Vocabulary** What is *THC*?
2. **Recall** What are some health risks associated with using anabolic steroids?
3. **Explain** What are two long-term effects of marijuana use?

### Thinking Critically

4. **Analyze** Why do you think steroid abuse is a concern in competitive sports?

5. **Hypothesize** What might happen to a person who unknowingly ingests rohypnol while at a club?

### 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 marijuana use.

## Lesson 3

## Narcotics, Stimulants, and Depressants

## Guide to Reading

## ● Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- narcotics (p. 345)
- opium (p. 345)
- euphoria (p. 346)
- withdrawal symptoms (p. 346)
- stimulants (p. 348)
- amphetamine (p. 348)
- binge (p. 348)
- CNS depressants (p. 350)

## ● Focusing on the Main Ideas

In this lesson, you will learn to

- **name** the most commonly abused narcotics.
- **describe** the effects that narcotics can have on a user's health.
- **identify** specific stimulants and CNS depressants.
- **name** the health risks linked to stimulant and CNS depressant abuse.

## ● Reading Strategy

**Identifying Cause-and-Effect** Make a two-column chart. In the first column, write the names of the drugs presented in this lesson. In the second, list the effects of these drugs.

## Quick Write

Make a list of reasons why you should avoid using drugs.



## What Are Narcotics?

**Narcotics** are *specific drugs that are obtainable only by prescription and are used to relieve pain.* Historically, narcotics were made from **opium**, which is *a liquid from the poppy plant containing substances that numb the body.* When used under a doctor's supervision, narcotics are effective in the treatment of extreme pain. However, they are also highly addictive. As a result, their sale and use is controlled by law.

- ▶ Spending time with your family can help you avoid pressure to use drugs. **What are some healthful activities you can do with your family?**





## Narcotics and Addiction

Narcotics affect the body by attaching themselves to certain receptors in the brain to block any painful messages that are being sent. These drugs can also produce **euphoria**, or a *feeling of well-being or elation* because they affect the areas of the brain that perceive pleasure.

When narcotics are abused, the threat of serious health risk increases drastically. Abusing these drugs can result in tolerance, physical and psychological dependence, and addiction. The body becomes accustomed to having the drug, and when it is taken away, the user experiences **withdrawal symptoms**. These are *symptoms that occur after chronic use of a drug is reduced or stopped*. Withdrawal symptoms can be unbearable. They can include pain in the muscles and bones, sleeplessness, diarrhea, agitation, and vomiting. **Figure 14.3** shows some of the effects of narcotic drug abuse.

### Heroin

Heroin is an illegal narcotic. It is made from morphine, another narcotic. Black tar heroin is a variety of heroin produced in Mexico. It is the most common type of heroin used in the western United States. Heroin is most often inhaled or injected intravenously, although sometimes users smoke the drug.

Heroin users can become easily addicted. Users can develop a psychological dependence, craving the feelings the drug brings. Regular users build up a tolerance to the drug and then need it in ever-increasing doses. Over time, the user becomes physically addicted and quitting becomes very difficult. If the user tries to quit, he or she may experience painful withdrawal symptoms.

- ◀ When prescribed by a doctor, narcotics are used to treat extreme pain, such as the pain endured by cancer patients. **Why are patients strictly supervised by doctors when using narcotics?**





▶ **FIGURE 14.3**

## EFFECTS OF NARCOTIC DRUG ABUSE

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

### Health Effects of Narcotic Drug Abuse

Can cause drowsiness, constipation, and depress 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.

## OxyContin

OxyContin is a legal narcotic, available through a doctor's prescription. When used in the approved manner, it can control severe pain in patients with cancer, back pain, or arthritis.

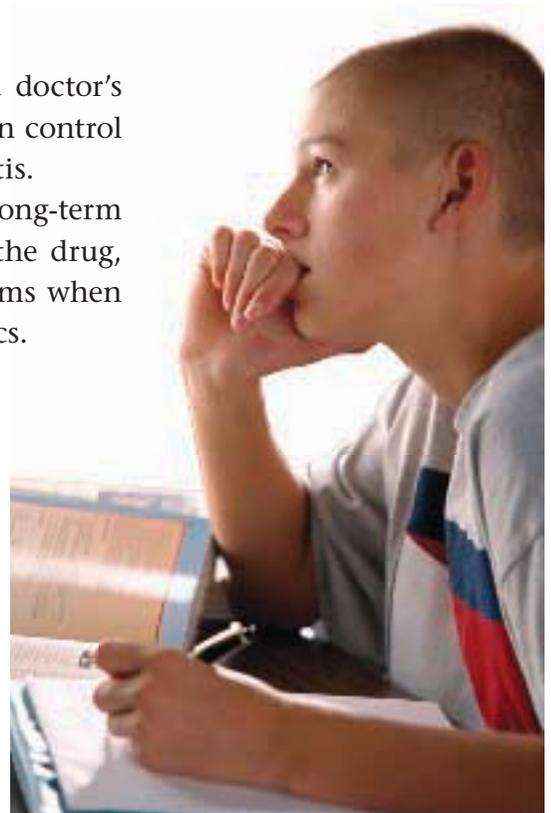
However, OxyContin is also abused by users. The long-term effect of OxyContin use is an increased tolerance to the drug, which leads to physical addiction. Withdrawal symptoms when the drug is stopped are similar to those of other narcotics.



**Reading Check**

**Recall** What are some of the effects of narcotic drug abuse?

- ▶ The effects of drug abuse include the loss of ability to concentrate. **How would this affect your performance at school?**





## MediaWatch

### Antidrug Ads

Research media campaigns that advocate against drug abuse. As a group, develop evaluation criteria for the ads and then evaluate them.

Who is the intended audience?  
Is the media message suitable for the intended audience?  
How effective is the message?



## What Are Stimulants?

**Stimulants** are drugs that speed up activity in the human brain and spinal cord. They cause the heart to beat faster and blood pressure and metabolism to rise. A person using this type of drug will often move and speak more quickly than usual. The user may feel exhilarated, or excited. Others may become anxious.

Some stimulants are so mild that people may not realize they are ingesting a drug. Caffeine, found in coffee, tea, many soft drinks, and chocolate, is a stimulant. Some stimulants are prescribed by doctors for patients with certain physical or emotional problems. Stimulant abuse, however, can be dangerous. **Figure 14.4** shows several types of stimulants and their harmful effects.



### Reading Check

**Define** What are stimulants?

## Amphetamines

An **amphetamine**, also known as speed, is a drug that stimulates the central nervous system. Amphetamines are highly addictive. Using large amounts of amphetamines can result in aggressive behavior that is difficult to predict. Other effects include extreme weight loss and loss of physical strength.

## Cocaine

Cocaine is an illegal stimulant derived from the coca plant. Usually sold as a fine white powder, cocaine is often mixed with water and injected into the body *intravenously*, or administered into a vein. Cocaine can also be smoked or inhaled. Cocaine is one of the most addictive drugs on the street today.

Cocaine affects the user almost immediately. The effects can last up to a few hours. Taking large amounts of the drug increases these effects, but can also lead to violent and unpredictable behavior. As cocaine use continues, the user develops a tolerance for the drug. Larger and more frequent doses of cocaine are needed. During a cocaine **binge**, when a drug is taken repeatedly and at increasingly high doses, the possible consequences are very dangerous.



### Reading Check

**Identify** What is a cocaine binge?



▼ FIGURE 14.4

## THE FACTS ABOUT STIMULANTS

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
<b>Amphetamine</b>	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
<b>Methamphetamine</b>	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
<b>Cocaine</b>	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
<b>Crack</b>	Crack, freebase rocks, rock	Off-white rocks or chunks	Smoked, injected	Damage to lungs if smoked, seizures, heart attack, and death

### Crack

When cocaine is heated and processed with baking soda and water, it forms a substance that is smoked. The drug that is created is called *crack*. It gets its name from the cracking sound that occurs when the mixture is smoked. Crack is an extremely addictive and dangerous drug.

### Methamphetamine

Methamphetamine is a highly addictive stimulant drug that strongly affects the central nervous system. It is becoming an epidemic in the United States. This drug is produced in illegal laboratories that exist in every state, in both small towns and cities, and are popping up in disturbing numbers.

Methamphetamine, or “meth,” as it is commonly known, is taken into the body in a variety of ways. It can be swallowed, snorted, smoked, or injected. Its effects are similar to those of cocaine.



▲ Using or possessing illegal drugs can lead to jail time. **How might this impact other areas of a teen's life?**



## What Are Central Nervous System (CNS) Depressants?

**CNS depressants** are substances that slow down normal brain function. They are sometimes called sedatives or tranquilizers. Physicians can prescribe some CNS depressants for relief of sleeplessness, anxiety, or tension. However, these drugs are sometimes abused. When used for extended periods of time, they can result in drug tolerance and addiction.

CNS depressants produce a feeling of calm or drowsiness in the person taking the drug. Two CNS depressants that are commonly prescribed are:

- **barbiturates** (bar-BI-chur-ruhts), which are prescribed for the treatment of anxiety or tension, or for people with sleep disorders.
- **benzodiazepines**, to treat patients with more serious anxiety and panic attacks.

Like all prescription medicines, CNS depressants should only be taken as prescribed, and under a doctor's supervision. Long-term users can develop a tolerance in which larger doses are needed to achieve the desired effect. **Figure 14.5** shows some of the effects of depressants.



**Explain** How do CNS depressants affect the body?

**Go Online**

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 3.

▼ FIGURE 14.5

## THE FACTS ABOUT DEPRESSANTS

Depressants are sometimes prescribed to treat certain conditions, but when abused, they are dangerous. **What are some harmful effects of depressants?**

Substance	Other Names	Forms	Methods of Use	Harmful Effects
Tranquilizer	Valium, Librium, Xanax	Pills or capsules	Swallowed	Anxiety; reduced coordination and attention span. Withdrawal can cause tremors and lead to coma or death.
Barbiturate	Downers, barbs, yellow jackets, reds	Pills or capsules	Swallowed	Causes mood changes and excessive sleep. Can lead to coma.
Hypnotic	Quaaludes, Ludes, Sopor	Pills or capsules	Swallowed	Impaired coordination and judgment. High doses may cause internal bleeding, coma, or death.

## Lesson 3 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

#### What I Learned

- Vocabulary** Define *narcotics*.
- List** Name two commonly abused narcotics.
- Give Examples** Give three examples of harmful effects that can result from abusing stimulants.

#### Thinking Critically

- Evaluate** Explain the physical and psychological effects that can cause a person to become addicted to heroin.

- Analyze** What are some of the high-risk behaviors that could result from the abuse of narcotics?

#### Applying Health Skills

- Goal Setting** Make a contract with yourself in which you set the goal of remaining drug free. Develop a plan to help you reach this goal. Sign your contract and keep it visible to help you remember your goal.

## Lesson 4

# Hallucinogens and Inhalants

## Guide to Reading

### Building Vocabulary

In your notebook, write a sentence that describes the meaning of each new term in your own words.

- hallucinogens (p. 352)
- inhalant (p. 354)

### Focusing on the Main Ideas

In this lesson, you will learn to

- **define** hallucinogens.
- **explain** how hallucinogens affect the user.
- **identify** the health risks to a person who uses inhalants or hallucinogens.

### Reading Strategy

**Making an Outline** Using the main heads in this lesson, make an outline of the lesson. As you read, fill in your outline with details.

## Quick Write

Write down three facts you know about inhalants.

- ▼ Many activities can be very difficult while under the influence of hallucinogens. **What are some other effects of hallucinogens?**

## Hallucinogens

**Hallucinogens** are drugs that distort moods, thoughts, and senses. Some of these drugs are made from natural substances in plants, such as cactus and mushrooms. Hallucinogens can also be manufactured.

### How Do Hallucinogens Affect the User?

Hallucinogens get their name from the word *hallucinate*, which means to have visions. Hallucinogens affect how a user perceives the passage of time, sees colors, senses motion, or hears sound. These drugs can interfere with a person's thought process and ability to communicate. The user can no longer distinguish between what is real and what is not. This can lead to strange or risky behavior. LSD and PCP are examples of hallucinogens. **Figure 14.6** shows some additional effects of hallucinogens.





▼ FIGURE 14.6

## EFFECTS OF HALLUCINOGENS

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; broken 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

### LSD

LSD, a drug made from lysergic acid, is one of the strongest and most widely abused hallucinogens. It is sold as tablets, capsules, liquid, or on absorbent paper. A tiny amount produces a powerful effect. The psychological effects of LSD are often very difficult to **predict**. Users may experience hallucinations. They may not know where they are—or even who they are.

Hallucinogens such as LSD can also produce flashbacks. Weeks or even months after taking the drug, a user may relive terrifying thoughts or feelings.

### PCP

PCP (phencyclidine) is not a true hallucinogen in its chemical makeup. It is grouped with this category of drugs because its effects are similar to those of LSD. PCP can become addictive, and cause violent and unpredictable behavior. For this reason, PCP users are a threat to others and themselves.

### Academic Vocabulary

**predict** (pree DIKT) (*verb*)  
to indicate or know in advance. *You shouldn't share your prescription medications with friends because you can't predict how your friends will react to them.*



Reading Check

**Identify** What are some of the harmful effects of PCP?



## Go Online

### Topic: Speaking Out Against Drugs

Visit [glencoe.com](http://glencoe.com) for Student Web Activities to learn more about the effects of drugs and what other teens are saying about using drugs.

**Activity:** Using the information provided at the link above, create a one-line slogan (for example: Choose to Use and You Lose) that can be made into a bumper sticker, flyer, or poster that states your stand against drugs.



## Inhalants

An **inhalant** is any substance whose fumes are sniffed and inhaled to produce mind-altering sensations. They can be found in many household products that are readily available.

Toxic, or poisonous, inhalants include paint, vegetable cooking sprays, air freshener, lighter fluid, markers and pens, correction fluid, and hair sprays. Using a product for something other than its intended use is abuse.

Toxic inhalants are not meant to be put into the human body. They can cause serious health effects and even death. **Figure 14.7** lists some of the health effects that can result from abusing inhalants. Hundreds of teens die each year from sniffing or huffing inhalants. However, most teens do not abuse inhalants.

### What Damage Do Inhalants Cause?

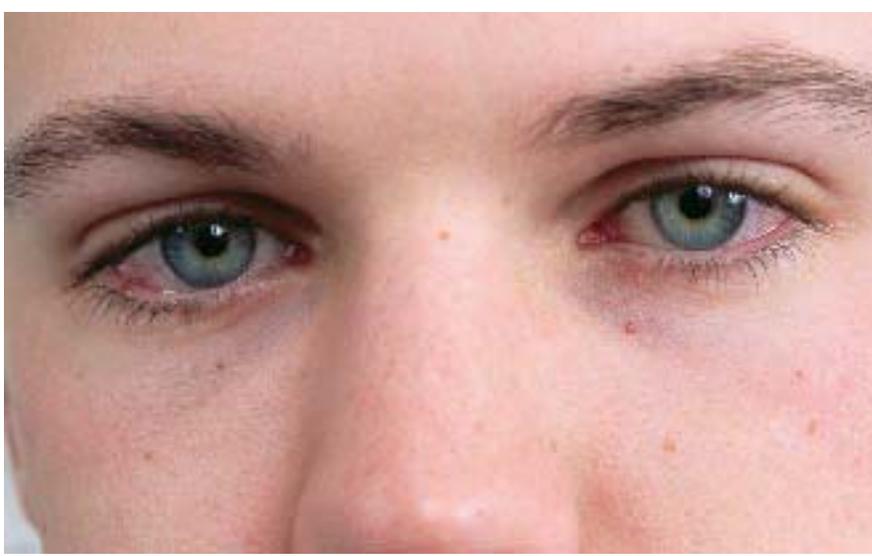
Abusing inhalants can damage the protective coating that surrounds brain cells, called *myelin*. If myelin is damaged, nerve cells may not be able to send messages to other parts of the body. These results can be permanent and severe. They can affect a person's ability to walk, talk, or think. Inhalant abuse can also kill the user instantly. Even a person experimenting with inhalants for the first time can die from choking, suffocation, or a heart attack.

▼ **FIGURE 14.7**

## HEALTH EFFECTS OF INHALANTS

The greatest risk of inhalant use is death, which can occur with a person's first use of the drug. **What are some other health effects of inhalant use?**

Health Effects of Inhalants	
<b>Brief Description</b>	Breathable chemical vapors that users intentionally inhale because of the chemicals' mind-altering effects. The substances inhaled are often common household products that contain harmful solvents or aerosols.
<b>Street Names</b>	Whippets, poppers, snappers
<b>Effects</b>	Most inhalants produce a rapid high that resembles alcohol intoxication. If sufficient amounts are inhaled, nearly all solvents and gases produce anesthesia, a loss of sensation, and even unconsciousness. They can also cause suffocation, choking, seizures, and death.



- ◀ One symptom of inhalant abuse is red or runny eyes. **What other parts of the body can inhalant abuse damage?**

## Warning Signs of Inhalant Abuse

Here are some symptoms that may indicate a person is abusing inhalants. 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?

**Go Online**

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 4.

## Lesson 4 Review



**Review this lesson for new terms, major headings, and Reading Checks.**

### What I Learned

1. **Vocabulary** What are *hallucinogens*?
2. **Recall** What are two possible consequences of using hallucinogens?
3. **Identify** List the health risks to a person who uses inhalants.
5. **Analyze** Why do you think inhalant abuse might be a serious problem among 12- to 14-year-olds?

### Thinking Critically

4. **Hypothesize** What might you say to someone you know who is thinking of abusing an inhalant for the first time?

### Applying Health Skills

6. **Advocacy** Using pictures from magazines, create a poster showing household substances that are abused as inhalants. Add a caption or slogan to let other students know about the dangers of inhalant abuse.

# Lesson 5

## Getting Help

### Guide to Reading

#### Building Vocabulary

As you read this lesson, write the new highlighted term in a sentence that illustrates its meaning.

- detoxification (p. 359)

#### Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** why it is important to get help for drug use.
- **identify** the symptoms of drug abuse.
- **describe** different treatment options for drug abuse.

#### Reading Strategy

**Predicting** Look over the lesson, including the headings and pictures. Then write a sentence predicting what information you think the lesson will provide.

### Quick Write

List three sources of help for drug use.

- ▼ Getting help is an important step in kicking a drug habit.  
**Who would you feel comfortable talking to if you needed help?**

## Getting Help

The first step in getting help for drug abuse is for the user to recognize that he or she has a problem. This can be very difficult for users. It can also be difficult for family members or health care professionals to see that a problem exists. Users may try to hide the problem or deny that one exists.

If you have a drug problem, you need to get help. Talk to a trusted adult. If it is too uncomfortable talking with someone you know, you can turn to organizations that offer counseling and treatment. These sources of help include support groups, alcohol or drug treatment centers, and toll-free hotlines staffed by drug counselors.

Although some effects of drug abuse are permanent, drug addiction is treatable. In this lesson, you will learn about some of the different treatment options available.



### Reading Check

**Recall** What is the first step in getting help for drug abuse?



## Recognizing When Someone Needs Help

There are different signs that show that someone may be dealing with a drug abuse problem. Users may lose interest in activities or family and friends. They may also frequently lie to cover up their addiction. **Figure 14.8** lists some of the symptoms of drug abuse. Recognizing these symptoms can help you identify if someone you know has a drug problem.

What should you do if someone you care about has a drug problem? If you think a friend needs help, try talking to him or her about your concerns. If you do not want to talk to the person directly, ask for help from a trusted adult. Encourage him or her to get help.



Reading Check

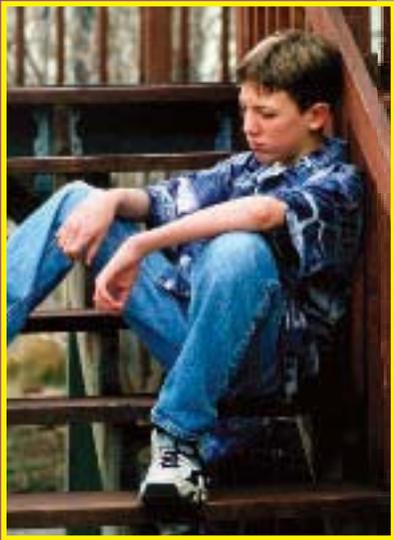
**Give Examples** What are some signs that a person may have a drug problem?

**FIGURE 14.8**

### SYMPTOMS OF DRUG ABUSE

Recognizing the symptoms of drug abuse can help you identify if someone needs help. **What should you do if you recognize these signs in someone you know?**

<b>Tolerance</b>	A person will need increasingly larger amounts of drugs to get high.
<b>Craving</b>	A person will feel a strong need, desire, or urge to use drugs, will use a drug despite negative consequences, and will feel anxious and irritable if he or she can't use them. Craving is a primary symptom of addiction.
<b>Loss of control</b>	A person often will take more drugs than he or she meant to, or may use drugs at a time or place he or she had not planned. A person also may try to reduce or stop using drugs many times, but may fail.
<b>Physical dependence or withdrawal symptoms</b>	In some cases when drug use is stopped, a person may experience withdrawal symptoms from a physical need for the substance. Withdrawal symptoms differ depending on the drug, but they may include nausea, sweating, shakiness, and extreme anxiety.





## Drug Treatment Options

Once a person has recognized that he or she has a drug problem, the recovery process can begin. Recovery begins when the person stops using the drug so the body can rid itself of the drug and its effects. If the person is physically and psychologically addicted to the drug, he or she may experience withdrawal. Withdrawal symptoms vary depending on the drug used, but may include headaches, vomiting, chills, and hallucinations.

Drug users need help to recover from a drug addiction. Many communities offer treatment programs, counseling, and support groups to help people recover from drug abuse.

### Treatment Programs

Treatment programs include both inpatient and outpatient programs. **Figure 14.9** lists some of the different treatment programs that are available depending on the level of addiction, the type of drug, and the patient. Some hospitals and treatment

▼ **FIGURE 14.9**

## TREATMENT PROGRAMS FOR SUBSTANCE ABUSE

There are many options available for those who need help recovering from a drug addiction. **Why do you think different treatment programs work better for some than others?**

- **Inpatient treatment** is provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services.
- **Residential programs** provide a living environment with treatment services. Treatment in these programs lasts from a month to a year or more.
- **Partial hospitalization or day treatment programs** are located in hospitals or freestanding clinics. In these programs, the person attends treatment for 4 to 8 hours per day but lives at home.
- **Outpatient programs** provide treatment at a program site. Many meet in the evenings and on weekends so participants can go to school or work. Some programs meet daily while others meet less frequently.
- **Intensive outpatient treatment programs** require a person to attend 9 to 20 hours of treatment activities per week. These programs last from about 2 months to 1 year.



centers have detoxification units for people going through withdrawal. **Detoxification** is the physical process of freeing the body of an addictive substance. Once the physical dependency is overcome, the person can focus on changing his or her thinking and habits that led to their drug use.

## Counseling

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 it may involve the addict's entire family.

## Support Groups

A support group is a group of people who work together to help one another stay drug free. Often, recovering addicts find strength in being surrounded by people who are working toward the same goal. Common support groups for addiction include Narcotics Anonymous and Cocaine Anonymous. Nar-Anon provides help for those who have been affected by someone else's drug use.



### Reading Check

**Recall** What are some drug treatment options?

**Go Online**

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 5.

# Lesson 5 Review



## After You Read

Review this lesson for new terms, major headings, and Reading Checks.

### What I Learned

1. **Vocabulary** Define *detoxification*.
2. **Describe** What are some of the ways support groups help people become drug free? Why are they effective?
3. **List** Name three symptoms of drug abuse.

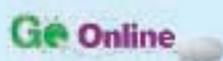
### Thinking Critically

4. **Analyze** Why do you think there are so many different drug treatment options available?

5. **Apply** Imagine your friend comes to you and tells you that he has been abusing inhalants and feels that he cannot stop. He begs you not to tell anyone. What would you do?

### Applying Health Skills

6. **Decision Making** Imagine that you suspect a friend has a drug problem. Use the decision-making process to help you decide whether to speak to your friend about your concerns or speak to a trusted adult.



For more Lesson Review Activities, go to [glencoe.com](http://glencoe.com).

## Lesson 6

## Staying Drug Free

## Guide to Reading

**Building Vocabulary**

As you read this lesson, write the new highlighted term and its definition in your notebook.

- drug free (p. 361)

**Focusing on the Main Ideas**

In this lesson, you will learn to

- **explain** the health benefits of staying drug free.
- **demonstrate** alternative behaviors to drug use.

**Reading Strategy**

**Organizing Information** Create a chart that lists the ways staying drug free will benefit each side of your health triangle.

**Quick Write**

Describe how the different sides of your health triangle benefit if you avoid using drugs.

**Choosing to Be Drug Free**

The choice to refuse drugs is not always an easy one. Negative peer pressure can be a powerful force during the teen years. Yet, however challenging it may be to resist negative peer pressure to experiment with drugs, stopping drug abuse once it has started is much harder. It is also important to be true to yourself and make decisions that will promote a healthy body and mind.



- ▶ Staying drug free helps you maintain healthy relationships with your family and friends. **What are some other benefits of staying drug free?**



Robey Llewellyn/CORBIS



- ◀ Staying drug free can help you build a positive self-image.  
**What are some ways to say no to drug use?**

Choosing to be drug free is one of the most important decisions you can make. **Drug free** is a characteristic of a person not taking illegal drugs or of a place where no illegal drugs are used.

## Refusing Drugs

Developing skills for refusing drugs is very important. Refusal skills can help you say no to unhealthy behaviors. These skills can help you 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.

- **S**ay no in a firm voice.
- **T**ell why not.
- **O**ffer alternative ideas or activities.
- **P**romptly leave.

Using this strategy is useful when you are **approached** by someone pressuring you to use drugs. However, you can take steps now that will help you to avoid such a situation. Choose friends who are also drug free. Avoid going to places where you know drugs will be present. Finally, always look for healthful ways to deal with problems you are facing. If you feel lonely or depressed, or if you need help solving personal problems, talk to an adult you trust. The people you are with, the places you happen to be, and how you are feeling, all play a role in your ability to be drug free. Your awareness of positive alternatives to drug use and the benefits of staying drug free also play a role.

### Academic Vocabulary

**approached** (ah PROCHED) (verb) asked; came near to. *Darren told his little sister what to do if she is ever approached by a stranger.*



**Explain** What is a strategy to resist negative peer pressure?



▼ FIGURE 14.10

## REASONS TO BE DRUG FREE

Avoiding drugs will benefit all three sides of your health triangle. **What are your own personal reasons for staying drug free?**



- You will not be breaking the law.
- You will have more natural energy.
- You will have better concentration and memory.
- You will be able to focus on improving your talents and enjoying your interests.
- You will look better because your appearance will not be affected by drugs.
- You will have better control over your feelings and actions.
- You will not regret foolish actions caused by drug-impaired judgment.
- You will not waste money on drugs.
- You will have better relationships with friends and family members.
- You will respect yourself for taking care of your body and mind.

### The Benefits of Staying Drug Free

Making wise decisions about drugs will have a positive effect on your physical, mental/emotional, and social health. You protect your body against the harmful effects of drugs. You are able to concentrate better and will do better in school. You are able to enjoy other interests with family and friends. **Figure 14.10** lists some additional benefits of being drug free.



#### Reading Check

**Explain** Name at least three benefits of being drug free.



Robert Llewellyn/CORBIS

## Positive Alternatives to Drug Use

Positive alternatives to drug use are everywhere if you look for them. Positive alternatives allow you to have fun and spend time with family and friends in more healthful ways. Here are some strategies for staying drug free. Can you think of any others?

- Begin a regular physical activity routine.
- Volunteer to help someone in your school or community.
- Join a school club or organize a new one.
- Take part in a drug-free event. Bring a friend.
- Write down your thoughts, or express yourself through art.
- Balance enough physical activity with enough rest.
- Form friendships with people who are drug free.

- ▶ Staying away from drugs enables you to pursue and achieve your goals. **What steps are you taking to achieve your goals?**



Reading Check

**Recall** Name three healthy alternatives to drug use.

Go Online

Visit [glencoe.com](http://glencoe.com) and complete the Interactive Study Guide for Lesson 6.



## Lesson 6 Review



**Review this lesson for new terms, major headings, and Reading Checks.**

### What I Learned

1. **Vocabulary** Define the term *drug free*.
2. **Recall** What are different strategies for choosing to be drug free?
3. **List** Give five reasons for being drug free.

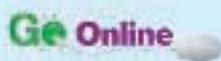
5. **Analyze** Every time someone offers you drugs, you say no. What are some positive alternatives to drug use that you enjoy?

### Thinking Critically

4. **Apply** Imagine talking with a friend who is thinking about experimenting with drugs. What might you say to encourage him or her to stay drug free?

### Applying Health Skills

6. **Practicing Healthful Behaviors** Create a poster listing activities that you consider positive alternatives to illegal drug use. With permission from school administrators, hang your poster in a school hallway.



For more Lesson Review Activities, go to [glencoe.com](http://glencoe.com).

# Building Health Skills

Accessing Information  
Practicing Healthful Behaviors  
Stress Management  
Analyzing Influences  
Communication Skills

## Refusal Skills

Conflict Resolution  
Decision Making  
Goal Setting  
Advocacy

## What Are Refusal Skills?

Refusal skills are strategies that help you say no effectively. If a peer asks you to engage in risky behavior, like taking drugs, remember the S.T.O.P. strategy:

- **Say no firmly.** Be direct and clearly state how you feel. Use direct eye contact and keep your statement short.
- **Tell why not.** Use “I” messages to give your reasons.
- **Offer another idea.** Suggest an activity that does not involve drugs.
- **Promptly leave.** If you have to, just walk away.

## Saying No to Drugs

Follow the Model, Practice, and Apply steps to help you master this important health skill.

### 1 Model

*Read how Jeff uses refusal skills to say no to drugs.*

Jeff and Mark have been friends since grade school, and have always enjoyed the same activities. This year, however, Jeff has noticed some changes in Mark. When Mark’s older brother began smoking marijuana, Mark experimented with it, too. On a bike ride one day, Mark stopped behind the neighborhood supermarket and took a joint out of his pocket and looked at Jeff, saying, “Want some?”

Jeff uses the S.T.O.P. strategy to help him say no effectively.

**Say no in a firm voice.** “No thanks. I’m not interested.”

**Tell why not.** “This ride is already good. I don’t need drugs to make it better.”

**Offer another idea.** “Let’s get back on the road and get some lunch. I’m starving.”

**Promptly leave.** “If that’s what you want to do, I’m out of here.”



## 2 Practice

*Read the passage below. Then help Brandon use the S.T.O.P. strategy to say no to drugs.*

Brandon and Gary are studying for a test that will decide if they qualify for science camp next summer. They know the exam will be hard. After a few hours of intense studying, Gary comes out of his parents' bathroom, holding a prescription bottle. "I bet these pills will help us study," Gary tells Brandon.

In small groups, discuss the ways in which Brandon could refuse the drugs. Use the S.T.O.P. strategy to develop your refusals.



## 3 Apply

*Take what you have learned about refusal skills and complete the activity below.*

Tony sees one of his teammates hanging out with older boys. Tony goes up to say hello and discovers that the guys are talking about using drugs to improve their athletic skills.

Imagine you are Tony. Use the S.T.O.P. strategy to complete the following dialogue. Include reasons why drug use is an unhealthy choice.

**Older Boy:** "How about a little something to boost your game?"

**Tony:** \_\_\_\_\_

**Older Boy:** "You haven't even tried it."

**Tony:** \_\_\_\_\_

**Older Boy:** "Lots of people get help this way. It's nothing new."

**Tony:** \_\_\_\_\_

**Older Boy:** "You may be passing up a chance to be great!"

**Tony:** \_\_\_\_\_

### Self-Check

- Do your responses follow the S.T.O.P. strategy?
- Did you include reasons why drug use is unhealthy?

# HANDS-ON HEALTH



## 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?

### 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

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

- 3 The leader then puts the poster down, and the students write down as many of the items as they can recall.
- 4 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.
- 5 Then the leader holds up the second poster and repeats step 3.

### 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 to what can happen to your brain when under the influence of a drug.

## Reading Review



Visit [glencoe.com](http://glencoe.com) to download quizzes and eFlashcards for Chapter 14.

**FOLDABLES®** Study Organizer

**Foldables® and Other Study Aids** Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–6. Find a partner and quiz each other using these study aids.

**Lesson 1** Drug Misuse and Abuse

**Main Idea** All drugs, including over-the-counter drugs, can be misused.

- Prescription medicines can be sold only with a written order from a doctor. Over-the-counter medicines are safe enough to be taken without a written order from a doctor.
- People who abuse drugs risk developing an addiction.

**Lesson 2** Marijuana and Other Illegal Drugs

**Main Idea** Marijuana and other illegal drugs harm all sides of the health triangle.

- Marijuana affects your ability to think clearly, concentrate on goals, and relate to people in healthful ways.
- Other illegal drugs include ecstasy, rohyp-nol, ketamine, GHB, and anabolic steroids.

**Lesson 3** Narcotics, Stimulants, and Depressants

**Main Idea** Narcotics, stimulants, and depressants are addictive drugs.

- Stimulants and depressants have opposite effects on the body.

- Heroin is an illegal narcotic. OxyContin is a legal narcotic.
- Stimulants include amphetamines like cocaine, crack, and “meth.”
- Depressants include barbiturates and benzodiazepines.

**Lesson 4** Hallucinogens and Inhalants

**Main Idea** Hallucinogens and inhalants interfere with a user’s thought process.

- Hallucinogens include LSD and PCP.
- Inhalants are breathable chemical vapors that come from household products.

**Lesson 5** Getting Help

**Main Idea** Treatment for drug abuse includes treatment programs, counseling, and support groups.

- Signs of drug abuse include high drug tolerance, cravings, loss of control, and physical dependence or withdrawal symptoms.
- Treatment for drug abuse includes treatment programs, counseling, and support groups.

**Lesson 6** Staying Drug Free

**Main Idea** There are many physical, mental/emotional, and social benefits of staying drug free.

- If you feel pressure to experiment with drugs, remember the S.T.O.P. strategy.
- Positive alternatives to drug use include physical activity, volunteering in your community, writing, and art.

## After You Read

## HEALTH QUIZ

Now that you have read the chapter, look back at your answers to the Health Quiz on the chapter opener. Would you answer any of the questions differently?

## Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–6. After each number, write the term from the list that best completes each sentence.

- amnesia
- barbiturates
- THC
- bing
- side effect
- prescriptions

### Lesson 1 Drug Misuse and Abuse

1. \_\_\_\_\_ are medicines that can be sold only with a written order from a physician.
2. Any effect of a medicine other than the one intended is known as a \_\_\_\_\_.

### Lesson 2 Marijuana and Other Illegal Drugs

3. \_\_\_\_\_ is a powerful chemical that is the main ingredient in marijuana.
4. \_\_\_\_\_ is one of the effects of using club drugs.

### Lesson 3 Narcotics, Stimulants, and Depressants

5. \_\_\_\_\_ are examples of CNS depressants.
6. During a \_\_\_\_\_, a drug is taken repeatedly and at increasingly high doses.

On a sheet of paper, write the numbers 7–12. Write **True** or **False** for each statement below. If the statement is false, change the underlined word or phrase to make it true.

### Lesson 4 Hallucinogens and Inhalants

7. Hallucinogens are drugs that distort the moods, thoughts, and senses of the user.
8. Depressants are any substance whose fumes are sniffed and inhaled to produce mind-altering sensations.
9. LSD, a drug made from lysergic acid, is one of the strongest and most widely abused hallucinogens.

### Lesson 5 Getting Help

10. The physical signs of drug abuse are the same in every person who abuse drugs.
11. Inpatient treatment programs are places where people get treatment for a few hours and then go home.

### Lesson 6 Staying Drug Free

12. Staying drug free is one of the least important decisions you can make to be the healthiest person you can be.



## Applying Technology

### Drug Discussions

You and a partner will use GarageBand™ or Audacity® to write a three-to-five-minute podcast about the dangers of drugs and how to refuse them.

- Pick one of the drugs discussed in this chapter. Write a dialogue between two people. Make sure they tell what the drug is and its effects on the body.
- Record the dialogue using GarageBand™ or Audacity®.
- Edit for time and clarity.
- Share your podcast with iTunes®.

## Thinking Critically

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

- 13. Hypothesize** What are three reasons someone might begin experimenting with drugs?
- 14. Explain** How can taking club drugs put a person's physical health at risk?

## Write About It

- 15. Personal Writing** Write a journal entry that states your own reasons for making a commitment to be drug free.
- 16. Narrative Writing** Write a short story about a teen who is pressured to use a drug and uses refusal skills to say no.

## Standardized Test Practice

### Math

The National Institute on Drug Abuse recently conducted its **Monitoring the Future Survey**. The survey found that drug use among eighth graders decreased or stayed the same from 2005 to 2006. Use the information below from the survey to answer the questions that follow.

- Lifetime use of inhalants decreased among eighth graders, from 17.1 percent in 2005 to 16.1 percent in 2006.
  - Use of anabolic steroids decreased among eighth graders from 1.1 percent in 2005 to 0.9 percent in 2006.
  - There was no change in methamphetamine use among eighth graders from 2005 to 2006. During both years, 1.8 percent of eighth graders used methamphetamine.
1. Based on the statistics shown, which of the following *cannot* be inferred?
    - A. In 2005, approximately 98.9 percent of all eighth graders did not abuse steroids.
    - B. Fewer eighth graders abused steroids in 2005 than those eighth graders who abused methamphetamine in 2005.
    - C. Approximately 82.9 percent of eighth graders did not use inhalants in 2005.
    - D. More eighth graders used alcohol in 2006 than those eighth graders who abused steroids in 2006.
  2. Based on the statistics, the greatest decrease in one year occurred with which drug?
    - A. Marijuana
    - B. Inhalants
    - C. Anabolic steroids
    - D. Methamphetamine